



YMCA of South Collier Marco YMCA  
June 25th - July 1st

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

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
<b>6am</b>	<b>Kickboxing</b> Gymnasium Stacy W 6am - 7am	<b>Strength Training</b> Gymnasium Stacy W 6am - 7am	<b>Cardio Extreme</b> Cycling Studio Stacy W 6am - 7am	<b>Boot Camp</b> Gymnasium Stacy W 6am - 7am			<b>P90X</b> Gymnasium Stacy W 6am - 7am
<b>7am</b>	<b>Reserved for Students</b> Youth Development Center Alternating Instructors 7am - 6:30pm	<b>Pilates</b> Studio B Margaret L. 7am - 7:45am	<b>Reserved for Students</b> Youth Development Center Alternating Instructors 7am - 6:30pm	<b>Pilates</b> Studio B Margaret L. 7am - 7:45am	<b>Yoga Essentials</b> Studio B Mary F 7:45am - 8:45am		<b>Reserved for Students</b> Youth Development Center Alternating Instructors 7am - 6:30pm
	<b>Yoga Rhythms</b> Gymnasium Betty N 7:45am - 8:45am	<b>Reserved for Students</b> Youth Development Center Alternating Instructors 7am - 6:30pm	<b>Dance Fit</b> Gymnasium Betty N 7:45am - 8:40am	<b>Reserved for Students</b> Youth Development Center Alternating Instructors 7am - 6:30pm			<b>Pilates</b> Studio B Margaret L. 7am - 7:45am
		<b>Hatha Yoga</b> Gymnasium Betty N 7:45am - 8:45am		<b>Yoga Flow</b> Gymnasium Betty N 7:30am - 8:45am			<b>YoPi</b> Gymnasium Betty N 7:45am - 8:40am
<b>8am</b>	<b>Kids Zone</b> Kid's Zone Alternating Instructors 8:30am - 10am	<b>Aqua Jogging</b> Dottie Weiner Aquatics Center Margaret L. 8am - 9am	<b>Kids Zone</b> Kid's Zone Alternating Instructors 8:30am - 10am	<b>WholyFit Devotional Exercise</b> Studio B Deborah P 8am - 8:45am	<b>Kids Zone</b> Kid's Zone Alternating Instructors 8am - 10am		<b>Gentle Body Power</b> Studio B Deborah P 8am - 8:45am
		<b>Gentle Body Power</b> Studio B Deborah P 8am - 8:45am		<b>Aqua Jogging</b> Dottie Weiner Aquatics Center Margaret L. 8am - 9am	<b>Zumba Gold Core and More</b> Gymnasium Doris D 8am - 8:45am		<b>Aqua Jogging</b> Dottie Weiner Aquatics Center Margaret L. 8am - 9am
		<b>Kids Zone</b> Kid's Zone Alternating Instructors 8:30am - 10am		<b>Kids Zone</b> Kid's Zone Alternating Instructors 8:30am - 10am			<b>Kids Zone</b> Kid's Zone Alternating Instructors 8:30am - 10am
<b>9am</b>	<b>Beginner's/ Intermediate Tai Chi</b> Studio B Jane K 9am - 10am	<b>Zumba</b> Gymnasium Yolande D 9am - 10am	<b>Beginner's/ Intermediate Tai Chi</b> Studio B Jane K 9am - 10am	<b>Cardio/Strength</b> Gymnasium Kathy K 9am - 10am	<b>Group Ride</b> Cycling Studio Suzanne B 9am - 9:45am		<b>Cardio/Strength</b> Gymnasium Carole S 9am - 10am
	<b>Step-N-Strength</b> Gymnasium Carole S 9am - 10am	<b>Group Ride \$</b> Cycling Studio Nancy P 9am - 10am	<b>Step-N-Strength</b> Gymnasium Carole S 9am - 10am	<b>Yoga Essentials</b> Studio B Mary F 9am - 10am	<b>Cardio/Strength</b> Gymnasium Brandi C 9am - 10am		<b>Group Ride \$</b> Cycling Studio Nancy P 9am - 10am
		<b>Yoga Essentials</b> Studio B Mary F 9am - 10am		<b>Group Ride \$</b> Cycling Studio Nancy P 9am - 10am	<b>PulsePointe Barre</b> Studio B Fritzi H 9am - 9:45am		<b>Yoga Essentials</b> Studio B Mary F 9am - 10am
				<b>Aqua Zumba &amp; Core</b> Dottie Weiner Aquatics Center Doris D 9:15am - 10am	<b>Pickleball (Open)</b> Airnasium Not Applicable 9:30am - 11:30am		

