



YMCA of South Collier - Marco YMCA

December 14th - December 20th

101 Sand Hill Street

Marco Island, FL 34145

(239) 394-3144

	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
6am			P90X Gymnasium Stacy W 6am - 6:55am	Kickboxing Gymnasium Stacy W 6am - 6:55am	Strength Training Gymnasium Stacy W 6am - 6:55am	Cardio Extreme Cycling Studio Stacy W 6am - 6:55am	Boot Camp Gymnasium Stacy W 6am - 6:55am
7am	Yoga Level One YDC AREA B Mary F 7:45am - 8:40am			Yoga Rhythms Gymnasium Mary F 7:45am - 8:40am		Yoga Gymnasium Mary F 7:45am - 8:40am	
8am	Zumba Gold Core and More Gymnasium Alternating Instructors 8am - 8:45am		Aqua Jogging Dottie Weiner Aquatics Center Margaret L. 8am - 8:45am	Core+ Youth Development Center Margaret L. 8am - 8:45am	Aqua Jogging Dottie Weiner Aquatics Center Margaret L. 8am - 8:45am	Core+ Youth Development Center Margaret L. 8am - 8:45am	Yoga Essentials Youth Development Center Mary F 8am - 8:55am
			Yoga Essentials Youth Development Center Mary F 8am - 8:55am	Group Ride \$ Cycling Studio Rich C 8am - 8:55am	Yoga Essentials Youth Development Center Mary F 8am - 8:55am	Group Ride \$ Cycling Studio Rich C 8am - 8:55am	Aqua Jogging Dottie Weiner Aquatics Center Margaret L. 8am - 8:45am
			Kids Zone Kid's Zone Alternating Instructors 8:30am - 10am	Paradise Cycle Boat Fitness Class \$ Paradise Cycle Boat at Rose Marina A Dock Slip 17 Deborah P 8:30am - 9:45am	Reserved (Education Center) Youth Development Center Not Applicable 8am - 10am	Kids Zone Kid's Zone Alternating Instructors 8:30am - 10am	
				Kids Zone Kid's Zone Alternating Instructors 8:30am - 10am	Kids Zone Kid's Zone Alternating Instructors 8:30am - 10am	Paradise Cycle Boat Fitness Class \$ Paradise Cycle Boat at Rose Marina A Dock Slip 17 Deborah P 8:30am - 9:45am	
9am	Cardio/Strength Gymnasium Brandi C 9am - 9:55am		Pickleball (Open) Airnasium No Instructor 9am - 11am	Step-N-Strength Gymnasium Carole S 9am - 9:55am	Pilates Youth Development Center Margaret L. 9am - 9:45am	Beginner's/ Intermediate Tai Chi Youth Development Center Jane K 9am - 10am	Aqua Jogging Dottie Weiner Aquatics Center Rich C 9am - 9:55am
	We - Be Theater \$ YDC AREA B Alternating Instructors 9am - 10am		Group Ride \$ Cycling Studio Angie T 9am - 9:55am	Beginner's/ Intermediate Tai Chi Youth Development Center Jane K 9am - 10am	Group Ride \$ Cycling Studio Nancy P 9am - 9:55am	Pickleball (Open) Airnasium No Instructor 9am - 11:30am	Pilates Youth Development Center Margaret L. 9am - 9:45am
	Pickleball (Open) Airnasium No Instructor 9am - 11:30am		Cardio/Strength Gymnasium Carole S 9am - 9:55am	Pickleball (Open) Airnasium No Instructor 9am - 11:30am	Zumba Gymnasium Dixie H 9am - 10am	Step-N-Strength Gymnasium Carole S 9am - 9:55am	Pickleball (Open) Airnasium No Instructor 9am - 11am
	Group Ride Cycling Studio Suzanne B 9am - 9:45am		Pilates Youth Development Center Margaret L. 9am - 9:45am	AquaFit Dottie Weiner Aquatics Center Margaret L. 9:30am - 10:25am	Aqua Jogging Dottie Weiner Aquatics Center Rich C 9am - 9:55am	Evaluation Meetings Education Room (YDC) Stephanie P 9:30am - 11am	Group Ride \$ Cycling Studio Nancy P 9am - 9:55am

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.



