



SCHOTTLAND FAMILY YMCA | April 7th - April 13th

| | 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) |
| 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) |
| 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) |
| 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) |
| OPEN GYM Family Gym | 5:00AM-9:45AM (Gym) 12:00PM-3:30PM (Gym) | 6:30AM-9:00AM (Gym) 12:00PM-3:10PM (Gym) | 5:00AM-9:00AM (Gym) 1:00PM-8:45PM (Gym) | 5:00AM-9:00AM (Gym) 12:00PM-3:30PM (Gym) | 5:00AM-9:45AM (Gym) 12:00PM-8:45PM (Gym) | 7:00AM-8:30AM (Gym) 1:15PM-5:00PM (Gym) | 8:00AM-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>Diane R.</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> 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> |

| | 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> | 5:00PM-6:00PM (Mind/Body) <i>Cami G.</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> | 10:00AM-11:00AM (Cardio) <i>Kim L.</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> | | | |
| BOOTCAMP Turf Gym | 5:45AM-6:30AM (Strength) <i>Sheila A.</i> | | 5:45AM-6:30AM (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> |
| | 9:00AM-9:45AM (Strength) <i>Jenna W.</i> | | 9:30AM-10:15AM (Strength) <i>Christine H.</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) | |
| | 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) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|--|--|---|---|
| CHILD WATCH Child Watch | 8:00AM-2:00PM (Child Watch) 3:45PM-8:00PM (Child Watch) | 8:00AM-2:00PM (Child Watch) 3:45PM-8:00PM (Child Watch) | 8:00AM-2:00PM (Child Watch) 3:45PM-8:00PM (Child Watch) | 8:00AM-2:00PM (Child Watch) 3:45PM-8:00PM (Child Watch) | 8:00AM-2:00PM (Child Watch) 3:45PM-8:00PM (Child Watch) | 8:00AM-2:00PM (Child Watch) | 8:30AM-2:00PM (Child Watch) |
| FAMILY TIME Depot | 8:00AM-3:30PM (Child Watch) 8:15PM-8:45PM (Child Watch) | 8:00AM-3:30PM (Child Watch) 8:15PM-8:45PM (Child Watch) | 8:00AM-3:30PM (Child Watch) 8:15PM-8:45PM (Child Watch) | 8:00AM-3:30PM (Child Watch) 8:15PM-8:45PM (Child Watch) | 8:00AM-3:30PM (Child Watch) 8:15PM-8:45PM (Child Watch) | 2:15PM-4:45PM (Child Watch) | 2:15PM-4:45PM (Child Watch) |
| FOAM ROLLING Studio 3 | 8:15AM-8:45AM (Mind/Body) <i>YMCA S.</i> | 11:00AM-11:30AM (Mind/Body) <i>Lisa O.</i> | | 11:00AM-11:30AM (Mind/Body) <i>Jennifer N.</i> | | | |
| Les Mills CORE™ Studio 1 | 8:30AM-9:00AM (Strength) <i>Sarah M.</i> 4:45PM-5:15PM (Strength) <i>Diane R.</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> | | | |
| AQUA FIT Exercise Pool | 8:35AM-9:20AM (Water Fitness) <i>Karen S.</i> | 10:25AM-11:10AM (Water Fitness) <i>Jess C.</i> | 8:35AM-9:20AM (Water Fitness) <i>Karen S.</i> | 10:25AM-11:10AM (Water Fitness) <i>Jess C.</i> | 8:35AM-9:20AM (Water Fitness) <i>Karen S.</i> | | |
| PICKLEBALL: ADULT (ages 18+) Full Gym | 8:45AM-11:00AM (Gym) 1:00PM-3:00PM (Gym) | 8:45AM-11:15AM (Gym) | 5:00PM-8:45PM (Gym) | 12:30PM-3:30PM (Gym) | | | |
| ZUMBA GOLD® 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> |
| BODYBALANCE™ Studio 3 | 9:00AM-10:00AM (Mind/Body) <i>Rachel S.</i> 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> | |
| BODYCOMBAT™ Studio 1 | 9:15AM-10:15AM (Cardio) <i>Sarah M.</i> | | | | 9:15AM-10:15AM (Cardio) <i>Kristen Y.</i> | | |
| SILVER SNEAKERS SPLASH Leisure Pool | 9:30AM-10:15AM (Water Fitness) <i>Audrey T.</i> | | 9:30AM-10:15AM (Water Fitness) <i>Audrey T.</i> | | 12:15PM-1:00PM (Water Fitness) <i>Audrey T.</i> | | |
| FEELING FIT CIRCUIT 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> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|---|---|---|---|
| SILVER SNEAKERS CLASSIC 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> | | |
| UPBEAT BARRE™ Studio 3 | 10:15AM-11:15AM (Strength) <i>Sara A.</i> | | | | 9:15AM-10:15AM (Strength) <i>Gil G.</i> 4:00PM-4:45PM (Strength) <i>Tia P.</i> | | |
| BOXING for PARKINSONS 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> | | |
| 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)) <i>Susan A.</i> | | | | | | |
| GENTLE YOGA Studio 3 | 12:00PM-1:00PM (Mind/Body) <i>Alyssa M.</i> | 6:30AM-7:00AM (Mind/Body) <i>Kellie S.</i> 6:45PM-7:45PM (Mind/Body) <i>Becky D.</i> | 8:00AM-9:00AM (Mind/Body) <i>Cami G.</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: BOXING Turf Gym | 1:00PM-2:00PM (Mind/Body) | | | | | | |
| 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> | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|--|--|--|--|
| CIRCUIT TRAINING Turf Gym | 5:30PM-6:30PM (Strength) <i>Sheila A.</i> | | | | | 7:15AM-8:15AM (Strength) <i>Sheila A.</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> |
| 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> | |
| 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> | |
| GRIT™ CARDIO Family Gym | | 5:45AM-6:15AM (Cardio) <i>Christine H.</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> | | | |
| 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> 4:30PM-5:15PM (Strength) <i>Heather D.</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> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|--|---|--|--------|---|--|
| 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> | | | | |
| LES MILLS BODYSTEP™ Studio 1 | | | 9:00AM-9:45AM (Cardio) <i>Lisa B.</i> | | | 10:30AM-11:30AM (Cardio) <i>YMCA S.</i> | |
| SCHEDULED PROGRAMMING: CHILD CARE Family Gym | | | 9:00AM-9:45AM (Gym) | | | | |
| CARDIO DANCE Studio 2 | | | 9:15AM-10:00AM (Cardio) <i>Lisa B.</i> | | | | |
| SCHEDULED PROGRAMMING: STUDIO 2 Studio 2 | | | 10:15AM-10:45AM (Gym) <i>Christine H.</i> | | | | |
| CORE Turf Gym | | | 10:30AM-11:00AM (Strength) <i>Christine H.</i> | | | | |
| SILVER SNEAKERS YOGA Family Gym | | | 12:00PM-12:45PM (Active Older Adults (AOA)) <i>Deb M.</i> | | | | |
| PICKLEBALL: BEGINNER OPEN Full Gym | | | 1:00PM-3:00PM (Gym) | | | | 1:00PM-3:00PM (Gym) |
| 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> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-------------------------------|---|---|---|--|
| S.T.E.A.M. STUDIO: 3D PRINTING Miller Art Studio | | | 6:45PM-8:00PM (S.T.E.A.M.) | | | | |
| CIRCUIT TRAINING Studio 2 | | | | 5:45AM-6:30AM (Strength) <i>Sheila A.</i> | 5:45AM-6:30AM (Strength) <i>Sheila A.</i> | | |
| Leaders Club Facility-Schottland Family YMCA | | | | 6:30PM-8:00PM (Sports & Recreation) | | | |
| 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> | |
| STAYSTRONG: RESET Studio 2 | | | | | 10:30AM-11:30AM (Mind/Body) <i>Susan M.</i> | | |
| PICKLEBALL: OPEN (ages 13+) Full Gym | | | | | 12:30PM-3:30PM (Gym) | 7:00AM-9:30AM (Gym) | 8:00AM-11:00AM (Gym) |
| 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> | |
| TURF GYM: CLOSED FOR SCHEDULED PROGRAMMING Turf Gym | | | | | | 5:00PM-6:00PM (Gym) | |
| FAMILY GYM: CLOSED FOR SCHEDULED PROGRAMMING Family Gym | | | | | | 5:00PM-6:00PM (Gym) | |
| MEDITATION Studio 3 | | | | | | | 11:00AM-11:30AM (Mind/Body) <i>Lynn K.</i> |
| BARRE Studio 1 | | | | | | | 11:30AM-12:15PM (Strength) YMCA S. |



