



Delaware Community Center YMCA | August 17th - August 23rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 Lap Lanes Indoor Pool	5:30AM-7:00AM (Lap Pool) 7:15AM-9:00PM (Lap Pool)	5:30AM-7:00AM (Lap Pool) 7:15AM-9:00PM (Lap Pool)	5:30AM-7:00AM (Lap Pool) 7:15AM-9:00PM (Lap Pool)	5:30AM-7:00AM (Lap Pool) 7:15AM-9:00PM (Lap Pool)	5:30AM-7:00AM (Lap Pool) 7:15AM-7:45PM (Lap Pool)		12:00PM-5:30PM (Lap Pool)
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)
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)		
Open Swim - Leisure Pool Leisure Pool	8:00AM-8:00PM (Leisure Pool)	9:00AM-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-7:30PM (Leisure Pool)	8:00AM-5:30PM (Leisure Pool)	12:00PM-5:30PM (Leisure Pool)
Les Mills Sprint Studio 2 REGISTER	8:30AM-9:00AM (Les Mills) <i>Karen M.</i>	8:45AM-9:15AM (Les Mills) <i>Julia H.</i>				9:25AM-9:55AM (Les Mills) <i>Julia H.</i>	
AOA Fit Gymnasium REGISTER	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>		
Pilates Studio 1 REGISTER	10:15AM-11:00AM (Fitness) <i>Janet K.</i>						
Core-Barre Studio 1 REGISTER	11:05AM-11:35AM (Mind Body) <i>Janet K.</i>						
SilverSneakers Classic Gymnasium REGISTER	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>	11:15AM-12:00PM (Active Older Adult) <i>Cheryl L.</i>			
Pickleball Court 1	1:00PM-3:00PM (General) <i>Staff Y.</i>	1:00PM-3:00PM (General) <i>Staff Y.</i>	1:00PM-3:00PM (General) <i>Staff Y.</i>	1:00PM-3:00PM (General) <i>Staff Y.</i>			
Strictly Core & Glutes Studio 1 REGISTER	5:00PM-5:45PM (Strength) <i>Amanda R.</i>		5:45PM-6:30PM (Strength) <i>Amanda R.</i>				
Zumba Gymnasium REGISTER	5:00PM-6:00PM (Dance) <i>Jessica D.</i>						

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Les Mills GRIT™ Series Studio 1 REGISTER	6:00PM-6:30PM (Les Mills) <i>Amanda R.</i>	5:00PM-5:30PM (Les Mills) <i>Amanda R.</i>	5:00PM-5:30PM (Les Mills) <i>Amanda R.</i>				
Body Sculpt Studio 3 REGISTER	6:15PM-7:00PM (Strength) <i>Chasity P.</i>						
Pound Studio 1 REGISTER	6:45PM-7:45PM (Cardio) <i>Aidan G.</i>		6:45PM-7:45PM (Cardio) <i>Madison C.</i>			10:30AM-11:30AM (Cardio) <i>Madison C.</i>	
Pick Up Basketball Gymnasium	7:00PM-9:00PM (Gymnasium)		7:00PM-9:00PM (Gymnasium)			8:00AM-10:00AM (Gymnasium)	
Cycling Studio 2 REGISTER		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> 8:30AM-9:00AM (Cycling) <i>Karen M.</i>			12:15PM-12:45PM (Cycling) <i>Stefanie M.</i>
Body Sculpt Studio 1 REGISTER		9:00AM-9:45AM (Strength) <i>Chasity P.</i>		9:00AM-9:45AM (Strength) <i>Chasity P.</i>			
HIIT Studio 3 REGISTER		9:15AM-10:00AM (Cardio) <i>Amanda R.</i>			9:15AM-10:00AM (Cardio) <i>Amanda R.</i>		
BODYPUMP™ Gymnasium REGISTER		9:30AM-10:30AM (Les Mills) <i>Julia H.</i>	5:15PM-6:15PM (Les Mills) <i>Kendra S.</i>			8:05AM-9:05AM (Les Mills) <i>Julia H.</i>	
SilverSneakers Yoga Studio 1 REGISTER		10:15AM-11:00AM (Active Older Adult) <i>Janet K.</i>					
Pure Strength Gymnasium REGISTER		5:00PM-6:00PM (Strength) <i>Darci H.</i>		5:00PM-6:00PM (Strength) <i>Kirin D.</i>			
Yoga Flow Studio 3 REGISTER		5:30PM-6:15PM (Mind Body) <i>Jennifer M.</i>					
Zumba Studio 3 REGISTER		6:30PM-7:30PM (Dance) <i>Amanda C.</i>					
Relentless Gymnasium REGISTER			6:00AM-6:45AM (Fitness) <i>Darci H.</i>				
Yoga Flow Studio 1 REGISTER			9:00AM-10:00AM (Mind Body) <i>Chasity P.</i>		9:00AM-10:00AM (Mind Body) <i>Chasity P.</i>		

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Yoga Flexibility Studio 1 REGISTER				10:15AM-11:00AM (Mind Body) <i>Janet K.</i>			
Yoga Fusion Studio 1 REGISTER				6:30PM-7:30PM (Mind Body) <i>Chasity P.</i>			
Chair Pilates Studio 1 REGISTER					10:15AM-11:00AM (Mind Body) <i>Janet K.</i>		
Pilates Studio 3 REGISTER						9:15AM-10:00AM (Fitness) <i>Janet K.</i>	
Zumba Studio 1 REGISTER						9:15AM-10:15AM (Dance) <i>Radina J.</i>	12:30PM-1:30PM (Dance) <i>Jessica D.</i>
Les Mills GRIT™ Series Gymnasium REGISTER						9:30AM-10:00AM (Les Mills) <i>Amanda R.</i>	