YMCA of South Collier - Marco YMCA
December 14th - December 20th

101 Sand Hill Street
Marco Island, FL 34145
(239) 394-3144

	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
	Open Adult Tennis Clinics \$ Tennis Center Alternating Instructors 9:30am - 11am		Aqua Jogging Dottie Weiner Aquatics Center Rich C 9am - 9:55am		Pickleball (Open) Airnasium No Instructor 9am - 11am		Cardio/Strength Gymnasium Kathy K 9am - 9:55am
	Aqua Zumba Dottie Weiner Aquatics Center Doris D 9:30am - 10:25am				Evaluation Meetings Education Room (YDC) Stephanie P 9:30am - 11am		
10am			Dragonboat Paddling Class \$ Dottie Weiner Aquatics Center Rich C 10am - 11am	Intermediate/Advanced Tai Chi Youth Development Center Jane K 10am - 11:15am	Dragonboat Paddling Class \$ Dottie Weiner Aquatics Center Rich C 10am - 11am	Free Orientation Wellness Center Jose R 10am - 11am	Dragonboat Paddling Class \$ Dottie Weiner Aquatics Center Rich C 10am - 11am
				Free Orientation Wellness Center Jose R 10am - 11am	Energy 4 Life Gymnasium Nathalie D 10:20am - 11:15am	Intermediate/Advanced Tai Chi Youth Development Center Jane K 10am - 11:15am	Energy 4 Life Gymnasium Denise T 10:20am - 11:15am
				Functional Activity Gymnasium Mary F 10:30am - 11:25am		Functional Activity Gymnasium Mary F 10:30am - 11:25am	
11am	Beginner Gymnastics \$ Gymnasium Cecilia L 11am - 12:15pm		Open Adult Tennis Clinics \$ Tennis Center Alternating Instructors 11am - 12:30pm	Open Adult Tennis Clinics \$ Tennis Center Alternating Instructors 11am - 12:30pm	3rd Wednesday Lunch with Friends Lutheran Church, Marco Island Not Applicable 11am - 1pm	Open Adult Tennis Clinics \$ Tennis Center Alternating Instructors 11am - 12:30pm	Rock Steady Boxing Parkinson's \$ Gymnasium Nathalie D 11:30am - 12:30pm
	Tiny Tumblers Gymnastics \$ Gymnasium Cecilia L 11am - 12pm		Adult Activities Kindness Rock Painting YDC AREA B Deborah P 11:30am - 1:30pm	Adult Activities/ MahJongg Tues/Canasta Thurs Youth Development Center Deborah P 11:30am - 2:30pm	Rock Steady Boxing Parkinson's \$ Gymnasium Nathalie D 11:30am - 12:30pm	Adult Activities/ MahJongg Tues/Canasta Thurs Youth Development Center Deborah P 11:30am - 2:30pm	
			Rock Steady Boxing Parkinson's \$ Gymnasium Nathalie D 11:30am - 12:30pm				
12pm			Closed Staff Orientations Education Room (YDC) Not Applicable 12:15pm - 1:45pm		Water Wellness Dottie Weiner Aquatics Center Nathalie D 12:35pm - 1:30pm		Water Wellness Dottie Weiner Aquatics Center Nathalie D 12:35pm - 1:30pm
			Water Wellness Dottie Weiner Aquatics Center Nathalie D 12:35pm - 1:30pm				

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.