EASTSIDE FAMILY YMCA | April 7th - April 13th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|--|--|---|---|
| FAMILY TIME Adventure Center | 5:00AM-3:45PM (Child Watch) | 5:00AM-3:45PM (Child Watch) | 5:00AM-10:30AM (Child Watch) 11:30AM-4:00PM (Child Watch) | 5:00AM-10:30AM (Child Watch) 11:30AM-4:00PM (Child Watch) | 5:00AM-9:00PM (Child Watch) | 5:00AM-8:15AM (Child Watch) 12:45PM-6:00PM (Child Watch) | 12:45PM-5:00PM (Child Watch) |
| LAP SWIM Large Pool | 5:00AM-9:15AM (Pool) 10:15AM-4:15PM (Pool) 7:30PM-8:45PM (Pool) | 5:00AM-8:15AM (Pool) 10:15AM-4:15PM (Pool) 7:30PM-8:45PM (Pool) | 5:00AM-9:15AM (Pool) 10:15AM-4:15PM (Pool) 7:30PM-8:45PM (Pool) | 5:00AM-8:15AM (Pool) 10:15AM-4:15PM (Pool) 7:30PM-8:45PM (Pool) | | | |
| WATER WALKING Large Pool | 5:00AM-9:15AM (Pool) 10:30AM-4:30PM (Pool) 7:30PM-8:45PM (Pool) | 5:00AM-8:15AM (Pool) 10:30AM-4:30PM (Pool) 7:30PM-8:45PM (Pool) | 5:00AM-9:15AM (Pool) 10:30AM-4:30PM (Pool) 7:30PM-8:45PM (Pool) | 5:00AM-8:15AM (Pool) 10:30AM-4:30PM (Pool) 7:30PM-8:45PM (Pool) | 5:00AM-9:15AM (Pool) 10:30AM-4:30PM (Pool) 7:30PM-8:45PM (Pool) | 7:00AM-9:00AM (Pool) 12:30PM-5:45PM (Pool) | 8:00AM-9:00AM (Pool) 12:30PM-4:45PM (Pool) |
| FAMILY SWIM Family 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 Gym | 5:00AM-7:30AM (Gym) 4:00PM-8:45PM (Gym) | 5:00AM-7:30AM (Gym) 1:45PM-8:45PM (Gym) | 5:00AM-7:30AM (Gym) 10:45AM-11:30AM (Gym) 1:45PM-8:45PM (Gym) | 5:00AM-7:30AM (Gym) 1:45PM-8:45PM (Gym) | 5:00AM-7:30AM (Gym) 10:45AM-11:30AM (Gym) 1:45PM-6:00PM (Gym) 8:00PM-8:45PM (Gym) | 7:00AM-9:30AM (Gym) 4:00PM-5:45PM (Gym) | 11:15AM-4:45PM (Gym) |
| BODYCOMBAT™ Studio | 5:15AM-6:00AM (Cardio) <i>Kathy F.</i> 4:30PM-5:30PM (Cardio) <i>Suzanne H.</i> | 10:00AM-11:00AM (Cardio) <i>Danielle O.</i> 5:00PM-5:45PM (Cardio) <i>Kelly M.</i> | 4:30PM-5:30PM (Cardio) <i>Kathy F.</i> | 10:00AM-11:00AM (Cardio) <i>Danielle O.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|--|---|---|---|---|
| GRIT™ STRENGTH 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> | | | | |
| PICKLEBALL: BEGINNER OPEN Family Gym | 7:00AM-9:00AM (Gym) | 8:00AM-10:00AM (Gym) | 7:00AM-9:00AM (Gym) | 8:00AM-10:00AM (Gym) | 8:00AM-10:00AM (Gym) | | |
| PICKLEBALL: ADULT Gym | 7:30AM-10:30AM (Gym) | 7:30AM-10:30AM (Gym) | 7:30AM-10:30AM (Gym) | 7:30AM-10:30AM (Gym) | 7:30AM-10:30AM (Gym) | | |
| UPBEAT PILATES™ Mindbody | 8:00AM-8:45AM (Mind/Body) <i>Gil G.</i> 4:15PM-5:15PM (Mind/Body) <i>Gil G.</i> | | 4:15PM-5:15PM (Mind/Body) <i>Anna B.</i> | | | | |
| TOTAL BODY STRONG Studio | 8:15AM-9:00AM (Strength) <i>Carol M.</i> | | | | 8:15AM-9:00AM (Strength) <i>Carol M.</i> | | |
| CHILD WATCH Child Watch | 8:30AM-12:30PM (Child Watch) 4:00PM-8:00PM (Child Watch) | 8:30AM-12:30PM (Child Watch) 4:00PM-8:00PM (Child Watch) | 8:30AM-12:30PM (Child Watch) 4:00PM-8:00PM (Child Watch) | 8:30AM-12:30PM (Child Watch) 4:00PM-8:00PM (Child Watch) | 8:30AM-12:30PM (Child Watch) 4:00PM-8:00PM (Child Watch) | 8:30AM-2:00PM (Child Watch) | 8:30AM-2:00PM (Child Watch) |
| SENIOR SOCIAL & PROGRAMMING 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)) | | |
| PICKLEBALL: ADULT Family Gym | 9:00AM-10:00AM (Gym) | | 9:00AM-10:00AM (Gym) | | | | |
| ACTIVE YOGA 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> | 11:15AM-12:15PM (Mind/Body) <i>Julie M.</i> | 10:30AM-11:30AM (Mind/Body) <i>Eva K.</i> |
| LAP SWIM (LIMITED LANES AVAILABLE) Large Pool | 9:15AM-10:30AM (Pool) 4:15PM-7:30PM (Pool) | 8:15AM-10:30AM (Pool) 4:15PM-7:30PM (Pool) | 9:15AM-10:30AM (Pool) 3:30PM-7:30PM (Pool) | 8:15AM-10:30AM (Pool) 4:15PM-7:30PM (Pool) | 9:15AM-10:30AM (Pool) | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|--|--|--|
| CARDIO DANCE 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> | | |
| GROUP CYCLE Cycle Studio | 9:15AM-10:15AM (Cardio) <i>Lisa B.</i> 6:00PM-7:00PM (Cardio) <i>Sunny V.</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> |
| AQUA FIT Large Pool | 9:30AM-10:15AM (Water Fitness) <i>Ron G.</i> | 8:35AM-9:20AM (Water Fitness) <i>Char C.</i> | 9:30AM-10:15AM (Water Fitness) <i>Ron G.</i> | 8:35AM-9:20AM (Water Fitness) <i>Char C.</i> 9:30AM-10:15AM (Water Fitness) <i>Sam R.</i> | | | |
| UPBEAT BARRE™ Studio | 10:15AM-11:00AM (Strength) <i>Tia P.</i> | 9:00AM-9:45AM (Strength) <i>Sara A.</i> | | | 4:15PM-5:00PM (Strength) <i>Olga N.</i> | | 8:30AM-9:15AM (Strength) <i>Gil G.</i> |
| BODYBALANCE™ Mindbody | 10:15AM-11:15AM (Mind/Body) <i>Danielle O.</i> | | 11:30AM-12:15PM (Mind/Body) <i>Jess G.</i> | 4:15PM-5:15PM (Mind/Body) <i>Brenda K.</i> | | 8:45AM-9:45AM (Mind/Body) <i>Brenda K.</i> | |
| AQUA IN MOTION Family Pool | 10:15AM-11:00AM (Water Fitness) <i>Sam R.</i> | | 10:15AM-11:00AM (Water Fitness) <i>Sam R.</i> | | | | |
| SCHEDULED PROGRAMMING: EAST GYM East Gym | 10:30AM-11:30AM (Gym) | 10:30AM-11:30AM (Gym) | | | | | |
| SILVER SNEAKERS YOGA Family Gym | 10:30AM-11:15AM (Active Older Adults (AOA)) <i>Tess M.</i> | 11:30AM-12:15PM (Active Older Adults (AOA)) <i>Jess G.</i> | 10:30AM-11:15AM (Active Older Adults (AOA)) <i>Jess G.</i> | 11:30AM-12:15PM (Active Older Adults (AOA)) <i>Jess G.</i> | 11:30AM-12:15PM (Active Older Adults (AOA)) <i>Tess M.</i> | | |
| OPEN GYM West Gym | 10:30AM-11:30AM (Gym) | 10:30AM-11:30AM (Gym) | | | | | |
| BASKETBALL: ADULT Gym | 11:30AM-1:30PM (Gym) | 11:30AM-1:30PM (Gym) | 11:30AM-1:30PM (Gym) | 11:30AM-1:30PM (Gym) | 11:30AM-1:30PM (Gym) | | 8:00AM-11:00AM (Gym) |
| SILVER SNEAKERS CIRCUIT 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> | | | | |
| PICKLEBALL: BEGINNER/FAMILY OPEN West Gym | 2:00PM-4:00PM (Gym) | | | | | 2:00PM-4:00PM (Gym) | |
| OPEN GYM East Gym | 2:00PM-4:00PM (Gym) | | | | 6:00PM-8:00PM (Gym) | 2:00PM-4:00PM (Gym) | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|--|---|---|--|
| ADVENTURE CENTER DROP OFF Adventure Center | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | | 8:30AM-12:30PM (Child Watch) | 8:30AM-12:30PM (Child Watch) |
| Les Mills CORE™ Studio | 5:45PM-6:15PM (Strength) <i>Suzanne H.</i> | | 5:45PM-6:15PM (Strength) <i>Heather R.</i> | | | | 10:45AM-11:15AM (Strength) <i>Jen W.</i> |
| BODYPUMP™ Studio | 6:30PM-7:30PM (Strength) <i>Jen W.</i> | 5:15AM-6:15AM (Strength) <i>Melanie K.</i> 6:30PM-7:30PM (Strength) <i>Pierce S.</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> |
| WERQ® Mindbody | 6:45PM-7:30PM (Cardio) <i>Wendi C.</i> | | | | | | |
| WATER WALKING Family Pool | 7:30PM-8:45PM (Pool) | 7:30PM-8:45PM (Pool) | 7:30PM-8:45PM (Pool) | 7:30PM-8:45PM (Pool) | 7:30PM-8:45PM (Pool) | | |
| OPEN GYM Family Gym | | 5:00AM-8:00AM (Gym) 12:30PM-3:45PM (Gym) 7:45PM-8:45PM (Gym) | | | 5:00AM-8:00AM (Gym) 12:30PM-5:00PM (Gym) 7:45PM-8:45PM (Gym) | 7:00AM-8:15AM (Gym) 12:00PM-1:00PM (Gym) | 8:00AM-9:00AM (Gym) |
| GRIT™ CARDIO 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> | |
| LES MILLS RPM® Cycle Studio | | 9:15AM-10:00AM (Cardio) <i>Adriana P.</i> 5:30PM-6:15PM (Cardio) <i>Jayme B.</i> | | 5:30PM-6:15PM (Cardio) <i>Robert G.</i> | 9:15AM-10:00AM (Cardio) <i>Kim K.</i> | | 10:30AM-11:15AM (Cardio) <i>Jayme B.</i> |
| AQUA ZUMBA Large Pool | | 9:30AM-10:15AM (Water Fitness) <i>Maribel R.</i> | | | | | |
| PILATES Mindbody | | 9:30AM-10:15AM (Mind/Body) <i>Laurie K.</i> | 10:15AM-11:15AM (Mind/Body) <i>Barb D.</i> | 9:30AM-10:15AM (Mind/Body) <i>Laurie K.</i> | | | |
| SCHEDULED PROGRAMMING Adventure Center | | 10:00AM-11:30AM (Child Watch) | | 10:00AM-11:30AM (Child Watch) | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|--|--|--|--|----------|--------|
| GENTLE YOGA 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> | | |
| Y's Weight Loss Facility-Eastside Family YMCA | | 1:00PM-2:00PM (Health & Wellness) | | | | | |
| BODYBALANCE™ Studio | | 5:50PM-6:20PM (Mind/Body) <i>Danielle O.</i> | | | | | |
| VOLLEYBALL: OPEN Gym | | 6:00PM-8:00PM (Gym) | | | | | |
| ZUMBA® Mindbody | | 6:45PM-7:45PM (Cardio) <i>Nanette S.</i> | | | | | |
| GRIT™ ATHLETIC Sports Performance Center | | | 5:30AM-6:00AM (Cardio) <i>Mikey V.</i> | | | | |
| HIGH FITNESS Mindbody | | | 8:00AM-8:45AM (Cardio) <i>Gil G.</i> | | | | |
| TRX BODY BLAST® Studio | | | 8:15AM-9:00AM (Strength) <i>Carol M.</i> | | | | |
| STEP-INTERVAL Studio | | | 9:15AM-10:00AM (Cardio) <i>Carol M.</i> | | | | |
| SCHEDULED PROGRAMMING: ADVENTURE CENTER Adventure Center | | | 10:30AM-11:30AM (Child Watch) | 10:30AM-11:30AM (Child Watch) | | | |
| RIDE STRONG Cycle Studio | | | 6:00PM-7:00PM (Cardio) <i>Kim K.</i> | | | | |
| PICKLEBALL: ADULT West Gym | | | 6:00PM-8:00PM (Gym) | | 6:00PM-8:00PM (Gym) | | |
| BARRE Studio | | | 6:30PM-7:15PM (Strength) <i>Heather R.</i> | | | | |
| TAI CHI Mindbody | | | 6:45PM-7:45PM (Mind/Body) <i>Kelly N.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|---|---|--|--|
| UPBEAT BARRE™ Mindbody | | | | 8:30AM-9:15AM (Strength) <i>Anna B.</i> | | | |
| SILVER CYCLE Cycle Studio | | | | 10:15AM-11:00AM (Active Older Adults (AOA)) <i>Sunny V.</i> | | | |
| WERQ® Studio | | | | 5:30PM-6:15PM (Cardio) <i>Laura C.</i> | | | |
| TEEN LEADERS Community Room | | | | 6:30PM-8:00PM (S.T.E.A.M.) | | | |
| Leaders Club Facility-Eastside Family YMCA | | | | 6:30PM-8:00PM (Sports & Recreation) | | | |
| Les Mills CORE™ Mindbody | | | | | 8:15AM-8:45AM (Strength) <i>Kim K.</i> | | |
| AQUA CIRCUIT Large Pool | | | | | 9:30AM-10:15AM (Water Fitness) <i>Ron G.</i> | | |
| SILVER SNEAKERS CLASSIC Family Gym | | | | | 10:30AM-11:15AM (Active Older Adults (AOA)) <i>Tess M.</i> | | |
| ZUMBA GOLD® Studio | | | | | 11:30AM-12:15PM (Active Older Adults (AOA)) <i>Maribel T.</i> | | |
| CREATIVE CORNER Eastside Preschool Room A | | | | | 4:00PM-7:00PM (Child Watch) | 10:00AM-2:00PM (Child Watch) | 10:00AM-2:00PM (Child Watch) |
| POWER YOGA Mindbody | | | | | 4:30PM-5:30PM (Mind/Body) <i>Eva K.</i> | | 9:15AM-10:15AM (Mind/Body) <i>Eva K.</i> |
| SCHEDULED PROGRAMMING: COMMUNITY ROOM Community Room | | | | | 5:30PM-7:00PM (Gym) | | |
| SCHEDULED PROGRAMMING: FAMILY FUN Family Gym | | | | | 5:30PM-7:00PM (Gym) | | |
| CARDIO DANCE Mindbody | | | | | 6:00PM-7:00PM (Cardio) <i>Brit C.</i> | | |
| STEP-CARDIO Studio | | | | | | 9:15AM-10:00AM (Cardio) <i>Frieda H.</i> | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|----------|--------|---|--|
| SCHEDULED PROGRAMMING: YOUTH SPORTS Gym | | | | | | 10:00AM-12:15PM (Gym) | |
| BODYCOMBAT™ Mindbody | | | | | | 10:00AM-11:00AM (Cardio) <i>Danielle O.</i> | 11:45AM-12:45PM (Cardio) <i>Vanessa V.</i> |
| ZUMBA® Studio | | | | | | 10:15AM-11:15AM (Cardio) <i>Nanette S.</i> | 11:30AM-12:30PM (Cardio) <i>Brit C.</i> |
| SCHEDULED PROGRAMMING: YOUTH SPORTS Family Gym | | | | | | 11:00AM-12:15PM (Gym) | |
| CLOSED: FAMILY GYM Family Gym | | | | | | 11:15AM-6:00PM (Gym) | 11:15AM-6:00PM (Gym) |
| TAI CHI Studio | | | | | | 11:30AM-12:30PM (Mind/Body) <i>Kelly N.</i> | |



