



YMCA of Port Arthur
September 19th - September 25th

6760 Ninth Ave.
PORT ARTHUR, TX 77642
(409) 962-6644

	TUE 19	WED 20	THU 21	FRI 22	SAT 23	SUN 24	MON 25
8am	Silver Splash Swimming Pool Jodie D. 8:30am - 9:30am	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
9am	Weight Training Group Exercise Room Pam W. 9am - 10am	Zumba Group Exercise Room Gabby C. 9am - 10am	Weight Training Group Exercise Room Pam W. 9am - 10am	Zumba Group Exercise Room Gabby C. 9am - 10am			Aerobics/Weights Group Exercise Room Pam W. 9am - 10am
	Arthritis Exercise Swimming Pool Jodie D. 9:30am - 10:30am	Stretch, Strength, & Balance Swimming Pool Jennifer/Jodie . 9:30am - 10:30am	Stretch, Strength, & Balance Swimming Pool Jennifer/Jodie . 9:30am - 10:30am	Aqua Jog Swimming Pool Jodie D. 9:30am - 10:30am			Stretch, Strength, & Balance Swimming Pool Gina A. 9:30am - 10:30am
		Aqua Jog Swimming Pool Jodie D. 9:30am - 10:30am					
10am	Yoga Group Exercise Room Pam W. 10am - 11am	Pickleball Basketball Gym Full Court 10am - 1pm	Yoga Group Exercise Room Pam W. 10am - 11am	Pickleball Basketball Gym Full Court 10am - 1pm			Pickleball Basketball Gym Half Court 10am - 1pm
		Silver Sneakers Classic 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
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 - 4pm		Open Gym - Full Court Basketball Gym Full Court 1pm - 5:30pm	Open Gym - Full Court Basketball Gym Full Court 1pm - 4pm
2pm	Silver Sneakers Classic Group Exercise Room Barbara S. 2pm - 3pm		Silver Sneakers Circuit Group Exercise Room Pam W. 2pm - 3pm				
4pm	Open Gym - Half Court Basketball Gym Half Court 4pm - 9:30pm	Aqua Fitness Swimming Pool Jodie D. 4pm - 5:15pm	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 - 9:30pm
		Open Gym - Half Court Basketball Gym Half Court 4pm - 9:30pm					

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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	TUE 19	WED 20	THU 21	FRI 22	SAT 23	SUN 24	MON 25
5pm		Aqua Cardio Swimming Pool Gina A. 4:30pm - 5:30pm					
		Aqua Cardio Swimming Pool Gina A. 4:30pm - 5:30pm					
		Aqua Fitness Swimming Pool Jennifer R. 5:30pm - 6:15pm	Dance Fitness Group Exercise Room Tiba B. 5pm - 6pm				Group Cycling Group Cycling Room Kim H. 5:30pm - 6:30pm
		Penalty Box/Weights Group Exercise Room Nathalie J. 5:45pm - 6:45pm	Group Cycling Group Cycling Room Kim H. 5:30pm - 6:30pm				Dance Fitness Group Exercise Room Tiba B. 5:30pm - 6:30pm
			Aqua Fitness Basketball Gym Jennifer R. 5:30pm - 6:15pm				Aqua Jog Swimming Pool Jodie D. 5:30pm - 6:15pm
			Dance Fitness Group Exercise Room Tiba B. 5:30pm - 6:30pm				Group Cycling Group Cycling Room Nathalie J. 5:45pm - 6:45pm
			Group Cycling Group Cycling Room Nathalie J. 5:45pm - 6:45pm				
	6pm	Step & Strengthen Group Exercise Room Kim H. 6:30pm - 7:30pm		Step & Strengthen Group Exercise Room Kim H. 6:30pm - 7:30pm			
			Step & Strengthen Group Exercise Room Kim H. 6:30pm - 7:30pm				Yoga Group Exercise Room Kim H. 6:30pm - 7:30pm
			Yoga Group Exercise Room Kim H. 6:30pm - 7:30pm				Zumba Group Exercise Room Angelic H. 6:30pm - 7:30pm
			Zumba Group Exercise Room Angelic H. 6:30pm - 7:30pm				

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