



Delaware Community Center YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium	5:30AM-7:00PM (Gymnasium)	5:30AM-9:30PM (Gymnasium)	5:30AM-7:00PM (Gymnasium)	5:30AM-9:30PM (Gymnasium)	5:30AM-8:00PM (Gymnasium) <i>Staff Y.</i>	10:00AM-6:00PM (Gymnasium)	12:00PM-6:00PM (Gymnasium)
8 Lap Lanes Indoor Pool	5:30AM-7:00AM (Lap Pool) 7:15AM-5:00PM (Lap Pool) 5:00PM-9:00PM (Lap Pool)	5:30AM-7:00AM (Lap Pool) 7:15AM-3:30PM (Lap Pool) 7:30PM-9:00PM (Lap Pool)	5:30AM-7:00AM (Lap Pool) 7:15AM-8:00PM (Lap Pool) 10:30AM-4:30PM (Lap Pool) 8:00PM-9:00PM (Lap Pool)	5:30AM-7:00AM (Lap Pool) 7:15AM-9:15AM (Lap Pool) 11:00AM-4:00PM (Lap Pool) 8:00PM-9:00PM (Lap Pool)	5:30AM-7:00AM (Lap Pool) 7:15AM-7:45PM (Lap Pool)	8:00AM-9:00AM (Lap Pool) 1:00PM-4:00PM (Lap Pool)	3:00PM-5:30PM (Lap Pool)
BODYPUMP™ Gymnasium	6:00AM-7:00AM (Les Mills) <i>Darci H.</i>	9:30AM-10:30AM (Les Mills) <i>Julia H.</i>	5:00PM-6:00PM (Les Mills) <i>Ashley W.</i>	8:00AM-9:00AM (Les Mills) <i>Darci H.</i>			
Lifeguard Break Indoor Pool	7:00AM-7:15AM (Lap Pool)	7:00AM-7:15AM (Lap Pool)	7:00AM-7:15AM (Lap Pool)	7:00AM-7:15AM (Lap Pool)	7:00AM-7:15AM (Lap Pool)		
AOA Fit Gymnasium	8:30AM-9:15AM (Active Older Adult) <i>Cheryl L.</i>		8:30AM-9:15AM (Active Older Adult) <i>Cheryl L.</i>		8:30AM-9:15AM (Active Older Adult) <i>Cheryl L.</i>		
Open Swim - Leisure Pool Leisure Pool	9:00AM-12:00PM (Leisure Pool) 4:00PM-8:00PM (Leisure Pool)	9:00AM-12:00PM (Leisure Pool) 4:00PM-8:00PM (Leisure Pool)	9:00AM-12:00PM (Leisure Pool) 4:00PM-8:00PM (Leisure Pool)	9:00AM-12:00PM (Leisure Pool) 4:00PM-8:00PM (Leisure Pool)	9:00AM-12:00PM (Leisure Pool) 4:00PM-7:45PM (Leisure Pool)	8:00AM-4:00PM (Leisure Pool)	12:00PM-5:30PM (Leisure Pool)
Yoga Fusion Studio 1	9:15AM-10:00AM (Mind Body) <i>Chasity P.</i>						
Pilates Studio 1	10:15AM-11:00AM (Fitness) <i>Janet K.</i>						
SilverSneakers Classic Gymnasium	11:15AM-12:00PM (Active Older Adult) <i>Cheryl L.</i>	11:15AM-12:00PM (Active Older Adult) <i>Cheryl L.</i>	11:15AM-12:00PM (Active Older Adult) <i>Amy M.</i>	11:15AM-12:00PM (Active Older Adult) <i>Cheryl L.</i>			
Les Mills GRIT™ Series Studio 1	5:00PM-5:30PM (Les Mills) <i>Jessica S.</i>	5:00PM-5:30PM (Les Mills) <i>Jessica S.</i>	5:00PM-5:45PM (Les Mills) <i>Jessica S.</i>			9:15AM-9:45AM (Les Mills) <i>Jessica S.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Gymnasium	5:00PM-5:45PM (Dance) <i>Kirin D.</i>						
Body Sculpt Studio 3	6:00PM-6:45PM (Strength) <i>Chasity P.</i>	9:30AM-10:15AM (Strength) <i>Chasity P.</i>					
Cycling Studio 2	6:00PM-6:30PM (Cycling) <i>Stefanie M.</i>	6:00AM-6:45AM (Cycling) <i>Barb N.</i>	6:00PM-6:30PM (Cycling) <i>Stefanie M.</i>	6:00AM-6:45AM (Cycling) <i>Barb N.</i> 6:00PM-6:30PM (Cycling) <i>Stefanie M.</i>			12:15PM-12:45PM (Cycling) <i>Stefanie M.</i>