SANDS FAMILY YMCA | April 7th - April 13th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|---------------------------------|--|
| OPEN SWIM Family Pool | 5:30AM-8:45PM (Pool) | 5:30AM-8:45PM (Pool) | 5:30AM-8:45PM (Pool) | 5:30AM-8:45PM (Pool) | 5:30AM-8:45PM (Pool) | 7:00AM-4:45PM (Pool) | 8:00AM-3:45PM (Pool) |
| FAMILY TIME Adventure Center | 5:30AM-3:45PM (Child Watch) | 5:30AM-3:45PM (Child Watch) | 5:30AM-3:45PM (Child Watch) | 5:30AM-3:45PM (Child Watch) | 5:30AM-3:45PM (Child Watch) | 7:00AM-8:15AM (Child Watch) | 12:30PM-4:00PM (Child Watch) |
| | 8:00PM-9:00PM (Child Watch) | 8:00PM-9:00PM (Child Watch) | 8:00PM-9:00PM (Child Watch) | 8:00PM-9:00PM (Child Watch) | 8:00PM-9:00PM (Child Watch) | 12:30PM-5:00PM (Child Watch) | |
| LAP SWIM Exercise Pool | 5:30AM-8:00AM (Pool) | 5:30AM-8:00AM (Pool) | 5:30AM-8:00AM (Pool) | 5:30AM-8:00AM (Pool) | 5:30AM-8:00AM (Pool) | 7:00AM-10:00AM (Pool) | 8:00AM-10:30AM (Pool) |
| | 10:45AM-9:00PM (Pool) | 10:45AM-5:15PM (Pool) | 10:45AM-9:00PM (Pool) | 10:45AM-5:15PM (Pool) | 10:45AM-9:00PM (Pool) | | |
| | | 6:00PM-8:45PM (Pool) | | 8:30PM-8:45PM (Pool) | | | |
| WATER WALKING Family Pool | 5:30AM-8:00AM (Pool) | 5:30AM-8:00AM (Pool) | 5:30AM-8:00AM (Pool) | 5:30AM-8:00AM (Pool) | 5:30AM-8:00AM (Pool) | 7:00AM-9:30AM (Pool) | 8:00AM-10:30AM (Pool) |
| OPEN GYM Turf Gym | 5:30AM-9:15AM (Gym) | 5:30AM-8:30AM (Gym) | 6:45AM-9:15AM (Gym) | 5:30AM-10:15AM (Gym) | | 7:00AM-8:30AM (Gym) | 8:00AM-12:45PM (Gym) |
| | 11:30AM-5:15PM (Gym) | 11:45AM-5:15PM (Gym) | 11:30AM-5:15PM (Gym) | 2:30PM-9:00PM (Gym) | | 9:30AM-1:00PM (Gym) | |
| | | 6:15PM-9:00PM (Gym) | 7:30PM-9:00PM (Gym) | | | 3:15PM-5:00PM (Gym) | |
| GRIT™ STRENGTH Studio B | 5:45AM-6:15AM (Strength) <i>Lindsey M.</i> | | 12:15PM-12:45PM (Strength) <i>Amy J.</i> | 5:00PM-5:30PM (Strength) <i>Rachel G.</i> | | | |
| GROUP CYCLE Studio A | 5:45AM-6:30AM (Cardio) <i>Amy J.</i> | 9:15AM-10:00AM (Cardio) <i>Kristin W.</i> | 5:45AM-6:30AM (Cardio) <i>Kelsey H.</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>Ruby E.</i> | 6:00PM-6:45PM (Cardio) <i>Stephanie B.</i> | 8:30AM-9:15AM (Cardio) <i>Crystal J.</i> | 6:00PM-6:45PM (Cardio) <i>Christina H.</i> | 8:30AM-9:15AM (Cardio) <i>Stephanie B.</i> | | |
| PICKLEBALL: OPEN Gym | 7:00AM-9:30AM (Gym) | | | | | | 8:00AM-11:00AM (Gym) |
| LAP SWIM (LIMITED LANES AVAILABLE) Exercise Pool | 8:00AM-10:45AM (Pool) | 8:00AM-10:45AM (Pool) | 8:00AM-10:45AM (Pool) | 8:00AM-10:45AM (Pool) | 8:00AM-10:45AM (Pool) | 10:00AM-4:45PM (Pool) | 10:30AM-3:45PM (Pool) |
| | | 5:00PM-6:00PM (Pool) | | 5:00PM-8:45PM (Pool) | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|---|--|---|---|
| TRX BODY BLAST® Studio C | 8:15AM-9:00AM (Strength) <i>Crystal J.</i> | 8:30AM-9:15AM (Strength) <i>Lori B.</i> | 7:15AM-8:00AM (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> | | |
| CHILD WATCH Child Watch | 8:30AM-1:30PM (Child Watch) 4:00PM-8:00PM (Child Watch) | 8:30AM-1:30PM (Child Watch) 4:00PM-8:00PM (Child Watch) | 8:30AM-1:30PM (Child Watch) 4:00PM-8:00PM (Child Watch) | 8:30AM-1:30PM (Child Watch) 4:00PM-8:00PM (Child Watch) | 8:30AM-1:30PM (Child Watch) 4:00PM-8:00PM (Child Watch) | 8:30AM-12:30PM (Child Watch) | 8:30AM-12:30PM (Child Watch) |
| AQUA CIRCUIT Exercise Pool | 8:30AM-9:30AM (Water Fitness) <i>Cheryl A.</i> | | 8:30AM-9:30AM (Water Fitness) <i>Cheryl A.</i> 12:00PM-1:00PM (Water Fitness) <i>Pam W.</i> | | 8:30AM-9:30AM (Water Fitness) <i>Cheryl A.</i> | | |
| BODYPUMP™ 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> 7:00PM-7:30PM (Strength) <i>Kelli A.</i> | 9:15AM-10:15AM (Strength) <i>Rachel G.</i> 5:15PM-6:15PM (Strength) <i>Ruby E.</i> | 5:45AM-6:15AM (Strength) <i>Kelli A.</i> 12:15PM-1:00PM (Strength) <i>Allyson H.</i> 7:00PM-7:30PM (Strength) <i>Allyson H.</i> | 9:15AM-10:15AM (Strength) <i>Rachel G.</i> | 9:45AM-10:45AM (Strength) <i>Carrie Q.</i> | 9:15AM-10:15AM (Strength) <i>Lindsey M.</i> |
| BARRE Studio C | 9:30AM-10:15AM (Strength) <i>Romy B.</i> | | | 4:45PM-5:30PM (Strength) <i>Heather R.</i> | | 11:15AM-12:00PM (Strength) <i>Jackie L.</i> | 9:00AM-9:45AM (Strength) <i>Heather R.</i> |
| BOOTCAMP 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> | 5:45AM-6:30AM (Strength) <i>Taryn W.</i> 9:30AM-10:15AM (Strength) <i>Crystal J.</i> 5:30PM-6:15PM (Strength) <i>Erin B.</i> | | 5:45AM-6:30AM (Strength) <i>Lori B.</i> 9:30AM-10:15AM (Strength) <i>Lindsey S.</i> | 8:45AM-9:30AM (Strength) <i>Jenna W.</i> | |
| AQUA BOOT CAMP Exercise Pool | 9:45AM-10:45AM (Water Fitness) <i>Cheryl A.</i> | | 9:45AM-10:45AM (Water Fitness) <i>Cheryl A.</i> | | 9:45AM-10:45AM (Water Fitness) <i>Cheryl A.</i> | | |
| SCHEDULED PROGRAMMING: SOUTH GYM South Gym | 10:00AM-12:45PM (Gym) | 9:15AM-12:00PM (Gym) 12:00PM-4:00PM (Gym) | 10:00AM-12:45PM (Gym) | 9:15AM-10:15AM (Gym) | 10:00AM-12:45PM (Gym) | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|---|---|---|--|
| SILVER SNEAKERS CIRCUIT 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> | | |
| OPEN PLAY LAB (AGES 2-5) Innovation Station | 10:30AM-11:30AM (S.T.E.A.M.) | | 10:30AM-11:30AM (S.T.E.A.M.) | | | | |
| OPEN SWIM Exercise Pool | 10:30AM-4:30PM (Pool) | 10:30AM-5:00PM (Pool) 6:00PM-8:45PM (Pool) | 10:30AM-4:30PM (Pool) | 10:30AM-5:00PM (Pool) 8:00PM-8:45PM (Pool) | 10:30AM-4:30PM (Pool) | 10:15AM-4:45PM (Pool) | 10:45AM-3:45PM (Pool) |
| PARENT/CHILD TODDLER TIME Turf Gym | 10:30AM-11:30AM (Gym) | | 10:30AM-11:30AM (Gym) | | | | |
