

LIVE Fitness Class Schedule
PIKE CREEK - 302.234.8500
4905 Mermaid Blvd. Wilmington Delaware 19808

	Time	Class	Location	Instructor	Cost
MONDAY	9:00 am - 10:00 am	Water Aerobics	Pool	Pamela	Free to members \$15 non-member \$10 non- member senior
	6:00 pm - 7:00 pm	Karate	Aerobics Rm 1	Fusion Freestyle	See Instructor
	6:30 pm - 8:00 pm	Krav Maga	Aerobics Rm 2	Evolution Krav Maga	See Instructor
	7:30 pm - 8:30 pm	Zumba	Aerobics Rm 1	Steph	\$5 member \$10 non-member
TUESDAY	8:00 am- 11:00 am	Pickle ball	Gymnasium		Free to members \$5 non-member
	9:00 am - 10:00 am	Water Aerobics	Pool	Pamela	Free to members \$15 non-member \$10 non- member senior
	11:00 am -12:00 pm	Stay Active Senior Aerobics	Aerobics Rm 1	Eric	Free to members \$15 non-member \$10 non- member senior
	6:00 pm - 7:00 pm	All Levels Vinyasa Yoga	Aerobics Rm 1	Dina	Free to members \$15 non-member \$10 non- member senior
WEDNESDAY	9:30am - 10:30 am	Gentle Yoga	Aerobics Rm 1	Dina	Free to members \$15 non-member \$10 non- member senior
	6:00 pm - 7:00 pm	Karate	Aerobics Rm 1	Fusion Freestyle	See Instructor
	6:00 pm - 8:30 pm	Krav Maga	Aerobics Rm 2	Evolution Krav Maga	See Instructor
	7:30 - 8:30 pm	Zumba	Aerobics Rm 1	Steph	\$5 member \$10 non-member
THURSDAY	8:00 am - 11:00 am	Pickle ball	Gymnasium		Free to members \$5 non-member
	11:00 am -12:00 pm	Stay Active Senior Aerobics	Aerobics Rm 1	Eric	Free to members \$15 non-member \$10 non- member senior
	6:30 pm - 7:30 pm	Krav Maga	Aerobics Rm 2	Evolution Krav Maga	See Instructor
Friday	9:30am - 10:30 am	Gentle Yoga	Aerobics Rm 1	Dina	"Free to members \$15 non-member \$10 non- member senior"
	9:00 am - 10:00 am	Water Aerobics	Pool	Pamela	Free to members \$15 non-member \$10 non- member senior
SATURDAY	9:00 am - 12:00 pm	Pickle ball	Gymnasium		Free to members \$5 non-member
	10:00 am -11:00 am	Zumba	Aerobics Rm 1	Alex	\$5 member \$10 non-member
	11:30 am -12:30 pm	Karate	Aerobics Rm 1	Fusion Freestyle	See Instructor
SUNDAY	7:30 am - 12:00 pm	Pickle ball	Gymnasium		Free to members \$5 non-member
	3:00 pm -5:30 pm	Krav Maga	Aerobics Rm 2	Evolution Krav Maga	See Instructor

**A Variety of other fitness classe are always available on our video on demand system located in Aerobics Room 1. A schedule is available at the front desk.