



YMCA of Port Arthur
April 3rd - April 9th

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

	WED 3	THU 4	FRI 5	SAT 6	SUN 7	MON 8	TUE 9
8am	Aqua Fitness Swimming Pool Jodie D. 8:30am - 9:30am	Aqua Cardio Swimming Pool Gina A. 8:30am - 9:30am	Aqua Fitness Swimming Pool Jodie D. 8:30am - 9:30am	Open Gym - Half Court Basketball Gym Half Court 8am - 12pm		Aqua Cardio Swimming Pool Gina A. 8:30am - 9:30am	Silver Splash Swimming Pool Jodie D. 8:30am - 9:30am
9am	Pickleball Basketball Gym Full Court 9am - 1pm	Weight Training Group Exercise Room Pam W. 9am - 10am	Pickleball Basketball Gym Full Court 9am - 1pm	Closed Gym - Full Court Basketball Gym Full Court 9:30am - 3pm		Aerobics/Weights Group Exercise Room Pam W. 9am - 10am	Circuit Training Basketball Gym Nuk H. 9am - 10am
	Zumba Group Exercise Room Gabby C. 9am - 10am	Stretch, Strength, & Balance Swimming Pool Jennifer/Jodie . 9:30am - 10:30am	Zumba Group Exercise Room Gabby C. 9am - 10am			Pickleball Basketball Gym Full Court 9am - 1pm	Weight Training Group Exercise Room Pam W. 9am - 10am
	Aqua Jog Swimming Pool Jodie D. 9:30am - 10:30am		Aqua Jog Swimming Pool Jodie D. 9:30am - 10:30am			Zumba Group Exercise Room Nuk H. 9am - 10am	Arthritis Exercise Swimming Pool Jodie D. 9:30am - 10:30am
						Stretch, Strength, & Balance Swimming Pool Gina A. 9:30am - 10:30am	
10am	Silver Sneakers Classic Group Exercise Room Pam W. 10am - 11am	Yoga Group Exercise Room Pam W. 10am - 11am	Silver Sneakers YogaStretch Group Exercise Room Pam W. 10am - 11am			Silver Sneakers Circuit Group Exercise Room Pam W. 10am - 11am	Yoga Group Exercise Room Pam W. 10am - 11am
11am		Zumba Group Exercise Room Nuk H. 11am - 12pm					
12pm				Open Gym - Full Court Basketball Gym Full Court 12pm - 5:30pm			
1pm	Open Gym - Full Court Basketball Gym Full Court 1pm - 4pm	Open Gym - Full Court Basketball Gym Full Court 1pm - 4pm	Open Gym - Full Court Basketball Gym Full Court 1pm - 4pm		Open Gym - Full Court Basketball Gym Full Court 1pm - 5:30pm	Open Gym - Full Court Basketball Gym Full Court 1pm - 4pm	Open Gym - Full Court Basketball Gym Full Court 1pm - 4pm
2pm		Silver Sneakers Circuit Group Exercise Room Pam W. 2pm - 3pm					Silver Sneakers Classic Group Exercise Room Barbara S. 2pm - 3pm
4pm	Open Gym - Half Court Basketball Gym Half Court 4pm - 5:30pm	Open Gym - Half Court Basketball Gym Half Court 4pm - 9:30pm	Open Gym - Half Court Basketball Gym Half Court 4pm - 8:30pm			Open Gym - Half Court Basketball Gym Half Court 4pm - 5:30pm	Open Gym - Half Court Basketball Gym Half Court 4pm - 5:30pm

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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	WED 3	THU 4	FRI 5	SAT 6	SUN 7	MON 8	TUE 9
5pm	Closed Gym - Full Court Basketball Gym Full Court 5:30pm - 8pm	Dance Fitness Group Exercise Room Tiba B. 5:30pm - 6:30pm				Closed Gym - Full Court Basketball Gym Full Court 5:30pm - 8pm	Aqua Fitness Swimming Pool Jennifer R. 5:30pm - 6:15pm
		Group Cycling Group Cycling Room Kim H. 5:30pm - 6:30pm				Aqua Jog Swimming Pool Jodie D. 5:30pm - 6:15pm	Cardio Circuit Blast Group Exercise Room Kim H. 5:30pm - 6:30pm
		Aqua Fitness Swimming Pool Jennifer R. 5:30pm - 6:15pm				Dance Fitness Group Exercise Room Tiba B. 5:30pm - 6:30pm	Closed Gym - Full Court Basketball Gym Full Court 5:30pm - 8pm
						Group Cycling Group Cycling Room Kim H. 5:30pm - 6:30pm	
6pm		Karate Basketball Gym Albert & Tommy - Upstairs Gym 6pm - 7:30pm				Yoga Group Exercise Room Kim H. 6:30pm - 7:30pm	Karate Basketball Gym Albert & Tommy - Upstairs Gym 6pm - 7:30pm
		Step & Strengthen Group Exercise Room Kim H. 6:30pm - 7:30pm					Toning & Sculpting Group Exercise Room Kim H. 6:30pm - 7:30pm
8pm	Open Gym - Half Court Basketball Gym Half Court 8pm - 9:30pm						

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