| Les Mills CORE™ Studio B | 10:30AM-11:00AM (Strength) <i>Ruby E.</i> | 6:15PM-6:45PM (Strength) <i>Ruby E.</i> | 10:30AM-11:00AM (Strength) <i>Rachel G.</i> | 6:15PM-6:45PM (Strength) <i>Allyson H.</i> | 10:30AM-11:00AM (Strength) <i>Rachel G.</i> | | 10:30AM-11:00AM (Strength) <i>Heather R.</i> |
| GENTLE YOGA Studio C | 11:00AM-12:00PM (Mind/Body) <i>Romy C.</i> | 7:15AM-8:15AM (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> | 7:15AM-8:15AM (Mind/Body) <i>Romy C.</i> | 10:30AM-11:30AM (Mind/Body) <i>Jordan M.</i> | 9:30AM-10:30AM (Mind/Body) <i>Beth J.</i> | |
| SILVER SNEAKERS CLASSIC 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> | | | | |
| RIDE STRONG Studio A | 12:00PM-1:00PM (Cardio) <i>Erin B.</i> | | | | 12:00PM-1:00PM (Cardio) <i>Erin B.</i> | | |
| AQUA IN MOTION Family Pool | 12:00PM-1:00PM (Water Fitness) <i>Cheryl A.</i> | 9:45AM-10:45AM (Water Fitness) <i>YMCA S.</i> | | 9:45AM-10:45AM (Water Fitness) <i>YMCA S.</i> | | | |
| PICKLEBALL: ADULT Gym | 12:45PM-3:30PM (Gym) | | 6:30PM-8:45PM (Gym) | 12:45PM-3:30PM (Gym) | 12:45PM-3:30PM (Gym) | | |
| PILATES Studio C | 1:15PM-2:00PM (Mind/Body) <i>Erin B.</i> 5:30PM-6:15PM (Mind/Body) <i>Romy B.</i> | 9:30AM-10:15AM (Mind/Body) <i>Patty S.</i> | 5:30PM-6:15PM (Mind/Body) <i>Romy B.</i> | 9:30AM-10:15AM (Mind/Body) <i>Shari R.</i> | | 7:30AM-8:15AM (Mind/Body) <i>Jenna W.</i> | |
| ADVENTURE CENTER DROP OFF Adventure Center | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | 8:30AM-12:30PM (Child Watch) | 8:30AM-12:30PM (Child Watch) |
| OPEN ART Innovation Station | 5:30PM-7:30PM (S.T.E.A.M.) | | | | | 10:00AM-12:00PM (S.T.E.A.M.) | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|---|--------|---|---|
| HIIT 30 CYCLE Studio A | 5:45PM-6:15PM (Cardio) <i>Christina H.</i> | | | | | | |
| Karate: One Class/Week (Youth) Facility-Sands Family YMCA | 6:30PM-7:30PM (Sports & Recreation) | | 6:30PM-7:30PM (Sports & Recreation) | | | 12:30PM-1:30PM (Sports & Recreation) | |
| Karate: Three Class/Week (Youth) Facility-Sands Family YMCA | 6:30PM-7:30PM (Sports & Recreation) | | 6:30PM-7:30PM (Sports & Recreation) | | | 12:30PM-1:30PM (Sports & Recreation) | |
| Karate: Two Class/Week (Youth) Facility-Sands Family YMCA | 6:30PM-7:30PM (Sports & Recreation) | | 6:30PM-7:30PM (Sports & Recreation) | | | 12:30PM-1:30PM (Sports & Recreation) | |
| GRIT™ STRENGTH Turf Gym | 6:30PM-7:00PM (Strength) <i>Carrie Q.</i> | 5:30PM-6:00PM (Strength) <i>Christina H.</i> | | | | | |
| ZUMBA® 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> |
| VOLLEYBALL: BEGINNER ADULT Turf Gym | 7:10PM-8:00PM (Gym) | | | | | | |
| Karate: One Class/Week (Adult/Teen) Facility-Sands Family YMCA | 7:35PM-8:35PM (Sports & Recreation) | | 7:35PM-8:35PM (Sports & Recreation) | | | 1:35PM-2:35PM (Sports & Recreation) | |
| Karate: Two Class/Week (Adult/Teen) Facility-Sands Family YMCA | 7:35PM-8:35PM (Sports & Recreation) | | 7:35PM-8:35PM (Sports & Recreation) | | | 1:35PM-2:35PM (Sports & Recreation) | |
| Karate: Three Class/Week (Adult/Teen) Facility-Sands Family YMCA | 7:35PM-8:35PM (Sports & Recreation) | | 7:35PM-8:35PM (Sports & Recreation) | | | 1:35PM-2:35PM (Sports & Recreation) | |
| VOLLEYBALL: INTERMEDIATE ADULT Turf Gym | 8:00PM-8:50PM (Gym) | | | | | | |
| AQUA FIT Family Pool | | 8:30AM-9:30AM (Water Fitness) <i>Patti F.</i> | | 8:30AM-9:30AM (Water Fitness) <i>Patti F.</i> | | | |
| BODY IN MOTION Gym | | 9:30AM-10:30AM (Active Older Adults (AOA)) <i>Dianne M.</i> | | | | | |
| SCHEDULED PROGRAMMING: CHILD CARE Turf Gym | | 9:45AM-11:45AM (Gym) | | | | | |
| TOTAL BODY STRONG Studio B | | 10:30AM-11:15AM (Strength) <i>Patty S.</i> | | 10:30AM-11:15AM (Strength) <i>Patty S.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|--|--|--|---|---|---------------------------------|
| QIGONG Gym | | 10:45AM-11:45AM (Mind/Body) <i>Steve G.</i> | | | | | |
| TEEN (AGES 11-17) CENTER Innovation Station | | 3:30PM-5:00PM (S.T.E.A.M.) | 3:30PM-5:00PM (S.T.E.A.M.) | 3:30PM-5:00PM (S.T.E.A.M.) | | | |
| OPEN GYM South Gym | | 4:00PM-8:00PM (Gym) | 5:30AM-10:00AM (Gym) 12:45PM-6:15PM (Gym) | | 5:30AM-7:00AM (Gym) 8:30AM-10:00AM (Gym) 3:30PM-5:30PM (Gym) 7:45PM-9:00PM (Gym) | | 11:15AM-4:00PM (Gym) |
| OPEN GYM North Gym | | 4:00PM-8:00PM (Gym) | 5:30AM-10:00AM (Gym) 12:45PM-6:15PM (Gym) | 5:30AM-9:00AM (Gym) 10:30AM-11:30AM (Gym) 11:30AM-12:30PM (Gym) 3:45PM-8:45PM (Gym) | 5:30AM-7:00AM (Gym) 8:30AM-10:00AM (Gym) 3:30PM-5:30PM (Gym) 5:30PM-7:30PM (Gym) 7:45PM-9:00PM (Gym) | 7:00AM-5:00PM (Gym) | 11:15AM-4:00PM (Gym) |
| TWEEN TIME (AGES 8-12) Innovation Station | | 5:00PM-6:30PM (S.T.E.A.M.) | | 5:00PM-6:30PM (S.T.E.A.M.) | | | |
| GROUP BLAST® Studio B | | 5:00PM-6:00PM (Cardio) <i>Rachel G.</i> | | | | 8:30AM-9:30AM (Cardio) <i>Rachel G.</i> | |
| Leaders Club Facility-Sands Family YMCA | | 6:30PM-8:00PM (Sports & Recreation) | | | | | |
| AQUA ZUMBA Exercise Pool | | 6:30PM-7:30PM (Water Fitness) <i>Mary A.</i> | | | | 12:00PM-1:00PM (Water Fitness) <i>Mary A.</i> | |
| BASKETBALL: ADULT Gym | | 8:00PM-8:55PM (Gym) | | | 7:00AM-8:30AM (Gym) | | |
| OPEN SCIENCE Innovation Station | | | 5:00PM-6:00PM (S.T.E.A.M.) | | | | 9:30AM-11:30AM (S.T.E.A.M.) |
| FAMILY PLAY The Boathouse | | | 6:30PM-8:00PM (Child Watch) | | 6:30PM-8:00PM (Child Watch) | 9:00AM-12:00PM (Child Watch) | 10:00AM-1:00PM (Child Watch) |

