



## EASTSIDE FAMILY YMCA | May 20th - May 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>GRIT™ STRENGTH</b> Sports Performance Center	5:30AM-6:00AM (Strength) <i>Danielle B.</i>  7:15AM-7:45AM (Strength) <i>Melanie K.</i>		5:30PM-6:00PM (Strength) <i>Mikey V.</i>				
<b>TOTAL BODY STRONG</b> Studio	8:15AM-9:00AM (Strength) <i>Carol M.</i>				8:15AM-9:00AM (Strength) <i>Carol M.</i>		
<b>SENIOR SOCIAL &amp; PROGRAMMING</b> Community Room	9:00AM-12:00PM (Active Older Adults (AOA))	9:00AM-12:00PM (Active Older Adults (AOA))	9:00AM-12:00PM (Active Older Adults (AOA))	9:00AM-12:00PM (Active Older Adults (AOA))	9:00AM-12:00PM (Active Older Adults (AOA))		
<b>ACTIVE YOGA</b> Mindbody	9:00AM-10:00AM (Mind/Body) <i>Susan A.</i>  5:30PM-6:30PM (Mind/Body) <i>Kim S.</i>	4:15PM-5:15PM (Mind/Body) <i>Megan L.</i>	5:45AM-6:45AM (Mind/Body) <i>Joan N.</i>  9:00AM-10:00AM (Mind/Body) <i>Joan N.</i>  5:30PM-6:30PM (Mind/Body) <i>Kim S.</i>		5:45AM-6:45AM (Mind/Body) <i>Joan N.</i>  10:15AM-11:15AM (Mind/Body) <i>Eva K.</i>		10:30AM-11:30AM (Mind/Body) <i>Eva K.</i>
<b>CARDIO DANCE</b> Studio	9:15AM-10:00AM (Cardio) <i>Carol M.</i>			9:00AM-9:45AM (Cardio) <i>Lisa B.</i>	9:15AM-10:00AM (Cardio) <i>Carol M.</i>		
<b>GROUP CYCLE</b> Cycle Studio	9:15AM-10:15AM (Cardio) <i>Lisa B.</i>	5:45AM-6:45AM (Cardio) <i>Karin K.</i>	9:15AM-10:15AM (Cardio) <i>Mindy A.</i>		6:00AM-7:00AM (Cardio) <i>Jackie P.</i>	9:00AM-10:00AM (Cardio) <i>Meghan C.</i>	8:15AM-9:15AM (Cardio) <i>Erin H.</i>
<b>BODYBALANCE™</b> Mindbody	10:15AM-11:15AM (Mind/Body) <i>Danielle O.</i>			4:15PM-5:15PM (Mind/Body) <i>Brenda K.</i>		8:45AM-9:45AM (Mind/Body) <i>Brenda K.</i>	
<b>UPBEAT BARRE™</b> Studio	10:15AM-11:00AM (Strength) <i>Tia P.</i>						
<b>SILVER SNEAKERS CIRCUIT</b> Family Gym	11:30AM-12:15PM (Active Older Adults (AOA)) <i>Tess M.</i>		11:30AM-12:15PM (Active Older Adults (AOA)) <i>Tess M.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYCOMBAT™</b> Studio	4:30PM-5:30PM (Cardio) <i>Suzanne H.</i>		4:30PM-5:30PM (Cardio) <i>Kathy F.</i>				
<b>BODYPUMP™</b> Studio	6:30PM-7:30PM (Strength) <i>Jen W.</i>	5:15AM-6:15AM (Strength) <i>Melanie K.</i>	10:15AM-11:15AM (Strength) <i>Robert G.</i>	5:15AM-6:15AM (Strength) <i>Melanie K.</i>  6:30PM-7:30PM (Strength) <i>Jen W.</i>	10:15AM-11:15AM (Strength) <i>Danielle O.</i>	8:00AM-9:00AM (Strength) <i>Jen W.</i>	9:30AM-10:30AM (Strength) <i>Jenn W.</i>
<b>WERQ®</b> Mindbody	6:45PM-7:30PM (Cardio) <i>Wendi C.</i>						
<b>GRIT™ CARDIO</b> Sports Performance Center		5:30AM-6:00AM (Cardio) <i>Mikey V.</i>		5:30AM-6:00AM (Cardio) <i>Mikey V.</i>	5:30AM-6:00AM (Cardio) <i>Danielle B.</i>	7:15AM-7:45AM (Cardio) <i>Mikey V.</i>	
<b>LES MILLS RPM®</b> Cycle Studio		9:15AM-10:00AM (Cardio) <i>Adriana P.</i>  5:30PM-6:15PM (Cardio) <i>Jayne B.</i>		5:30PM-6:15PM (Cardio) <i>Robert G.</i>	9:15AM-10:00AM (Cardio) <i>Kim K.</i>		
<b>PILATES</b> Mindbody		9:30AM-10:15AM (Mind/Body) <i>Laurie K.</i>		9:30AM-10:15AM (Mind/Body) <i>Laurie K.</i>			
<b>GENTLE YOGA</b> Mindbody		11:00AM-12:00PM (Mind/Body) <i>Susan A.</i>  5:30PM-6:30PM (Mind/Body) <i>Sandy P.</i>		11:00AM-12:00PM (Mind/Body) <i>Joan N.</i>  5:30PM-6:30PM (Mind/Body) <i>Lauren B.</i>	9:00AM-10:00AM (Mind/Body) <i>Eva K.</i>		
<b>BODYBALANCE™</b> Studio		5:50PM-6:20PM (Mind/Body) <i>Danielle O.</i>					
<b>ZUMBA®</b> Mindbody		6:45PM-7:45PM (Cardio) <i>Nanette S.</i>					
<b>GRIT™ ATHLETIC</b> Sports Performance Center			5:30AM-6:00AM (Cardio) <i>Mikey V.</i>				
<b>HIGH FITNESS</b> Mindbody			8:00AM-8:45AM (Cardio) <i>Gil G.</i>				