Pound Studio 1	6:45PM-7:45PM (Cardio) <i>Aidan G.</i>		6:45PM-7:45PM (Cardio) <i>Madison C.</i>				
Pick Up Basketball Gymnasium	7:00PM-9:00PM (Gymnasium)		7:00PM-9:00PM (Gymnasium)			8:00AM-10:00AM (Gymnasium)	
Les Mills Sprint Studio 2		8:45AM-9:15AM (Les Mills) <i>Julia H.</i>					
Core-Barre Studio 1		9:00AM-10:00AM (Mind Body) <i>Janet K.</i>					
SilverSneakers Yoga Studio 1		10:15AM-11:00AM (Active Older Adult) <i>Janet K.</i>					
6 Lap Lanes Indoor Pool		5:00PM-7:30PM (Lap Pool)	4:30PM-8:00PM (Lap Pool)	4:00PM-8:00PM (Lap Pool)			
Pure Strength Gymnasium		5:00PM-6:00PM (Strength) <i>Kirin D.</i>		5:00PM-6:00PM (Strength) <i>Kirin D.</i>			
Zumba Studio 3		6:30PM-7:30PM (Dance) <i>Amanda C.</i>	6:00PM-6:45PM (Dance) <i>Jessica D.</i>				
Relentless Gymnasium			6:00AM-6:45AM (Fitness) <i>Darci H.</i>	6:00AM-6:45AM (Fitness) <i>Darci H.</i>			
5 Lap Lanes Indoor Pool			8:00AM-10:30AM (Lap Pool)	9:15AM-11:00AM (Lap Pool)		9:00AM-1:00PM (Lap Pool)	
3 Lap Lanes Indoor Pool			8:00AM-10:15AM (Lap Pool) <i>Shannon S.</i>	9:15AM-11:00AM (Lap Pool) <i>Shannon S.</i>		9:00AM-9:45AM (Lap Pool) <i>Shannon S.</i> 10:00AM-1:00PM (Lap Pool) <i>Staff Y.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Flow Studio 1			9:15AM-10:15AM (Mind Body) <i>Chasity P.</i>		9:15AM-10:00AM (Mind Body) <i>Janet K.</i>		
Beginner Yoga Studio 1			10:30AM-11:30AM (Mind Body) <i>Lorri C.</i>				
Meditation Studio 1			11:45AM-12:15PM (Mind Body) <i>Lorri C.</i>				
Meditation for Wellness National Guard Classroom			5:30PM-6:15PM (Mind Body) <i>Staff Y.</i>				
Body Sculpt Studio 1				9:15AM-10:00AM (Strength) <i>Staff Y.</i>			
Yoga Flexibility Studio 1				10:15AM-11:00AM (Mind Body) <i>Janet K.</i>			
2 Lap Lanes- Leisure Pool Leisure Pool				11:30AM-12:15PM (Leisure Pool) <i>Shannon S.</i>		10:00AM-1:00PM (Leisure Pool) <i>Staff Y.</i>	12:00PM-3:00PM (Leisure Pool)
Chair Yoga Studio 1				3:45PM-4:30PM (Mind Body) <i>Tracy D.</i>			
Beginner Yoga Studio 3				7:00PM-8:00PM (Mind Body) <i>Janet L.</i>		10:15AM-11:15AM (Mind Body) <i>Lorri C.</i>	
Y Stretch Studio 1					6:00AM-6:45AM (Mind Body) <i>Roger H.</i>		
Chair Pilates Studio 1					10:15AM-11:00AM (Mind Body) <i>Janet K.</i>		
4 Lap Lanes- Leisure Pool Leisure Pool						8:00AM-10:00AM (Leisure Pool) 1:00PM-4:00PM (Leisure Pool)	3:00PM-5:30PM (Leisure Pool)
Yoga Fusion Studio 3						9:15AM-10:00AM (Mind Body) <i>Lorri C.</i>	
Zumba Patio						9:30AM-10:30AM (Dance) <i>Amanda C.</i>	
7 Lap Lanes Indoor Pool							12:00PM-3:00PM (Lap Pool)

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Zumba Studio 1							12:30PM-1:30PM (Dance) <i>Dashira R.</i>