



## North Central Florida YMCA Wellness Schedule

**AUTUMN & WINTER**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM	<b>WELLNESS AEROBICS 1</b>  <i>by Heather</i>	<b>SILVER-SNEAKERS</b> Zoom Online <b>Classic Donna</b> <b>WELLNESS AEROBICS 1</b> <b>KARLTON'S CLASS</b> <i>Karlton</i>	<b>WELLNESS AEROBICS 1</b> <b>FUSION</b> <i>Heather</i>	<b>WELLNESS AEROBICS 1</b> <b>KARLTON'S CLASS</b> <i>Karlton</i>	<b>WELLNESS AEROBICS 1</b> <b>MUSCLE UP</b> <i>Karlton</i>	
10:00 AM	<b>ZUMBA®</b> <i>Katie</i>	<b>YOGA</b> <i>Susan</i>	<b>ZUMBA®</b> <i>Katie</i>	<b>YOGA</b> <i>Susan</i> <b>ZUMBA®</b> Toning <i>Whitney</i>	<b>ZUMBA®</b> <i>Katie</i>	<b>ZUMBA®</b> Zoom Online <i>Tatiana</i>
10:15 AM	<b>SILVER-SNEAKERS</b> Stability <i>Whitney</i>					
11:00 AM			<b>SILVER-SNEAKERS</b> EnerChi <i>Whitney</i>			
12:00 PM			<b>ZUMBA®</b> Gold <i>Whitney</i>			
12:30 PM					<b>SILVER-SNEAKERS</b> Splash <i>Katie</i>	
1:00 PM	<b>SILVER-SNEAKERS</b> Splash <i>Whitney</i>	<b>AQUATUNITY</b> <i>Whitney</i>	<b>SILVER-SNEAKERS</b> Splash <i>Katie</i> <b>Boom Mind</b> <i>Whitney</i>	<b>SILVER-SNEAKERS</b> Splash <i>Whitney</i>		<b>CONTEMPORARY DANCE</b> <i>Emily</i>
2:00 PM						 <i>by Darlena</i>
5:30 PM		 <i>by Whitney</i>				
6:00 PM	<b>CONTEMPORARY DANCE</b> <i>Emily</i>	<b>ZUMBA®</b> Zoom Online <i>Tatiana</i>	<b>CONTEMPORARY DANCE</b> <i>Emily</i>	<b>ZUMBA®</b> Zoom Online <i>Jonathan</i>  <i>By Darlena</i>		

