



YMCA of Collier County | Marco
July 12th - July 18th

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

	SUN 12	MON 13	TUE 14	WED 15	THU 16	FRI 17	SAT 18
6am		Cardio/Strength Gymnasium Stacy W 6am - 7am	Les Mills RPM Spin Studio Remy B 6am - 6:45am	Strength Training Gymnasium Stacy W 6am - 7am		Bootcamp Gymnasium Stacy W 6am - 7am	
7am		Gentle Stretch Gymnasium Sharon G 7:45am - 8:15am		Gentle Stretch Gymnasium Sharon G 7:45am - 8:15am			
8am	Spinning Spin Studio Lea M 8:15am - 9am	Spinning Spin Studio Lea M 8:15am - 9am	Spinning Spin Studio Lea M 8:15am - 9am	Yoga Gymnasium Kathy K 8am - 8:45am	Cardio Gymnasium Denise T 8am - 8:50am	Spinning Spin Studio Lea M 8:15am - 9am	Spinning Spin Studio Lea M 8:15am - 9am
			Spinning Spin Studio Gabby B 8:30am - 9:15am	Spinning Spin Studio Lea M 8:15am - 9am	Spinning Spin Studio Lea M 8:15am - 9am		
					Spinning Spin Studio Gabby B 8:30am - 9:15am		
9am		Cardio/Strength Gymnasium Carole S 9am - 9:50am				Cardio/Strength Gymnasium Kathy K 9am - 9:50am	Aqua Zumba Dottie Weiner Aquatics Center Doris D 9am - 10am
						Les Mills SPRINT Spin Studio Debbie M 9:30am - 10am	
10am					Zumba Gymnasium Dixie H 10am - 10:50am		
					Intermediate/Advanced Tai Chi Gymnasium Jane K 10am - 11am		
11am			Zumba Gymnasium Catherine M 11am - 11:50am				
12pm				Spinning Spin Studio JoEtta W 12pm - 12:45pm			
4pm		Zumba Gymnasium Yolande D 4:30pm - 5:15pm					
5pm		Les Mills RPM Spin Studio Angelica H 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.



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