



SCHOTTLAND FAMILY YMCA | July 7th - July 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)
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 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)
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-3:30PM (Gym) 6:00PM-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>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> 10:30AM-11:30AM (Strength) <i>Kristin H.</i> 4:00PM-4:30PM (Strength) <i>Jen N.</i> 5:30PM-6:30PM (Strength) <i>Sheila A.</i>	9:45AM-10:45AM (Strength) <i>Sarah M.</i> 12:00PM-1:00PM (Strength) <i>Diane R.</i>	5:30AM-6:15AM (Strength) <i>Becky F.</i> 10:30AM-11:30AM (Strength) <i>Christine H.</i> 4:00PM-5:00PM (Strength) <i>Sarah M.</i>	9:00AM-10:00AM (Strength) <i>Jermaine R.</i> 11:45AM-12:45PM (Strength) <i>Steve R.</i>	9:00AM-10:00AM (Strength) <i>Sheila A.</i> 10:15AM-11:15AM (Strength) <i>Mary J.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BOOTCAMP Turf Gym	5:45AM-6:30AM (Strength) <i>Sheila A.</i> 9:00AM-9:45AM (Strength) <i>Jenna W.</i>		5:45AM-6:30AM (Strength) <i>Christine H.</i> 9:30AM-10:15AM (Strength) <i>Christine H.</i>	9:00AM-9:45AM (Strength) <i>Jess C.</i>			8:30AM-9:15AM (Strength) <i>Justin D.</i>
GROUP CYCLE 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>	8:15AM-9:15AM (Cardio) <i>Kristen M.</i>
ACTIVE YOGA 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> 5:00PM-6:00PM (Mind/Body) <i>Anthony S.</i>	8:00AM-9:00AM (Mind/Body) <i>Susan A.</i> 10:30AM-11:30AM (Mind/Body) <i>YMCA S.</i>	8:30AM-9:30AM (Mind/Body) <i>Lynn K.</i>
OPEN GYM Turf Gym	6:30AM-7:45AM (Gym) 4:00PM-5:00PM (Gym) 6:45PM-8:45PM (Gym)		6:30AM-9:15AM (Gym) 11:00AM-3:30PM (Gym)	5:00AM-8:45AM (Gym) 11:00AM-2:00PM (Gym) 4:00PM-8:45PM (Gym)	6:30AM-9:15AM (Gym) 11:30AM-5:45PM (Gym) 6:45PM-8:45PM (Gym)	8:30AM-5:45PM (Gym)	9:30AM-4:45PM (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)
DEPOT Depot	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)
FEELING FIT Turf Gym	8:00AM-8:45AM (Active Older Adults (AOA)) <i>Christine H.</i>						
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>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>			
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 (Pickleball) 1:00PM-3:00PM (Pickleball)	8:45AM-11:15AM (Pickleball)	5:00PM-8:45PM (Pickleball)	12:30PM-3:30PM (Pickleball)			
BODYBALANCE™ Studio 3	9:00AM-10:00AM (Mind/Body) <i>Rachel S.</i> 6:15PM-7:15PM (Mind/Body) <i>Carol Q.</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>	
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>
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>		9:30AM-10:15AM (Water Fitness) <i>Audrey T.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FEELING FIT CIRCUIT Turf Gym	10:00AM-10:45AM (Active Older Adults (AOA)) <i>Alex H.</i>			10:00AM-10:45AM (Active Older Adults (AOA)) <i>Alex H.</i>			
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>		
BOXING for PARKINSONS Turf Gym	11:00AM-11:45AM (Active Older Adults (AOA)) <i>Lori B.</i>				10:30AM-11:15AM (Active Older Adults (AOA)) <i>Lori B.</i>		
S.T.E.A.M. STUDIO: OPEN Miller Art Studio	11:30AM-2:30PM (S.T.E.A.M.)		6:45PM-8:00PM (S.T.E.A.M.)	11:30AM-2:30PM (S.T.E.A.M.)	11:30AM-2:30PM (S.T.E.A.M.) 4:00PM-8:00PM (S.T.E.A.M.)	10:00AM-2:00PM (S.T.E.A.M.)	10:00AM-2:00PM (S.T.E.A.M.)
