

DELAWARE FAMILY YMCA  
**GROUP FITNESS SCHEDULE**  
**November 2024**



Member Info	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Pickleball</b> 8:00-11:00 am	<b>Open Gym</b> 8:00am-9:45am	<b>Open Gym</b> 6:00am-9:00am	<b>Open Gym</b> 8:00am-9:00am	<b>Pickleball</b> 8:00-11:00 am	
	<b>Yin Yoga</b> Choon <b>7:00am-7:45am</b> (Studio)					
	<b>Silver Sneaker Enerchi®</b> Choon <b>8:00am-8:45am</b> (Community Room)	<b>Silver Sneaker® Stability</b> Choon <b>8:00am-8:45am</b> (Community Room) No class 10/1		<b>Silver Sneaker Enerchi®</b> Choon <b>8:00am-8:45am</b> (Community Room)	<b>Strength &amp; Conditioning</b> (Studio) 9:00-9:45am Jamie	
	<b>Silver Sneaker Yoga®</b> Choon <b>9:00am-9:45am</b> (Community Room)		<b>Pickleball</b> 9:00am-11:00 am	<b>Pickleball</b> 10:30am-1:00pm	<b>Open Gym</b> 11:00am-1:00pm	
	<b>Silver Sneakers Classic</b> 11:15-12:00 pm Annette (Community Room)	<b>Silver Sneakers Classic®</b> 10:00-10:45 am Claudia (Community Room)	<b>Silver Sneakers Classic®</b> 11:15-12:00 pm Claudia (Community Room)	<b>Silver Sneakers Classic®</b> 10:00-10:45 am Claudia (Community Room)		
	<b>Open Gym</b> 11:00am-1:00pm	<b>Open Gym</b> 11:00am-1:00pm	<b>Open Gym</b> 11:00am-1:00pm	<b>Open Gym</b> 11:00am-1:00pm		
	<b>Beginner Pickleball</b> 1:00-3:00pm	<b>Intermediate Pickleball</b> 1:00-3:00pm	<b>Beginner Pickleball</b> 1:00-3:00pm	<b>Intermediate Pickleball</b> 1:00-3:00pm	<b>Beginner Pickleball</b> 1:00-3:00pm	
	<b>Pilates</b> 5:00-5:45 pm Annette (Studio)		<b>Body Sculpting</b> 5:00-5:45 pm Annette (Studio)			
	<b>Open Gym</b> 3:00-5:45pm	<b>Open Gym</b> 3:00-5:45pm	<b>Open Gym</b> 3:00-5:45pm	<b>Open Gym</b> 3:00- 5:45pm	<b>Open Gym</b> 3:00- 5:45pm	

**Branch Hours:**  
**Monday & Wednesday 6:00 am - 6:00 pm**  
**Tuesday, Thursday & Friday 8:00 am - 6:00 pm**

## **WELLNESS CENTER REGULATIONS**

*\*For safety reasons, children under the age of 10 are **not** permitted in Wellness Center or Cardio Room\**

### **Ages 10-11**

- Must complete orientation with a Y staff.
- Must be accompanied by an adult at all times.
- Are welcome to use the track and cardio equipment.
- The use of free weight equipment begins at age 15.
- May participate in Group Exercise classes, if accompanied by an adult and at the discretion of the instructor.

### **Ages 12-14**

- Must complete orientation with a Y staff.
- Are welcome to use the facility without being accompanied by an adult.
- Are welcome to use the track, cardio equipment, and selectorized strength training equipment.
- The use of free weight equipment begins at age 15.

### **Ages 15 & up**

- Are welcome to utilize the Wellness Center, track, and attend Group Exercise classes independently.

### **Other Age Requirements:**

- Open/Lap Swim: 12 years old (must pass a swim test)
- Sauna: 18 years old