YMCA of Collier County | Marco

September 22nd - September 28th

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

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
6am		**Strength Training** Gymnasium Stacy W 6am - 7am		**Bootcamp** Gymnasium Stacy W 6am - 7am			**Cardio/Strength** Gymnasium Stacy W 6am - 7am
8am	**Spinning** Spin Studio Remy B 8:15am - 9am	**Yoga** Gymnasium Kathy K 8am - 8:45am	**Cardio** Gymnasium Denise T 8am - 8:50am	**Spinning** Spin Studio Alex P 8:15am - 9am			
			Les Mills RPM Spin Studio Remy B 8:15am - 9am				
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
				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				**Spinning** Spin Studio Gabby B 5:30pm - 6:15pm			**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.