



YMCA of Collier County | Marco

October 15th - October 21st

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

	FRI 15	SAT 16	SUN 17	MON 18	TUE 19	WED 20	THU 21
6am	Bootcamp Gymnasium Stacy W 6am - 7am			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
8am	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		Pickleball - Round Robin Play Pickleball Courts Staff 8am - 12pm	Meeting Education Room Staff 8am - 2pm
				Spinning Spin Studio Angie T 8:30am - 9:30am		Spinning Spin Studio Angie T 8:30am - 9:30am	
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	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
	Les Mills SPRINT Spin Studio Debbie M 9:30am - 10am						Strength Training Gymnasium Carole S 9am - 9:50am
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	
				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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	FRI 15	SAT 16	SUN 17	MON 18	TUE 19	WED 20	THU 21
12pm	Pickleball (All Levels) Gymnasium Staff 12:30pm - 2:30pm			Pickleball (All Levels) Gymnasium Staff 12:30pm - 2:30pm	Pickleball (All Levels) Gymnasium Staff 12:30pm - 2:30pm	Pickleball (All Levels) Gymnasium Staff 12:30pm - 2:30pm	Pickleball (All Levels) Gymnasium Staff 12:30pm - 2:30pm
4pm				Zumba Gymnasium Yolande D 4:30pm - 5:15pm			

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