



## SCHOTTLAND FAMILY YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>OPEN SPLASH PAD</b> 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)	
<b>OPEN SWIM</b> 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)	
<b>WATER WALKING</b> 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)	
<b>LAP SWIM</b> 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)	
<b>OPEN GYM</b> 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)	
<b>OPEN GYM</b> 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)		7:00AM-8:30AM (Gym)  1:15PM-5:00PM (Gym)	
<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>  5:45PM-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>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>	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>   	8:00AM-9:00AM (Mind/Body) <i>Susan A.</i>   10:30AM-11:30AM (Mind/Body) <i>YMCA S.</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>	5:30AM-6:15AM (Cardio) <i>Iskra B.</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>  	7:15AM-8:15AM (Cardio) <i>Bob D.</i>   9:00AM-10:00AM (Cardio) <i>Kate W.</i>	
<b>BOOTCAMP</b> 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>	9:30AM-10:15AM (Strength) <i>Lisa B.</i>		
<b>OPEN GYM</b> Turf Gym	6:30AM-7:45AM (Gym)  2:00PM-5:00PM (Gym)  6:45PM-8:45PM (Gym)	5:00AM-8:45AM (Gym)  11:00AM-8:45PM (Gym)	6:30AM-9:15AM (Gym)  11:00AM-3:30PM (Gym)	5:00AM-8:45AM (Gym)  11:00AM-8:45PM (Gym)	6:30AM-9:15AM (Gym)  11:30AM-5:45PM (Gym)  6:45PM-8:45PM (Gym)	8:30AM-5:45PM (Gym)	
<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>BASKETBALL: ADULT</b> Full Gym	7:00AM-8:30AM (Gym)	7:00AM-8:30AM (Gym)		7:00AM-8:30AM (Gym)	7:00AM-8:30AM (Gym)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CHILD WATCH</b> 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)	
<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>		11:00AM-11:30AM (Mind/Body) <i>Jennifer N.</i>			
<b>Les Mills CORE™</b> Studio 1	8:30AM-9:00AM (Strength) <i>Sarah M.</i>  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>AQUA FIT</b> 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>		
<b>PICKLEBALL: ADULT (ages 18+)</b> 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)			
<b>ZUMBA GOLD®</b> Studio 2	9:00AM-9:45AM (Active Older Adults (AOA)) <i>Joann R.</i>						
<b>BODYBALANCE™</b> 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>	
<b>BODYCOMBAT™</b> Studio 1	9:15AM-10:15AM (Cardio) <i>Sarah M.</i>				9:15AM-10:15AM (Cardio) <i>Kristen Y.</i>		
<b>SILVER SNEAKERS SPLASH</b> 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>		
<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>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>UPBEAT BARRE™</b> 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>		
<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>SCHEDULED PROGRAMMING: TURF GYM</b> Turf Gym	12:00PM-1:00PM (Gym)	10:15AM-10:45AM (Gym)					
<b>GENTLE YOGA</b> 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>	
<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)						
<b>DEPOT</b> 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)	
<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>	

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<b>BODYCOMBAT™</b> Studio 2	5:30PM-6:30PM (Cardio) <i>Steve R.</i>					9:15AM-10:15AM (Cardio) <i>Steve R.</i>	
<b>ZUMBA®</b> 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>	
<b>FAMILY TIME</b> 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)	
<b>TRX CIRCUIT®</b> 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>	
<b>GRIT™ CARDIO</b> Family Gym		5:45AM-6:15AM (Cardio) <i>Christine H.</i>					
<b>DANCE FIT</b> Studio 2		9:00AM-10:00AM (Cardio) <i>Marie K.</i>					
<b>HIGH FITNESS</b> Family Gym		9:00AM-10:00AM (Cardio) <i>Anna B.</i>		9:00AM-10:00AM (Cardio) <i>Gil G.</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>		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>		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>	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>	
<b>OPEN GYM</b> East Gym		12:15PM-2:30PM (Gym)		9:30AM-11:45AM (Gym)			

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<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) YMCA S.	
<b>SCHEDULED PROGRAMMING: CHILD CARE</b> Family Gym			9:00AM-9:45AM (Gym)				
<b>CARDIO DANCE</b> Studio 2			9:15AM-10:00AM (Cardio) <i>Lisa B.</i>				
<b>SCHEDULED PROGRAMMING: STUDIO 2</b> Studio 2			10:15AM-10:45AM (Gym) <i>Christine H.</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>PICKLEBALL: BEGINNER OPEN</b> Full Gym			1:00PM-3:00PM (Gym)				
<b>MIDWEEK MAYHEM: FORTNITE WEEKLY</b> eSports & Gaming			5:00PM-7:00PM (Metro eSports Gaming)				
<b>UPBEAT PILATES™</b> Studio 3			5:15PM-6:15PM (Mind/Body) <i>Gil G.</i>	12:00PM-1:00PM (Mind/Body) <i>Gil G.</i>			
<b>LES MILLS BODYSTEP™</b> Studio 2			5:30PM-6:30PM (Cardio) <i>Diane R.</i>	10:15AM-11:15AM (Cardio) <i>Diane R.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>S.T.E.A.M. STUDIO: 3D PRINTING</b> Miller Art Studio			6:45PM-8:00PM (S.T.E.A.M.)				
<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>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>Les Mills CORE™</b> Studio 2					6:30AM-7:00AM (Strength) <i>Sheila A.</i>	8:30AM-9:00AM (Strength) <i>Sheila A.</i>	
<b>STAYSTRONG: RESET</b> Studio 2					10:30AM-11:30AM (Mind/Body) <i>Susan M.</i>		
<b>PICKLEBALL: OPEN (ages 13+)</b> Full Gym					12:30PM-3:30PM (Gym)	7:00AM-9:30AM (Gym)	
<b>ZUMBA®</b> Studio 1					5:15PM-6:15PM (Cardio) <i>Mari B.</i>		
<b>FAMILY SWIM</b> Exercise Pool					7:00PM-8:45PM (Pool)	2:00PM-5:30PM (Pool)	
<b>GRIT™ ATHLETIC</b> Studio 1						8:00AM-8:30AM (Cardio) <i>Dustin B.</i>	
<b>ESPORTS AND GAMING : OPEN</b> eSports & Gaming						9:00AM-2:00PM (Metro eSports Gaming)	
<b>FAMILY GYM: CLOSED FOR SCHEDULED PROGRAMMING</b> Family Gym						5:00PM-6:00PM (Gym)	
<b>TURF GYM: CLOSED FOR SCHEDULED PROGRAMMING</b> Turf Gym						5:00PM-6:00PM (Gym)	