



Denny Price Family YMCA of Enid, Oklahoma, Inc.

February 14th - February 20th

415 West Cherokee Avenue

Enid, OK 73701

(580) 237-4645

	FRI 14	SAT 15	SUN 16	MON 17	TUE 18	WED 19	THU 20
5am							Body Pump Group Exercise Aerobics Instructor 5:30am - 6:30am
6am	Lap / Water Walking Aquatics Facility Aquatics Lifeguard 6am - 10am			Lap / Water Walking Aquatics Facility Aquatics Lifeguard 6am - 10am			
8am	Child Watch Child Watch 8:15am - 12pm	Child Watch Child Watch 8:15am - 12pm		Child Watch Child Watch 8:15am - 12pm			Child Watch Child Watch 8:15am - 12pm
	HIIT Group Exercise Aerobics Instructor 8:30am - 9:30am	Body Pump Group Exercise Aerobics Instructor 8:30am - 9:30am					Body Pump Group Exercise Aerobics Instructor 8:30am - 9:30am
							Yoga Group Exercise Aerobics Instructor 8:30am - 9:30am
9am	Aqua Cardio Aquatics Facility Aerobics Instructor 9am - 10am	Cardio Dance Group Exercise Aerobics Instructor 9:30am - 10:15am		Aqua Cardio Aquatics Facility Aerobics Instructor 9am - 10am			Zumba Group Exercise Aerobics Instructor 9:30am - 10:15am
	RPM Group Exercise Aerobics Instructor 9:30am - 10am	Yoga Group Exercise Aerobics Instructor 9:30am - 10:30am		RPM Group Exercise Aerobics Instructor 9:30am - 10am			
10am				Silver Sneakers® Classic Group Exercise Aerobics Instructor 10:30am - 11:30am			Silver Sneakers® Classic Group Exercise Aerobics Instructor 10:30am - 11:30am
12pm	Lap / Water Walking Aquatics Facility Aquatics Lifeguard 12pm - 3pm	Open - Lap - Water Walking Aquatics Facility Aquatics Lifeguard 12pm - 3:30pm		Lap / Water Walking Aquatics Facility Aquatics Lifeguard 12pm - 3pm	Lap / Water Walking Aquatics Facility Aquatics Lifeguard 12pm - 3pm	Lap / Water Walking Aquatics Facility Aquatics Lifeguard 12pm - 3pm	Lap / Water Walking Aquatics Facility Aquatics Lifeguard 12pm - 3pm
	Zero Entry (Walk-in) / Slide Pool Open Aquatics Facility Aquatics Lifeguard 12pm - 4pm	Zero Entry (Walk-in) / Slide Pool Open Aquatics Facility Aquatics Lifeguard 12pm - 3:30pm		Body Pump Group Exercise Aerobics Instructor 12:15pm - 12:45pm			
	Body Pump Group Exercise Aerobics Instructor 12:15pm - 12:45pm						
1pm			Open - Lap - Water Walking Aquatics Facility Aquatics Lifeguard 1pm - 4:30pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	FRI 14	SAT 15	SUN 16	MON 17	TUE 18	WED 19	THU 20
			Zero Entry (Walk-in) / Slide Pool Open Aquatics Facility Aquatics Lifeguard 1pm - 4:30pm				
4pm	Zero Entry (Walk-in) / Slide Pool Open Aquatics Facility Aquatics Lifeguard 4pm - 8pm			Child Watch Child Watch 4pm - 7:30pm		Zero Entry (Walk-in) / Slide Pool Open Aquatics Facility Aquatics Lifeguard 4pm - 8pm	Child Watch Child Watch 4pm - 7:30pm
				Zero Entry (Walk-in) / Slide Pool Open Aquatics Facility Aquatics Lifeguard 4pm - 8pm			Zero Entry (Walk-in) / Slide Pool Open Aquatics Facility Aquatics Lifeguard 4pm - 5:30pm
5pm	Lap / Water Walking Aquatics Facility Aquatics Lifeguard 5:30pm - 8pm			Body Pump Group Exercise Aerobics Instructor 5:30pm - 6:30pm	Lap / Water Walking Aquatics Facility Aquatics Lifeguard 5:30pm - 8pm	Lap / Water Walking Aquatics Facility Aquatics Lifeguard 5:30pm - 8pm	Lap / Water Walking Aquatics Facility Aquatics Lifeguard 5:30pm - 8pm
				Lap / Water Walking Aquatics Facility Aquatics Lifeguard 5:30pm - 8pm			RPM Group Exercise Aerobics Instructor 5:30pm - 6:15pm
							Yoga Group Exercise Aerobics Instructor 5:30pm - 6:30pm
6pm				Aqua Cardio Aquatics Facility Aerobics Instructor 6pm - 7pm			

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