



# SUMMER 2025

YMCA CAMP CASEY  
WELLNESS CALENDAR



Cardio Fitness  
w/ Drea  
11-11:45 am



Drop In  
Pickleball  
11-1 pm

## JUNE

DAY	DATE	LOCATION
MON	6/2	GYMNASIUM
FRI	6/6	AUDITORIUM A
MON	6/9	AUDITORIUM A
WED	6/11	AUDITORIUM A
FRI	6/13	AUDITORIUM A
MON	6/16	AUDITORIUM A
WED	6/18	AUDITORIUM A
FRI	6/20	AUDITORIUM A
MON	6/23	AUDITORIUM A
WED	6/25	AUDITORIUM A
FRI	6/27	AUDITORIUM A
MON	6/30	AUDITORIUM A
WED	NO CLASS	
FRI	NO CLASS	

DAY	DATE	LOCATION
TUES	6/3	GYMNASIUM
THURS	6/5	GYMNASIUM
TUES	6/10	GYMNASIUM
THURS	6/12	GYMNASIUM
TUES	6/17	GYMNASIUM
THURS	6/19	GYMNASIUM
TUES	6/24	GYMNASIUM
THURS	6/26	GYMNASIUM

**SCHEDULES, PRICING, &  
REGISTRATION:**

**YMCA CAMP CASEY.ORG/  
HEALTH-AND-WELLNESS**



## CARDIO FITNESS

Move your whole body, fire up your brain, and enjoy a choreographed movement class that will have you laughing and having fun while reaping the benefits of a 45 minute cardiovascular workout—you won't even realize you are working!



## PICKLEBALL

Join in the fun and participate in the fastest growing sport in the nation! The game of Pickleball combines the sport of Badminton, tennis and Ping-Pong. The rules are simple and the game is easy for anyone to catch on fast.



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## JULY

DAY	DATE	LOCATION
WED	7/9	AUDITORIUM A
MON	7/21	AUDITORIUM A
WED	7/23	AUDITORIUM A
FRI	7/25	AUDITORIUM A
MON	7/28	AUDITORIUM A
WED	7/30	AUDITORIUM A
FRI	8/1	AUDITORIUM A

DAY	DATE	LOCATION
TUES	7/1	GYMNASIUM
THURS	7/3	GYMNASIUM
TUES	7/8	GYMNASIUM
THURS	7/10	GYMNASIUM
TUES	7/15	GYMNASIUM
THURS	7/17	GYMNASIUM
TUES	7/29	GYMNASIUM
THURS	7/31	GYMNASIUM

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## AUGUST

DAY	DATE	LOCATION
MON	7/28	AUDITORIUM A
WED	7/30	AUDITORIUM A
FRI	8/1	AUDITORIUM A
MON	8/4	AUDITORIUM A
WED	8/6	AUDITORIUM A
FRI	8/8	AUDITORIUM A
MON	8/11	AUDITORIUM A
WED	8/13	AUDITORIUM A
FRI	8/15	AUDITORIUM A
MON	8/18	GYMNASIUM
WED	8/20	GYMNASIUM
FRI	8/22	AUDITORIUM A
MON	8/25	AUDITORIUM A
WED	NO CLASS	
FRI	NO CLASS	

DAY	DATE	LOCATION
TUES	8/5	GYMNASIUM
THURS	8/7	GYMNASIUM
TUES	8/12	GYMNASIUM
THURS	8/14	GYMNASIUM
TUES	8/19	GYMNASIUM
THURS	8/21	GYMNASIUM
TUES	8/26	GYMNASIUM
THURS	8/28	GYMNASIUM

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