



SCHOTTLAND FAMILY YMCA | January 27th - February 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN SPLASH PAD Splash Pad	5:00AM-8:45PM (Pool)	5:00AM-8:45PM (Pool)	5:00AM-8:45PM (Pool)	5:00AM-8:45PM (Pool)	5:00AM-8:45PM (Pool)	7:00AM-5:45PM (Pool)	8:00AM-4:45PM (Pool)
OPEN SWIM Leisure Pool	5:00AM-8:45PM (Pool)	5:00AM-8:45PM (Pool)	5:00AM-8:45PM (Pool)	5:00AM-8:45PM (Pool)	5:00AM-8:45PM (Pool)	7:00AM-5:45PM (Pool)	8:00AM-4:45PM (Pool)
WATER WALKING Exercise Pool	5:00AM-8:45PM (Pool)	5:00AM-8:45PM (Pool)	5:00AM-8:45PM (Pool)	5:00AM-8:45PM (Pool)	5:00AM-8:45PM (Pool)	7:00AM-5:45PM (Pool)	8:00AM-4:45PM (Pool)
LAP SWIM Exercise Pool	5:00AM-8:45PM (Pool)	5:00AM-8:45PM (Pool)	5:00AM-8:45PM (Pool)	5:00AM-8:45PM (Pool)	5:00AM-8:45PM (Pool)	7:00AM-5:45PM (Pool)	8:00AM-4:45PM (Pool)
OPEN GYM Full Gym	5:00AM-7:00AM (Gym) 11:00AM-1:00PM (Gym) 3:00PM-8:45PM (Gym)	5:00AM-7:00AM (Gym) 2:30PM-8:45PM (Gym)	5:00AM-1:00PM (Gym) 3:00PM-5:00PM (Gym)	5:00AM-7:00AM (Gym) 8:30AM-9:30AM (Gym) 3:30PM-8:45PM (Gym)	5:00AM-7:00AM (Gym) 8:30AM-12:30PM (Gym) 3:30PM-8:45PM (Gym)	9:30AM-5:45PM (Gym)	3:00PM-4:45PM (Gym)
BODYPUMP™ 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> 5:45PM-6:45PM (Strength) <i>Jermaine R.</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>	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>
BOOTCAMP Turf Gym	5:45AM-6:30AM (Strength) <i>Sheila A.</i> 9:00AM-9:45AM (Strength) <i>Jenna W.</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>			8:30AM-9:15AM (Strength) <i>Justin D.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ACTIVE YOGA Studio 3	5:45AM-6:45AM (Mind/Body) <i>Kellie S.</i>	9:45AM-10:45AM (Mind/Body) <i>Lisa O.</i>	1:15PM-2:15PM (Mind/Body) <i>Susan A.</i>	9:45AM-10:45AM (Mind/Body) <i>Daria M.</i>	1:15PM-2:15PM (Mind/Body) <i>Kellie S.</i>	8:00AM-9:00AM (Mind/Body) <i>Susan A.</i>	8:30AM-9:30AM (Mind/Body) <i>Lynn K.</i>
	1:15PM-2:15PM (Mind/Body) <i>Alyssa M.</i>	5:30PM-6:30PM (Mind/Body) <i>Cami G.</i>	4:00PM-5:00PM (Mind/Body) <i>Eva K.</i>	5:30PM-6:30PM (Mind/Body) <i>Susan A.</i>		10:30AM-11:30AM (Mind/Body) <i>YMCA S.</i>	
	4:00PM-5:00PM (Mind/Body) <i>Becky V.</i>						
GROUP CYCLE Cycle Stadium	5:45AM-6:45AM (Cardio) <i>Gary W.</i>	5:30AM-6:15AM (Cardio) <i>Iskra B.</i>	5:45AM-6:45AM (Cardio) <i>Nancy P.</i>	5:45AM-6:45AM (Cardio) <i>Kristen M.</i>	5:45AM-6:15AM (Cardio) <i>Danielle G.</i>	7:15AM-8:15AM (Cardio) <i>Bob D.</i>	8:15AM-9:15AM (Cardio) <i>Kristen M.</i>
	9:00AM-10:00AM (Cardio) <i>Amy C.</i>	9:00AM-9:45AM (Cardio) <i>Laura M.</i>	9:00AM-10:00AM (Cardio) <i>Lisa O.</i>	9:00AM-9:45AM (Cardio) <i>Julie W.</i>	9:00AM-10:00AM (Cardio) <i>Lisa O.</i>	9:00AM-10:00AM (Cardio) <i>Kate W.</i>	
