



YMCA of Port Arthur  
May 15th - May 21st

6760 Ninth Ave.  
Port Arthur, TX 77642  
(409) 962-6644

	THU 15	FRI 16	SAT 17	SUN 18	MON 19	TUE 20	WED 21
9am	<b>Weight Training</b> Group Exercise Room Pam W. 9am - 9:55am	<b>Zumba</b> Group Exercise Room Gaby C. 9am - 9:55am	<b>Athletic Fitness</b> Group Exercise Room Brayden E. 9am - 10am		<b>Aerobics/Weights</b> Group Exercise Room Pam W. 9am - 9:55am	<b>Weight Training</b> Group Exercise Room Pam W. 9am - 9:55am	<b>Zumba</b> Group Exercise Room Gaby C. 9am - 9:55am
10am	<b>Yoga</b> Group Exercise Room Pam W. 10am - 10:55am	<b>Silver Sneakers YogaStretch</b> Group Exercise Room Pam W. 10am - 10:55am			<b>Silver Sneakers Circuit</b> Group Exercise Room Pam W. 10am - 10:55am	<b>Yoga</b> Group Exercise Room Pam W. 10am - 10:55am	<b>Silver Sneakers Classic</b> Group Exercise Room Pam W. 10am - 10:55am
	<b>Zumba</b> Group Exercise Room Connie V.- Upstairs Gym 10am - 11am						
2pm	<b>Silver Sneakers Circuit</b> Group Exercise Room Pam W. 2pm - 2:55pm					<b>Silver Sneakers Classic</b> Group Exercise Room Pam W. 2pm - 2:55pm	
5pm	<b>Weight Training</b> Group Exercise Room Kim H. 5:30pm - 6:30pm				<b>Weight Training</b> Group Exercise Room Brayden E. 5:30pm - 6:30pm	<b>Weight Training</b> Group Exercise Room Brayden E. 5:30pm - 6:30pm	
6pm	<b>Yoga</b> Group Exercise Room Kim H. 6:30pm - 7:30pm				<b>Yoga</b> Group Exercise Room Kim H. 6:30pm - 7:30pm	<b>Cardio Circuit Blast</b> Group Exercise Room Kim H. 6:30pm - 7:30pm	

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.