



YMCA of Collier County | Marco

May 7th - May 13th

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

	FRI 7	SAT 8	SUN 9	MON 10	TUE 11	WED 12	THU 13
6am	Bootcamp Gymnasium Stacy W 6am - 7am			Cardio/Strength Gymnasium Stacy W 6am - 7am	Spinning Spin Studio Stacy W 6am - 7am	Strength Training Gymnasium Stacy W 6am - 7am	Kickboxing Gymnasium Stacy W 6am - 6:55am
8am		Pickleball - Round Robin Play Pickleball Courts Staff 8am - 12pm		Yoga Gymnasium Dixie H 8am - 8:45am		Yoga Gymnasium Kathy K 8am - 8:45am	Cardio Gymnasium Denise T 8am - 8:50am
				Pickleball - Round Robin Play Pickleball Courts Staff 8am - 12pm		Pickleball - Round Robin Play Pickleball Courts Staff 8am - 12pm	
				Spinning Spin Studio Angie T 8:30am - 9:30am		Spinning Spin Studio Angie T 8:30am - 9:30am	
9am	Cardio/Strength Gymnasium Kathy K 9am - 9:50am	Aqua Zumba Dottie Weiner Aquatics Center Doris D 9am - 10am		Cardio/Strength Gymnasium Carole S 9am - 9:50am	Pickleball - Round Robin Play Pickleball Courts Staff 9am - 12pm		Pickleball - Round Robin Play Pickleball Courts Staff 9am - 12pm
	Les Mills SPRINT Spin Studio Debbie M 9:30am - 10am						
10am					Aqua Fit Dottie Weiner Aquatics Center Doris D 10am - 10:45am		Zumba Gymnasium Dixie H 10am - 10:50am
							Aqua Fit Dottie Weiner Aquatics Center Doris D 10am - 10:45am
							Intermediate/Advanced Tai Chi Gymnasium Jane K 10am - 11am
11am		Spinning Spin Studio Lea M 11:15am - 12pm					
12pm						Spinning Spin Studio JoEtta W 12pm - 12:45pm	
4pm				Zumba Gymnasium Yolande D 4:30pm - 5:15pm			

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.



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5pm	Les Mills SPRINT Spin Studio Margaret O 5:30pm - 6pm						

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