

**DELAWARE FAMILY YMCA
GROUP FITNESS SCHEDULE
MARCH 2025**



Member Info	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Pickleball 8:00-11:00 am					
	Yin Yoga Choon 7:00am-7:45am (Studio)	Open Gym 8:00am-9:45am	Open Gym 6:00am-9:00am	Open Gym 8:00am-9:00am	Pickleball 8:00-11:00 am	
	SilverSneakers Enerchi ® Choon 8:00am-8:45am (Community Room)	Silver Sneaker® Stability Choon 8:00am-8:45am (Community Room)	Core and More Choon 7:00am – 7:45am (Studio)	Silver Sneaker Enerchi ® Choon 8:00am-8:45am (Community Room)	Strength & Conditioning (Studio) 9:00-9:45am Jamie	
		NEW Pilates Choon 10:00am – 10:45am (Studio)		NEW Pilates Choon 10:00am – 10:45am (Studio)	HIIT & Core (Studio) 10:00-10:45am Jamie	
	SilverSneakers Yoga® Choon 9:00am-9:45am (Community Room)		Pickleball 9:00am-11:00 am	Pickleball 10:30am-1:00pm	Open Gym 11:00am-1:00pm	
	Silver Sneakers Classic 11:15-12:00 pm Annette (Community Room)	Silver Sneakers Classic® 10:00-10:45 am Claudia (Community Room)	Silver Sneakers Classic® 11:15-12:00 pm Claudia (Community Room)	Silver Sneakers Classic® 10:00-10:45 am Claudia (Community Room)		
	Open Gym 11:00am-1:00pm	Open Gym 11:00am-1:00pm	Open Gym 11:00am-1:00pm	Open Gym 11:00am-1:00pm		
	Beginner Pickleball 1:00-3:00pm	Intermediate Pickleball 1:00-3:00pm	Beginner Pickleball 1:00-3:00pm	Intermediate Pickleball 1:00-3:00pm	Beginner Pickleball 1:00-3:00pm	
			Strength & Conditioning 4:00pm-4:45pm TJ W			
	Pilates 5:00-5:45 pm Annette (Studio)	Strength & Conditioning (Studio) 5:00pm-5:45pm Jamie	Body Sculpting 5:00-5:45 pm Annette (Studio)		Strength & Conditioning 4:00pm-4:45pm TJ W	
	Open Gym 3:00-5:45pm	Open Gym 3:00-5:45pm	Open Gym 3:00-5:45pm	Open Gym 3:00- 5:45pm	Open Gym 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