	12:00PM-12:45PM (Cardio) <i>Lisa B.</i>	12:00PM-12:30PM (Cardio) <i>Mindy A.</i>	12:00PM-12:30PM (Cardio) <i>Lisa B.</i>	12:00PM-12:30PM (Cardio) <i>Danielle G.</i>			
	6:00PM-6:45PM (Cardio) <i>Kate W.</i>	6:00PM-6:45PM (Cardio) <i>Melissia S.</i>	6:00PM-6:45PM (Cardio) <i>Margie A.</i>	5:30PM-6:15PM (Cardio) <i>Margie A.</i>			
OPEN GYM Turf Gym	6:30AM-7:45AM (Gym)	5:00AM-8:45AM (Gym)	6:30AM-9:15AM (Gym)	5:00AM-8:45AM (Gym)	6:30AM-9:15AM (Gym)	8:30AM-5:45PM (Gym)	9:30AM-4:45PM (Gym)
	2:00PM-5:00PM (Gym)	11:00AM-8:45PM (Gym)	11:00AM-3:30PM (Gym)	11:00AM-8:45PM (Gym)	11:30AM-5:45PM (Gym)		
	6:45PM-8:45PM (Gym)				6:45PM-8:45PM (Gym)		
GRIT™ STRENGTH Studio 1	6:45AM-7:15AM (Strength) <i>Christine H.</i>			5:45AM-6:15AM (Strength) <i>Erica W.</i>			
				5:15PM-5:45PM (Strength) <i>Dustin B.</i>			
BASKETBALL: ADULT Full Gym	7:00AM-8:30AM (Gym)	7:00AM-8:30AM (Gym)		7:00AM-8:30AM (Gym)	7:00AM-8:30AM (Gym)		11:00AM-1:00PM (Gym)
CHILD WATCH Child Watch	8:00AM-2:00PM (Child Watch)	8:00AM-2:00PM (Child Watch)	8:00AM-2:00PM (Child Watch)	8:00AM-2:00PM (Child Watch)	8:00AM-2:00PM (Child Watch)	8:00AM-2:00PM (Child Watch)	8:30AM-2:00PM (Child Watch)
	3:45PM-8:00PM (Child Watch)	3:45PM-8:00PM (Child Watch)	3:45PM-8:00PM (Child Watch)	3:45PM-8:00PM (Child Watch)	3:45PM-8:00PM (Child Watch)		
FEELING FIT Turf Gym	8:00AM-8:45AM (Active Older Adults (AOA)) <i>Christine H.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FOAM ROLLING Studio 3	8:15AM-8:45AM (Mind/Body) YMCA S.	11:00AM-11:30AM (Mind/Body) Lisa O.		11:00AM-11:30AM (Mind/Body) Jennifer N.			
Les Mills CORE™ Studio 1	8:30AM-9:00AM (Strength) Sarah M. 4:45PM-5:15PM (Strength) Sarah M.	9:00AM-9:30AM (Strength) Diane R.	4:45PM-5:15PM (Strength) Sheila A.	9:00AM-9:30AM (Strength) Sarah M.			
AQUA FIT Exercise Pool	8:35AM-9:20AM (Water Fitness) Karen S.	10:25AM-11:10AM (Water Fitness) Jess C.	8:35AM-9:20AM (Water Fitness) Karen S.	10:25AM-11:10AM (Water Fitness) Jess C.	8:35AM-9:20AM (Water Fitness) Karen S.		
BODYBALANCE™ Studio 3	9:00AM-10:00AM (Mind/Body) Rachel S. 6:15PM-7:15PM (Mind/Body) Carol Q.	1:00PM-2:00PM (Mind/Body) Rachel S.	10:30AM-11:30AM (Mind/Body) Lisa O.	6:00AM-7:00AM (Mind/Body) Jen W.	10:30AM-11:15AM (Mind/Body) Kristen Y.	9:15AM-10:15AM (Mind/Body) YMCA S.	
ZUMBA GOLD® Studio 2	9:00AM-9:45AM (Active Older Adults (AOA)) Joann R.						11:30AM-12:15PM (Active Older Adults (AOA)) Joann R.
BODYCOMBAT™ Studio 1	9:15AM-10:15AM (Cardio) Sarah M.				9:15AM-10:15AM (Cardio) Kristen Y.		
