

DELAWARE FAMILY YMCA  
**GROUP FITNESS SCHEDULE**  
**May 2024**



Member Info	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Open Gym</b> 6:00-8:00 am	<b>Open Gym</b> 6:00-8:00 am	<b>Open Gym</b> 6:00-8:00 am	<b>Open Gym</b> 6:00-8:45 am	<b>Open Gym</b> 6:00-8:00 am	<b>Pickleball</b> 9:00- 11:00am
	<b>Pilates</b> Choon 6:00-6:45am <b>(Studio)</b>	<b>Pickleball</b> 8:00-11:00am	<b>Pickleball</b> 8:00-11:00 am	<b>Cardio Drums</b> Nichole 9:30-10:15am <b>(Gym)</b>	<b>Pickleball</b> 8:00-11:00 am	
	<b>Yin Yoga</b> Choon 7:00-7:45am (Studio)		<b>LesMills Bodypump®</b> 6:15-7:00am <b>Becky</b> <b>(Studio)</b>	<b>Pickleball</b> 10:30am-1:00pm		
	<b>Silver Sneakers</b> <b>EnerChi®</b> Choon <b>8:00-8:45am</b> <b>(Community Room)</b>	<b>Silver Sneakers</b> <b>Classic®</b> 10:00-10:45 am <b>Claudia</b> <b>(Community Room)</b>	<b>Silver Sneakers</b> <b>Classic®</b> 11:15-12:00 pm <b>Claudia</b> <b>(Community Room)</b>	<b>Silver Sneakers</b> <b>Classic®</b> 10:15-10:45 am <b>Claudia</b> <b>(Community Room)</b>	<b>Beginner</b> <b>Pickleball</b> 1:00-3:00 pm	<b>Zumba®</b> 10:00 – 10:45am <b>Brenda</b> <b>(Studio)</b>
	<b>Pickleball</b> <b>8:00-11:00 am</b>				<b>Beginner Pickleball</b> 1:00-3:00pm	
	<b>Open Gym</b> 11:00am-1:00pm	<b>Open Gym</b> 11:00am-1:00pm	<b>Beginner Pickleball</b> 1:00-3:00pm	<b>Beginners Total Body</b> <b>Workpout</b> 11:00-11:45am Nichole <b>(Studio)</b>		
	<b>Chair Yoga</b> Choon <b>9:00-9:45am</b> <b>(Community Room)</b>	<b>Yoga</b> 12:00-12:45pm <b>Melissa</b> <b>(Studio)</b>				
	<b>Silver Sneakers</b> <b>Classic®</b> 11:15-12:00 pm <b>Annette</b> <b>(Community Room)</b>		<b>Pilates</b> 5:00-5:45 pm <b>Annette</b> <b>(Studio)</b>	<b>Zumba®</b> Nichole 12:00-12:45pm <b>(Studio)</b>		
	<b>Beginner Pickleball</b> 1:00-3:00pm	<b>Beginner Pickleball</b> 1:00-3:00pm	<b>HIIT</b> 6:00-6:45 pm <b>Annette</b> <b>(Studio)</b>	<b>Beginner</b> <b>Pickleball</b> 1:00-3:00 pm		<b>Aqua Zumba®</b>  11:00am <b>Brenda</b>
	<b>Pilates</b> 5:00-5:45 pm <b>Annette</b> <b>(Studio)</b>	<b>Yoga</b> <b>5:00-5:45pm</b> <b>Danielle</b> <b>(Studio)</b>				
	<b>Zumba</b> 6:00-6:45 pm <b>Annette</b> <b>(Studio)</b>			<b>Zumba®</b> 6:00-7:00m <b>Brenda</b> <b>(Studio)</b>		<b>Open Gym</b> 11:00-12:45 pm
	<b>Open Gym</b> 3:00-7:45pm	<b>Open Gym</b> 3:00-7:45pm	<b>Open Gym</b> 3:00-7:45pm	<b>Open Gym</b> 3:00- 7:45 pm	<b>Open Gym</b> 3:00-7:45pm	

**Branch Hours:**  
**Monday - Friday 6:00 am - 8:00 pm**  
**Saturday 8:00 am - 1:00 pm**

**Child Watch**

**Mon, Wed. Thur: 5:00 – 7:30 pm**

**Tues: 5:30 – 7:30**

**Saturday: 9:00 am – 12:30 pm**

Ages 3 months-12 years \*YMCA Members only\*

Child Watch is a benefit for Y family members (Family with Children or Individual Parent Family membership) who are involved in on-site programming. Children are supervised in a safe environment with games and activities to keep them happy while parents/guardians participate in Y programs or activities. Parents/guardians must stay on the premises. We recommend that babies be brought in with an infant seat.

**WELLNESS CENTER**

*\*For safety purposes Children under the age of 10 are not permitted in Wellness Center or Cardio Room*

Ages 10-11

- Must complete orientation.
- Must be accompanied by an adult at all times.
- Allowed to use track and cardio equipment.
- Not allowed to use free weight equipment.
- May participate in group exercise classes, if accompanied by an adult and at the discretion of the instructor.

Ages 12-14

- Must complete orientation.
- Do not need to be accompanied by an adult.
- Allowed to use track and cardio equipment.
- Allowed to use some strength training equipment.
- Not allowed to use free weight equipment.

Ages 15 & up

May use Wellness Center, track, and attend group exercise classes independently.

Other Age Requirements:

- Open/Lap Swim: 12 years old (must pass a swim test)
- Sauna: 18 years old