SCHEDULED PROGRAMMING: TURF GYM Turf Gym	12:00PM-1:00PM (Gym) 2:00PM-4:00PM (Gym)			2:00PM-4:00PM (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>	12:00PM-1:00PM (Mind/Body) <i>Daria M.</i> 6:45PM-7:45PM (Mind/Body) <i>Sandy P.</i>	6:45PM-7:45PM (Mind/Body) <i>Susan A.</i>	8:00AM-9:00AM (Mind/Body) <i>Lisa F.</i> 12:00PM-1:00PM (Mind/Body) <i>Barb D.</i>	12:45PM-1:45PM (Mind/Body) <i>YMCA S.</i>	9:45AM-10:45AM (Mind/Body) <i>Lynn K.</i> 11:45AM-12:45PM (Mind/Body) <i>Lisa F.</i>
STAYSTRONG: TRX CIRCUIT Studio 2	1:00PM-2:00PM (Mind/Body)	11:30AM-12:30PM (Mind/Body)		11:30AM-12:30PM (Mind/Body)			
FAMILY TIME Depot	2:15PM-3:30PM (Child Watch) 8:15PM-8:45PM (Child Watch)	2:15PM-3:30PM (Child Watch) 8:15PM-8:45PM (Child Watch)	2:15PM-3:30PM (Child Watch) 8:15PM-8:45PM (Child Watch)	2:15PM-3:30PM (Child Watch) 8:15PM-8:45PM (Child Watch)	2:15PM-3:30PM (Child Watch) 8:15PM-8:45PM (Child Watch)	2:15PM-4:45PM (Child Watch)	2:15PM-4:45PM (Child Watch)
ESPORTS AND GAMING : OPEN eSports & Gaming	4:30PM-8:00PM (Metro eSports Gaming)	4:30PM-8:00PM (Metro eSports Gaming)	4:30PM-8:00PM (Metro eSports Gaming)	4:30PM-8:00PM (Metro eSports Gaming)	4:30PM-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) Sheila A.					7:15AM-8:15AM (Strength) Sheila A.	
BODYCOMBAT™ Studio 2	5:30PM-6:30PM (Cardio) Steve R.					9:15AM-10:15AM (Cardio) Steve R.	9:00AM-10:00AM (Cardio) Mary J.
ZUMBA® Studio 2	6:45PM-7:45PM (Cardio) Bob D.	6:45PM-7:45PM (Cardio) Mari B.		5:15PM-6:15PM (Cardio) Mari B.	9:15AM-10:15AM (Cardio) Laurie N.	10:30AM-11:30AM (Cardio) Cathy T.	
GRIT™ CARDIO Family Gym		5:45AM-6:15AM (Cardio) Christine H.					
TRX CIRCUIT® Studio 2		5:45AM-6:30AM (Strength) Sheila A. 8:00AM-8:45AM (Strength) Bob D.		9:00AM-10:00AM (Strength) Christine H. 4:15PM-5:00PM (Strength) Sheila A.		7:15AM-7:45AM (Strength) Ericka W.	
DANCE FIT Studio 2		9:00AM-10:00AM (Cardio) Marie K.					
HIGH FITNESS Family Gym		9:00AM-10:00AM (Cardio) Anna B.		9:00AM-10:00AM (Cardio) Gil G.			
TOTAL BODY STRONG Turf Gym		9:00AM-9:45AM (Strength) Lisa B.					
GRIT™ ATHLETIC Turf Gym		10:00AM-10:30AM (Cardio) Lisa B.			6:00AM-6:30AM (Cardio) Ericka W.		
PARKINSON'S OPTIMAL WELLNESS Family Gym		10:15AM-11:00AM (Active Older Adults (AOA)) Janet P.		10:15AM-11:00AM (Active Older Adults (AOA)) Janet P.			
FEELING FIT Studio 2		10:15AM-11:00AM (Active Older Adults (AOA)) Alex H.	8:00AM-9:00AM (Active Older Adults (AOA)) Christine H.				
SILVER SNEAKERS CIRCUIT Family Gym		11:15AM-12:00PM (Active Older Adults (AOA)) Janet P.		11:15AM-12:00PM (Active Older Adults (AOA)) Janet P.			