<b>TRX BODY BLAST®</b> Studio			8:15AM-9:00AM (Strength) <i>Carol M.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>STEP-INTERVAL</b> Studio			9:15AM-10:00AM (Cardio) <i>Carol M.</i>				
<b>BARRE</b> Studio			6:30PM-7:15PM (Strength) <i>Heather R.</i>				
<b>TAI CHI</b> Mindbody			6:45PM-7:45PM (Mind/Body) <i>Kelly N.</i>				
<b>SILVER CYCLE</b> Cycle Studio				10:15AM-11:00AM (Active Older Adults (AOA)) <i>Sunny V.</i>			
<b>WERQ®</b> Studio				5:30PM-6:15PM (Cardio) <i>Laura C.</i>			
<b>Les Mills CORE™</b> Mindbody					8:15AM-8:45AM (Strength) <i>Kim K.</i>		
<b>SILVER SNEAKERS CLASSIC</b> Family Gym					10:30AM-11:15AM (Active Older Adults (AOA)) <i>Tess M.</i>		
<b>SILVER SNEAKERS YOGA</b> Family Gym					11:30AM-12:15PM (Active Older Adults (AOA)) <i>Tess M.</i>		
<b>ZUMBA GOLD®</b> Studio					11:30AM-12:15PM (Active Older Adults (AOA)) <i>Maribel T.</i>		
<b>POWER YOGA</b> Mindbody					4:30PM-5:30PM (Mind/Body) <i>Eva K.</i>		9:15AM-10:15AM (Mind/Body) <i>Eva K.</i>
<b>STEP-CARDIO</b> Studio						9:15AM-10:00AM (Cardio) <i>Frieda H.</i>	
<b>BODYCOMBAT™</b> Mindbody						10:00AM-11:00AM (Cardio) <i>Danielle O.</i>	11:45AM-12:45PM (Cardio) <i>Vanessa V.</i>
<b>ZUMBA®</b> Studio						10:15AM-11:15AM (Cardio) <i>Nanette S.</i>	11:30AM-12:30PM (Cardio) <i>Brit C.</i>
<b>TAI CHI</b> Studio						11:30AM-12:30PM (Mind/Body) <i>Kelly N.</i>	
<b>Les Mills CORE™</b> Studio							10:45AM-11:15AM (Strength) <i>Jen W.</i>





## SCHOTTLAND FAMILY YMCA | May 20th - May 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP™</b> Studio 1  5:30AM-6:30AM (Strength) <i>Christine H.</i>  10:30AM-11:30AM (Strength) <i>Lisa O.</i>  4:00PM-4:30PM (Strength) <i>Sarah M.</i>	5:30AM-6:30AM (Strength) <i>Christine H.</i>  10:30AM-11:30AM (Strength) <i>Lisa O.</i>  4:00PM-4:30PM (Strength) <i>Sarah M.</i>	9:45AM-10:45AM (Strength) <i>Diane R.</i>  12:00PM-1:00PM (Strength) <i>Jen N.</i>  6:15PM-7:15PM (Strength) <i>Mary J.</i>	5:45AM-6:45AM (Strength) <i>Ivonne R.</i>  4:00PM-4:30PM (Strength) <i>Jen N.</i>  5:30PM-6:30PM (Strength) <i>Sheila A.</i>	9:45AM-10:45AM (Strength) <i>Sarah M.</i>  12:00PM-1:00PM (Strength) <i>Diane R.</i>  7:00PM-8:00PM (Strength) <i>Shelly T.</i>	5:30AM-6:15AM (Strength) <i>Becky F.</i>  10:30AM-11:30AM (Strength) <i>Christine H.</i>  4:00PM-5:00PM (Strength) <i>Sarah M.</i>	9:00AM-10:00AM (Strength) <i>Jermaine R.</i>  11:45AM-12:45PM (Strength) <i>Steve R.</i>	9:00AM-10:00AM (Strength) <i>Sheila A.</i>  10:15AM-11:15AM (Strength) <i>Mary J.</i>
<b>ACTIVE YOGA</b> Studio 3  5:45AM-6:45AM (Mind/Body) <i>Kellie S.</i>  1:15PM-2:15PM (Mind/Body) <i>Alyssa M.</i>  4:00PM-5:00PM (Mind/Body) <i>Becky V.</i>	5:45AM-6:45AM (Mind/Body) <i>Kellie S.</i>  1:15PM-2:15PM (Mind/Body) <i>Alyssa M.</i>  4:00PM-5:00PM (Mind/Body) <i>Becky V.</i>	9:45AM-10:45AM (Mind/Body) <i>Lisa O.</i>  5:30PM-6:30PM (Mind/Body) <i>Cami G.</i>	1:15PM-2:15PM (Mind/Body) <i>Susan A.</i>  4:00PM-5:00PM (Mind/Body) <i>Eva K.</i>	9:45AM-10:45AM (Mind/Body) <i>Daria M.</i>  5:30PM-6:30PM (Mind/Body) <i>Susan A.</i>	1:15PM-2:15PM (Mind/Body) <i>Kellie S.</i>  10:30AM-11:30AM (Mind/Body) <i>YMCA S.</i>	8:00AM-9:00AM (Mind/Body) <i>Susan A.</i>  10:30AM-11:30AM (Mind/Body) <i>YMCA S.</i>	8:30AM-9:30AM (Mind/Body) <i>Lynn K.</i>
