



Delaware Family YMCA
FITNESS SCHEDULE
 Winter Session (January 2nd - February 25th)

FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Boot Camp 6:30-7:15am Sam		Boot Camp 6:30-7:15am Sam		
	Step 9:00-10:00am Chuck		Fusion (9:30am Stability Ball) 9:00-10:00am Chuck		Step 9:00-10:00am Chuck	Zumba 9:00-10:00am Anthony
	SilverSneakers Yoga Stretch 10:15-10:45am Chuck	SilverSneakers MSROM 11:00am-12:00pm Erin	SilverSneakers Yoga Stretch 10:15-10:45am Chuck	SilverSneakers MSROM 11:00am-12:00pm Erin	SilverSneakers Yoga Stretch 10:15-10:45am Chuck	Body Conditioning 10:00-11:00am AI
	SilverSneakers Cardio Circuit 11:00am-12:00pm Chuck		Dance Aerobics 11:00-11:45am Chuck		SilverSneakers Cardio Circuit 11:00am-12:00pm Chuck	Growing Up Fit (Gym) 10:30-11:30am Jen/AI
Amazing Abs 12:00-12:30pm AI						Mission Meltaway 11:00-11:45am Lesa
Group Cycling 1:00-2:00pm AI						Family Fit (Gym) 11:30-12:30pm AI
			Body Conditioning 4:30-5:15pm Amy	Group Cycling 4:30-5:15pm Dave		
	Zumba 5:30-6:30pm Annette	Yoga Intro 5:30pm 5:45-6:30pm Chuck	Zumba 5:30-6:30pm Annette	Yoga Intro 5:30pm 5:45-6:30pm Chuck	Group Cycling 5:00-5:45pm Julie	
	Amazing Abs 6:30-7:00pm Jewell	Body Conditioning 6:30-7:30pm Julie/Maria	Amazing Abs 6:30-7:00pm Jewell	Body Conditioning 6:30-7:30pm Jeannine		
	Group Cycling 7:00-8:00pm Jewell	Zumba 7:30-8:30pm Anthony	Group Cycling 7:00-8:00pm Jewell	Zumba 7:30-8:30pm Anthony		

Schedule subject to change. Revised 12/29/11 For more information call **875-1283**