BARRE Studio 3		11:45AM-12:45PM (Strength) Lisa B.	9:15AM-10:15AM (Strength) Darlene D.	8:45AM-9:30AM (Strength) Cathy T. 4:30PM-5:15PM (Strength) Heather D.		11:45AM-12:30PM (Strength) Cathy T.	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM East Gym		12:15PM-2:30PM (Gym)		9:30AM-11:45AM (Gym)			
QIGONG Studio 2		12:45PM-1:45PM (Mind/Body) <i>Joe L.</i>		12:45PM-1:45PM (Mind/Body) <i>Joe L.</i>			
TAI CHI Studio 2		2:00PM-3:00PM (Mind/Body) <i>Rick L.</i>		2:00PM-3:00PM (Mind/Body) <i>Rick L.</i>			
LU INTERACTIVE PROJECTOR Family Gym		3:30PM-6:00PM (Gym)			3:30PM-6:00PM (Gym)		
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>				
Golf: League Wed 8AM Facility-Schottland Family YMCA			8:00AM-12:00PM (Sports & Recreation)				
SCHEDULED PROGRAMMING: CHILD CARE Family Gym			9:00AM-9:45AM (Gym)				
LES MILLS BODYSTEP™ Studio 1			9:00AM-9:45AM (Cardio) <i>Lisa B.</i>			10:30AM-11:30AM (Cardio) <i>YMCA S.</i>	
CARDIO DANCE Studio 2			9:15AM-10:00AM (Cardio) <i>Lisa B.</i>				
SILVER SNEAKERS YOGA Family Gym			12:00PM-12:45PM (Active Older Adults (AOA)) <i>Deb M.</i>				
PICKLEBALL: YOUTH, TEEN, and ADULT (Ages 9+) Full Gym			1:00PM-3:00PM (Pickleball)				1:00PM-3:00PM (Pickleball)
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>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>
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>		
VOLLEYBALL: ADULT West Gym				10:00AM-12:00PM (Gym)			
HIGH FITNESS Studio 2				6:30PM-7:30PM (Cardio) <i>Erika H.</i>			
Les Mills CORE™ Studio 2					6:30AM-7:00AM (Strength) <i>Sheila A.</i>	8:30AM-9:00AM (Strength) <i>Sheila A.</i>	
UPBEAT BARRE™ Studio 3					9:15AM-10:15AM (Strength) <i>Gil G.</i>		
GRIT™ CARDIO Turf Gym					9:30AM-10:00AM (Cardio) <i>Lisa B.</i>		
STAYSTRONG: RESET Studio 2					10:30AM-11:30AM (Mind/Body) <i>Susan M.</i>		
PICKLEBALL: TEEN and ADULT (Ages 13+) Full Gym					12:30PM-3:30PM (Pickleball)	7:00AM-9:30AM (Pickleball)	8:00AM-11:00AM (Pickleball)
ZUMBA® Studio 1					5:15PM-6:15PM (Cardio) <i>Mari B.</i>		
FAMILY SWIM Exercise Pool					7:00PM-8:45PM (Pool)	2:00PM-5:30PM (Pool)	1:00PM-4:45PM (Pool)
GRIT™ ATHLETIC Studio 1						8:00AM-8:30AM (Cardio) <i>Dustin B.</i>	
FAMILY GYM: CLOSED FOR SCHEDULED PROGRAMMING Family Gym						5:00PM-6:00PM (Gym)	
TURF GYM: CLOSED FOR SCHEDULED PROGRAMMING Turf Gym						5:00PM-6:00PM (Gym)	

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



EASTSIDE FAMILY YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FAMILY TIME Adventure Center	5:00AM-8:30AM (Child Watch) 12:30PM-3:45PM (Child Watch)	5:00AM-8:30AM (Child Watch) 12:30PM-3:45PM (Child Watch)	5:00AM-8:30AM (Child Watch) 12:30PM-4:00PM (Child Watch)	5:00AM-10:30AM (Child Watch) 12:30PM-4:00PM (Child Watch)	5:00AM-8:30AM (Child Watch) 12:30PM-9:00PM (Child Watch)	5:00AM-8:15AM (Child Watch) 12:45PM-6:00PM (Child Watch)	12:45PM-5:00PM (Child Watch)
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)
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)	5:00AM-9:15AM (Pool) 2:30PM-4:45PM (Pool) 7:30PM-8:45PM (Pool)	7:00AM-9:00AM (Pool) 12:15PM-5:45PM (Pool)	8:00AM-9:00AM (Pool) 2:30PM-4:30PM (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)
OPEN GYM Family Gym	5:00AM-7:00AM (Gym) 12:30PM-8:45PM (Gym)	5:00AM-8:00AM (Gym) 12:30PM-3:45PM (Gym) 7:45PM-8:45PM (Gym)	5:00AM-6:45AM (Gym) 12:30PM-8:45PM (Gym)	5:00AM-8:00AM (Gym) 3:30PM-8:45PM (Gym)	5:00AM-8:00AM (Gym) 12:30PM-5:00PM (Gym) 7:45PM-8:45PM (Gym)		8:00AM-9:00AM (Gym)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>			
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: TEEN and ADULT (Ages 13+) Family Gym	7:30AM-10:00AM (Pickleball)	7:30AM-10:00AM (Pickleball)	7:30AM-10:00AM (Pickleball)	7:30AM-10:00AM (Pickleball)	7:30AM-10:00AM (Pickleball)		
