



YMCA of Collier County | Marco

August 1st - August 7th

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

	SUN 1	MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7
6am		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	Bootcamp Gymnasium Stacy W 6am - 7am	
8am		Yoga Gymnasium Dixie H 8am - 8:45am		Yoga Gymnasium Kathy K 8am - 8:45am	Cardio Gymnasium Denise T 8am - 8:50am	Spinning Spin Studio Nancy P 8:30am - 9:30am	Pickleball - Round Robin Play Pickleball Courts Staff 8am - 12pm
		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 Carole S 9am - 9:50am	Pickleball - Round Robin Play Pickleball Courts Staff 9am - 12pm		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
						Les Mills SPRINT Spin Studio Debbie M 9:30am - 10am	
10am		Aqua Fit Dottie Weiner Aquatics Center Jane H 10am - 10:45am	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 Doris D 10am - 10:45am		
					Intermediate/Advanced Tai Chi Gymnasium Jane K 10am - 11am		
11am		Aqua Jogging Dottie Weiner Aquatics Center Jane H 11am - 11:45am		Chair Yoga Gymnasium Dixie H 11:10am - 12pm			Spinning Spin Studio Lea M 11:15am - 12pm
		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	Spinning Spin Studio JoEtta W 12pm - 12:45pm	Pickleball (All Levels) Gymnasium Danny Soto 12:30pm - 2:30pm		
4pm		Zumba Gymnasium Yolande D 4:30pm - 5:15pm					

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