



## Delaware Community Center YMCA | July 21st - July 27th

|                                                 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday                                          | Sunday                                             |
|-------------------------------------------------|--------|---------|-----------|----------|--------|---------------------------------------------------|----------------------------------------------------|
| <b>Pick Up Basketball</b><br>Gymnasium          |        |         |           |          |        | 8:00AM-10:00AM<br>(Gymnasium)                     |                                                    |
| <b>Open Swim - Leisure Pool</b><br>Leisure Pool |        |         |           |          |        | 8:00AM-5:30PM<br>(Leisure Pool)                   | 12:00PM-5:30PM<br>(Leisure Pool)                   |
| <b>8 Lap Lanes</b><br>Indoor Pool               |        |         |           |          |        | 8:00AM-5:30PM<br>(Lap Pool)                       |                                                    |
| <b>BODYPUMP™</b><br>Gymnasium                   |        |         |           |          |        | 8:05AM-9:05AM<br>(Les Mills)<br><i>Julia H.</i>   |                                                    |
| <b>Les Mills GRIT™ Series</b><br>Studio 1       |        |         |           |          |        | 9:15AM-9:45AM<br>(Les Mills)<br><i>Jessica S.</i> |                                                    |
| <b>Pilates</b><br>Studio 3                      |        |         |           |          |        | 9:15AM-10:00AM<br>(Fitness)<br><i>Janet K.</i>    |                                                    |
| <b>Zumba</b><br>Gymnasium                       |        |         |           |          |        | 9:30AM-10:30AM<br>(Dance)<br><i>Amanda C.</i>     |                                                    |
| <b>Open Gym</b><br>Gymnasium                    |        |         |           |          |        | 10:00AM-6:00PM<br>(Gymnasium)                     | 12:00PM-6:00PM<br>(Gymnasium)                      |
| <b>Beginner Yoga</b><br>Studio 3                |        |         |           |          |        | 10:15AM-11:15AM<br>(Mind Body)<br><i>Lorri C.</i> |                                                    |
| <b>7 Lap Lanes</b><br>Indoor Pool               |        |         |           |          |        |                                                   | 12:00PM-5:30PM<br>(Lap Pool)                       |
| <b>Cycling</b><br>Studio 2                      |        |         |           |          |        |                                                   | 12:15PM-12:45PM<br>(Cycling)<br><i>Stefanie M.</i> |
| <b>Zumba</b><br>Studio 1                        |        |         |           |          |        |                                                   | 12:30PM-1:30PM<br>(Dance)<br><i>Dashira R.</i>     |