PICKLEBALL: ADULT (Ages 18+) Gym	7:30AM-10:30AM (Pickleball)	7:30AM-10:30AM (Pickleball)	7:30AM-10:30AM (Pickleball)	7:30AM-10:30AM (Pickleball)	7:30AM-10:30AM (Pickleball)		
UPBEAT PILATES™ Mindbody	8:00AM-8:45AM (Mind/Body) <i>Jada J.</i> 4:15PM-5:15PM (Mind/Body) <i>Gil G.</i>		4:15PM-5:15PM (Mind/Body) <i>Anna B.</i>				
AQUA IN MOTION Family Pool	8:15AM-9:00AM (Water Fitness) <i>Sam R.</i>						
TOTAL BODY STRONG Studio	8:15AM-9:00AM (Strength) <i>Carol M.</i>				8:15AM-9:00AM (Strength) <i>Carol M.</i>		
ADVENTURE CENTER DROP OFF Adventure Center	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)	8:30AM-12:30PM (Child Watch)	8:30AM-12:30PM (Child Watch)
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))		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ACTIVE YOGA Mindbody 5:30PM-6:30PM (Mind/Body) <i>Kim S.</i>	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>
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>		
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) 4:15PM-7:30PM (Pool)	9:00AM-12:15PM (Pool)	9:00AM-2:30PM (Pool)
GROUP CYCLE Cycle Stadium	9:15AM-10:15AM (Cardio) <i>Lisa B.</i> 6:00PM-6:45PM (Cardio) <i>Meredith F.</i>	5:45AM-6:45AM (Cardio) <i>Karin K.</i>	9:15AM-10:15AM (Cardio) <i>Mindy A.</i> 6:00PM-6:45PM (Cardio) <i>Kim K.</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>			
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>	
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>
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>Tess M.</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>		
SILVER SNEAKERS CIRCUIT Family Gym	11:30AM-12:15PM (Active Older Adults (AOA)) <i>Sam R.</i>		11:30AM-12:15PM (Active Older Adults (AOA)) <i>Tess M.</i>				
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)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PICKLEBALL: TEEN and ADULT (Ages 13+) West Gym	2:00PM-4:00PM (Pickleball)						
OPEN GYM East Gym	2:00PM-4:00PM (Gym)				6:00PM-8:00PM (Gym)	2:00PM-4:00PM (Gym)	
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)		
BOOTCAMP Sports Performance Center		5:30AM-6:15AM (Strength) <i>Mikey V.</i>		5:30AM-6:15AM (Strength) <i>Mikey V.</i>			
CARDIO DANCE Mindbody		8:30AM-9:15AM (Cardio) <i>Sam R.</i>					
LES MILLS RPM® Cycle Stadium		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>
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>			
AQUA ZUMBA Large Pool		9:30AM-10:15AM (Water Fitness) <i>Alisa D.</i>					
SCHEDULED PROGRAMMING Adventure Center		10:00AM-11:30AM (Child Watch)		10:00AM-11:30AM (Child Watch)			
FEELING FIT Family Gym		10:30AM-11:15AM (Active Older Adults (AOA)) <i>Sam R.</i>		10:30AM-11:15AM (Active Older Adults (AOA)) <i>Sam R.</i>			

	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>Anthony S.</i>	9:00AM-10:00AM (Mind/Body) <i>Eva K.</i>		
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>				
UPBEAT LIFT™ Studio			6:15AM-7:00AM (Strength) <i>Gil G.</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>				
PICKLEBALL: ADULT (Ages 18+) West Gym			6:00PM-8:00PM (Pickleball)		6:00PM-8:00PM (Pickleball)		
BARRE Studio			6:30PM-7:15PM (Strength) <i>Heather R.</i>				
TAI CHI Mindbody			6:45PM-7:45PM (Mind/Body) <i>Kelly N.</i>				
UPBEAT BARRE™ Mindbody				8:30AM-9:15AM (Strength) <i>Anna B.</i>			
SILVER CYCLE Cycle Stadium				10:15AM-11:00AM (Active Older Adults (AOA)) <i>Sunny V.</i>			
WERQ® Studio				5:30PM-6:15PM (Cardio) <i>Laura C.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TEEN LEADERS Community Room				6:30PM-8:00PM (S.T.E.A.M.)			
