



## SANDS FAMILY YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>OPEN GYM</b> South Gym	5:30AM-7:00AM (Gym)  3:30PM-9:00PM (Gym)	5:30AM-9:15AM (Gym)  10:30AM-12:00PM (Gym)  3:45PM-8:00PM (Gym)	12:45PM-6:15PM (Gym)	5:30AM-9:00AM (Gym)  3:45PM-8:45PM (Gym)	8:30AM-10:00AM (Gym)  12:45PM-5:30PM (Gym)  7:45PM-9:00PM (Gym)		11:15AM-4:00PM (Gym)
<b>LAP SWIM (LIMITED LANES AVAILABLE)</b> Exercise Pool	8:00AM-10:45AM (Pool)	12:00PM-5:15PM (Pool)	8:00AM-10:45AM (Pool)	12:00PM-5:15PM (Pool)	8:00AM-10:45AM (Pool)	10:00AM-4:45PM (Pool)	10:30AM-3:45PM (Pool)
<b>GROUP CYCLE</b> Studio A	8:30AM-9:15AM (Cardio) <i>Ruby E.</i>	9:15AM-10:00AM (Cardio) <i>Kristin W.</i>  6:00PM-6:45PM (Cardio) <i>Stephanie B.</i>	5:45AM-6:30AM (Cardio) <i>Kelsey H.</i>  8:30AM-9:15AM (Cardio) <i>Crystal J.</i>	9:15AM-10:00AM (Cardio) <i>Tina S.</i>  6:00PM-6:45PM (Cardio) <i>Christina H.</i>	5:45AM-6:30AM (Cardio) <i>Lindsey M.</i>  8:30AM-9:15AM (Cardio) <i>Stephanie B.</i>		8:30AM-9:15AM (Cardio) <i>Stephanie B.</i>
<b>BODYPUMP™</b> Studio B	9:15AM-10:15AM (Strength) <i>Amy J.</i>	5:45AM-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>
<b>BARRE</b> 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>
<b>BOOTCAMP</b> Turf Gym	9:30AM-10:15AM (Strength) <i>Kylee H.</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>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>OPEN PLAY LAB (AGES 2-5)</b> Innovation Station	10:30AM-11:30AM (S.T.E.A.M.)		10:30AM-11:30AM (S.T.E.A.M.)				
<b>Karate: One Class/Week (Youth)</b> Facility-Sands Family YMCA	6:30PM-7:30PM (Sports & Recreation)		6:30PM-7:30PM (Sports & Recreation)			12:30PM-1:30PM (Sports & Recreation)	
<b>Karate: Three Class/Week (Youth)</b> Facility-Sands Family YMCA	6:30PM-7:30PM (Sports & Recreation)		6:30PM-7:30PM (Sports & Recreation)			12:30PM-1:30PM (Sports & Recreation)	
<b>Karate: Two Class/Week (Youth)</b> Facility-Sands Family YMCA	6:30PM-7:30PM (Sports & Recreation)		6:30PM-7:30PM (Sports & Recreation)			12:30PM-1:30PM (Sports & Recreation)	
<b>Karate: One Class/Week (Adult/Teen)</b> Facility-Sands Family YMCA	7:35PM-8:35PM (Sports & Recreation)		7:35PM-8:35PM (Sports & Recreation)			1:35PM-2:35PM (Sports & Recreation)	
<b>Karate: Two Class/Week (Adult/Teen)</b> Facility-Sands Family YMCA	7:35PM-8:35PM (Sports & Recreation)		7:35PM-8:35PM (Sports & Recreation)			1:35PM-2:35PM (Sports & Recreation)	
<b>Karate: Three Class/Week (Adult/Teen)</b> Facility-Sands Family YMCA	7:35PM-8:35PM (Sports & Recreation)		7:35PM-8:35PM (Sports & Recreation)			1:35PM-2:35PM (Sports & Recreation)	
