



Denny Price Family YMCA of Enid, Oklahoma, Inc.

April 28th - May 4th

415 West Cherokee Avenue

Enid, OK 73701

(580) 237-4645

	SUN 28	MON 29	TUE 30	WED 1	THU 2	FRI 3	SAT 4
5am		RPM Group Exercise Aerobics Instructor 5:30am - 6:15am	Body Pump Group Exercise Aerobics Instructor 5:30am - 6:30am	RPM Group Exercise Aerobics Instructor 5:30am - 6:15am	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		Lap / Water Walking Aquatics Facility Aquatics Lifeguard 6am - 10am	
8am		HIIT Group Exercise Aerobics Instructor 8:30am - 9:30am	Body Pump Group Exercise Aerobics Instructor 8:30am - 9:30am	TRX Group Exercise Aerobics Instructor 8:30am - 9:30am	Body Pump Group Exercise Aerobics Instructor 8:30am - 9:30am	HIIT 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	Yoga Group Exercise Aerobics Instructor 8:30am - 9:30am			
9am		Aqua Cardio Aquatics Facility Aerobics Instructor 9am - 10am	Zumba 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	Aqua Cardio Aquatics Facility Aerobics Instructor 9am - 10am	Cardio Dance Group Exercise Aerobics Instructor 9:30am - 10:15am
		RPM Group Exercise Aerobics Instructor 9:30am - 10am		RPM Group Exercise Aerobics Instructor 9:30am - 10am		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	Silver Sneakers® Classic Group Exercise Aerobics Instructor 10:30am - 11:30am		
12pm		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	Lap / Water Walking Aquatics Facility Aquatics Lifeguard 12pm - 3pm	Open - Lap - Water Walking Aquatics Facility Aquatics Lifeguard 12pm - 3:30pm
		Body Pump Group Exercise Aerobics Instructor 12:15pm - 12:45pm	RPM Group Exercise Aerobics Instructor 12:15pm - 12:45pm		RPM Group Exercise Aerobics Instructor 12:15pm - 12:45pm	Body Pump Group Exercise Aerobics Instructor 12:15pm - 12:45pm	Zero Entry (Walk-in) / Slide Pool Open Aquatics Facility Aquatics Lifeguard 12pm - 3:30pm
1pm	Open - Lap - Water Walking Aquatics Facility Aquatics Lifeguard 1pm - 4:30pm						
	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	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 - 8pm	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 - 8pm	

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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	SUN 28	MON 29	TUE 30	WED 1	THU 2	FRI 3	SAT 4
				Cardio Dance Group Exercise Aerobics Instructor 4:30pm - 5:15pm			
5pm		Body Pump Group Exercise Aerobics Instructor 5:30pm - 6:30pm	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	Yoga Group Exercise Aerobics Instructor 5:30pm - 6:30pm	Lap / Water Walking Aquatics Facility Aquatics Lifeguard 5:30pm - 8pm	RPM Group Exercise Aerobics Instructor 5:30pm - 6:15pm		
			Zumba 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		Aqua Cardio Aquatics Facility Aerobics Instructor 6pm - 7pm			

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