<b>GROUP CYCLE</b> Cycle Stadium  5:45AM-6:45AM (Cardio) <i>Gary W.</i>  9:00AM-10:00AM (Cardio) <i>Amy C.</i>  12:00PM-12:45PM (Cardio) <i>Lisa B.</i>  6:00PM-6:45PM (Cardio) <i>Kate W.</i>	5:45AM-6:45AM (Cardio) <i>Gary W.</i>  9:00AM-10:00AM (Cardio) <i>Amy C.</i>  12:00PM-12:45PM (Cardio) <i>Lisa B.</i>  6:00PM-6:45PM (Cardio) <i>Kate W.</i>	9:00AM-9:45AM (Cardio) <i>Laura M.</i>  12:00PM-12:30PM (Cardio) <i>Mindy A.</i>  6:00PM-6:45PM (Cardio) <i>Melissia S.</i>	5:45AM-6:45AM (Cardio) <i>Nancy P.</i>  9:00AM-10:00AM (Cardio) <i>Lisa O.</i>  12:00PM-12:30PM (Cardio) <i>Lisa B.</i>  6:00PM-6:45PM (Cardio) <i>Margie A.</i>	5:45AM-6:45AM (Cardio) <i>Kristen M.</i>  9:00AM-9:45AM (Cardio) <i>Julie W.</i>  12:00PM-12:30PM (Cardio) <i>Danielle G.</i>  5:30PM-6:15PM (Cardio) <i>Margie A.</i>	5:45AM-6:15AM (Cardio) <i>Danielle G.</i>  9:00AM-10:00AM (Cardio) <i>Lisa O.</i>	9:00AM-10:00AM (Cardio) <i>Kate W.</i>	8:15AM-9:15AM (Cardio) <i>Kristen M.</i>
<b>BOOTCAMP</b> Turf Gym  5:45AM-6:30AM (Strength) <i>Sheila A.</i>	5:45AM-6:30AM (Strength) <i>Sheila A.</i>		5:45AM-6:30AM (Strength) <i>Christine H.</i>  9:30AM-10:15AM (Strength) <i>Christine H.</i>	9:00AM-9:45AM (Strength) <i>Jess C.</i>	9:30AM-10:15AM (Strength) <i>Lisa B.</i>		8:30AM-9:15AM (Strength) <i>Justin D.</i>

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<b>GRIT™ STRENGTH</b> Studio 1	6:45AM-7:15AM (Strength) <i>Christine H.</i>			5:45AM-6:15AM (Strength) <i>Ericka W.</i>  5:15PM-5:45PM (Strength) <i>Dustin B.</i>			
<b>FEELING FIT</b> Turf Gym	8:00AM-8:45AM (Active Older Adults (AOA)) <i>Christine H.</i>						
<b>FOAM ROLLING</b> Studio 3	8:15AM-8:45AM (Mind/Body) <i>YMCA S.</i>	11:00AM-11:30AM (Mind/Body) <i>Lisa O.</i>					
<b>ZUMBA GOLD®</b> Studio 2	9:00AM-9:45AM (Active Older Adults (AOA)) <i>Joann R.</i>						11:30AM-12:15PM (Active Older Adults (AOA)) <i>Joann R.</i>
<b>BODYCOMBAT™</b> Studio 1	9:15AM-10:15AM (Cardio) <i>Sarah M.</i>				9:15AM-10:15AM (Cardio) <i>Kristen Y.</i>		
<b>FEELING FIT CIRCUIT</b> Turf Gym	10:00AM-10:45AM (Active Older Adults (AOA)) <i>Javian R.</i>			10:00AM-10:45AM (Active Older Adults (AOA)) <i>Javian R.</i>			
<b>SILVER SNEAKERS CLASSIC</b> Family Gym	10:00AM-10:45AM (Active Older Adults (AOA)) <i>Joann R.</i>  11:00AM-11:45AM (Active Older Adults (AOA)) <i>Kathryn B.</i>		10:00AM-10:45AM (Active Older Adults (AOA)) <i>Laurie N.</i>  11:00AM-11:45AM (Active Older Adults (AOA)) <i>Laurie N.</i>		10:00AM-10:45AM (Active Older Adults (AOA)) <i>Ruth R.</i>  11:00AM-11:45AM (Active Older Adults (AOA)) <i>Kathryn B.</i>		
<b>BOXING for PARKINSONS</b> Turf Gym	11:00AM-11:45AM (Active Older Adults (AOA)) <i>Javian R.</i>				10:30AM-11:15AM (Active Older Adults (AOA)) <i>Javian R.</i>		
<b>SILVER SNEAKERS YOGA</b> Studio 2	12:00PM-12:45PM (Active Older Adults (AOA)) <i>Susan A.</i>						
<b>GENTLE YOGA</b> Studio 3	12:00PM-1:00PM (Mind/Body) <i>Alyssa M.</i>		12:00PM-1:00PM (Mind/Body) <i>Daria M.</i>  6:45PM-7:45PM (Mind/Body) <i>Sandy P.</i>	6:45PM-7:45PM (Mind/Body) <i>Susan A.</i>	8:00AM-9:00AM (Mind/Body) <i>Lisa F.</i>  12:00PM-1:00PM (Mind/Body) <i>Barb D.</i>	12:45PM-1:45PM (Mind/Body) <i>YMCA S.</i>	9:45AM-10:45AM (Mind/Body) <i>Lynn K.</i>  11:45AM-12:45PM (Mind/Body) <i>Lisa F.</i>
<b>STAYSTRONG: TRX CIRCUIT</b> Studio 2	1:00PM-2:00PM (Mind/Body)	11:30AM-12:30PM (Mind/Body)		11:30AM-12:30PM (Mind/Body)			
<b>STAYSTRONG: BOXING</b> Turf Gym	1:00PM-2:00PM (Mind/Body)						

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<b>Les Mills CORE™</b> Studio 1	4:45PM-5:15PM (Strength) <i>Sarah M.</i>	9:00AM-9:30AM (Strength) <i>Diane R.</i>	4:45PM-5:15PM (Strength) <i>Sheila A.</i>	9:00AM-9:30AM (Strength) <i>Sarah M.</i>			
<b>PILATES</b> Studio 3	5:15PM-6:00PM (Mind/Body) <i>Barb D.</i>	8:45AM-9:30AM (Mind/Body) <i>Kristen Y.</i>					
