



MAPLEWOOD FAMILY YMCA | December 16th - December 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LAP SWIM Pool	6:00AM-8:30AM (Pool) 9:30AM-5:45PM (Pool)	6:00AM-4:30PM (Pool) 7:30PM-8:45PM (Pool)	6:00AM-8:30AM (Pool) 9:30AM-5:45PM (Pool)	6:00AM-4:30PM (Pool) 7:30PM-8:45PM (Pool)	6:00AM-8:30AM (Pool) 9:30AM-5:45PM (Pool)	7:00AM-9:30AM (Pool) 10:30AM-12:30PM (Pool) 1:30PM-2:45PM (Pool)	9:00AM-1:45PM (Pool)
WATER WALKING Pool	6:00AM-8:30AM (Pool) 9:30AM-1:00PM (Pool)	11:00AM-4:00PM (Pool)	6:00AM-8:15AM (Pool) 9:30AM-1:00PM (Pool)	10:45AM-1:00PM (Pool)	6:00AM-8:30AM (Pool) 9:30AM-1:00PM (Pool)	7:00AM-9:15AM (Pool)	9:00AM-11:30AM (Pool)
OPEN GYM Gym	6:00AM-8:00AM (Gym) 12:30PM-1:30PM (Gym) 4:00PM-9:00PM (Gym)	6:00AM-9:30AM (Gym) 11:30AM-1:30PM (Gym) 4:00PM-5:00PM (Gym) 8:00PM-9:00PM (Gym)	6:00AM-8:00AM (Gym) 11:30AM-1:00PM (Gym) 4:00PM-5:00PM (Gym) 7:00PM-9:00PM (Gym)	6:00AM-9:30AM (Gym) 11:30AM-1:30PM (Gym) 4:00PM-5:00PM (Gym) 8:00PM-9:00PM (Gym)	6:00AM-8:00AM (Gym) 4:00PM-9:00PM (Gym)	12:00PM-3:00PM (Gym)	12:00PM-2:00PM (Gym)
AQUA FIT Pool	8:30AM-9:15AM (Water Fitness) <i>Ann S.</i>	4:00PM-4:45PM (Water Fitness) <i>Rachel M.</i>	8:30AM-9:15AM (Water Fitness) <i>Ann S.</i>		8:30AM-9:15AM (Water Fitness) <i>Ann S.</i>		
LAP SWIM (LIMITED LANES AVAILABLE) Pool	8:30AM-9:30AM (Pool) 5:45PM-8:45PM (Pool)	4:30PM-7:30PM (Pool)	8:30AM-9:30AM (Pool) 5:45PM-8:45PM (Pool)	4:30PM-7:30PM (Pool)	8:30AM-9:30AM (Pool) 5:45PM-8:45PM (Pool)	9:30AM-10:30AM (Pool) 12:30PM-1:30PM (Pool)	11:30AM-1:30PM (Pool)
CHILD WATCH Child Watch	9:00AM-11:00AM (Child Watch) 4:00PM-8:00PM (Child Watch)	9:00AM-11:00AM (Child Watch) 4:00PM-8:00PM (Child Watch)	9:00AM-11:00AM (Child Watch) 4:00PM-8:00PM (Child Watch)	9:00AM-11:00AM (Child Watch) 4:00PM-8:00PM (Child Watch)		9:00AM-12:00PM (Child Watch)	
SILVER SNEAKERS CLASSIC 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>		
ZUMBA GOLD® Gym	11:30AM-12:15PM (Active Older Adults (AOA)) <i>Melissa R.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN SWIM Pool	1:00PM-5:30PM (Pool)	10:00AM-4:00PM (Pool)	1:00PM-5:30PM (Pool)	1:00PM-5:30PM (Pool)	1:00PM-5:30PM (Pool)		
PICKLEBALL: ADULT East Gym	1:30PM-4:00PM (Gym)	1:30PM-4:00PM (Gym)	1:30PM-4:00PM (Gym)	1:30PM-4:00PM (Gym)			
OPEN GYM West Gym	1:30PM-4:00PM (Gym)	1:30PM-4:00PM (Gym)	1:30PM-4:00PM (Gym)	1:30PM-4:00PM (Gym)		7:00AM-12:00PM (Gym)	
TEEN CENTER West Gym	4:00PM-5:00PM (Gym)	4:00PM-5:00PM (Gym)	4:00PM-5:00PM (Gym)	4:00PM-5:00PM (Gym)	4:00PM-5:00PM (Gym)		
PILATES Studio	5:30PM-6:15PM (Mind/Body) <i>Sheri D.</i>						
FAMILY SWIM Pool	5:30PM-8:45PM (Pool)	5:30PM-8:45PM (Pool)	5:30PM-8:45PM (Pool)	5:30PM-8:45PM (Pool)	5:30PM-8:45PM (Pool)	12:45PM-2:45PM (Pool)	11:30AM-1:00PM (Pool)
TRX CIRCUIT® Studio	6:30PM-7:30PM (Strength) <i>Tom C.</i>	7:00AM-7:45AM (Strength) <i>Gina W.</i>					
GENTLE YOGA 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>			
SILVER SNEAKERS YOGA 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>			
CARDIO KICKBOXING Studio		5:00PM-5:45PM (Cardio) <i>Nene O.</i>					
FAMILY GYM West Gym		5:00PM-8:00PM (Gym)		5:00PM-8:00PM (Gym)			
OPEN GYM East Gym		5:00PM-8:00PM (Gym)		5:00PM-8:00PM (Gym)			
Leaders Club Facility-Maplewood Family YMCA		6:00PM-7:30PM (Sports & Recreation)					
TOTAL BODY STRONG Studio		6:00PM-7:00PM (Strength) <i>Margot S.</i>					
RESTORATIVE YOGA Studio			10:30AM-11:15AM (Mind/Body) <i>Sandra K.</i>				
ZUMBA® Studio			6:05PM-7:05PM (Cardio) <i>Leonte P.</i>				

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GROUP CYCLE Studio				6:15AM-7:00AM (Cardio) <i>Mary B.</i>			
DEEP AQUA FIT Pool				9:00AM-9:45AM (Water Fitness) <i>Maribel T.</i>			
ZUMBA® STEP Studio				5:00PM-5:45PM (Cardio) <i>Melissa R.</i>			
ACTIVE YOGA 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>
AQUA ZUMBA Pool						9:30AM-10:15AM (Water Fitness) <i>YMCA S.</i>	