



## Delaware Community Center YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8 Lap Lanes</b> Indoor Pool					5:30AM-7:00AM (Lap Pool)  7:15AM-7:45PM (Lap Pool)	8:00AM-9:00AM (Lap Pool)  10:00AM-4:00PM (Lap Pool)	3:00PM-5:30PM (Lap Pool)
<b>Open Gym</b> Gymnasium					5:30AM-8:00PM (Gymnasium) <i>Staff Y.</i>	10:00AM-6:00PM (Gymnasium)	12:00PM-6:00PM (Gymnasium)
<b>Y Stretch</b> Studio 1					6:00AM-6:45AM (Mind Body) <i>Roger H.</i>		
<b>Lifeguard Break</b> Indoor Pool					7:00AM-7:15AM (Lap Pool)		
<b>AOA Fit</b> Gymnasium					8:30AM-9:15AM (Active Older Adult) <i>Cheryl L.</i>		
<b>Open Swim - Leisure Pool</b> Leisure Pool					9:00AM-12:00PM (Leisure Pool)  12:10PM-7:45PM (Leisure Pool)	8:00AM-4:00PM (Leisure Pool)	12:00PM-5:30PM (Leisure Pool)
<b>Yoga Flow</b> Studio 1					9:00AM-10:00AM (Mind Body) <i>Chasity P.</i>		
<b>4 Lap Lanes- Leisure Pool</b> Leisure Pool						8:00AM-4:00PM (Leisure Pool)	3:00PM-5:30PM (Leisure Pool)
<b>Pick Up Basketball</b> Gymnasium						8:00AM-10:00AM (Gymnasium)	
<b>BODYPUMP™</b> Gymnasium						8:05AM-9:05AM (Les Mills) <i>Julia H.</i>	
<b>5 Lap Lanes</b> Indoor Pool						9:00AM-10:00AM (Lap Pool)	
<b>Les Mills GRIT™ Series</b> Studio 1						9:15AM-9:45AM (Les Mills) <i>Jessica S.</i>	
<b>Yoga Fusion</b> Studio 3						9:15AM-10:00AM (Mind Body) <i>Amanda C.</i>	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Zumba</b> Gymnasium						9:30AM-10:30AM (Dance) <i>Amanda C.</i>	
<b>Pound</b> Studio 1						10:15AM-11:15AM (Cardio) <i>Madison C.</i>	
<b>7 Lap Lanes</b> Indoor Pool							12:00PM-3:00PM (Lap Pool)
<b>3 Lap Lanes- Leisure Pool</b> Leisure Pool							12:00PM-3:00PM (Leisure Pool)
<b>Cycling</b> Studio 2							12:15PM-12:45PM (Cycling) <i>Stefanie M.</i>
<b>Zumba</b> Studio 1							12:30PM-1:30PM (Dance) <i>Dashira R.</i>