[illegible]



NORTHWEST FAMILY YMCA | April 7th - April 13th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|-------------------------|--------------------------|
| OPEN SWIM Warm Water Pool | 5:30AM-10:00AM (Pool) 11:00AM-4:00PM (Pool) | 5:30AM-9:00AM (Pool) 10:00AM-2:00PM (Pool) 3:00PM-5:00PM (Pool) | 5:30AM-10:00AM (Pool) 11:00AM-4:00PM (Pool) | 5:30AM-9:00AM (Pool) 10:00AM-2:00PM (Pool) 3:00PM-5:00PM (Pool) | 5:30AM-10:00AM (Pool) 11:00AM-4:00PM (Pool) | 7:00AM-9:00AM (Pool) | |
| LAP SWIM 25-Yard Pool | 5:30AM-8:45AM (Pool) 10:00AM-8:45PM (Pool) | 5:30AM-7:45AM (Pool) 9:00AM-7:00PM (Pool) 8:15PM-8:45PM (Pool) | 5:30AM-8:45AM (Pool) 10:00AM-8:45PM (Pool) | 5:30AM-7:45AM (Pool) 9:00AM-4:45PM (Pool) 5:00PM-7:00PM (Pool) 8:15PM-8:45PM (Pool) | 5:30AM-8:45AM (Pool) 10:00AM-8:45PM (Pool) | 7:00AM-4:45PM (Pool) | 8:00AM-1:45PM (Pool) |
| WATER WALKING 25-Yard Pool | 5:30AM-8:45AM (Pool) | 5:30AM-7:45AM (Pool) | 5:30AM-8:45AM (Pool) | 5:30AM-7:45AM (Pool) | 5:30AM-8:45AM (Pool) | 7:00AM-9:00AM (Pool) | 8:00AM-10:00AM (Pool) |
| OPEN GYM Gym | 5:30AM-6:30AM (Gym) 10:45AM-11:15AM (Gym) 2:30PM-4:30PM (Gym) 5:30PM-8:45PM (Gym) | 5:30AM-6:30AM (Gym) 11:15AM-12:00PM (Gym) 2:30PM-4:30PM (Gym) 5:30PM-6:00PM (Gym) 7:45PM-8:45PM (Gym) | 2:30PM-4:30PM (Gym) | 5:30AM-6:30AM (Gym) 11:30AM-12:15PM (Gym) 2:30PM-4:30PM (Gym) 5:30PM-6:00PM (Gym) 7:45PM-8:45PM (Gym) | 5:30AM-6:30AM (Gym) 2:30PM-4:30PM (Gym) 5:30PM-8:45PM (Gym) | 11:00AM-5:00PM (Gym) | 11:00AM-1:45PM (Gym) |
| RIDE STRONG Aerobics Studio | 5:45AM-6:30AM (Cardio) <i>Lisa C.</i> | | | | 5:45AM-6:30AM (Cardio) <i>YMCA S.</i> | | |
| PICKLEBALL: ADULT (all levels) Gym | 6:30AM-9:00AM (Gym) | 6:30AM-10:00AM (Gym) | 5:30AM-7:45AM (Gym) | 6:30AM-10:00AM (Gym) | 6:30AM-9:00AM (Gym) | 7:00AM-11:00AM (Gym) | |
| GULICK GYM: OPEN 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) | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|--|---|---------------------------------|---|
| CIRCUIT TRAINING Aerobics Studio | 8:00AM-8:45AM (Strength) <i>Carole N.</i> | | | | | | |
| CHILD WATCH Child Watch | 8:30AM-12:00PM (Child Watch) | 8:30AM-12:00PM (Child Watch) | 8:30AM-12:00PM (Child Watch) | 8:30AM-12:00PM (Child Watch) | 8:30AM-12:00PM (Child Watch) | 9:00AM-12:00PM (Child Watch) | 9:45AM-12:45PM (Child Watch) |
| | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | | |
| AQUA FIT 25-Yard Pool | 9:00AM-9:45AM (Water Fitness) <i>Diane R.</i> | 8:00AM-8:45AM (Water Fitness) <i>Lou W.</i> | 9:00AM-9:45AM (Water Fitness) <i>Diane R.</i> | 8:00AM-8:45AM (Water Fitness) <i>Lou W.</i> | 9:00AM-9:45AM (Water Fitness) <i>Jane M.</i> | | |
| | | 7:15PM-8:15PM (Water Fitness) <i>Judy A.</i> | | 7:15PM-8:15PM (Water Fitness) <i>Judy A.</i> | | | |
| BOOTCAMP Aerobics Studio | 9:00AM-10:00AM (Strength) <i>Carole N.</i> | 5:45AM-6:45AM (Strength) <i>Darlene D.</i> | 9:15AM-10:00AM (Strength) <i>Carole N.</i> | | | | |
| QIGONG Gym | 9:15AM-10:00AM (Mind/Body) <i>Bob D.</i> | | 9:15AM-10:00AM (Mind/Body) <i>Bob D.</i> | | | | |
| TAI CHI BEGINNER Gym | 10:00AM-10:45AM (Mind/Body) <i>Bob D.</i> | | | | | | |
| AQUA YOGA Warm Water Pool | 10:00AM-11:00AM (Water Fitness) <i>Jane M.</i> | | 10:00AM-11:00AM (Water Fitness) <i>Jane M.</i> | | 10:00AM-11:00AM (Water Fitness) <i>Jane M.</i> | | |
| OPEN SWIM 25-Yard Pool | 10:00AM-5:00PM (Pool) | 9:00AM-3:45PM (Pool) | 10:00AM-4:00PM (Pool) | 9:00AM-4:45PM (Pool) | 10:00AM-4:00PM (Pool) | | |
| TRX CIRCUIT® Aerobics Studio | 10:15AM-11:15AM (Strength) <i>Sadie B.</i> | | | 6:15PM-7:00PM (Strength) <i>Mandie C.</i> | | | |
| SILVER SNEAKERS CLASSIC 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> | | |
| ZUMBA® Aerobics Studio | 11:30AM-12:15PM (Cardio) <i>Lisa R.</i> | | | 11:30AM-12:15PM (Cardio) <i>Karen G.</i> | | | 9:00AM-9:45AM (Cardio) <i>Lisa R.</i> |
| FAMILY TIME Mystery Cavern | 12:00PM-4:00PM (Child Watch) | 12:00PM-4:00PM (Child Watch) | 12:00PM-4:00PM (Child Watch) | 12:00PM-4:00PM (Child Watch) | 12:00PM-4:00PM (Child Watch) | 12:00PM-3:00PM (Child Watch) | 8:00AM-9:30AM (Child Watch) |
| PICKLEBALL: OPEN (all levels) Gym | 12:45PM-2:30PM (Gym) | 12:00PM-2:30PM (Gym) | 1:00PM-2:30PM (Gym) | 12:30PM-2:30PM (Gym) | 12:45PM-2:30PM (Gym) | | 8:00AM-11:00AM (Gym) |
| MYSTERY CAVERN Mystery Cavern | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | 9:00AM-12:00PM (Child Watch) | 9:45AM-12:45PM (Child Watch) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|---|--|---|
| STEP-CARDIO Aerobics Studio | 4:30PM-5:15PM (Cardio) <i>Marianne A.</i> | | 10:15AM-11:00AM (Cardio) <i>Becky V.</i> | | | 9:15AM-10:15AM (Cardio) <i>YMCA S.</i> | |
| OPEN GYM West Gym | 4:30PM-5:30PM (Gym) | 4:30PM-5:30PM (Gym) 6:00PM-7:45PM (Gym) | 11:00AM-1:00PM (Gym) 4:30PM-5:00PM (Gym) | 4:30PM-5:30PM (Gym) 6:00PM-7:45PM (Gym) | 4:30PM-5:30PM (Gym) | | |
| BODYCOMBAT™ Aerobics Studio | 6:30PM-7:30PM (Cardio) <i>Sharon F.</i> | | 5:45AM-6:45AM (Cardio) <i>Darlene D.</i> | | | | |
| FAMILY SWIM Warm Water Pool | 7:15PM-8:45PM (Pool) | 7:15PM-8:45PM (Pool) | 4:00PM-8:45PM (Pool) | 7:15PM-8:45PM (Pool) | 4:00PM-8:45PM (Pool) | 11:30AM-4:45PM (Pool) | 8:00AM-1:45PM (Pool) |
| FAMILY SWIM 25-Yard Pool | 7:15PM-8:45PM (Pool) | 8:15PM-8:45PM (Pool) | 4:00PM-8:45PM (Pool) | 8:15PM-8:45PM (Pool) | 4:00PM-8:45PM (Pool) | 11:30AM-4:45PM (Pool) | 10:00AM-1:45PM (Pool) |
| OLDER ADULT TIME Wellness Center | | 8:00AM-8:45AM (Active Older Adults (AOA)) <i>Sanjay S.</i> 8:45AM-9:30AM (Active Older Adults (AOA)) <i>Sanjay S.</i> | | 8:00AM-8:45AM (Active Older Adults (AOA)) <i>Sanjay S.</i> 8:45AM-9:30AM (Active Older Adults (AOA)) <i>Sanjay S.</i> | | | |
| AQUA IN MOTION Warm Water Pool | | 9:00AM-9:45AM (Water Fitness) <i>Lou W.</i> | | 9:00AM-9:45AM (Water Fitness) <i>Lou W.</i> | | | |
| BARRE Aerobics Studio | | 9:15AM-10:00AM (Strength) <i>Carole N.</i> | | | 9:15AM-10:00AM (Strength) <i>Sherry C.</i> | | |
| GROUP CYCLE Aerobics Studio | | 11:30AM-12:15PM (Cardio) <i>Karen G.</i> | | 5:15PM-6:00PM (Cardio) <i>Sherry C.</i> | | | |
| AQUA FIT Warm Water Pool | | 2:00PM-3:00PM (Water Fitness) <i>Diane M.</i> | | 2:00PM-3:00PM (Water Fitness) <i>Diane M.</i> | | | |
| BODYPUMP™ Aerobics Studio | | 5:30PM-6:30PM (Strength) <i>Jeanie H.</i> | 8:00AM-9:00AM (Strength) <i>Kelly S.</i> 12:15PM-1:15PM (Strength) <i>Becky V.</i> | 5:45AM-6:45AM (Strength) <i>Becky V.</i> 9:30AM-10:30AM (Strength) <i>Kelly S.</i> | 10:30AM-11:30AM (Strength) <i>Sherry C.</i> | 8:00AM-9:00AM (Strength) <i>Becky V.</i> | 10:00AM-11:00AM (Strength) <i>Jeanie H.</i> |
| Leaders Club Facility-Northwest Family YMCA | | 6:30PM-7:45PM (Sports & Recreation) | | | | | |
| ACTIVE YOGA Aerobics Studio | | 7:00PM-7:45PM (Mind/Body) <i>Lisa R.</i> | | | 4:30PM-5:15PM (Mind/Body) <i>Lisa R.</i> | | 11:15AM-12:00PM (Mind/Body) <i>Lisa R.</i> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|---|---|--|--|--------------------------|
| GENTLE YOGA Aerobics Studio | | | 7:00AM-7:45AM (Mind/Body) <i>Rebecca P.</i> 6:40PM-7:40PM (Mind/Body) <i>Lisa C.</i> | | | | |
| CIRCUIT TRAINING Gym | | | 8:00AM-8:45AM (Strength) <i>Carole N.</i> | | | | |
| TAI CHI Gym | | | 10:00AM-10:45AM (Mind/Body) <i>Bob D.</i> | | 9:15AM-10:15AM (Mind/Body) <i>Bob D.</i> | | |
| BASKETBALL: OLDER ADULT East Gym | | | 11:00AM-1:00PM (Gym) | | | | |
| CORE Aerobics Studio | | | 11:15AM-12:00PM (Strength) <i>Becky V.</i> | 10:45AM-11:15AM (Strength) <i>Sherry C.</i> | | | |
| SCHEDULED PROGRAMMING: BEFORE/AFTER SCHOOL East Gym | | | 4:30PM-5:00PM (Gym) | | | | |
| SILVER SNEAKERS YOGA Gym | | | | 10:15AM-11:00AM (Active Older Adults (AOA)) <i>Dorrell G.</i> | | | |
| PILATES Aerobics Studio | | | | | | 10:30AM-11:30AM (Mind/Body) <i>LeeAnn M.</i> | |
| WATER WALKING Warm Water Pool | | | | | | | 8:00AM-10:00AM (Pool) |



