YMCA of Port Arthur

November 5th - November 11th

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

	THU 5	FRI 6	SAT 7	SUN 8	MON 9	TUE 10	WED 11
5am						**Zumba** Group Exercise Room Gaby C. 5:30am - 6:30am	
6am							**Flow Yoga** Group Exercise Room Lora C. 6:30am - 7:30am
8am	**Zumba** Upstairs Multipurpose Room Connie V. 8:30am - 9:30am		**Open Gym - Half Court** Basketball Gym Half Court 8am - 12pm		**Zumba** Upstairs Multipurpose Room Connie V. 8:30am - 9:30am		
9am	**Circuit Training** Basketball Gym Kim H. 9am - 9:55am	**Pickleball** Basketball Gym Full Court 9am - 1pm			**Aerobics/Weights** Group Exercise Room Pam W. 9am - 9:55am	**Circuit Training** Basketball Gym Kim H. 9am - 9:55am	**Pickleball** Basketball Gym Full Court 9am - 1pm
	Weight Training Group Exercise Room Pam W. 9am - 9:55am	**Zumba** Group Exercise Room Gaby C. 9am - 9:55am			**Pickleball** Basketball Gym Full Court 9am - 1pm	**Weight Training** Group Exercise Room Pam W. 9am - 9:55am	**Zumba** Group Exercise Room Gaby C. 9am - 9:55am
10am	**Yoga** Group Exercise Room Pam W. 10am - 10:55am	**Silver Sneakers YogaStretch** Group Exercise Room Pam W. 10am - 10:55am			**Silver Sneakers Circuit** Group Exercise Room Pam W. 10am - 10:55am	**Yoga** Group Exercise Room Pam W. 10am - 10:55am	**Silver Sneakers Classic** Group Exercise Room Pam W. 10am - 10:55am
12pm			**Open Gym - Full Court** Basketball Gym Full Court 12pm - 5:30pm		**Flow Yoga** Group Exercise Room Lora C. 12pm - 1pm		
					Flow Yoga Group Exercise Room Lora C. 12pm - 1pm		
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
						Silver Sneakers Classic West Side Development Center Kristin H. 1pm - 1:55pm	
2pm	**Silver Sneakers Circuit** Group Exercise Room Pam W. 2pm - 2:55pm					**Silver Sneakers Classic** Group Exercise Room Pam W. 2pm - 2:55pm	

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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4pm		**Open Gym - Half Court** Basketball Gym Half Court 4pm - 8:30pm				**Yoga** Group Exercise Room Stephanie B. 4:30pm - 5:30pm	
5pm	**Aqua Fitness** Swimming Pool Jennifer R. 5:30pm - 6:15pm				**Aqua Fitness** Swimming Pool Jodie D. 5:30pm - 6:15pm	**Aqua Fitness** Swimming Pool Jennifer R. 5:30pm - 6:15pm	**Swim Lessons** Swimming Pool Crystal M 5:30pm - 9pm
	Weight Training Group Exercise Room Kim H. 5:30pm - 6:30pm				**Swim Lessons** Swimming Pool Crystal M 5:30pm - 9pm	**Pilates** Group Exercise Room Stephanie B. 5:30pm - 6:30pm	
					Weight Training Group Exercise Room Kim H. 5:30pm - 6:30pm		
6pm	**Karate** Upstairs Multipurpose Room Albert & Tommy - Upstairs Gym 6pm - 7:30pm				**Hatha Yoga** Group Exercise Room Lora C. 6:30pm - 7:30pm	**Karate** Upstairs Multipurpose Room Albert & Tommy - Upstairs Gym 6pm - 7:30pm	
	Gentle Yoga Group Exercise Room Lora C. 6:30pm - 7:30pm					**Core Class** Group Exercise Room Kim H. 6:30pm - 7:30pm	

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