



YMCA of Collier County | Marco

November 26th - December 2nd

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

	THU 26	FRI 27	SAT 28	SUN 29	MON 30	TUE 1	WED 2
6am	Kickboxing Gymnasium Stacy W 6am - 6:55am	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
8am	Cardio Gymnasium Denise T 8am - 8:50am					Spinning Spin Studio Remy B 8:15am - 9am	Yoga Gymnasium Kathy K 8am - 8:45am
	Les Mills RPM Spin Studio Amber J 8:15am - 9am						
9am	Spinning Spin Studio Lea M 9:30am - 10:15am	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		
10am	AIM (Adults in Motion) -Cardio Gymnasium Blair J 10am - 7pm					Aqua Fit Dottie Weiner Aquatics Center Doris D 10am - 10:45am	
	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						
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.