<b>OPEN SWIM</b> Family 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)
<b>WATER WALKING</b> Family 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)
<b>LAP SWIM</b> Exercise Pool		5:30AM-12:00PM (Pool)  6:00PM-8:45PM (Pool)	5:30AM-8:00AM (Pool)  10:45AM-9:00PM (Pool)	5:30AM-12:00PM (Pool)  8:30PM-8:45PM (Pool)	5:30AM-8:00AM (Pool)  10:45AM-9:00PM (Pool)	7:00AM-10:00AM (Pool)	8:00AM-10:30AM (Pool)
<b>FAMILY TIME</b> Adventure Center		5:30AM-3:45PM (Child Watch)  8:00PM-9:00PM (Child Watch)	5:30AM-3:45PM (Child Watch)  8:00PM-9:00PM (Child Watch)	5:30AM-3:45PM (Child Watch)  8:00PM-9:00PM (Child Watch)	5:30AM-3:45PM (Child Watch)  8:00PM-9:00PM (Child Watch)	7:00AM-8:15AM (Child Watch)  12:30PM-5:00PM (Child Watch)	12:30PM-4:00PM (Child Watch)
<b>GENTLE YOGA</b> Studio C		6:30AM-7:30AM (Mind/Body) <i>Romy C.</i>  11:15AM-12:15PM (Mind/Body) <i>Dianne M.</i>  6:00PM-7:00PM (Mind/Body) <i>Stephani R.</i>	11:00AM-12:00PM (Mind/Body) <i>Dianne M.</i>	6:30AM-7:30AM (Mind/Body) <i>Romy C.</i>	11:15AM-12:15PM (Mind/Body) <i>Malinda S.</i>	9:30AM-10:30AM (Mind/Body) <i>Beth J.</i>	

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<b>CHILD WATCH</b> 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)
<b>TRX BODY BLAST®</b> Studio C		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>		
<b>AQUA FIT</b> Family Pool		8:30AM-9:30AM (Water Fitness) <i>Patti F.</i>		8:30AM-9:30AM (Water Fitness) <i>Patti F.</i>			
<b>SCHEDULED PROGRAMMING: NORTH GYM</b> North Gym		9:15AM-10:30AM (Gym)	10:00AM-12:45PM (Gym)	9:15AM-10:15AM (Gym)	10:00AM-12:45PM (Gym)		
<b>SCHEDULED PROGRAMMING: SOUTH GYM</b> South Gym		9:15AM-10:30AM (Gym)	10:00AM-12:45PM (Gym)	9:15AM-10:15AM (Gym)	10:00AM-12:45PM (Gym)		
<b>BODY IN MOTION</b> Gym		9:30AM-10:30AM (Active Older Adults (AOA)) <i>Dianne M.</i>					
<b>ZUMBA®</b> Studio B		9:30AM-10:15AM (Cardio) <i>Melissa D.</i>	6:45PM-7:45PM (Cardio) <i>Lisa S.</i>				8:15AM-9:00AM (Cardio) <i>Mary A.</i>
<b>PILATES</b> Studio C		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>	
<b>AQUA IN MOTION</b> Family Pool		9:45AM-10:45AM (Water Fitness) <i>YMCA S.</i>		9:45AM-10:45AM (Water Fitness) <i>YMCA S.</i>			
<b>OPEN SWIM</b> Exercise 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)
<b>TOTAL BODY STRONG</b> Studio B		10:30AM-11:15AM (Strength) <i>Patty S.</i>		10:30AM-11:15AM (Strength) <i>Patty S.</i>			
<b>ADVENTURE CENTER DROP OFF</b> 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)
<b>TWEEN TIME (AGES 8-12)</b> Innovation Station		5:00PM-6:30PM (S.T.E.A.M.)		5:00PM-6:30PM (S.T.E.A.M.)			

