

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



| Member Info | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY                             | SATURDAY |
|-------------|---|---|--|--|------------------------------------|----------|
|             | <b>Pickleball</b><br>8:00-11:00 am  | <b>Open Gym</b><br>8:00am-9:45am                                      | <b>Open Gym</b><br>8:00am-9:00am   | <b>Open Gym</b><br>8:00am-9:00am   | <b>Pickleball</b><br>8:00-11:00 am |          |
|             | <b>Yin Yoga</b><br>Choon<br><b>7:00am-7:45am</b><br>(Studio)                        |   |  |  |                                    |          |
|             | <b>Silver Sneaker Enerchi®</b><br>Choon<br><b>8:00am-8:45am</b><br>(Community Room) |   | <b>Pickleball</b><br>9:00am-11:00 am   | <b>Pickleball</b><br>10:30am-1:00pm  | <b>Open Gym</b><br>11:00am-5:45pm  |          |
|             | <b>Silver Sneaker Yoga®</b><br>Choon<br><b>9:00am-9:45am</b><br>(Community Room)    |   |  |  |                                    |          |
|             | <b>Silver Sneakers Classic</b><br>11:15-12:00 pm<br>Annette<br>(Community Room)     | <b>Silver Sneakers Classic®</b><br>10:00-10:45 am<br>Claudia<br>(Gym) | <b>Silver Sneakers Classic®</b><br>11:15-12:00 pm<br>Claudia<br>(Community Room) | <b>Silver Sneakers Classic®</b><br>10:00-10:45 am<br>Claudia<br>(Community Room) |                                    |          |
|             | <b>Open Gym</b><br>11:00am-1:00pm   | <b>Open Gym</b><br>11:00am-1:00pm                                     | <b>Open Gym</b><br>11:00am-1:00pm  | <b>Open Gym</b><br>11:00am-1:00pm  |                                    |          |
|             | <b>Beginner Pickleball</b><br>1:00-3:00pm   | <b>Beginner Pickleball</b><br>1:00-3:00pm                             | <b>Beginner Pickleball</b><br>1:00-3:00pm  | <b>Beginner Pickleball</b><br>1:00-3:00pm  |                                    |          |
|             |   |   | <b>Pilates</b><br>5:00-5:45 pm<br>Annette<br>(Studio)                            |  |                                    |          |
|             | <b>Open Gym</b><br>3:00-5:45pm  | <b>Open Gym</b><br>3:00-5:45pm  | <b>Open Gym</b><br>3:00-5:45pm   | <b>Open Gym</b><br>3:00- 5:45pm  |                                    |          |

**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