

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



Member Info	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Pickleball</b> 8:00-11:00 am	<b>Open Gym</b> 8:00am-9:00am	<b>Open Gym</b> 8:00am-9:00am	<b>Open Gym</b> 8:00am-9:00am	<b>Pickleball</b> 8:00-11:00 am	
	<b>Yin Yoga</b> Choon <b>7:00am-7:45am</b> (Studio)					
	<b>Silver Sneaker Enerchi®</b> Choon <b>8:00am-8:45am</b> (Community Room)	<b>Pickleball</b> 9:00am-11:00am	<b>Pickleball</b> 9:00am-11:00 am	Cardio Drum 9:30-10:15am Nichole (No Class 7/25)		
	<b>Silver Sneaker Yoga®</b> Choon <b>9:00am-9:45am</b> (Community Room)	<b>DSMES Program</b> <b>9:00am-10:00am</b> <b>Diabetes Education</b> <b>Jilyana/Vital Pharmacy</b> (Community Room)		<b>Pickleball</b> 10:30am-1:00pm		
	<b>Open Gym</b> 11:00am-1:00pm	<b>Silver Sneakers Classic®</b> 10:00-10:45 am <b>Claudia</b> (Gym)	<b>Silver Sneakers Classic®</b> 11:15-12:00 pm <b>Claudia</b> (Community Room)	<b>Silver Sneakers Classic®</b> 10:00-10:45 am <b>Claudia</b> (Community Room)	<b>Beginner Pickleball</b> 1:00-3:00 pm	
	<b>Silver Sneakers Classic</b> 11:15-12:00 pm <b>Annette</b> (Community Room)	<b>Open Gym</b> 11:00am-1:00pm	<b>Beginner Pickleball</b> 1:00-3:00pm	<b>Beginner Pickleball</b> 1:00-3:00 pm		
	<b>Beginner Pickleball</b> 1:00-3:00pm	<b>Beginner Pickleball</b> 1:00-3:00pm				
			<b>Pilates</b> 5:00-5:45 pm <b>Annette</b> (Studio)			
	<b>Open Gym</b> 3:00-6:00pm	<b>Open Gym</b> 3:00-6:00pm	<b>Open Gym</b> 3:00-6:00pm	<b>Open Gym</b> 3:00- 6:00pm	<b>Open Gym</b> 3:00-6:00pm	

**Branch Hours:**  
**Monday & Wednesday 6:00 am - 6:00 pm**  
**Tuesday, Thursday & Friday 8:00 am - 6:00 pm**

**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