



Health and Fitness Schedule

Belle Creek Family Center YMCA | 10693 Belle Creek Blvd. | Henderson, Co 80640

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	Silver Sneakers Yoga 9:30a - 10:30a Chuna	Pickleball 9:30a - 10:30a Cindy	Silver Sneakers Yoga 9:30a - 10:30a Chuna		
			Beginners Yoga 10:45a - 11:45a Chuna		
		Yoga 6:00p - 7:00p Chuna			
Bootcamp 6:00p - 7:00p Cairo	Pickleball 6:00p - 9:00p Cindy	*Karate 6:00p - 8:00p Hien	Pickleball 6:00p - 9:00p Cindy	*Karate 5:30p - 6:30p Hien	

* This class is independently contracted. Please sign up through the instructor.