<b>CIRCUIT TRAINING</b> Turf Gym	5:30PM-6:30PM (Strength) <i>Sheila A.</i>					7:15AM-8:15AM (Strength) <i>Sheila A.</i>	
<b>BODYCOMBAT™</b> Studio 2	5:30PM-6:30PM (Cardio) <i>Steve R.</i>					9:15AM-10:15AM (Cardio) <i>Steve R.</i>	9:00AM-10:00AM (Cardio) <i>Mary J.</i>
<b>BODYBALANCE™</b> Studio 3	6:15PM-7:15PM (Mind/Body) <i>YMCA S.</i>	1:00PM-2:00PM (Mind/Body) <i>Rachel S.</i>	10:30AM-11:30AM (Mind/Body) <i>Lisa O.</i>	6:00AM-7:00AM (Mind/Body) <i>Jen W.</i>	10:30AM-11:15AM (Mind/Body) <i>Kristen Y.</i>	9:15AM-10:15AM (Mind/Body) <i>YMCA S.</i>	
<b>ZUMBA®</b> Studio 2	6:45PM-7:45PM (Cardio) <i>Bob D.</i>				9:15AM-10:15AM (Cardio) <i>Laurie N.</i>	10:30AM-11:30AM (Cardio) <i>Cathy T.</i>	
<b>TRX CIRCUIT®</b> Studio 2		5:45AM-6:30AM (Strength) <i>Sheila A.</i>		9:00AM-10:00AM (Strength) <i>Christine H.</i>  4:15PM-5:00PM (Strength) <i>Sheila A.</i>		7:15AM-7:45AM (Strength) <i>Ericka W.</i>	
<b>GRIT™ CARDIO</b> Family Gym		5:45AM-6:15AM (Cardio) <i>Christine H.</i>					
<b>HIGH FITNESS</b> Family Gym		9:00AM-10:00AM (Cardio) <i>Anna B.</i>					
<b>TOTAL BODY STRONG</b> Turf Gym		9:00AM-9:45AM (Strength) <i>Lisa B.</i>					
<b>PARKINSON'S OPTIMAL WELLNESS</b> Family Gym		10:15AM-11:00AM (Active Older Adults (AOA)) <i>Janet P.</i>					
<b>FEELING FIT</b> Studio 2		10:15AM-11:00AM (Active Older Adults (AOA)) <i>Lisa B.</i>	8:00AM-9:00AM (Active Older Adults (AOA)) <i>Christine H.</i>				
<b>SILVER SNEAKERS CIRCUIT</b> Family Gym		11:15AM-12:00PM (Active Older Adults (AOA)) <i>Janet P.</i>					
<b>BARRE</b> Studio 3		11:45AM-12:45PM (Strength) <i>Lisa B.</i>		8:45AM-9:30AM (Strength) <i>Cathy T.</i>		11:45AM-12:30PM (Strength) <i>Cathy T.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>QIGONG</b> Studio 2		12:45PM-1:45PM (Mind/Body) <i>Joe L.</i>		12:45PM-1:45PM (Mind/Body) <i>Joe L.</i>			
<b>TAI CHI</b> Studio 2		2:00PM-3:00PM (Mind/Body) <i>Rick L.</i>		2:00PM-3:00PM (Mind/Body) <i>Rick L.</i>			
<b>TURBOKICK®</b> Studio 1		5:00PM-5:45PM (Cardio) <i>Danny M.</i>					
<b>GRIT™ CARDIO</b> Studio 2			6:45AM-7:15AM (Cardio) <i>Christine H.</i>				
<b>LES MILLS BODYSTEP™</b> Studio 1			9:00AM-9:45AM (Cardio) <i>Lisa B.</i>			10:30AM-11:30AM (Cardio) <i>YMCA S.</i>	
<b>CARDIO DANCE</b> Studio 2			9:15AM-10:00AM (Cardio) <i>Lisa B.</i>				
<b>CORE</b> Turf Gym			10:30AM-11:00AM (Strength) <i>Christine H.</i>				
<b>SILVER SNEAKERS YOGA</b> Family Gym			12:00PM-12:45PM (Active Older Adults (AOA)) <i>Deb M.</i>				
<b>CIRCUIT TRAINING</b> Studio 2				5:45AM-6:30AM (Strength) <i>Sheila A.</i>	5:45AM-6:30AM (Strength) <i>Sheila A.</i>		
<b>LES MILLS BODYSTEP™</b> Studio 2				10:15AM-11:15AM (Cardio) <i>Diane R.</i>			10:15AM-11:15AM (Cardio) <i>Diane R.</i>
<b>HIGH FITNESS</b> Studio 2				6:30PM-7:30PM (Cardio) <i>Erika H.</i>			
<b>GRIT™ ATHLETIC</b> Turf Gym					6:00AM-6:30AM (Cardio) <i>Ericka W.</i>		
<b>UPBEAT BARRE™</b> Studio 3					9:15AM-10:15AM (Strength) <i>Gil G.</i>  4:00PM-4:45PM (Strength) <i>Tia P.</i>		
<b>ZUMBA®</b> Studio 1					5:15PM-6:15PM (Cardio) <i>Mari B.</i>		



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>GRIT™ ATHLETIC</b> Studio 1						8:00AM-8:30AM (Cardio) <i>Dustin B.</i>	
<b>Les Mills CORE™</b> Studio 2						8:30AM-9:00AM (Strength) <i>Sheila A.</i>	
<b>MEDITATION</b> Studio 3							11:00AM-11:30AM (Mind/Body) <i>Lynn K.</i>
<b>BARRE</b> Studio 1							11:30AM-12:15PM (Strength) <i>YMCA S.</i>



