



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 9:30am - 10:30am Chuna	Pickleball 9:30a - 10:30a Cindy	Silver Sneakers Yoga 9:30am - 10:30am Chuna		
			Pickleball 6:00pm - 9:00pm Cindy	Sunday *Karate 5:30p - 6:30p Hein	
Bootcamp 6:00pm - 7:00pm Cairo		*Karate 6:00pm - 8:00pm Hien	Zumba 7:30pm - 8:30pm Tami		

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