



SANDS FAMILY YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM 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)	7:00AM-9:15AM (Gym) 10:30AM-5:00PM (Gym)	11:15AM-4:00PM (Gym)
LAP SWIM (LIMITED LANES AVAILABLE) 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)
GROUP CYCLE 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>
BODYPUMP™ 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>
BOOTCAMP 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>	
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>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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.)				
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)	
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)	
OPEN SWIM 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)
WATER WALKING 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)
LAP SWIM 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)
FAMILY TIME 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)
OPEN GYM Turf Gym		5:30AM-8:30AM (Gym) 11:45AM-5:15PM (Gym) 6:15PM-9:00PM (Gym)	6:45AM-9:15AM (Gym) 11:30AM-5:15PM (Gym) 7:30PM-9:00PM (Gym)	5:30AM-10:15AM (Gym) 2:45PM-9:00PM (Gym)	6:30AM-9:15AM (Gym) 1:00PM-5:30PM (Gym) 7:30PM-9:00PM (Gym)	7:00AM-8:30AM (Gym) 9:30AM-1:00PM (Gym) 3:15PM-5:00PM (Gym)	8:00AM-12:45PM (Gym)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GENTLE YOGA 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>	
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-12:30PM (Child Watch)	8:30AM-12:30PM (Child Watch)
TRX BODY BLAST® 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>		
AQUA FIT Family Pool		8:30AM-9:30AM (Water Fitness) <i>Patti F.</i>		8:30AM-9:30AM (Water Fitness) <i>Patti F.</i>			
SCHEDULED PROGRAMMING: SOUTH GYM South Gym		9:15AM-10:30AM (Gym)	10:00AM-12:45PM (Gym)	9:15AM-10:15AM (Gym)	10:00AM-12:45PM (Gym)		
SCHEDULED PROGRAMMING: NORTH GYM North Gym		9:15AM-10:30AM (Gym)	10:00AM-12:45PM (Gym)	9:15AM-10:15AM (Gym)	10:00AM-12:45PM (Gym)		
BODY IN MOTION Gym		9:30AM-10:30AM (Active Older Adults (AOA)) <i>Dianne M.</i>					
PILATES 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>	
ZUMBA® 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>
AQUA IN MOTION Family Pool		9:45AM-10:45AM (Water Fitness) <i>YMCA S.</i>		9:45AM-10:45AM (Water Fitness) <i>YMCA S.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SCHEDULED PROGRAMMING: CHILD CARE Turf Gym		9:45AM-11:45AM (Gym)		10:30AM-2:45PM (Gym)			
TOTAL BODY STRONG Studio B		10:30AM-11:15AM (Strength) <i>Patty S.</i>		10:30AM-11:15AM (Strength) <i>Patty S.</i>			
OPEN SWIM 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)
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.)			
SCHEDULED PROGRAMMING: SWIM LESSONS Family Pool		4:00PM-7:00PM (Pool)	4:00PM-7:15PM (Pool)	2:30PM-7:00PM (Pool)	3:30PM-7:00PM (Pool)	8:30AM-12:00PM (Pool) 1:00PM-4:00PM (Pool)	8:30AM-12:00PM (Pool) 1:00PM-3:00PM (Pool)
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)
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.)			
GRIT™ STRENGTH Turf Gym		5:30PM-6:00PM (Strength) <i>Christina H.</i>					
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 GYM 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)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA CIRCUIT 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>		
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>		
SILVER SNEAKERS CIRCUIT 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>		
PARENT/CHILD TODDLER TIME Turf Gym			10:30AM-11:30AM (Gym)				
Les Mills CORE™ 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>
SILVER SNEAKERS CLASSIC Gym			11:30AM-12:30PM (Active Older Adults (AOA)) <i>Shari R.</i>				
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)
OPEN ART (AGES 18+) Innovation Station			6:30PM-8:00PM (S.T.E.A.M.)				
PICKLEBALL: ADULT Gym			6:30PM-8:45PM (Gym)	12:45PM-3:30PM (Gym)			
BOOM MUSCLE Gym				9:15AM-10:00AM (Active Older Adults (AOA)) <i>Patty S.</i>			
ACTIVE YOGA Studio C				11:15AM-12:15PM (Mind/Body) <i>Lisa R.</i>			
GRIT™ STRENGTH Studio B				5:00PM-5:30PM (Strength) <i>Rachel G.</i>			
POWER YOGA Studio C				6:00PM-7:00PM (Mind/Body) <i>Megan C.</i>			11:00AM-12:00PM (Mind/Body) <i>Lisa R.</i>
UPBEAT BARRE™ Studio C					9:30AM-10:15AM (Strength) <i>Jamie S.</i>		

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