## SANDS FAMILY YMCA | May 20th - May 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>GRIT™ STRENGTH</b> Studio B	5:45AM-6:15AM (Strength) <i>Lindsey M.</i>			5:00PM-5:30PM (Strength) <i>Rachel G.</i>			
<b>GROUP CYCLE</b> Studio A	5:45AM-6:30AM (Cardio) <i>Amy J.</i>  8:30AM-9:15AM (Cardio) <i>Ruby E.</i>		5:45AM-6:30AM (Cardio) <i>Kelsey H.</i>  8:30AM-9:15AM (Cardio) <i>Crystal J.</i>	9:15AM-10:00AM (Cardio) <i>Tina S.</i>	5:45AM-6:30AM (Cardio) <i>Lindsey M.</i>  8:30AM-9:15AM (Cardio) <i>Stephanie B.</i>		8:30AM-9:15AM (Cardio) <i>Stephanie B.</i>
<b>BODYPUMP™</b> Studio B	9:15AM-10:15AM (Strength) <i>Amy J.</i>  5:15PM-6:15PM (Strength) <i>Rachel G.</i>	5:45AM-6:30AM (Strength) <i>Lindsey M.</i>  12:15PM-1:00PM (Strength) <i>Ruby E.</i>	5:15PM-6:15PM (Strength) <i>Ruby E.</i>				9:15AM-10:15AM (Strength) <i>Lindsey M.</i>
<b>BOOTCAMP</b> Turf Gym	9:30AM-10:15AM (Strength) <i>Kylee H.</i>  5:30PM-6:15PM (Strength) <i>Jenna W.</i>	8:45AM-9:30AM (Strength) <i>Tina S.</i>	5:30PM-6:15PM (Strength) <i>Erin B.</i>		5:45AM-6:30AM (Strength) <i>Lori B.</i>	8:45AM-9:30AM (Strength) <i>Jenna W.</i>	
<b>SILVER SNEAKERS CIRCUIT</b> Gym	10:15AM-11:15AM (Active Older Adults (AOA)) <i>Jillian H.</i>		10:15AM-11:15AM (Active Older Adults (AOA)) <i>Shari R.</i>		10:15AM-11:15AM (Active Older Adults (AOA)) <i>Jillian H.</i>		
<b>GENTLE YOGA</b> Studio C	11:00AM-12:00PM (Mind/Body) <i>Romy C.</i>	11:15AM-12:15PM (Mind/Body) <i>Dianne M.</i>	11:00AM-12:00PM (Mind/Body) <i>Dianne M.</i>				
<b>SILVER SNEAKERS CLASSIC</b> Gym	11:30AM-12:30PM (Active Older Adults (AOA)) <i>Shari R.</i>		11:30AM-12:30PM (Active Older Adults (AOA)) <i>Shari R.</i>				
<b>RIDE STRONG</b> Studio A	12:00PM-1:00PM (Cardio) <i>Erin B.</i>						
<b>PILATES</b> Studio C	1:15PM-2:00PM (Mind/Body) <i>Erin B.</i>	9:30AM-10:15AM (Mind/Body) <i>Patty S.</i>		9:30AM-10:15AM (Mind/Body) <i>Shari R.</i>		7:30AM-8:15AM (Mind/Body) <i>Jenna W.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>GRIT™ STRENGTH</b> Turf Gym	6:30PM-7:00PM (Strength) <i>Carrie Q.</i>	5:30PM-6:00PM (Strength) <i>Christina H.</i>					
<b>ZUMBA®</b> Studio B	6:45PM-7:45PM (Cardio) <i>Lisa S.</i>	9:30AM-10:15AM (Cardio) <i>Melissa D.</i>	6:45PM-7:45PM (Cardio) <i>Lisa S.</i>				8:15AM-9:00AM (Cardio) <i>Mary A.</i>
<b>TRX BODY BLAST®</b> Studio C		8:30AM-9:15AM (Strength) <i>Lori B.</i>	8:15AM-9:00AM (Strength) <i>Shari R.</i>	8:30AM-9:15AM (Strength) <i>Lori B.</i>	8:15AM-9:00AM (Strength) <i>Shari R.</i>		
<b>BODY IN MOTION</b> Gym		9:30AM-10:30AM (Active Older Adults (AOA)) <i>Dianne M.</i>					
<b>TOTAL BODY STRONG</b> Studio B		10:30AM-11:15AM (Strength) <i>Patty S.</i>		10:30AM-11:15AM (Strength) <i>Patty S.</i>			
<b>BOOM MUSCLE</b> Gym				9:15AM-10:00AM (Active Older Adults (AOA)) <i>Patty S.</i>			
<b>BARRE</b> Studio C				4:45PM-5:30PM (Strength) <i>Heather R.</i>			9:00AM-9:45AM (Strength) <i>Heather R.</i>
<b>POWER YOGA</b> Studio C				6:00PM-7:00PM (Mind/Body) <i>Megan C.</i>			
<b>SILVER SNEAKERS YOGA</b> Gym					11:30AM-12:30PM (Active Older Adults (AOA)) <i>Shari R.</i>		
<b>GRIT™ ATHLETIC</b> Studio B						7:45AM-8:15AM (Cardio) <i>Carrie Q.</i>	



## NORTHWEST FAMILY YMCA | May 20th - May 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>RIDE STRONG</b> Aerobics Studio	5:45AM-6:30AM (Cardio) <i>Lisa C.</i>						
<b>GULICK GYM: OPEN</b> Gulick Gym	7:00AM-12:00PM (Strength)	7:00AM-12:00PM (Strength)	7:00AM-12:00PM (Strength)	7:00AM-12:00PM (Strength)	7:00AM-12:00PM (Strength)		
<b>CIRCUIT TRAINING</b> Aerobics Studio	8:00AM-8:45AM (Strength) <i>Carole N.</i>						
<b>BOOTCAMP</b> Aerobics Studio	9:00AM-10:00AM (Strength) <i>Carole N.</i>						
<b>QIGONG</b> Gym	9:15AM-10:00AM (Mind/Body) <i>Bob D.</i>		9:15AM-10:00AM (Mind/Body) <i>Bob D.</i>				