GRIT™ CARDIO Sports Performance Center					5:30AM-6:00AM (Cardio) <i>Danielle B.</i>	7:15AM-7:45AM (Cardio) <i>Mikey V.</i>	
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>		
POWER YOGA Mindbody					4:30PM-5:30PM (Mind/Body) <i>Eva K.</i>		9:15AM-10:15AM (Mind/Body) <i>Eva K.</i>
STEP-CARDIO Studio						9:15AM-10:00AM (Cardio) <i>Frieda H.</i>	
CREATIVE CORNER Eastside Preschool Room A						10:00AM-2:00PM (Child Watch)	10:00AM-2:00PM (Child Watch)
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>
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>	
PICKLEBALL: FAMILY West Gym						2:00PM-4:00PM (Pickleball)	



WESTSIDE FAMILY YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN FUN FIT Fun Fit Room	5:30AM-4:30PM (Gym) 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)	5:30AM-10:00AM (Gym) 11:00AM-9:00PM (Gym)	5:30AM-9:00PM (Gym)	7:00AM-5:00PM (Gym)	8:00AM-4:00PM (Gym)
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-9:00AM (Child Watch) 12:15PM-9:00PM (Child Watch)	5:30AM-9:00PM (Child Watch)	7:00AM-5:00PM (Child Watch)	8:00AM-4:00PM (Child Watch)
FAMILY TIME Adventure Center	5:30AM-8:30AM (Child Watch) 12:00PM-4:00PM (Child Watch) 7:30PM-9:00PM (Child Watch)	5:30AM-8:30AM (Child Watch) 12:00PM-4:00PM (Child Watch) 7:30PM-9:00PM (Child Watch)	5:30AM-8:30AM (Child Watch) 12:00PM-4:00PM (Child Watch) 7:30PM-9:00PM (Child Watch)	5:30AM-8:30AM (Child Watch) 7:30PM-9:00PM (Child Watch)	5:30AM-8:30AM (Child Watch) 12:00PM-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) 9:00AM-9:55AM (Pool) 11:35AM-5:55PM (Pool) 7:00PM-8:45PM (Pool)	5:30AM-7:30AM (Pool) 8:30AM-11:25AM (Pool) 12:20PM-8:45PM (Pool)	7:00AM-4:45PM (Pool)	8:00AM-9:00AM (Pool) 12:30PM-3:45PM (Pool)
FAMILY SWIM Small Pool	5:30AM-5:00PM (Pool) 7:15PM-8:45PM (Pool)	5:30AM-5:00PM (Pool) 7:15PM-8:45PM (Pool)	5:30AM-5:00PM (Pool) 7:15PM-8:45PM (Pool)	5:30AM-5:00PM (Pool) 7:15PM-8:45PM (Pool)	5:30AM-8:45PM (Pool)	7:00AM-9:00AM (Pool) 12:15PM-4:45PM (Pool)	8:00AM-9:00AM (Pool) 12:15PM-3:45PM (Pool)
OPEN GYM Gym	5:30AM-8:30AM (Gym) 4:30PM-5:30PM (Gym)	5:30AM-8:30AM (Gym)	5:30AM-8:30AM (Gym) 4:30PM-5:30PM (Gym)	5:30AM-8:30AM (Gym)	5:30AM-8:30AM (Gym) 4:30PM-5:30PM (Gym)	7:00AM-8:45AM (Gym) 1:15PM-5:00PM (Gym)	10:30AM-4:00PM (Gym)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP™ Group Exercise Studio	5:45AM-6:45AM (Strength) <i>Darlene D.</i> 5:30PM-6:30PM (Strength) <i>Mary S.</i>		5:45AM-6:45AM (Strength) <i>Diane R.</i> 6:30PM-7:30PM (Strength) <i>Mary S.</i>		5:45AM-6:45AM (Strength) <i>Mary J.</i>		
WATER WALKING Large Pool	7:35AM-10:25AM (Pool) 12:20PM-4:00PM (Pool)	7:35AM-9:55AM (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)	
ADVENTURE CENTER DROP OFF Adventure Center	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)
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)
FEELING FIT Group Exercise Studio	8:30AM-9:30AM (Active Older Adults (AOA)) <i>Darlene C.</i>	8:30AM-9:15AM (Active Older Adults (AOA)) <i>Karen G.</i>					