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<b>GRIT™ STRENGTH</b> Turf Gym		5:30PM-6:00PM (Strength) <i>Christina H.</i>					
<b>AQUA ZUMBA</b> Exercise Pool		6:30PM-7:30PM (Water Fitness) <i>Mary A.</i>				12:00PM-1:00PM (Water Fitness) <i>Mary A.</i>	
<b>BASKETBALL: ADULT</b> Gym		8:00PM-8:55PM (Gym)			7:00AM-8:30AM (Gym)		
<b>OPEN GYM</b> North 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)	8:30AM-10:00AM (Gym)  12:45PM-7:30PM (Gym)  7:45PM-9:00PM (Gym)	7:00AM-5:00PM (Gym)	11:15AM-4:00PM (Gym)
<b>AQUA CIRCUIT</b> Exercise Pool			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>		
<b>AQUA BOOT CAMP</b> Exercise Pool			9:45AM-10:45AM (Water Fitness) <i>Cheryl A.</i>		9:45AM-10:45AM (Water Fitness) <i>Cheryl A.</i>		
<b>SILVER SNEAKERS CIRCUIT</b> Gym			10:15AM-11:15AM (Active Older Adults (AOA)) <i>Shari R.</i>		10:15AM-11:15AM (Active Older Adults (AOA)) <i>Jillian H.</i>		
<b>PARENT/CHILD TODDLER TIME</b> Turf Gym			10:30AM-11:30AM (Gym)				
<b>Les Mills CORE™</b> Studio B			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>
<b>SILVER SNEAKERS CLASSIC</b> Gym			11:30AM-12:30PM (Active Older Adults (AOA)) <i>Shari R.</i>				
<b>TEEN (AGES 11-17) CENTER</b> Innovation Station			3:30PM-5:00PM (S.T.E.A.M.)	3:30PM-5:00PM (S.T.E.A.M.)			
<b>OPEN SCIENCE</b> Innovation Station			5:00PM-6:00PM (S.T.E.A.M.)				9:30AM-11:30AM (S.T.E.A.M.)
<b>FAMILY PLAY</b> 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)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>PICKLEBALL: ADULT</b> Gym			6:30PM-8:45PM (Gym)	1:00PM-3:30PM (Gym)			
<b>BOOM MUSCLE</b> Gym				9:15AM-10:00AM (Active Older Adults (AOA)) <i>Patty S.</i>			
<b>ACTIVE YOGA</b> Studio C				11:15AM-12:15PM (Mind/Body) <i>Lisa R.</i>			
<b>GRIT™ STRENGTH</b> Studio B				5:00PM-5:30PM (Strength) <i>Rachel G.</i>			
<b>POWER YOGA</b> Studio C				6:00PM-7:00PM (Mind/Body) <i>Megan C.</i>			11:00AM-12:00PM (Mind/Body) <i>Lisa R.</i>
<b>OPEN GYM</b> Turf Gym					6:30AM-9:15AM (Gym)  1:00PM-5:30PM (Gym)  7:30PM-9:00PM (Gym)	7:00AM-8:30AM (Gym)	8:00AM-12:45PM (Gym)
<b>UPBEAT BARRE™</b> Studio C					9:30AM-10:15AM (Strength) <i>Jamie S.</i>		
<b>SILVER SNEAKERS YOGA</b> Gym					11:30AM-12:30PM (Active Older Adults (AOA)) <i>Shari R.</i>		
<b>RIDE STRONG</b> Studio A					12:00PM-1:00PM (Cardio) <i>Erin B.</i>		
<b>PICKLEBALL: BEGINNER</b> South Gym					5:30PM-7:30PM (Gym)		
<b>PROJECTION GAMES</b> Turf Gym					5:30PM-7:30PM (Gym)	1:00PM-3:00PM (Gym)	1:00PM-3:00PM (Gym)
<b>FAMILY TIME</b> Turf Gym					5:30PM-7:30PM (Child Watch)	1:00PM-3:00PM (Child Watch)	1:00PM-3:00PM (Child Watch)
<b>OPEN ART</b> Innovation Station					5:30PM-7:30PM (S.T.E.A.M.)	10:00AM-12:00PM (S.T.E.A.M.)	
<b>GRIT™ ATHLETIC</b> Studio B						7:45AM-8:15AM (Cardio) <i>Carrie Q.</i>	
<b>POWERZONE RIDE</b> Studio A						9:00AM-10:00AM (Cardio) <i>Amy J.</i>	

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