<b>TAI CHI BEGINNER</b> Gym	10:00AM-10:45AM (Mind/Body) <i>Bob D.</i>						
<b>SILVER SNEAKERS CLASSIC</b> Gym	11:30AM-12:30PM (Active Older Adults (AOA)) <i>Sadie B.</i>				11:30AM-12:30PM (Active Older Adults (AOA)) <i>Sadie B.</i>		
<b>ZUMBA®</b> Aerobics Studio	11:30AM-12:15PM (Cardio) <i>Lisa R.</i>						9:00AM-9:45AM (Cardio) <i>Lisa R.</i>
<b>BODYCOMBAT™</b> Aerobics Studio	6:30PM-7:30PM (Cardio) <i>Sharon F.</i>						
<b>BARRE</b> Aerobics Studio		9:15AM-10:00AM (Strength) <i>Carole N.</i>					
<b>FEELING FIT</b> Gym		10:15AM-11:00AM (Active Older Adults (AOA)) <i>Carole N.</i>					
<b>TAI CHI</b> Gym			10:00AM-10:45AM (Mind/Body) <i>Bob D.</i>		9:15AM-10:15AM (Mind/Body) <i>Bob D.</i>		
<b>STEP-CARDIO</b> Aerobics Studio			10:15AM-11:00AM (Cardio) <i>Becky V.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CORE</b> Aerobics Studio			11:15AM-12:00PM (Strength) <i>Becky V.</i>	10:45AM-11:15AM (Strength) <i>Sherry C.</i>			
<b>BODYPUMP™</b> Aerobics Studio				9:30AM-10:30AM (Strength) <i>Kelly S.</i>		8:00AM-9:00AM (Strength) <i>Becky V.</i>	
<b>SILVER SNEAKERS YOGA</b> Gym				10:15AM-11:00AM (Active Older Adults (AOA)) <i>Dorrell G.</i>			



## WESTSIDE FAMILY YMCA | May 20th - May 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP™</b> Group Exercise Studio	5:45AM-6:45AM (Strength) <i>Darlene D.</i>				5:45AM-6:45AM (Strength) <i>Mary J.</i>		
<b>FEELING FIT</b> Group Exercise Studio	8:30AM-9:30AM (Active Older Adults (AOA)) <i>Darlene C.</i>						
<b>SILVER SNEAKERS CLASSIC</b> Gym	11:00AM-12:00PM (Active Older Adults (AOA)) <i>Maria T.</i>  12:15PM-1:00PM (Active Older Adults (AOA)) <i>Maria T.</i>		11:00AM-12:00PM (Active Older Adults (AOA)) <i>Maria T.</i>				
<b>HIIT</b> Group Exercise Studio	4:15PM-5:15PM (Strength) <i>Tom C.</i>						
<b>GROUP CYCLE</b> Cycle Studio	6:00PM-6:45PM (Cardio) <i>Melissia S.</i>	9:30AM-10:30AM (Cardio) <i>Andrea D.</i>	5:45AM-6:30AM (Cardio) <i>Lisa C.</i>	5:45PM-6:30PM (Cardio) <i>Angela S.</i>		9:00AM-9:45AM (Cardio) <i>Karin R.</i>	
<b>BODYBALANCE™</b> Group Exercise Studio		5:45AM-6:30AM (Mind/Body) <i>Mary J.</i>					
<b>CIRCUIT TRAINING</b> Group Exercise Studio		9:30AM-10:30AM (Strength) <i>Lucy V.</i>		9:45AM-10:45AM (Strength) <i>Lucy V.</i>			
<b>SILVER SNEAKERS YOGA</b> Group Exercise Studio		12:15PM-1:00PM (Active Older Adults (AOA)) <i>Nancy W.</i>		12:15PM-1:00PM (Active Older Adults (AOA)) <i>Sarah L.</i>			
<b>STEP-CARDIO</b> Group Exercise Studio		4:00PM-4:45PM (Cardio) <i>Shelley H.</i>		4:15PM-5:00PM (Cardio) <i>Deanna P.</i>			
<b>ZUMBA GOLD®</b> Group Exercise Studio			8:30AM-9:30AM (Active Older Adults (AOA)) <i>Shelley H.</i>		8:30AM-9:30AM (Active Older Adults (AOA)) <i>Shelley H.</i>		
<b>GENTLE YOGA</b> Group Exercise Studio			11:00AM-11:55AM (Mind/Body) <i>Cheri S.</i>				12:30PM-1:30PM (Mind/Body) <i>Julie M.</i>
<b>BODYCOMBAT™</b> Group Exercise Studio			5:30PM-6:15PM (Cardio) <i>Sharon F.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ZUMBA® Gym				5:30PM-6:30PM (Cardio) <i>Rebecca K.</i>			



## BAY VIEW FAMILY YMCA | May 20th - May 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>TOTAL BODY STRONG</b> Group Exercise Studio	8:00AM-8:45AM (Strength) <i>Lisa C.</i>				8:00AM-8:45AM (Strength) <i>Marianne A.</i>		
<b>STEP-INTERVAL</b> Group Exercise Studio	9:00AM-9:45AM (Cardio) <i>Marianne A.</i>						
<b>FEELING FIT</b> Gym	10:30AM-11:15AM (Active Older Adults (AOA)) <i>Karen G.</i>						