SILVER SNEAKERS SPLASH Leisure Pool	9:30AM-10:15AM (Water Fitness) Audrey T.		9:30AM-10:15AM (Water Fitness) Audrey T.				
SILVER SNEAKERS CLASSIC Family Gym	10:00AM-10:45AM (Active Older Adults (AOA)) Joann R. 11:00AM-11:45AM (Active Older Adults (AOA)) Kathryn B.		10:00AM-10:45AM (Active Older Adults (AOA)) Laurie N. 11:00AM-11:45AM (Active Older Adults (AOA)) Laurie N.		10:00AM-10:45AM (Active Older Adults (AOA)) Ruth R. 11:00AM-11:45AM (Active Older Adults (AOA)) Kathryn B.		
BOXING for PARKINSONS Turf Gym	11:00AM-11:45AM (Active Older Adults (AOA)) Lori B.						
SCHEDULED PROGRAMMING: TURF GYM Turf Gym	12:00PM-1:00PM (Gym)	10:15AM-10:45AM (Gym)					
SILVER SNEAKERS YOGA Studio 2	12:00PM-12:45PM (Active Older Adults (AOA)) Susan A.						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GENTLE YOGA Studio 3	12:00PM-1:00PM (Mind/Body) <i>Alyssa M.</i>	6:30AM-7:00AM (Mind/Body) <i>Kellie S.</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>
STAYSTRONG: TRX CIRCUIT Studio 2	1:00PM-2:00PM (Mind/Body)	11:30AM-12:30PM (Mind/Body)		11:30AM-12:30PM (Mind/Body)			
DEPOT Depot	3:45PM-8:00PM (Child Watch)	3:45PM-8:00PM (Child Watch)	3:45PM-8:00PM (Child Watch)	3:45PM-8:00PM (Child Watch)	3:45PM-8:00PM (Child Watch)	8:00AM-2:00PM (Child Watch)	8:30AM-2:00PM (Child Watch)
ESPORTS AND GAMING : OPEN eSports & Gaming	5:00PM-8:00PM (Metro eSports Gaming)	4:00PM-8:00PM (Metro eSports Gaming)	4:00PM-8:00PM (Metro eSports Gaming)	4:00PM-8:00PM (Metro eSports Gaming)	4:00PM-8:00PM (Metro eSports Gaming)	9:00AM-2:00PM (Metro eSports Gaming)	9:00AM-2:00PM (Metro eSports Gaming)
PILATES Studio 3	5:15PM-6:00PM (Mind/Body) <i>Barb D.</i>	8:45AM-9:30AM (Mind/Body) <i>Kristen Y.</i>					
BODYCOMBAT™ 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>
CIRCUIT TRAINING Turf Gym	5:30PM-6:30PM (Strength) <i>Sheila A.</i>					7:15AM-8:15AM (Strength) <i>Sheila A.</i>	
ZUMBA® Studio 2	6:45PM-7:45PM (Cardio) <i>Bob D.</i>	6:45PM-7:45PM (Cardio) <i>Mari B.</i>		5:15PM-6:15PM (Cardio) <i>Mari B.</i>	9:15AM-10:15AM (Cardio) <i>Laurie N.</i>	10:30AM-11:30AM (Cardio) <i>Cathy T.</i>	
FAMILY TIME Depot	8:15PM-8:45PM (Child Watch)	8:15PM-8:45PM (Child Watch)	8:15PM-8:45PM (Child Watch)	8:15PM-8:45PM (Child Watch)	8:15PM-8:45PM (Child Watch)	2:15PM-4:45PM (Child Watch)	2:15PM-4:45PM (Child Watch)
GRIT™ CARDIO Family Gym		5:45AM-6:15AM (Cardio) <i>Christine H.</i>					
TRX CIRCUIT® Studio 2		5:45AM-6:30AM (Strength) <i>Sheila A.</i> 8:00AM-8:45AM (Strength) <i>Bob D.</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>	
DANCE FIT Studio 2		9:00AM-10:00AM (Cardio) <i>Marie K.</i>					
HIGH FITNESS Family Gym		9:00AM-10:00AM (Cardio) <i>Anna B.</i>		9:00AM-10:00AM (Cardio) <i>Gil G.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TOTAL BODY STRONG Turf Gym		9:00AM-9:45AM (Strength) <i>Lisa B.</i>					