WESTSIDE FAMILY YMCA | April 7th - April 13th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|--|---|--|--|
| FAMILY TIME Adventure Center | 5:30AM-8:30AM (Child Watch) 11:45AM-4:00PM (Child Watch) 7:30PM-9:00PM (Child Watch) | 5:30AM-4:00PM (Child Watch) 7:30PM-9:00PM (Child Watch) | 5:30AM-9:00AM (Child Watch) 11:45AM-4:00PM (Child Watch) 7:30PM-9:00PM (Child Watch) | 5:30AM-8:30AM (Child Watch) 7:30PM-9:00PM (Child Watch) | 5:30AM-9:00AM (Child Watch) 11:45AM-9:00PM (Child Watch) | 7:00AM-8:45AM (Child Watch) 1:30PM-5:00PM (Child Watch) | 8:00AM-8:45AM (Child Watch) 1:30PM-4:00PM (Child Watch) |
| LAP SWIM Large Pool | 5:30AM-7:30AM (Pool) 8:35AM-10:25AM (Pool) 12:20PM-8:45PM (Pool) | 5:30AM-7:30AM (Pool) 9:00AM-9:55AM (Pool) 10:50AM-5:55PM (Pool) 7:00PM-8:45PM (Pool) | 5:30AM-7:30AM (Pool) 8:30AM-10:25AM (Pool) 11:20AM-8:45PM (Pool) | | 5:30AM-7:30AM (Pool) 8:30AM-11:25AM (Pool) 12:20PM-8:45PM (Pool) | | 8:00AM-9:00AM (Pool) 12:30PM-3:45PM (Pool) |
| FAMILY FUN Family Fun Room | 5:30AM-9:00PM (Child Watch) | 5:30AM-9:00AM (Child Watch) 12:15PM-5:30PM (Child Watch) 6:00PM-9:00PM (Child Watch) | 5:30AM-9:00PM (Child Watch) | | 5:30AM-9:00PM (Child Watch) | 7:00AM-10:00AM (Child Watch) 11:00AM-5:00PM (Child Watch) | 8:00AM-4:00PM (Child Watch) |
| FAMILY SWIM Small Pool | 5:30AM-5:00PM (Pool) 7:15PM-8:45PM (Pool) | 5:30AM-8:45PM (Pool) | 5:30AM-5:00PM (Pool) 7:15PM-8:45PM (Pool) | 5:30AM-8:45PM (Pool) | 5:30AM-8:45PM (Pool) | 7:00AM-9:00AM (Pool) 12:15PM-4:45PM (Pool) | |
| BODYPUMP™ Group Exercise Studio | 5:45AM-6:45AM (Strength) <i>Darlene D.</i> 11:00AM-11:55AM (Strength) <i>YMCA S.</i> | | 5:45AM-6:45AM (Strength) <i>Diane R.</i> 6:30PM-7:30PM (Strength) <i>Sharon F.</i> | | 5:45AM-6:45AM (Strength) <i>Mary J.</i> 11:00AM-11:55AM (Strength) <i>Heather Y.</i> | | |
| WATER WALKING Large Pool | 7:35AM-10:25AM (Pool) 12:20PM-4:00PM (Pool) | 7:35AM-8:55AM (Pool) 10:50AM-3:00PM (Pool) | 7:35AM-10:25AM (Pool) 11:20AM-4:00PM (Pool) | 7:35AM-9:55AM (Pool) 11:35AM-3:00PM (Pool) | 7:35AM-11:25AM (Pool) 12:20PM-3:00PM (Pool) | 8:00AM-9:00AM (Pool) | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|--|--------------------------------|--|
| CHILD WATCH Child Watch | 8:30AM-12:00PM (Child Watch) 4:00PM-7:30PM (Child Watch) | 8:30AM-12:00PM (Child Watch) 4:00PM-7:30PM (Child Watch) | 8:30AM-12:00PM (Child Watch) 4:00PM-7:30PM (Child Watch) | 8:30AM-12:00PM (Child Watch) 4:00PM-7:30PM (Child Watch) | 8:30AM-12:00PM (Child Watch) | 8:45AM-1:30PM (Child Watch) | 8:45AM-1:30PM (Child Watch) |
| SCHEDULED PROGRAMMING: Child Care South Gym | 8:45AM-10:45AM (Gym) | | 8:45AM-10:45AM (Gym) | | 8:45AM-9:45AM (Gym) | | |
| OPEN GYM North Gym | 8:45AM-10:45AM (Gym) | | 8:45AM-10:45AM (Gym) | | 8:45AM-9:45AM (Gym) | | |
| GENTLE YOGA Group Exercise Studio | 9:45AM-10:45AM (Mind/Body) <i>Sarah L.</i> | | 11:00AM-11:55AM (Mind/Body) <i>Cheri S.</i> | | 9:45AM-10:45AM (Mind/Body) <i>Lisa C.</i> 5:00PM-6:00PM (Mind/Body) <i>Becky D.</i> | | 12:30PM-1:30PM (Mind/Body) <i>Julie M.</i> |
| AQUA FIT Large Pool | 10:30AM-11:15AM (Water Fitness) <i>Karin R.</i> | 10:00AM-10:45AM (Water Fitness) <i>Heather Y.</i> | | 10:00AM-10:45AM (Water Fitness) <i>Heather Y.</i> | | | |
| SILVER SNEAKERS CLASSIC 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> | | 11:00AM-12:00PM (Active Older Adults (AOA)) <i>Maria T.</i> | | |
| AQUA FLOW Large Pool | 11:30AM-12:15PM (Water Fitness) <i>Karin R.</i> | | | | | | |
| SCHEDULED PROGRAMMING: Child Care Gym | 3:00PM-5:30PM (Gym) | 3:00PM-5:15PM (Gym) | 3:00PM-5:30PM (Gym) | 3:00PM-5:15PM (Gym) | 3:00PM-5:30PM (Gym) | | |
| ADVENTURE CENTER DROP OFF Adventure Center | 4:00PM-7:30PM (Child Watch) | 4:00PM-7:30PM (Child Watch) | 4:00PM-7:30PM (Child Watch) | 4:00PM-7:30PM (Child Watch) | | 8:45AM-1:30PM (Child Watch) | 8:45AM-1:30PM (Child Watch) |
| FAMILY SWIM Large Pool | 4:00PM-5:00PM (Pool) 7:15PM-8:45PM (Pool) | 3:00PM-5:55PM (Pool) 7:00PM-8:45PM (Pool) | 4:00PM-5:00PM (Pool) 8:00PM-8:45PM (Pool) | 3:00PM-5:55PM (Pool) 7:00PM-8:45PM (Pool) | 3:00PM-8:45PM (Pool) | 12:15PM-4:45PM (Pool) | 12:15PM-3:45PM (Pool) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|--|------------------------|---|--|
| SCHEDULED PROGRAMMING: FUN FIT Fun Fit Room | 4:30PM-5:30PM (Gym) | 8:00AM-9:00AM (Gym) 10:00AM-11:00AM (Gym) 5:00PM-6:15PM (Gym) | 5:00PM-6:00PM (Gym) | 10:00AM-11:00AM (Gym) 5:00PM-6:30PM (Gym) | | | |
| BASKETBALL: ADULT Gym | 5:30PM-9:00PM (Gym) | | 5:30PM-9:00PM (Gym) | | | | |
| OPEN FUN FIT Fun Fit Room | 5:30PM-9:00PM (Gym) | 5:30AM-8:00AM (Gym) 9:00AM-10:00AM (Gym) 11:00AM-9:00PM (Gym) | 5:30AM-5:00PM (Gym) 6:00PM-9:00PM (Gym) | 11:00AM-9:00PM (Gym) | 5:30AM-9:00PM (Gym) | | 8:00AM-4:00PM (Gym) |
| GROUP CYCLE 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> | 9:45AM-10:30AM (Cardio) <i>Kristin H.</i> | | 9:00AM-9:45AM (Cardio) <i>Karin R.</i> | |
| POWER YOGA Group Exercise Studio | 6:45PM-7:45PM (Mind/Body) <i>Karin R.</i> | | | | | | |
| BODYBALANCE™ Group Exercise Studio | | 5:45AM-6:30AM (Mind/Body) <i>Mary J.</i> | | | | | |
| CIRCUIT TRAINING Group Exercise Studio | | 9:30AM-10:30AM (Strength) <i>Lucy V.</i> | | 9:45AM-10:45AM (Strength) <i>Lucy V.</i> | | | |
| PILATES Group Exercise Studio | | 10:45AM-11:30AM (Mind/Body) <i>Lucy V.</i> 6:00PM-6:45PM (Mind/Body) <i>Lucy V.</i> | | 11:00AM-11:45AM (Mind/Body) <i>Lucy V.</i> | | | |
| SILVER SNEAKERS YOGA 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> | | | |
| STEP-CARDIO Group Exercise Studio | | 4:00PM-4:45PM (Cardio) <i>Shelley H.</i> | | 4:15PM-5:00PM (Cardio) <i>Deanna P.</i> | | 7:30AM-8:30AM (Cardio) <i>Deanna P.</i> | 11:15AM-12:00PM (Cardio) <i>Heather D.</i> |
| BARRE Group Exercise Studio | | 5:00PM-5:45PM (Strength) <i>Lucy V.</i> | 9:45AM-10:45AM (Strength) <i>Lucy V.</i> | 6:30PM-7:15PM (Strength) <i>Heather D.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|--|---|---|---|---|---|
| ZUMBA® Gym | | 5:30PM-6:15PM (Cardio) <i>Melissa R.</i> | | 5:30PM-6:30PM (Cardio) <i>Rebecca K.</i> | | 9:00AM-10:00AM (Cardio) <i>YMCA S.</i> | |
| OPEN GYM South Gym | | 6:45PM-9:00PM (Gym) | | 6:45PM-9:00PM (Gym) | 5:30PM-9:00PM (Gym) | | |
| BOOTCAMP Group Exercise Studio | | | 7:00AM-8:00AM (Strength) <i>Karin R.</i> | 5:45AM-6:30AM (Strength) <i>Dorie C.</i> | | | |
| ZUMBA GOLD® 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> | | |
| AQUA ZUMBA Large Pool | | | 10:30AM-11:15AM (Water Fitness) <i>Shelley H.</i> | 6:00PM-6:45PM (Water Fitness) <i>Shelley H.</i> | | | |
| BODYCOMBAT™ Group Exercise Studio | | | 5:30PM-6:15PM (Cardio) <i>Sharon F.</i> | | | | |
| DEEP WATER AQUA FIT Large Pool | | | | 11:00AM-11:30AM (Water Fitness) <i>Heather Y.</i> | | | |
| UPBEAT PILATES™ Group Exercise Studio | | | | 5:15PM-6:15PM (Mind/Body) <i>Tia P.</i> | | | |
| BASKETBALL: ADULT North Gym | | | | | 5:30PM-9:00PM (Gym) | | |
| PICKLEBALL: ADULT Gym | | | | | | 10:15AM-1:15PM (Gym) | 8:15AM-10:30AM (Gym) |
| ACTIVE YOGA Group Exercise Studio | | | | | | 10:15AM-11:15AM (Mind/Body) <i>Karin R.</i> | |
| OPEN GYM Gym | | | | | | | 8:00AM-8:15AM (Gym) 10:30AM-4:00PM (Gym) |