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>				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>Maribel T.</i>	6:00PM-6:45PM (Water Fitness) <i>Andrea K.</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>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA FLOW Large Pool	11:30AM-12:15PM (Water Fitness) <i>Karin R.</i>				11:30AM-12:15PM (Water Fitness) <i>Karin R.</i>		
SCHEDULED PROGRAMMING: Child Care Gym	3:00PM-4:30PM (Gym)	3:00PM-5:15PM (Gym)	3:00PM-4:30PM (Gym)	3:00PM-5:15PM (Gym)	3:00PM-4:30PM (Gym)		
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)
HIIT Group Exercise Studio	4:15PM-5:15PM (Strength) <i>Tom C.</i>						
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)			
SCHEDULED PROGRAMMING: SWIM LESSONS Large Pool	5:00PM-8:00PM (Pool)	6:00PM-6:45PM (Pool)	8:30AM-9:30AM (Pool) 5:00PM-8:00PM (Pool)	6:00PM-6:45PM (Pool)		9:00AM-12:15PM (Pool)	9:00AM-12:15PM (Pool)
BASKETBALL: ADULT Gym	5:30PM-9:00PM (Gym)		7:30PM-9:00PM (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>	5:45PM-6:30PM (Cardio) <i>Angela S.</i>		9:00AM-9:45AM (Cardio) <i>Karin R.</i>	9:15AM-10:00AM (Cardio) <i>Angela S.</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>					
PICKLEBALL: TEEN and ADULT (Ages 13+) Gym		8:30AM-12:15PM (Pickleball)	5:30PM-7:30PM (Pickleball)	8:30AM-11:15AM (Pickleball)		10:15AM-1:15PM (Pickleball)	8:00AM-10:30AM (Pickleball)
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>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RIDE STRONG Cycle Studio		5:30PM-6:30PM (Cardio) <i>Angela S.</i>			7:00AM-8:00AM (Cardio) <i>Sarah L.</i> 7:00AM-8:00AM (Cardio) <i>Angela S.</i>		
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>Fatima A.</i>	
BASKETBALL: ADULT North Gym		6:30PM-9:00PM (Gym)		6:45PM-9:00PM (Gym)	5:30PM-9:00PM (Gym)		
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>			
TRX CIRCUIT® Group Exercise Studio			4:15PM-5:15PM (Strength) <i>Tom C.</i>				
BODYCOMBAT™ Group Exercise Studio			5:30PM-6:15PM (Cardio) <i>Sharon F.</i>				
SILVER SNEAKERS BOOM MUSCLE Gym				11:30AM-12:00PM (Active Older Adults (AOA)) <i>Andrea K.</i>			
STEP-CARDIO Group Exercise Studio				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>
UPBEAT PILATES™ Group Exercise Studio				5:15PM-6:15PM (Mind/Body) <i>Tia P.</i>			
BARRE Group Exercise Studio				6:30PM-7:15PM (Strength) <i>Heather D.</i>			
HIIT Gym					10:00AM-10:45AM (Strength) <i>Sadie B.</i>		

[illegible]



SANDS FAMILY YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FAMILY TIME Adventure Center	5:30AM-8:15AM (Child Watch) 1:30PM-3:45PM (Child Watch) 8:00PM-9:00PM (Child Watch)	5:30AM-8:15AM (Child Watch) 1:30PM-3:45PM (Child Watch) 8:00PM-9:00PM (Child Watch)	5:30AM-8:15AM (Child Watch) 1:30PM-3:45PM (Child Watch) 8:00PM-9:00PM (Child Watch)	5:30AM-8:15AM (Child Watch) 1:30PM-3:45PM (Child Watch) 8:00PM-9:00PM (Child Watch)	5:30AM-8:15AM (Child Watch) 1:30PM-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)
