

**DELAWARE FAMILY YMCA
GROUP FITNESS SCHEDULE
FEBRUARY 2025**



| Member Info | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|---|--|--|--|--|----------|
| | Pickleball 8:00-11:00 am | | | | | |
| | Yin Yoga Choon 7:00am-7:45am (Studio) | Open Gym 8:00am-9:45am | Open Gym 6:00am-9:00am | Open Gym 8:00am-9:00am | Pickleball 8:00-11:00 am | |
| | SilverSneakers Enerchi® Choon 8:00am-8:45am (Community Room) | Silver Sneaker® Stability Choon 8:00am-8:45am (Community Room) | Core and More Choon 7:00am – 7:45am (Studio) | Silver Sneaker Enerchi® Choon 8:00am-8:45am (Community Room) | Strength & Conditioning (Studio) 9:00-9:45am Jamie | |
| | | | | | NEW HIIT & Core (Studio) 10:00-10:45am Jamie | |
| | SilverSneakers Yoga® Choon 9:00am-9:45am (Community Room) | | Pickleball 9:00am-11:00 am | Pickleball 10:30am-1:00pm | Open Gym 11:00am-1:00pm | |
| | Silver Sneakers Classic 11:15-12:00 pm Annette (Community Room) | Silver Sneakers Classic® 10:00-10:45 am Claudia (Community Room) | Silver Sneakers Classic® 11:15-12:00 pm Claudia (Community Room) | Silver Sneakers Classic® 10:00-10:45 am Claudia (Community Room) | | |
| | Open Gym 11:00am-1:00pm | Open Gym 11:00am-1:00pm | Open Gym 11:00am-1:00pm | Open Gym 11:00am-1:00pm | | |
| | Beginner Pickleball 1:00-3:00pm | Intermediate Pickleball 1:00-3:00pm | Beginner Pickleball 1:00-3:00pm | Intermediate Pickleball 1:00-3:00pm | Beginner Pickleball 1:00-3:00pm | |
| | | | NEW Strength & Conditioning 4:00pm-4:45pm TJ W (Starts 2/12) | | | |
| | Pilates 5:00-5:45 pm Annette (Studio) | NEW Strength & Conditioning (Studio) 5:00pm-5:45pm Jamie | Body Sculpting 5:00-5:45 pm Annette (Studio) | | Strength & Conditioning 4:00pm-4:45pm TJ W (Starts 2/14) | |
| | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | |

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|--|-------------|-------------|-------------|--------------|--------------|--|
| | 3:00-5:45pm | 3:00-5:45pm | 3:00-5:45pm | 3:00- 5:45pm | 3:00- 5:45pm | |
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Branch Hours:

Monday & Wednesday 6:00 am - 6:00 pm

Tuesday, Thursday & Friday 8:00 am - 6:00 pm

WELLNESS CENTER REGULATIONS

For safety reasons, children under the age of 10 are **not permitted in Wellness Center or Cardio Room**

Ages 10-11

- Must complete orientation with a Y staff.
- Must be accompanied by an adult at all times.
- Are welcome to use the track and cardio equipment.
- The use of free weight equipment begins at age 15.
- May participate in Group Exercise classes, if accompanied by an adult and at the discretion of the instructor.

Ages 12-14

- Must complete orientation with a Y staff.
- Are welcome to use the facility without being accompanied by an adult.
- Are welcome to use the track, cardio equipment, and selectorized strength training equipment.
- The use of free weight equipment begins at age 15.

Ages 15 & up

- Are welcome to utilize the 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