



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	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	Aqua Fitness Swimming Pool Kim H. 8:30am - 9:30am
9am	Weight Training Group Exercise Room Pam W. 9am - 10am	Pickleball Basketball Gym Full Court 9am - 1pm			Zumba Group Exercise Room Nuk H. 9am - 10am	Weight Training Group Exercise Room Pam W. 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			Aerobics/Weights Group Exercise Room Pam W. 9am - 10am	Circuit Training Basketball Gym Nuk H. 9am - 10am	Pickleball Basketball Gym Full Court 9am - 1pm
		Aqua Jog Swimming Pool Jodie D. 9:30am - 10:30am			Pickleball Basketball Gym Full Court 9am - 1pm	Arthritis Exercise Swimming Pool Jodie D. 9:30am - 10:30am	Aqua Jog Swimming Pool Kim H. 9:30am - 10:30am
					Stretch, Strength, & Balance Swimming Pool Gina A. 9:30am - 10:30am		
10am	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	Silver Sneakers Classic 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 - 5:30pm	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
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 - 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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5pm	Aqua Fitness Swimming Pool Jennifer R. 5:30pm - 6:15pm				Aqua Jog Swimming Pool Jodie D. 5:30pm - 6:15pm	Aqua Fitness Swimming Pool Jennifer R. 5:30pm - 6:15pm	
	Dance Fitness Group Exercise Room Tiba B. 5:30pm - 6:30pm				Dance Fitness Group Exercise Room Tiba B. 5:30pm - 6:30pm	Cardio Circuit Blast Group Exercise Room Kim H. 5:30pm - 6:30pm	
	Group Cycling Group Cycling Room Kim H. 5:30pm - 6:30pm				Group Cycling Group Cycling Room Kim H. 5:30pm - 6:30pm		
	Zumba Group Exercise Room Gabby C. 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	

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