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-8:00AM (Pool)	8:00AM-10:30AM (Pool)
LAP SWIM Exercise Pool	5:30AM-8:00AM (Pool)	5:30AM-6:00AM (Pool) 8:00AM-12:00PM (Pool) 6:00PM-8:45PM (Pool)	5:30AM-8:00AM (Pool)	5:30AM-6:00AM (Pool) 8:00AM-12:00PM (Pool) 8:30PM-8:45PM (Pool)	5:30AM-8:00AM (Pool)	7:00AM-8:30AM (Pool)	8:00AM-8:30AM (Pool)
OPEN GYM North Gym	5:30AM-7:00AM (Gym) 3:45PM-9:00PM (Gym)	10:30AM-1:00PM (Gym) 3:45PM-8:00PM (Gym)		5:30AM-9:00AM (Gym) 10:30AM-1:00PM (Gym) 3:45PM-8:45PM (Gym)	5:30AM-7:00AM (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)
OPEN GYM South Gym	5:30AM-7:00AM (Gym) 3:45PM-9:00PM (Gym)	10:30AM-1:00PM (Gym) 3:45PM-8:00PM (Gym)		5:30AM-9:00AM (Gym) 10:30AM-1:00PM (Gym) 3:45PM-8:45PM (Gym)	5:30AM-7:00AM (Gym) 8:30AM-10:00AM (Gym) 12:45PM-5:30PM (Gym) 7:45PM-9:00PM (Gym)		11:15AM-4:00PM (Gym)
GRIT™ STRENGTH Studio B	5:45AM-6:15AM (Strength) <i>Lindsey M.</i>			5:00PM-5:30PM (Strength) <i>Rachel G.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GROUP CYCLE Studio A	5:45AM-6:30AM (Cardio) <i>Lori B.</i> 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>Amy J.</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>
PICKLEBALL: ADULT (Ages 18+) Gym	7:00AM-9:30AM (Pickleball)	1:00PM-3:30PM (Pickleball)		1:00PM-3:30PM (Pickleball)			
LAP SWIM (LIMITED LANES AVAILABLE) Exercise Pool	8:00AM-8:45PM (Pool)	6:00AM-8:00AM (Pool) 12:00PM-8:15PM (Pool)	8:00AM-8:45PM (Pool)	6:00AM-8:00AM (Pool) 12:00PM-8:15PM (Pool)	8:00AM-8:45PM (Pool)	8:30AM-4:45PM (Pool)	8:30AM-3:45PM (Pool)
OPEN SWIM Family Pool	8:00AM-8:45PM (Pool)	8:00AM-8:45PM (Pool)	8:00AM-8:45PM (Pool)	8:00AM-8:45PM (Pool)	8:00AM-8:45PM (Pool)	8:00AM-4:45PM (Pool)	8:00AM-3:45PM (Pool)
TRX BODY BLAST® Studio C	8:15AM-9:00AM (Strength)	8:30AM-9:15AM (Strength) <i>Lori B.</i> 4:45PM-5:30PM (Strength) <i>Colleen D.</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>		10:00AM-10:45AM (Strength) <i>Malinda S.</i>
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>		
ADVENTURE CENTER DROP OFF Adventure Center	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)
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)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>Amy J.</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>			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: NORTH GYM North Gym	10:00AM-12:45PM (Gym)	9:15AM-10:30AM (Gym)	10:00AM-12:45PM (Gym)	9:15AM-10:15AM (Gym)	10:00AM-12:45PM (Gym)		
SCHEDULED PROGRAMMING: SOUTH GYM South Gym	10:00AM-12:45PM (Gym)	9:15AM-10:30AM (Gym)	10:00AM-12:45PM (Gym)	9:15AM-10:15AM (Gym)	10:00AM-12:45PM (Gym)		
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>		
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>Allyson H.</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>		
OPEN SWIM Exercise Pool	10:30AM-8:30PM (Pool)	12:00PM-8:45PM (Pool)	10:45AM-8:45PM (Pool)	12:00PM-8:45PM (Pool)	10:45AM-8:45PM (Pool)	8:30AM-4:45PM (Pool)	8:30AM-3:45PM (Pool)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GENTLE YOGA Studio C	11:00AM-12:00PM (Mind/Body) <i>Romy C.</i>	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>	
