



OCT-DEC 2025

YMCA CAMP CASEY WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<div>Cardio Fitness w/ Mary 11-11:45 am Auditorium A</div> <div>Yoga w/ Elinor 12:15-1 pm Auditorium A</div> <div>.....</div>	<div>Chair Yoga w/ Mary 9-9:45am Auditorium A</div> <div>Strength & Tone w/ Mary 10:30-11:15 am Auditorium A</div> <div>.....</div> <div>Drop In Pickleball 11-1 pm Gymnasium</div>	<div>Cardio Fitness w/ Mary 11-11:45 am Auditorium A</div> <div>Yoga w/ Elinor 12:15-1 pm Auditorium A</div> <div>.....</div> <div>Drop In Basketball 6-8pm Gymnasium</div>
THURSDAY	FRIDAY	SATURDAY
<div>Chair Yoga w/ Mary 9-9:45am Auditorium A</div> <div>Strength & Tone w/ Mary 10:30-11:15 am Auditorium A</div> <div>.....</div> <div>Drop In Pickleball 11-1 pm Gymnasium</div>	<div>Cardio Fitness w/ Mary 11-11:45 am Auditorium A</div> <div>.....</div>	<div>Yoga w/ Elinor 8-9am Auditorium A</div>
		SUNDAY



CARDIO FITNESS

Get your entire body in motion, energize your mind, and participate in a choreographed movement class that promises both laughter and enjoyment. Experience the advantages of a 45-minute cardiovascular workout so engaging that you won't even notice you're exercising!



CHAIR YOGA

Prepare to engage in a comprehensive series of both seated and standing yoga poses. With chair support provided, you'll have the opportunity to execute a variety of postures aimed at enhancing flexibility, balance, and overall range of motion.



STRENGTH & TONE

This class is tailored for those new to exercising. Get ready to explore innovative methods to enhance your cardiovascular fitness and build strength. We will integrate various formats into the workout, ensuring you feel confident as you participate in the class.



YOGA

Incorporate both static and dynamic flexibility movements through yoga postures and positions. This practice will enhance flexibility, alleviate stress, and strengthen posture.

DROP IN GYM

Gather your friends or connect with others for a game of pickleball or basketball on our newly renovated court. No reservation is necessary!