<b>BODYPUMP™</b> Group Exercise Studio	4:15PM-5:00PM (Strength) <i>Andrea A.</i>	5:45AM-6:30AM (Strength) <i>Lisa N.</i>  10:00AM-11:00AM (Strength) <i>Lisa C.</i>  5:55PM-6:25PM (Strength) <i>Carol Q.</i>	4:15PM-5:00PM (Strength) <i>Nene O.</i>	5:45AM-6:30AM (Strength) <i>Carol Q.</i>  10:00AM-11:00AM (Strength) <i>Lisa C.</i>		10:15AM-11:15AM (Strength) <i>Carol Q.</i>	10:30AM-11:15AM (Strength) <i>Nene O.</i>
<b>Les Mills CORE™</b> Group Exercise Studio	5:15PM-5:45PM (Strength) <i>Andrea A.</i>		8:15AM-8:45AM (Strength) <i>Lisa C.</i>				8:45AM-9:15AM (Strength) <i>Suzanne H.</i>
<b>ACTIVE YOGA</b> Group Exercise Studio	6:00PM-6:45PM (Mind/Body) <i>Andrea A.</i>						
<b>GROUP CYCLE</b> Cycle Studio		9:00AM-9:45AM (Cardio) <i>Lisa C.</i>				7:15AM-8:00AM (Cardio) YMCA S.	9:30AM-10:15AM (Cardio) <i>Lillian R.</i>
<b>SILVER SNEAKERS CIRCUIT</b> Gym		9:30AM-10:15AM (Active Older Adults (AOA)) <i>Marlene C.</i>		9:30AM-10:15AM (Active Older Adults (AOA)) <i>Marianne A.</i>			
<b>SILVER SNEAKERS CLASSIC</b> Gym		10:30AM-11:15AM (Active Older Adults (AOA)) <i>Marlene C.</i>		10:30AM-11:15AM (Active Older Adults (AOA)) <i>Marianne A.</i>			
<b>PILATES</b> Group Exercise Studio		11:15AM-12:00PM (Mind/Body) <i>Lisa C.</i>		11:15AM-12:00PM (Mind/Body) <i>Lisa C.</i>			
<b>BODYBALANCE™</b> Group Exercise Studio		6:30PM-7:15PM (Mind/Body) <i>Carol Q.</i>	10:15AM-11:00AM (Mind/Body) <i>Mary C.</i>				



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>HIIT</b> Group Exercise Studio			5:40AM-6:10AM (Strength) <i>Danielle B.</i>				
<b>CIRCUIT TRAINING</b> Group Exercise Studio			9:00AM-9:45AM (Strength) <i>Lisa C.</i>				
<b>ZUMBA GOLD®</b> Gym			10:30AM-11:15AM (Active Older Adults (AOA)) <i>Victoria S.</i>				
<b>CORE</b> Group Exercise Studio				7:00AM-7:30AM (Strength) <i>Lucy V.</i>			
<b>BARRE</b> Group Exercise Studio				7:45AM-8:30AM (Strength) <i>Lucy V.</i>			
<b>GENTLE YOGA (CHAIR)</b> Gym				8:30AM-9:15AM (Mind/Body) <i>Marianne A.</i>			
<b>RIDE STRONG</b> Cycle Studio				8:45AM-9:45AM (Cardio) <i>Lisa C.</i>  4:30PM-5:25PM (Cardio) <i>Andrea A.</i>			
<b>POWER YOGA</b> Group Exercise Studio				5:35PM-6:20PM (Mind/Body) <i>Andrea A.</i>			
<b>STEP-CARDIO</b> Group Exercise Studio					9:00AM-9:45AM (Cardio) <i>Marianne A.</i>	9:15AM-10:00AM (Cardio) <i>Heather D.</i>	
<b>GENTLE YOGA</b> Group Exercise Studio					10:15AM-11:00AM (Mind/Body) <i>Daphne M.</i>		11:30AM-12:30PM (Mind/Body) <i>Daria M.</i>
<b>TRX BODY BLAST®</b> Group Exercise Studio					11:15AM-12:00PM (Strength) <i>Daphne M.</i>		
<b>BOOTCAMP</b> Gym						8:15AM-9:00AM (Strength) <i>Mikey V.</i>	
<b>GRIT™ CARDIO</b> Gym							8:10AM-8:40AM (Cardio) <i>Danielle B.</i>



# CORNING FAMILY YMCA | May 20th - May 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>TOTAL BODY STRONG</b> Studio A	9:00AM-10:00AM (Strength) <i>Deb F.</i>						
<b>REFIT®</b> Studio A	4:15PM-5:15PM (Cardio) <i>Katrina W.</i>	9:00AM-10:00AM (Cardio) <i>Kari F.</i>		9:00AM-10:00AM (Cardio) <i>Kari F.</i>			
<b>ZUMBA®</b> Studio A	5:45PM-6:45PM (Cardio) <i>Marina K.</i>		5:45PM-6:45PM (Cardio) <i>Connor O.</i>		10:15AM-11:15AM (Cardio) <i>Marina K.</i>		
<b>GROUP CYCLE</b> Studio C	6:00PM-7:00PM (Cardio) <i>Tess S.</i>						
<b>STEP-CARDIO</b> Studio A		8:00AM-8:45AM (Cardio) <i>Deb F.</i>		8:00AM-8:45AM (Cardio) <i>Deb F.</i>			
<b>SILVER SNEAKERS CLASSIC</b> Studio A		10:30AM-11:30AM (Active Older Adults (AOA)) <i>Kari F.</i>		10:30AM-11:30AM (Active Older Adults (AOA)) <i>Kari F.</i>			
<b>ACTIVE YOGA</b> Studio A		5:30PM-6:30PM (Mind/Body) <i>Deb L.</i>	7:00PM-8:00PM (Mind/Body) <i>Danyell P.</i>	6:45PM-7:45PM (Mind/Body) <i>Danyell P.</i>			
