



March-May

YMCA CAMP CASEY
WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY
Yoga w/ Eli 9:00 am Classroom B Cardio Fitness w/ Drea 10:15a m Auditorium A Pickleball 9-11am Gymnasium	Chair Yoga w/ Mary 9:00 am Auditorium A Strength & Tone w/ Mary 10:30 am Auditorium A Pickleball 11-1 pm Gymnasium TRX w/ Drea 5:30 pm Auditorium A	Yoga w/ Eli 9:00 am Classroom B Cardio Fitness w/ Drea 10:15 am Auditorium A Zumba w/ Drea 5:00 pm Auditorium A Yoga w/ Eli 6:00 pm Classroom B Ping Pong 6:30 pm Gymnasium
THURSDAY	FRIDAY	SATURDAY
Chair Yoga w/ Mary 9:00 am Auditorium A Strength & Tone w/ Mary 10:30 am Auditorium A Pickleball 9-11 am Gymnasium TRX w/ Drea 5:30 pm Gymnasium Drop In Basketball 6:30 pm Gymnasium	TRX w/ Mary 9:00 am Auditorium A <p>For the most up to date times or any last minute changes check the calendar on our website:</p> <p>ymcacampcasey.org</p>	Yoga w/ Eli 8:00 am Classroom B



Coffee & Connect
 Tuesday/Thursday
 9:30 am
 Mess Hall A

Community Meal
 1st Wednesday
 11:00 am
 Directly after Cardio

All drop in and classes are included with our Charter Membership
 \$6 per person for basketball or pickleball
 Drop-In Cost: \$10 per class for group fitness class or \$15 per day for an all day pass.