



22 SUN

23 MON

24 TUE

25 WED

26 THU

27 FRI

28 SAT

Making Waves

5:45 AM-
6:45 AM
Melissa Castle

Dance Cardio

9:00 AM-
9:45 AM
Darlene Webber
(sub)

Sit & Fit

10:00 AM-
10:45 AM
Darlene Webber

**Silver Sneakers
Aqua**

12:30 PM-
1:30 PM
Darlene Webber

S.A.S.S.

5:30 PM-
6:30 PM
Linda Pepitone

**Strength &
Conditioning**

9:00 AM-
9:45 AM
Darlene Webber

**Yoga
Flexibility**

10:00 AM-
10:45 AM
Darlene Webber

**Silver Sneakers
Aqua**

12:30 PM-
1:15 PM
Linn Morin

**Aqua Muscle
Sculpt**

5:30 PM-
6:30 PM
Dick Braunfels

Making Waves

5:45 AM-
6:45 AM
Melissa Castle

Kick N Core

9:00 AM-
9:45 AM
Darlene Webber

Sit & Fit

10:00 AM-
10:45 AM
Darlene Webber

S.A.S.S.

5:30 PM-
6:30 PM
Linda Pepitone

Cycle

6:00 PM-
7:00 PM
Keith Dyer

**Strength &
Conditioning**

9:00 AM-
9:45 AM
Darlene Webber

**Yoga
Flexibility**

10:00 AM-
10:45 AM
Darlene Webber

**Silver Sneakers
Aqua**

12:30 PM-
1:15 PM
Linn Morin

Aqua Craziiness

5:30 PM-
6:30 PM
Danielle Nemeth

Making Waves

5:45 AM-
6:45 AM
Melissa Castle

**Free Wheelin'
Friday**

9:00 AM-
10:00 AM
Darlene Webber

SUBJECT TO CHANGE



visit alymca.org

Classes that require registration: Aqua, Cycle, TRX, Fit & Fun, Qi Gong, Workshops, and Outdoor classes. Classes labeled "Series" are only available for a limited time. Classes are free for members. Non-members can attend with a day pass or a punch card from the Welcome Center.