



**Northern Lights YMCA**  
**Delta Program Center -Group Exercise Schedule**

**FOR YOUTH DEVELOPMENT™**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>5:45-6:15 am</b>	<b>YCardio</b>		<b>YCardio</b>		<b>YCardio</b>
<b>5:45-6:30am</b>		<b>Y-Ride</b>		<b>Y-Ride</b>	
<b>7:00-7:55 am</b>	<b>Water Aerobics</b>		<b>Water Aerobics</b>		<b>Water Aerobics</b>
<b>8:00-8:55 am</b>	<b>Water Aerobics</b>		<b>Water Aerobics</b>		<b>Water Aerobics</b>
<b>8:30-9:25 am</b>		<b>Water Aerobics</b>		<b>Water Aerobics</b>	
<b>9:30-10:15 am</b>	<b>Y-Fit</b>		<b>Y-Fit</b>		<b>Y-Fit</b>
<b>9:30-10:15am</b>		<b>Sit &amp; Get Fit</b>		<b>Sit &amp; Get Fit</b>	
<b>12:15-12:45pm</b>		<b>Y-Ride</b>		<b>Y-Ride</b>	
<b>4:00-5:00 pm</b>	<b>Gladstone Yoga</b>			<b>Gladstone Yoga</b>	
<b>4:15-5:15 pm</b>	<b>YCardio</b>		<b>YCardio</b>		
<b>4:30-5:15 pm</b>		<b>Y-Fit</b>		<b>Y-Fit</b>	
<b>5:30-6:15 pm</b>	<b>YCardio, YRide or Gladstone Cardio</b>	<b>Y-Dance</b>	<b>YCardio, YRide or Gladstone Cardio</b>	<b>Y-Dance</b>	
<b>6:00-6:45 pm</b>	<b>Water Aerobics</b>	<b>Y-Ride</b>	<b>Water Aerobics</b>	<b>Y-Ride</b>	
<b>6:30-7:15 pm</b>	<b>Y-Fit</b>	<b>First Step to Fitness</b>	<b>Y-Fit</b>	<b>First Step to Fitness</b>	

Northern Lights YMCA - Delta Center  
 2001 North Lincoln Road \* Escanaba  
 Phone: 906-789-0005  
 Fax: 906-789-6330  
[afudala@nlymca.com](mailto:afudala@nlymca.com)

**SESSION DATES:**  
**Session I: Jan 7 - Feb 10**  
**Session II: Feb 11 - Mar 17**  
**Session III: Mar 18 - Apr 21**  
**Session IV: Apr 22 - May 26**