CORNING FAMILY YMCA | April 7th - April 13th

[illegible]

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|--|---|--|--|
| FAMILY TIME Adventure Center | 9:00AM-8:30PM (Child Watch) | 9:00AM-4:00PM (Child Watch) | 9:00AM-8:30PM (Child Watch) | 9:00AM-4:00PM (Child Watch) | 9:00AM-8:30PM (Child Watch) | 9:00AM-11:30AM (Child Watch) | 8:00AM-12:30PM (Child Watch) |
| TOTAL BODY STRONG Studio A | 9:00AM-10:00AM (Strength) <i>Deb F.</i> | | | | | | |
| KIDDIE POOL: CLOSED FOR PROGRAMMING Kiddie Pool | 10:30AM-11:30AM (Pool) | 5:50PM-6:25PM (Pool) | 10:30AM-11:30AM (Pool) | 5:10PM-6:20PM (Pool) | 10:30AM-11:30AM (Pool) | 9:00AM-9:30AM (Pool) 11:00AM-11:30AM (Pool) | 9:00AM-9:35AM (Pool) |
| AQUA FIT Pool | 10:30AM-11:30AM (Water Fitness) <i>Christy N.</i> | | 5:00PM-6:00PM (Water Fitness) <i>Christy N.</i> | | 10:30AM-11:30AM (Water Fitness) <i>Christy N.</i> | | |
| BODYBALANCE™ Studio A | 10:30AM-11:30AM (Mind/Body) <i>Louisa L.</i> | | | | | | |
| OPEN GYM Gym | 11:00AM-12:00PM (Gym) 1:30PM-6:00PM (Gym) | 11:00AM-1:00PM (Gym) 3:00PM-5:15PM (Gym) | 11:00AM-12:00PM (Gym) 1:30PM-4:45PM (Gym) 7:45PM-8:45PM (Gym) | 1:00PM-6:00PM (Gym) | 11:00AM-12:00PM (Gym) 1:30PM-6:00PM (Gym) | 7:00AM-8:45AM (Gym) 12:15PM-4:45PM (Gym) | 8:00AM-10:00AM (Gym) |
| BASKETBALL: ADULT Gym | 12:00PM-1:30PM (Gym) 6:00PM-8:45PM (Gym) | | 12:00PM-1:30PM (Gym) | | 12:00PM-1:30PM (Gym) | | |
| REFIT® 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> | | | |
| ZUMBA® 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> | 10:15AM-11:15AM (Cardio) <i>Maria A.</i> | 12:00PM-1:00PM (Cardio) <i>YMCA S.</i> |
| GROUP CYCLE Studio C | 6:00PM-7:00PM (Cardio) <i>Tess S.</i> | | | | | | |
| STEP-CARDIO Studio A | | 8:00AM-8:45AM (Cardio) <i>Deb F.</i> | | 8:00AM-8:45AM (Cardio) <i>Deb F.</i> | | | |
| SILVER SNEAKERS CLASSIC 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> | | | |
| FAMILY GYM Gym | | 1:00PM-3:00PM (Gym) | | 11:00AM-1:00PM (Gym) | | | |

[illegible]



