

YMCA Class Schedule

Arlington YMCA

MON	9:00 - 10:00am	LINE DANCE - Kim	Arlington Family YMCA
	10:00 - 11:00am	ZUMBA GOLD - Betty	Arlington Family YMCA
	11:45am - 12:30pm	SILVER SNEAKERS - Kelly	Arlington Family YMCA
	6:45 - 7:45pm	YOGA - Eleni	Arlington Family YMCA
TUE	9:00 - 10:00am	GENTLE YOGA - Ann Marie	Arlington Family YMCA
	10:30 - 11:15am	SILVER SNEAKERS - Kelly	Arlington Family YMCA
	11:30am - 12:15pm	SILVER SNEAKERS - Kelly	Arlington Family YMCA
	5:45 - 6:45pm	YOUTH FITNESS - Sharnesha	Arlington Family YMCA
	6:00 - 6:30pm	TAE KWON DO BEGINNER - Orencio	Arlington Family YMCA
	6:00 - 7:00pm	GYMNASTICS - Milan	Arlington Family YMCA
	6:30 - 7:15pm	TAE KWON DO INTERMEDIATE - Orencio	Arlington Family YMCA
	6:45 - 7:45pm	YOGA - Eleni	Arlington Family YMCA
	7:15 - 8:00pm	TAE KWON DO ADVANCED - Orencio	Arlington Family YMCA
WED	9:30 - 10:00am	KIDS YOGA - Elyse	Arlington Family YMCA
	10:00 - 11:00am	ZUMBA GOLD - Betty	Arlington Family YMCA
	11:00 - 11:45am	SILVER SNEAKERS - John	Arlington Family YMCA
THU	9:00 - 10:00am	GENTLE YOGA - Ann Marie	Arlington Family YMCA
	10:00 - 11:00am	LINE DANCE - Kim	Arlington Family YMCA
	10:30 - 11:15am	SILVER SNEAKERS - Kelly	Arlington Family YMCA
	11:00am - 12:00pm	BALLROOM DANCE - Juan	Arlington Family YMCA
	11:30am - 12:15pm	SILVER SNEAKERS - Kelly	Arlington Family YMCA
	5:45 - 6:45pm	YOUTH FITNESS - Sharnesha	Arlington Family YMCA
	6:00 - 6:30pm	TAE KWON DO BEGINNER - Orencio	Arlington Family YMCA
	6:00 - 7:00pm	GYMNASTICS - Milan	Arlington Family YMCA
	6:30 - 7:15pm	TAE KWON DO INTERMEDIATE - Orencio	Arlington Family YMCA
	6:45 - 7:45pm	YOGA - Dorie	Arlington Family YMCA
	7:15 - 8:00pm	TAE KWON DO ADVANCED - Orencio	Arlington Family YMCA
FRI	9:30 - 10:00am	KIDS YOGA - Elyse	Arlington Family YMCA
	9:30 - 10:30am	TAI CHI - Carmen	Arlington Family YMCA
	11:00 - 11:45am	SILVER SNEAKERS YOGA - Kelly	Arlington Family YMCA
	4:00 - 6:00pm	FAMILY SWIM - Open Swim-no insrtuctor	Arlington Family YMCA
	5:00 - 6:45pm	SWIM LESSONS - Varies	Arlington Family YMCA

SAT	9:00am - 1:00pm	FAMILY SWIM - Open Swim-no insrtuctor	Arlington Family YMCA
	9:00 - 11:00am	GYMNASTICS - Dayle	Arlington Family YMCA
	10:30 - 11:15am	SILVER SNEAKERS YOGA - Carmen	Arlington Family YMCA