YMCA of South Collier - Marco YMCA
December 14th - December 20th

101 Sand Hill Street
Marco Island, FL 34145
(239) 394-3144

	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
1pm					Evaluation Meetings Education Room (YDC) Stephanie P 1pm - 2:30pm	Evaluation Meetings Education Room (YDC) Stephanie P 1pm - 2:30pm	
3pm			Swim Team \$ Dottie Weiner Aquatics Center Coach Kamal 3:15pm - 4:15pm	Swim Team \$ Dottie Weiner Aquatics Center Coach Kamal 3:15pm - 4:15pm	Swim Team \$ Dottie Weiner Aquatics Center Coach Kamal 3:15pm - 4:15pm	Swim Team \$ Dottie Weiner Aquatics Center Coach Kamal 3:15pm - 4:15pm	Swim Team \$ Dottie Weiner Aquatics Center Coach Kamal 3:15pm - 4:15pm
			Futsal (Indoor Soccer) \$ Gymnasium Alejandro A 3:20pm - 4:20pm	Teen Group Ride Cycling Studio Alternating Instructors 3:25pm - 4pm	Teen Strength and Conditioning Airnasium Jose R 3:45pm - 4:15pm	Futsal (Indoor Soccer) \$ Gymnasium Alejandro A 3:20pm - 4:20pm	
			Teen Boot Camp Airnasium Jose R 3:45pm - 4:25pm			Teen Group Ride Cycling Studio Alternating Instructors 3:25pm - 4pm	
4pm			All Pool Lanes Reserved for Swim Teams Only Dottie Weiner Aquatics Center Not Applicable 4pm - 5pm	All Pool Lanes Reserved for Swim Teams Only Dottie Weiner Aquatics Center Not Applicable 4pm - 5pm	All Pool Lanes Reserved for Swim Teams Only Dottie Weiner Aquatics Center Not Applicable 4pm - 5pm	All Pool Lanes Reserved for Swim Teams Only Dottie Weiner Aquatics Center Not Applicable 4pm - 5pm	All Pool Lanes Reserved for Swim Teams Only Dottie Weiner Aquatics Center Not Applicable 4pm - 5pm
			Swim Team \$ Dottie Weiner Aquatics Center Coach Kamal 4:15pm - 6pm	Swim Team \$ Dottie Weiner Aquatics Center Coach Kamal 4:15pm - 6pm	Swim Team \$ Dottie Weiner Aquatics Center Coach Kamal 4:15pm - 6pm	Swim Team \$ Dottie Weiner Aquatics Center Coach Kamal 4:15pm - 6pm	Swim Team \$ Dottie Weiner Aquatics Center Coach Kamal 4:15pm - 6pm
			Spin and Tone Cycling Studio Nathalie D 4:30pm - 5:30pm	Kids Zone Kid's Zone Alternating Instructors 4:30pm - 7pm	Education Room (YDC) Education Room (YDC) 4:30pm - 5:15pm	Zumba Gymnasium Dixie H 4:30pm - 5:25pm	Teen Lifting Club (Limit: 6 Participants) Wellness Center Jose R 4:30pm - 5:15pm
			Middle School Volleyball League \$ Airnasium Alejandro A 4:30pm - 6pm		Kids Zone Kid's Zone Alternating Instructors 4:30pm - 7pm	Kids Zone Kid's Zone Alternating Instructors 4:30pm - 7pm	
			Teen Lifting Club (Limit: 6 Participants) Wellness Center Jose R 4:30pm - 5:15pm		Teen TRX Suspension Training (Class Limit: 8) Tiki Hut Jose R 4:30pm - 5:15pm	Middle School Volleyball League \$ Airnasium Alejandro A 4:30pm - 6pm	
			Zumba Gymnasium Yolande D 4:30pm - 5:25pm		Spin and Tone Cycling Studio Nathalie D 4:30pm - 5:30pm		
			Kids Zone Kid's Zone Alternating Instructors 4:30pm - 7pm		Sculpt 90 Fusion Gymnasium Kathy K 4:30pm - 6pm		

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.



YMCA of South Collier - Marco YMCA
December 14th - December 20th

101 Sand Hill Street
Marco Island, FL 34145
(239) 394-3144

	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
5pm			Cardio-Blast Gymnasium Nathalie D 5:30pm - 6:25pm	AcroDance \$ Gymnasium Cecilia L 5pm - 5:45pm		Group Ride Cycling Studio Suzanne B 5:30pm - 6:15pm	
				Group Ride Cycling Studio Suzanne B 5:30pm - 6:15pm		Cardio-Blast Gymnasium Nathalie D 5:30pm - 6:25pm	
6pm			Adult Volleyball League Airnasium Tony D 6pm - 9pm	Zumba Gymnasium Jennifer T 6pm - 6:55pm	Zumba Gymnasium Jennifer T 6pm - 7pm		
			Chen Tai Chi Youth Development Center Jane K 6:30pm - 7:30pm		Go Kids Youth Ministry Youth Development Center Alternating Instructors 6:15pm - 8pm		

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.