<b>Les Mills CORE™</b> Studio A			9:00AM-9:45AM (Strength) <i>Kari F.</i>		9:00AM-9:45AM (Strength) <i>Kari F.</i>		
<b>BODYPUMP™</b> Studio A				5:30PM-6:30PM (Strength) <i>Maria A.</i>		9:00AM-10:00AM (Strength) YMCA S.	9:00AM-10:00AM (Strength) <i>Blair G.</i>



THE THURSTON ROAD YMCA NEIGHBORHOOD CENTER | May 20th - May 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SILVER SNEAKERS CLASSIC</b> Group Exercise Floor	9:00AM-9:50AM (Active Older Adults (AOA)) <i>Jean C.</i>		9:00AM-9:50AM (Active Older Adults (AOA)) <i>Jean C.</i>		9:00AM-9:50AM (Active Older Adults (AOA)) <i>Jean C.</i>		
<b>SILVER SNEAKERS CIRCUIT</b> Group Exercise Floor		9:00AM-9:45AM (Active Older Adults (AOA)) <i>Jean C.</i>					



## THE YMCA AT INNOVATION SQUARE | May 20th - May 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CIRCUIT TRAINING</b> Studio 2	9:15AM-10:00AM (Strength) <i>Mindy A.</i>						
<b>GROUP CYCLE</b> Group Exercise Studio	5:30PM-6:30PM (Cardio) <i>Cathy C.</i>						
<b>ZUMBA®</b> Group Exercise Studio		9:30AM-10:30AM (Cardio) <i>Meghana L.</i>				10:30AM-11:30AM (Cardio) <i>Hang B.</i>	
<b>BODYCOMBAT™</b> Studio 2		5:30PM-6:30PM (Cardio) <i>Kathy F.</i>		5:30PM-6:30PM (Cardio) <i>Kathy F.</i>			
<b>ACTIVE YOGA</b> Studio 2			8:00AM-9:00AM (Mind/Body) <i>Daria M.</i>				
<b>SILVER SNEAKERS YOGA</b> Group Exercise Studio			10:00AM-10:45AM (Active Older Adults (AOA)) <i>Dorrell G.</i>				
<b>BODYPUMP™</b> Group Exercise Studio				9:15AM-10:15AM (Strength) <i>Mindy A.</i>			
<b>PILATES</b> Studio 2					8:00AM-8:45AM (Mind/Body) <i>Amy C.</i>		
<b>SILVER SNEAKERS CLASSIC</b> Group Exercise Studio					10:00AM-10:45AM (Active Older Adults (AOA)) <i>Dorrell G.</i>		



## MAPLEWOOD FAMILY YMCA | May 20th - May 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SILVER SNEAKERS CLASSIC</b> Gym	10:00AM-11:00AM (Active Older Adults (AOA)) <i>Tamara S.</i>		10:00AM-11:00AM (Active Older Adults (AOA)) <i>Tamara S.</i>		10:00AM-11:00AM (Active Older Adults (AOA)) <i>Tamara S.</i>		
<b>ZUMBA GOLD®</b> Gym	11:30AM-12:15PM (Active Older Adults (AOA)) <i>Melissa R.</i>						
<b>PILATES</b> Studio	5:30PM-6:15PM (Mind/Body) <i>Sheri D.</i>						
<b>TRX CIRCUIT®</b> Studio	6:30PM-7:30PM (Strength) <i>Tom C.</i>	7:00AM-7:45AM (Strength) <i>Gina W.</i>					
<b>GENTLE YOGA</b> Studio		9:00AM-10:00AM (Mind/Body) <i>Vanessa A.</i>	9:15AM-10:15AM (Mind/Body) <i>Sandra K.</i>  5:00PM-5:55PM (Mind/Body) <i>Cheri S.</i>	9:15AM-10:15AM (Mind/Body) <i>Sandra K.</i>			
<b>SILVER SNEAKERS YOGA</b> Gym		10:00AM-11:00AM (Active Older Adults (AOA)) <i>Dorrell G.</i>		10:00AM-11:00AM (Active Older Adults (AOA)) <i>Tamara S.</i>			
<b>FEELING FIT</b> Studio		11:00AM-12:00PM (Active Older Adults (AOA)) <i>Tamara S.</i>			11:15AM-12:00PM (Active Older Adults (AOA)) <i>Tamara S.</i>		
<b>CARDIO KICKBOXING</b> Studio		5:00PM-5:45PM (Cardio) <i>Nene O.</i>					
<b>TOTAL BODY STRONG</b> Studio		6:00PM-7:00PM (Strength) <i>Margot S.</i>					
<b>RESTORATIVE YOGA</b> Studio			10:30AM-11:15AM (Mind/Body) <i>Sandra K.</i>				
<b>ZUMBA®</b> Studio			6:05PM-7:05PM (Cardio) <i>Leonte P.</i>				
<b>GROUP CYCLE</b> Studio				6:15AM-7:00AM (Cardio) <i>Mary B.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ZUMBA® STEP</b> Studio				5:00PM-5:45PM (Cardio) <i>Melissa R.</i>			
<b>HIIT</b> Studio				6:00PM-6:30PM (Strength) <i>Carole N.</i>			
<b>ACTIVE YOGA</b> Studio					9:15AM-10:15AM (Mind/Body) <i>Daria M.</i>	8:15AM-9:15AM (Mind/Body) <i>YMCA S.</i>	9:30AM-10:30AM (Mind/Body) <i>Hannah G.</i>