



# YMCA of Collier County | Marco

February 28th - March 6th

101 Sand Hill Street  
Marco Island, FL 34145  
(239) 394-9622

	SUN 28	MON 1	TUE 2	WED 3	THU 4	FRI 5	SAT 6
6am		<b>Cardio/Strength</b> Gymnasium Stacy W 6am - 7am	<b>Spinning</b> Spin Studio Stacy W 6am - 7am	<b>Strength Training</b> Gymnasium Stacy W 6am - 7am	<b>Kickboxing</b> Gymnasium Stacy W 6am - 6:55am	<b>Bootcamp</b> Gymnasium Stacy W 6am - 7am	
8am				<b>Yoga</b> Gymnasium Kathy K 8am - 8:45am	<b>Cardio</b> Gymnasium Denise T 8am - 8:50am		
9am		<b>Cardio/Strength</b> Gymnasium Carole S 9am - 9:50am				<b>Cardio/Strength</b> Gymnasium Kathy K 9am - 9:50am	<b>Aqua Zumba</b> Dottie Weiner Aquatics Center Doris D 9am - 10am
						<b>Les Mills SPRINT</b> Spin Studio Debbie M 9:30am - 10am	
10am			<b>Aqua Fit</b> Dottie Weiner Aquatics Center Doris D 10am - 10:45am		<b>Zumba</b> Gymnasium Dixie H 10am - 10:50am		
					<b>Aqua Fit</b> Dottie Weiner Aquatics Center Doris D 10am - 10:45am		
					<b>Intermediate/Advanced Tai Chi</b> Gymnasium Jane K 10am - 11am		
11am							<b>Spinning</b> Spin Studio Lea M 11:15am - 12pm
12pm				<b>Spinning</b> Spin Studio JoEtta W 12pm - 12:45pm			
4pm		<b>Zumba</b> Gymnasium Yolande D 4:30pm - 5:15pm					
5pm						<b>Spinning</b> Spin Studio Gabby B 5:30pm - 6:15pm	

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.