



YMCA of Collier County | Marco

May 17th - May 23rd

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

| | TUE 17 | WED 18 | THU 19 | FRI 20 | SAT 21 | SUN 22 | MON 23 |
|------|--|--|--|---|--|--------|--|
| 6am | Spinning Spin Studio Stacy W 6am - 7am | Strength Training Gymnasium Stacy W 6am - 7am | Kickboxing Gymnasium Stacy W 6am - 6:55am | Bootcamp Gymnasium Stacy W 6am - 7am | | | Cardio/Strength Gymnasium Stacy W 6am - 7am |
| 8am | Spinning Spin Studio Nancy P 8:30am - 9:30am | Pickleball - Round Robin Play Pickleball Courts Staff 8am - 12pm | Meeting Education Room Staff 8am - 2pm | Spinning Spin Studio Nancy P 8:30am - 9:30am | 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 |
| | | Spinning Spin Studio Angie T 8:30am - 9:30am | | | | | Spinning Spin Studio Angie T 8:30am - 9:30am |
| 9am | Pickleball - Round Robin Play Pickleball Courts Staff 9am - 12pm | Zumba Gymnasium Yolande D 9:15am - 10am | Pickleball - Round Robin Play Pickleball Courts Staff 9am - 12pm | 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 |
| | | | Strength Training Gymnasium Carole S 9am - 9:50am | Les Mills SPRINT Spin Studio Debbie M 9:30am - 10am | | | |
| 10am | Aqua Fit Dottie Weiner Aquatics Center Doris D 10am - 10:45am | Barre Strength Gymnasium Dixie H 10:15am - 11am | Zumba Gymnasium Dixie H 10am - 10:50am | | | | Aqua Fit Dottie Weiner Aquatics Center Jane H 10am - 10:45am |
| | | | Aqua Fit Dottie Weiner Aquatics Center Doris D 10am - 10:45am | | | | |
| | | | Intermediate/Advanced Tai Chi Gymnasium Jane K 10am - 11am | | | | |
| 11am | Beginning Tai Chi Gymnasium Jane K 11am - 12pm | Chair Yoga Gymnasium Dixie H 11:10am - 12pm | | | | | Aqua Jogging Dottie Weiner Aquatics Center Jane H 11am - 11:45am |
| | | | | | | | Light Sassy Groove Gymnasium Kathy K 11am - 11:45am |

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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|------|---|---|---|---|--------|--------|---|
| 12pm | Pickleball (All Levels) Gymnasium Danny Soto 12:30pm - 2:30pm | Pickleball (All Levels) Gymnasium Danny Soto 12:30pm - 2:30pm | Pickleball (All Levels) Gymnasium Danny Soto 12:30pm - 2:30pm | Pickleball (All Levels) Gymnasium Danny Soto 12:30pm - 2:30pm | | | Pickleball (All Levels) Gymnasium Danny Soto 12:30pm - 2:30pm |
| 4pm | | | | | | | Zumba Gymnasium Yolande D 4:30pm - 5:15pm |
| 6pm | | | Hatha Yoga Gymnasium Taylor D 6:30pm - 7:15pm | | | | |

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