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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					<b>Aqua Zumba</b> Dottie Weiner Aquatics Center Doris D 9:30am - 10:15am		
<b>10am</b>	<b>Intermediate/Advanced Tai Chi</b> Studio B Jane K 10am - 11:15am	<b>Fit 4 Life</b> Gymnasium Carla B 10:20am - 11:15am	<b>Intermediate/Advanced Tai Chi</b> Studio B Jane K 10am - 11:15am	<b>MS Camp Spin Class</b> Cycling Studio Morgan J 10am - 12pm			<b>Fit 4 Life</b> Gymnasium Carla B 10:20am - 11:15am
	<b>Functional Activity</b> Gymnasium Mary F 10:30am - 11:30am		<b>Functional Activity</b> Gymnasium Carla B 10:30am - 11:30am	<b>Fit 4 Life</b> Gymnasium Carla B 10:20am - 11:15am			
<b>11am</b>	<b>Adult Activities/Lunch/Lea rn</b> Gymnasium Not Applicable 11:30am - 2:30pm	<b>Rock Steady Boxing Parkinson's \$</b> Gymnasium Nathalie D 11:30am - 12:30pm	<b>Back to Basics</b> Studio B Carla B 11:30am - 12:30pm	<b>Rock Steady Boxing Parkinson's \$</b> Dottie Weiner Aquatics Center Doris D 11:30am - 12:30pm			<b>Rock Steady Boxing Parkinson's \$</b> Gymnasium Nathalie D 11:30am - 12:30pm
			<b>4th Thursday Health Fair/Lunch and Learn</b> Gymnasium Deborah P 11:30am - 1pm				
<b>12pm</b>	<b>AquaFit</b> Dottie Weiner Aquatics Center Margaret L. 12pm - 1pm	<b>Water Wellness</b> Dottie Weiner Aquatics Center Doris D 12:35pm - 1:30pm	<b>AquaFit</b> Dottie Weiner Aquatics Center Margaret L. 12pm - 1pm				<b>Water Wellness</b> Dottie Weiner Aquatics Center Nathalie D 12:35pm - 1:30pm
<b>3pm</b>	<b>Swim Team \$</b> Dottie Weiner Aquatics Center Coach Kamal 3pm - 4:30pm	<b>Swim Team \$</b> Dottie Weiner Aquatics Center Coach Kamal 3pm - 4:30pm	<b>Swim Team \$</b> Dottie Weiner Aquatics Center Coach Kamal 3pm - 4:30pm	<b>Swim Team \$</b> Dottie Weiner Aquatics Center Coach Kamal 3pm - 4:30pm			<b>Swim Team \$</b> Dottie Weiner Aquatics Center Coach Kamal 3pm - 4:30pm
<b>4pm</b>	<b>Kids Zone</b> Kid's Zone Alternating Instructors 4:30pm - 7pm	<b>Kids Zone</b> Kid's Zone Alternating Instructors 4:30pm - 7pm	<b>Kids Zone</b> Kid's Zone Alternating Instructors 4:30pm - 7pm	<b>Zumba</b> Gymnasium Daisy P 4:30pm - 5:30pm			<b>Kids Zone</b> Kid's Zone Alternating Instructors 4:30pm - 7pm
		<b>Sculpt 90 Fusion</b> Gymnasium Kathy K 4:30pm - 6pm	<b>Zumba</b> Gymnasium Daisy P 4:30pm - 5:30pm				<b>Zumba</b> Gymnasium Yolande D 4:30pm - 5:30pm
<b>5pm</b>	<b>Group Ride</b> Cycling Studio Suzanne B 5:30pm - 6:15pm	<b>Chen Tai Chi</b> Studio B Jane K 5:30pm - 6:30pm	<b>Group Ride</b> Cycling Studio Suzanne B 5:30pm - 6:15pm				<b>Yoga</b> Studio B Kathy K 5:30pm - 6:30pm
			<b>Cardio-Blast</b> Gymnasium Brandi C 5:30pm - 6:30pm				<b>Cardio-Blast</b> Gymnasium Nathalie D 5:30pm - 6:30pm

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6pm	<b>Zumba</b> Gymnasium Jennifer T 6pm - 7pm	<b>Zumba</b> Gymnasium Jennifer T 6pm - 7pm	<b>Pickleball (Open)</b> Airnasium No Instructor 6pm - 8pm				<b>Adult Volleyball League</b> Airnasium Tony D 6pm - 9pm
	<b>Pickleball (Open)</b> Airnasium No Instructor 6pm - 8pm						
7pm	<b>Reserved A &amp; B</b> Youth Development Center Alternating Instructors 7pm - 9pm						

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