BAY VIEW FAMILY YMCA | April 7th - April 13th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|--|--|--|--------------------------------|
| OPEN GYM Gym | 5:30AM-6:00AM (Gym) 7:00AM-9:30AM (Gym) | 5:30AM-9:30AM (Gym) | 5:30AM-6:00AM (Gym) 7:00AM-9:30AM (Gym) 5:00PM-9:00PM (Gym) | 5:30AM-8:00AM (Gym) | 5:30AM-6:00AM (Gym) 7:00AM-9:30AM (Gym) | | 8:45AM-2:00PM (Gym) |
| LAP SWIM Indoor Pool | 5:45AM-8:20AM (Pool) 9:25AM-4:00PM (Pool) 7:00PM-8:45PM (Pool) | 5:45AM-8:20AM (Pool) 9:10AM-10:10AM (Pool) 11:15AM-5:30PM (Pool) 7:45PM-8:45PM (Pool) | 5:45AM-8:20AM (Pool) 9:25AM-4:15PM (Pool) 5:15PM-5:55PM (Pool) 8:05PM-8:45PM (Pool) | 5:45AM-8:20AM (Pool) 9:10AM-10:10AM (Pool) 11:15AM-5:30PM (Pool) 7:30PM-8:45PM (Pool) | 5:45AM-8:20AM (Pool) 9:25AM-10:10AM (Pool) 11:15AM-4:00PM (Pool) 7:30PM-8:45PM (Pool) | 7:15AM-8:15AM (Pool) 9:15AM-12:30PM (Pool) 1:30PM-4:45PM (Pool) | 8:15AM-1:45PM (Pool) |
| WATER WALKING Indoor Pool | 5:45AM-8:20AM (Pool) 9:25AM-10:10AM (Pool) 11:15AM-12:20PM (Pool) 1:25PM-4:00PM (Pool) 6:10PM-8:45PM (Pool) | 5:45AM-8:20AM (Pool) 9:10AM-10:10AM (Pool) 12:00PM-5:00PM (Pool) 7:45PM-8:45PM (Pool) | 5:45AM-8:20AM (Pool) 9:25AM-11:20AM (Pool) 1:25PM-6:00PM (Pool) 8:05PM-8:45PM (Pool) | 5:45AM-8:20AM (Pool) 9:10AM-10:10AM (Pool) 12:00PM-4:15PM (Pool) 6:30PM-8:45PM (Pool) | 5:45AM-8:20AM (Pool) 9:25AM-10:10AM (Pool) 11:15AM-12:15PM (Pool) 1:25PM-4:00PM (Pool) 7:30PM-8:45PM (Pool) | 7:15AM-8:15AM (Pool) 12:30PM-4:45PM (Pool) | 8:15AM-1:45PM (Pool) |
| BASKETBALL: ADULT Gym | 6:00AM-7:00AM (Gym) | | 6:00AM-7:00AM (Gym) | | 6:00AM-7:00AM (Gym) | | |
| CHILD WATCH Adventure Center | 8:00AM-12:00PM (Child Watch) 4:00PM-8:00PM (Child Watch) | 8:00AM-12:00PM (Child Watch) 4:00PM-8:00PM (Child Watch) | 8:00AM-12:00PM (Child Watch) 4:00PM-8:00PM (Child Watch) | 8:00AM-12:00PM (Child Watch) 4:00PM-8:00PM (Child Watch) | 8:00AM-12:00PM (Child Watch) 4:00PM-8:00PM (Child Watch) | 9:00AM-1:00PM (Child Watch) | 9:00AM-1:00PM (Child Watch) |
| TOTAL BODY STRONG Group Exercise Studio | 8:00AM-8:45AM (Strength) <i>Lisa C.</i> | | | | 8:00AM-8:45AM (Strength) <i>Marianne A.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|---|--|--|---|
| AQUA FIT Indoor Pool | 8:30AM-9:15AM (Water Fitness) <i>Linda L.</i> | | 8:30AM-9:15AM (Water Fitness) <i>Mary C.</i> | | 8:30AM-9:15AM (Water Fitness) <i>Elizabeth F.</i> | | |
| STEP-INTERVAL Group Exercise Studio | 9:00AM-9:45AM (Cardio) <i>Marianne A.</i> | | | | | | |
| GENTLE YOGA Group Exercise Studio | 10:15AM-11:00AM (Mind/Body) <i>Kathi N.</i> | | | | 10:15AM-11:00AM (Mind/Body) <i>Daphne M.</i> | | 11:30AM-12:30PM (Mind/Body) <i>Daria M.</i> |
| AQUA IN MOTION Indoor Pool | 10:20AM-11:05AM (Water Fitness) <i>Rachel M.</i> 12:30PM-1:15PM (Water Fitness) <i>Rachel M.</i> | 10:20AM-11:05AM (Water Fitness) <i>Mary C.</i> | 12:30PM-1:15PM (Water Fitness) <i>Rachel M.</i> | 10:20AM-11:05AM (Water Fitness) <i>Mary C.</i> | 10:20AM-11:05AM (Water Fitness) <i>Elizabeth F.</i> 12:30PM-1:15PM (Water Fitness) <i>Rachel M.</i> | | |
| FAMILY TIME Adventure Center | 12:00PM-12:30PM (Child Watch) 8:00PM-8:45PM (Child Watch) | 12:00PM-12:30PM (Child Watch) 8:00PM-8:45PM (Child Watch) | 12:00PM-12:30PM (Child Watch) 8:00PM-8:45PM (Child Watch) | 12:00PM-12:30PM (Child Watch) 8:00PM-8:45PM (Child Watch) | 12:00PM-12:30PM (Child Watch) 8:00PM-8:45PM (Child Watch) | 1:15PM-4:15PM (Child Watch) | 1:00PM-1:45PM (Child Watch) |
| SCHEDULED PROGRAMMING: BEFORE/AFTER SCHOOL 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) | | |
| FAMILY SWIM Indoor Pool | 4:00PM-7:00PM (Pool) | 5:40PM-7:45PM (Pool) | 6:00PM-8:00PM (Pool) | 4:15PM-8:00PM (Pool) | 4:00PM-8:00PM (Pool) | 12:30PM-4:45PM (Pool) | 11:00AM-1:45PM (Pool) |
| BODYPUMP™ 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> |
| Les Mills CORE™ Group Exercise Studio | 5:15PM-5:45PM (Strength) <i>Andrea A.</i> | | 8:15AM-8:45AM (Strength) <i>Lisa C.</i> 5:15PM-5:45PM (Strength) <i>Suzanne H.</i> | | | | 8:45AM-9:15AM (Strength) <i>Suzanne H.</i> |
| ACTIVE YOGA Group Exercise Studio | 6:00PM-6:45PM (Mind/Body) <i>Andrea A.</i> | | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|--|--|--|-------------------------|--|---|
| AQUA BOOT CAMP Indoor Pool | | 8:30AM-9:00AM (Water Fitness) <i>Mary C.</i> 5:00PM-5:30PM (Water Fitness) <i>Lisa M.</i> | | 8:30AM-9:00AM (Water Fitness) <i>Mary C.</i> | | 8:30AM-9:00AM (Water Fitness) <i>Andrea A.</i> | |
| GROUP CYCLE 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> |
| SILVER SNEAKERS CIRCUIT 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> | | | |
| SILVER SNEAKERS CLASSIC 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> | | | |
| SILVER SNEAKERS SPLASH Indoor Pool | | 11:15AM-12:00PM (Water Fitness) <i>Mary C.</i> | | 11:15AM-12:00PM (Water Fitness) <i>Mary C.</i> | | | |
| PILATES Group Exercise Studio | | 11:15AM-12:00PM (Mind/Body) <i>Lisa C.</i> | | 11:15AM-12:00PM (Mind/Body) <i>Lisa C.</i> | | 8:15AM-9:00AM (Mind/Body) <i>Kathy D.</i> | |
| PICKLEBALL: BEGINNER OPEN Gym | | 12:00PM-3:00PM (Gym) | | 11:30AM-1:30PM (Gym) | | | |
| UPBEAT BARRE™ Group Exercise Studio | | 5:00PM-5:45PM (Strength) <i>Anna B.</i> | | | | | |
| BODYBALANCE™ Group Exercise Studio | | 6:30PM-7:15PM (Mind/Body) <i>Carol Q.</i> | 10:15AM-11:00AM (Mind/Body) <i>Mary C.</i> | | | | |
| CIRCUIT TRAINING Group Exercise Studio | | | 9:00AM-9:45AM (Strength) <i>Lisa C.</i> | | | | |
| ZUMBA GOLD® Gym | | | 10:30AM-11:15AM (Active Older Adults (AOA)) <i>Victoria S.</i> | | | | |
| PICKLEBALL: OPEN Gym | | | 11:30AM-3:00PM (Gym) | 1:30PM-3:45PM (Gym) 7:00PM-9:00PM (Gym) | 11:00AM-3:00PM (Gym) | | |
| AQUA FLOW Indoor Pool | | | 11:30AM-12:15PM (Water Fitness) <i>Mary C.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|--|--|---|---|---|
| BARRE Group Exercise Studio | | | 6:00PM-6:45PM (Strength) <i>Heather D.</i> | 7:45AM-8:30AM (Strength) <i>Lucy V.</i> | 6:00AM-6:45AM (Strength) <i>Heather D.</i> | | |
| CORE Group Exercise Studio | | | | 7:00AM-7:30AM (Strength) <i>Lucy V.</i> | | | |
| GENTLE YOGA (CHAIR) Gym | | | | 8:30AM-9:15AM (Mind/Body) <i>Marianne A.</i> | | | |
| RIDE STRONG Cycle Studio | | | | 8:45AM-9:45AM (Cardio) <i>Lisa C.</i> 4:30PM-5:25PM (Cardio) <i>Andrea A.</i> | | | |
| POWER YOGA Group Exercise Studio | | | | 5:35PM-6:20PM (Mind/Body) <i>Andrea A.</i> | | | |
| Leaders Club Facility-Bay View Family YMCA | | | | 6:30PM-8:00PM (Sports & Recreation) | | | |
| STEP-CARDIO Group Exercise Studio | | | | | 9:00AM-9:45AM (Cardio) <i>Marianne A.</i> | 9:15AM-10:00AM (Cardio) <i>Heather D.</i> | |
| TRX BODY BLAST® Group Exercise Studio | | | | | 11:15AM-12:00PM (Strength) <i>Daphne M.</i> | | |
| GRIT™ CARDIO Gym | | | | | | | 8:10AM-8:40AM (Cardio) <i>Danielle B.</i> |



MAPLEWOOD FAMILY YMCA | April 7th - April 13th

| | 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) | 6:00AM-9:00AM (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) |
| PICKLEBALL: ADULT Gym | 8:00AM-9:30AM (Gym) | | 8:00AM-9:30AM (Gym) | | 8:00AM-9:30AM (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> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|--|--|--|--|--|
| ZUMBA GOLD® Gym | 11:30AM-12:15PM (Active Older Adults (AOA)) <i>Melissa R.</i> | | | | | | |
| 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) | 1:30PM-4:00PM (Gym) | 7:00AM-9:00AM (Gym) | 9:00AM-10:30AM (Gym) |
| OPEN GYM West Gym | 1:30PM-4:00PM (Gym) | 1:30PM-4:00PM (Gym) | 1:30PM-4:00PM (Gym) 5:00PM-7:00PM (Gym) | 1:30PM-4:00PM (Gym) | 11:30AM-4:00PM (Gym) | 7:00AM-12:00PM (Gym) | 9:00AM-12:00PM (Gym) |
| ESPORTS AND GAMING : OPEN eSports & Gaming | 3:00PM-8:00PM (Metro eSports Gaming) | 3:00PM-8:00PM (Metro eSports Gaming) | 3:00PM-6:00PM (Metro eSports Gaming) | 3:00PM-8:00PM (Metro eSports Gaming) | 11:00AM-6:00PM (Metro eSports Gaming) | 11:00AM-3:00PM (Metro eSports Gaming) | 11:00AM-2:00PM (Metro eSports Gaming) |
| 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> | | | |
| DEEP AQUA FIT Pool | | 10:00AM-10:45AM (Water Fitness) <i>Rachel M.</i> | | 9:00AM-9:45AM (Water Fitness) <i>Maribel T.</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) | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---|--|---|--|---|---|
| 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> | | | | |
| SCHEDULED PROGRAMMING: EAST GYM East Gym | | | 5:00PM-7:00PM (Gym) | | 11:30AM-1:30PM (Gym) | | |
| ZUMBA® Studio | | | 6:05PM-7:05PM (Cardio) <i>Leonte P.</i> | | | | |
| GROUP CYCLE Studio | | | | 6:15AM-7:00AM (Cardio) <i>Mary B.</i> | | | |
| AQUA ZUMBA Pool | | | | 10:00AM-10:45AM (Water Fitness) <i>Maribel T.</i> | | 9:30AM-10:15AM (Water Fitness) <i>YMCA S.</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> |
| BASKETBALL: ADULT East Gym | | | | | | 9:00AM-12:00PM (Gym) | 10:30AM-12:00PM (Gym) |



THE THURSTON ROAD YMCA NEIGHBORHOOD CENTER | April 7th - April 13th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|---|--|----------|--------|
| SILVER SNEAKERS CLASSIC 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> | | |
| SILVER SNEAKERS CIRCUIT Group Exercise Floor | | 9:00AM-9:45AM (Active Older Adults (AOA)) <i>Jean C.</i> | | | | | |
| GENTLE YOGA (CHAIR) Group Exercise Floor | | | 10:15AM-11:00AM (Mind/Body) <i>Cindi R.</i> | | 10:15AM-11:00AM (Mind/Body) <i>Cindi R.</i> | | |
| SILVER SNEAKERS YOGA Group Exercise Floor | | | | 10:15AM-11:00AM (Active Older Adults (AOA)) <i>Cindi R.</i> | | | |



THE YMCA AT INNOVATION SQUARE | April 7th - April 13th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|--------|
| CIRCUIT TRAINING Studio 2 | 9:15AM-10:00AM (Strength) <i>Mindy A.</i> | | | | | | |
| GROUP CYCLE Group Exercise Studio | 5:30PM-6:30PM (Cardio) <i>Cathy C.</i> | 12:45PM-1:30PM (Cardio) <i>Cathy C.</i> | | 12:45PM-1:30PM (Cardio) <i>Cathy C.</i> | | | |
| ZUMBA® Group Exercise Studio | | 9:30AM-10:30AM (Cardio) <i>Meghana L.</i> | 5:30PM-6:30PM (Cardio) <i>Hang B.</i> | | | 10:30AM-11:30AM (Cardio) <i>Hang B.</i> | |
| BODYCOMBAT™ Studio 2 | | 5:30PM-6:30PM (Cardio) <i>Kathy F.</i> | | 5:30PM-6:30PM (Cardio) <i>Kathy F.</i> | | | |
| ACTIVE YOGA Studio 2 | | | 8:00AM-9:00AM (Mind/Body) <i>Daria M.</i> | | | | |
| SILVER SNEAKERS YOGA Group Exercise Studio | | | 10:00AM-10:45AM (Active Older Adults (AOA)) <i>Dorrell G.</i> | | | | |
| BODYPUMP™ Group Exercise Studio | | | | 9:15AM-10:15AM (Strength) <i>Mindy A.</i> | | | |
| PILATES Studio 2 | | | | | 8:00AM-8:45AM (Mind/Body) <i>Amy C.</i> | | |
| SILVER SNEAKERS CLASSIC Group Exercise Studio | | | | | 10:00AM-10:45AM (Active Older Adults (AOA)) <i>Dorrell G.</i> | | |
| GENTLE YOGA Studio 2 | | | | | 6:30PM-7:30PM (Mind/Body) <i>Daria M.</i> | | |