



North Central Florida YMCA

~ Wellness Schedule ~

SPRING & SUMMER

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