PARKINSON'S OPTIMAL WELLNESS Family Gym		10:15AM-11:00AM (Active Older Adults (AOA)) <i>Janet P.</i>		10:15AM-11:00AM (Active Older Adults (AOA)) <i>Janet P.</i>			
SILVER SNEAKERS CIRCUIT Family Gym		11:15AM-12:00PM (Active Older Adults (AOA)) <i>Janet P.</i>		11:15AM-12:00PM (Active Older Adults (AOA)) <i>Janet P.</i>			
BARRE Studio 3		11:45AM-12:45PM (Strength) <i>Lisa B.</i>	9:15AM-10:15AM (Strength) <i>Darlene D.</i>	8:45AM-9:30AM (Strength) <i>Cathy T.</i>		11:45AM-12:30PM (Strength) <i>Cathy T.</i>	
OPEN GYM East Gym		12:15PM-2:30PM (Gym)		9:30AM-11:45AM (Gym)			
QIGONG Studio 2		12:45PM-1:45PM (Mind/Body) <i>Joe L.</i>		12:45PM-1:45PM (Mind/Body) <i>Joe L.</i>			
TAI CHI Studio 2		2:00PM-3:00PM (Mind/Body) <i>Rick L.</i>		2:00PM-3:00PM (Mind/Body) <i>Rick L.</i>			
UPBEAT BARRE™ NEW Studio 3		4:30PM-5:15PM (Strength) <i>Tia P.</i>					
TURBOKICK® Studio 1		5:00PM-5:45PM (Cardio) <i>Danny M.</i>					
GRIT™ CARDIO Studio 2			6:45AM-7:15AM (Cardio) <i>Christine H.</i>				
FEELING FIT Studio 2			8:00AM-9:00AM (Active Older Adults (AOA)) <i>Christine H.</i>				
SCHEDULED PROGRAMMING: CHILD CARE Family Gym			9:00AM-9:45AM (Gym)				
LES MILLS BODYSTEP™ Studio 1			9:00AM-9:45AM (Cardio) <i>Lisa B.</i>			10:30AM-11:30AM (Cardio) <i>YMCA S.</i>	
CARDIO DANCE Studio 2			9:15AM-10:00AM (Cardio) <i>Lisa B.</i>				
CORE Turf Gym			10:30AM-11:00AM (Strength) <i>Christine H.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SILVER SNEAKERS YOGA Family Gym			12:00PM-12:45PM (Active Older Adults (AOA)) <i>Deb M.</i>				
MIDWEEK MAYHEM: FORTNITE WEEKLY eSports & Gaming			5:00PM-7:00PM (Metro eSports Gaming)				
UPBEAT PILATES™ Studio 3			5:15PM-6:15PM (Mind/Body) <i>Gil G.</i>				
LES MILLS BODYSTEP™ Studio 2			5:30PM-6:30PM (Cardio) <i>Diane R.</i>	10:15AM-11:15AM (Cardio) <i>Diane R.</i>			10:15AM-11:15AM (Cardio) <i>Diane R.</i>
CIRCUIT TRAINING Studio 2				5:45AM-6:30AM (Strength) <i>Sheila A.</i>	5:45AM-6:30AM (Strength) <i>Sheila A.</i>		
HIGH FITNESS Studio 2				6:30PM-7:30PM (Cardio) <i>Erika H.</i>			
GRIT™ ATHLETIC Turf Gym					6:00AM-6:30AM (Cardio) <i>Ericka W.</i>		
Les Mills CORE™ Studio 2					6:30AM-7:00AM (Strength) <i>Sheila A.</i>	8:30AM-9:00AM (Strength) <i>Sheila A.</i>	
UPBEAT BARRE™ Studio 3					9:15AM-10:15AM (Strength) <i>Gil G.</i> 4:00PM-4:45PM (Strength) <i>Tia P.</i>		
ZUMBA® Studio 1					5:15PM-6:15PM (Cardio) <i>Mari B.</i>		
FAMILY SWIM Exercise Pool					7:00PM-8:45PM (Pool)	2:00PM-5:30PM (Pool)	1:00PM-4:45PM (Pool)
GRIT™ ATHLETIC Studio 1						8:00AM-8:30AM (Cardio) <i>Dustin B.</i>	
FAMILY GYM: CLOSED FOR SCHEDULED PROGRAMMING Family Gym						5:00PM-6:00PM (Gym)	
TURF GYM: CLOSED FOR SCHEDULED PROGRAMMING Turf Gym						5:00PM-6:00PM (Gym)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MEDITATION Studio 3							11:00AM-11:30AM (Mind/Body) <i>Lynn K.</i>
BARRE Studio 1							11:30AM-12:15PM (Strength) <i>YMCA S.</i>