



YMCA of Port Arthur  
November 30th - December 6th

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

	THU 30	FRI 1	SAT 2	SUN 3	MON 4	TUE 5	WED 6
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 Jodie D. 8:30am - 9:30am
9am	<b>Weight Training</b> Group Exercise Room Pam W. 9am - 10am	<b>Aqua Jog</b> Swimming Pool Jodie D. 9:30am - 10:30am			<b>Aerobics/Weights</b> Group Exercise Room Pam W. 9am - 10am	<b>Weight Training</b> Group Exercise Room Pam W. 9am - 10am	<b>Aqua Jog</b> Swimming Pool Jodie D. 9:30am - 10:30am
	<b>Stretch, Strength, &amp; Balance</b> Swimming Pool Jennifer/Jodie . 9:30am - 10:30am				<b>Stretch, Strength, &amp; Balance</b> Swimming Pool Gina A. 9:30am - 10:30am	<b>Arthritis Exercise</b> Swimming Pool Jodie D. 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>Pickleball</b> Basketball Gym Half Court 10am - 1pm	<b>Yoga</b> Group Exercise Room Pam W. 10am - 11am	<b>Silver Sneakers Classic</b> Group Exercise Room Pam W. 10am - 11am
					<b>Silver Sneakers Circuit</b> Group Exercise Room Pam W. 10am - 11am		
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 - 9:30pm	<b>Open Gym - Half Court</b> Basketball Gym Half Court 4pm - 8:30pm			<b>Open Gym - Half Court</b> Basketball Gym Half Court 4pm - 9:30pm	<b>Open Gym - Half Court</b> Basketball Gym Half Court 4pm - 9:30pm	<b>Open Gym - Half Court</b> Basketball Gym Half Court 4pm - 9:30pm
5pm	<b>Dance Fitness</b> Group Exercise Room Tiba B. 5pm - 6pm				<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>Aqua Fitness</b> Basketball Gym Jennifer R. 5:30pm - 6:15pm				<b>Dance Fitness</b> Group Exercise Room Tiba B. 5:30pm - 6:30pm		

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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6pm	<b>Dance Fitness</b> Group Exercise Room Tiba B. 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						
	<b>Step &amp; Strengthen</b> Group Exercise Room Kim H. 6:30pm - 7:30pm					<b>Yoga</b> Group Exercise Room Kim H. 6:30pm - 7:30pm	
	<b>Yoga</b> Group Exercise Room Kim H. 6:30pm - 7:30pm					<b>Yoga</b> Group Exercise Room Kim H. 6:30pm - 7:30pm	

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