



YMCA of Port Arthur  
July 11th - July 17th

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

	THU 11	FRI 12	SAT 13	SUN 14	MON 15	TUE 16	WED 17
8am	<b>Aqua Cardio</b> Swimming Pool Gina A. 8:30am - 9:30am	<b>Aqua Fitness</b> Swimming Pool Jodie D. 8:30am - 9:30am	<b>Open Gym - Half Court</b> Basketball Gym Half Court 8am - 12pm		<b>Aqua Cardio</b> Swimming Pool Gina A. 8:30am - 9:30am	<b>Silver Splash</b> Swimming Pool Jodie D. 8:30am - 9:30am	<b>Aqua Fitness</b> Swimming Pool Kim H. 8:30am - 9:30am
9am	<b>Weight Training</b> Group Exercise Room Pam W. 9am - 10am	<b>Pickleball</b> Basketball Gym Full Court 9am - 1pm			<b>Zumba</b> Group Exercise Room Nuk H. 9am - 10am	<b>Weight Training</b> Group Exercise Room Pam W. 9am - 10am	<b>Zumba</b> Group Exercise Room Gaby C. 9am - 10am
	<b>Stretch, Strength, &amp; Balance</b> Swimming Pool Jennifer/Jodie . 9:30am - 10:30am	<b>Zumba</b> Group Exercise Room Gaby C. 9am - 10am			<b>Aerobics/Weights</b> Group Exercise Room Pam W. 9am - 10am	<b>Circuit Training</b> Basketball Gym Nuk H. 9am - 10am	<b>Pickleball</b> Basketball Gym Full Court 9am - 1pm
		<b>Aqua Jog</b> Swimming Pool Jodie D. 9:30am - 10:30am			<b>Pickleball</b> Basketball Gym Full Court 9am - 1pm	<b>Arthritis Exercise</b> Swimming Pool Jodie D. 9:30am - 10:30am	<b>Aqua Jog</b> Swimming Pool Kim H. 9:30am - 10:30am
					<b>Stretch, Strength, &amp; Balance</b> Swimming Pool Gina A. 9:30am - 10:30am		
10am	<b>Yoga</b> Group Exercise Room Pam W. 10am - 11am	<b>Silver Sneakers YogaStretch</b> Group Exercise Room Pam W. 10am - 11am			<b>Silver Sneakers Circuit</b> Group Exercise Room Pam W. 10am - 11am	<b>Yoga</b> Group Exercise Room Pam W. 10am - 11am	<b>Silver Sneakers Classic</b> Group Exercise Room Pam W. 10am - 11am
11am	<b>Zumba</b> Group Exercise Room Nuk H. 11am - 12pm						
12pm			<b>Open Gym - Full Court</b> Basketball Gym Full Court 12pm - 5:30pm				
1pm	<b>Open Gym - Full Court</b> Basketball Gym Full Court 1pm - 4pm	<b>Open Gym - Full Court</b> Basketball Gym Full Court 1pm - 4pm		<b>Open Gym - Full Court</b> Basketball Gym Full Court 1pm - 5:30pm	<b>Open Gym - Full Court</b> Basketball Gym Full Court 1pm - 4pm	<b>Open Gym - Full Court</b> Basketball Gym Full Court 1pm - 4pm	<b>Open Gym - Full Court</b> Basketball Gym Full Court 1pm - 4pm
2pm	<b>Silver Sneakers Circuit</b> Group Exercise Room Pam W. 2pm - 3pm					<b>Silver Sneakers Classic</b> Group Exercise Room Barbara S. 2pm - 3pm	
4pm		<b>Open Gym - Half Court</b> Basketball Gym Half Court 4pm - 8:30pm					

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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	THU 11	FRI 12	SAT 13	SUN 14	MON 15	TUE 16	WED 17
5pm	<b>Aqua Fitness</b> Swimming Pool Jennifer R. 5:30pm - 6:15pm				<b>Aqua Jog</b> Swimming Pool Jodie D. 5:30pm - 6:15pm	<b>Aqua Fitness</b> Swimming Pool Jennifer R. 5:30pm - 6:15pm	
	<b>Dance Fitness</b> Group Exercise Room Tiba B. 5:30pm - 6:30pm				<b>Dance Fitness</b> Group Exercise Room Tiba B. 5:30pm - 6:30pm	<b>Cardio Circuit Blast</b> Group Exercise Room Kim H. 5:30pm - 6:30pm	
	<b>Group Cycling</b> Group Cycling Room Kim H. 5:30pm - 6:30pm				<b>Group Cycling</b> Group Cycling Room Kim H. 5:30pm - 6:30pm		
6pm	<b>Karate</b> Basketball Gym Albert & Tommy - Upstairs Gym 6pm - 7:30pm				<b>Yoga</b> Group Exercise Room Kim H. 6:30pm - 7:30pm	<b>Karate</b> Basketball Gym Albert & Tommy - Upstairs Gym 6pm - 7:30pm	
	<b>Step &amp; Strengthen</b> Group Exercise Room Kim H. 6:30pm - 7:30pm					<b>Toning &amp; Sculpting</b> Group Exercise Room Kim H. 6:30pm - 7:30pm	

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