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>				
OPEN GYM Turf Gym	11:45AM-5:15PM (Gym)	9:45AM-5:15PM (Gym) 6:15PM-8:45PM (Gym)	6:45AM-9:15AM (Gym) 11:45AM-5:15PM (Gym) 7:30PM-9:00PM (Gym)		6:30AM-9:15AM (Gym) 10:30AM-5:30PM (Gym) 7:30PM-9:00PM (Gym)		3:00PM-4:00PM (Gym)
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>			
RIDE STRONG Studio A	12:00PM-1:00PM (Cardio) <i>Erin B.</i>				7:30AM-8:30AM (Cardio) <i>Taryn W.</i> 12:00PM-1:00PM (Cardio) <i>Erin B.</i>		
SCHEDULED PROGRAMMING: PICKLEBALL LESSONS Gym	12:40PM-1:50PM (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>	
PICKLEBALL: TEEN and ADULT (Ages 13+) Gym	1:50PM-3:30PM (Pickleball)		6:30PM-8:45PM (Pickleball)				
OPEN ART Innovation Station	5:00PM-7:00PM (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>						
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)						
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>					
TOTAL BODY STRONG Studio B		10:30AM-11:15AM (Strength) <i>Patty S.</i>		10:30AM-11:15AM (Strength) <i>Patty S.</i>			
GROUP FIGHT® Studio B		5:00PM-6:00PM (Cardio) <i>Carrie Q.</i>		8:45AM-9:45AM (Cardio) <i>Kristin W.</i>		8:30AM-9:30AM (Cardio) <i>Rachel G.</i>	
TWEEN TIME (AGES 8-12) Innovation Station		5:00PM-7:00PM (S.T.E.A.M.)		5:00PM-7:00PM (S.T.E.A.M.)			
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)		
PICKLEBALL: SKILLS and DRILLS South Gym			5:30AM-10:00AM (Pickleball)				
OPEN SCIENCE Innovation Station			5:00PM-7:00PM (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)
PROJECTION GAMES Turf Gym			6:30PM-7:30PM (Gym)		5:30PM-7:30PM (Gym)	1:00PM-3:00PM (Gym)	1:00PM-3:00PM (Gym)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BOOM MUSCLE Gym				9:15AM-10:00AM (Active Older Adults (AOA)) <i>Patty S.</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>	11:15AM-12:00PM (Strength) <i>Jamie S.</i>	
SILVER SNEAKERS YOGA Gym					11:30AM-12:30PM (Active Older Adults (AOA)) <i>Shari R.</i>		
PICKLEBALL: FAMILY (All Ages) South Gym					5:30PM-7:30PM (Pickleball)		
FAMILY TIME Turf Gym					5:30PM-7:30PM (Child Watch)	1:00PM-3:00PM (Child Watch)	1:00PM-3:00PM (Child Watch)
GRIT™ ATHLETIC Studio B						7:45AM-8:15AM (Cardio) <i>Carrie Q.</i>	
POWERZONE RIDE Studio A						9:00AM-10:00AM (Cardio) <i>Amy J.</i>	
TAI CHI Studio B						11:00AM-12:00PM (Mind/Body) <i>Eric O.</i>	
INTERMEDIATE TAI CHI Studio B						12:15PM-1:15PM (Mind/Body) <i>Eric O.</i>	
PICKLEBALL: YOUTH, TEEN, and ADULT (Ages 9+) Gym							8:00AM-11:00AM (Pickleball)



NORTHWEST FAMILY YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 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)
OPEN GYM Gym	5:30AM-6:30AM (Gym) 10:45AM-11:15AM (Gym) 2:30PM-8:45PM (Gym) 5:30PM-8:45PM (Gym)	5:30AM-6:30AM (Gym) 5:30AM-6:30AM (Gym) 11:15AM-12:00PM (Gym) 11:15AM-12:00PM (Gym) 2:30PM-4:30PM (Gym) 2:30PM-8:45PM (Gym)	1:00PM-6:00PM (Gym) 2:30PM-4:30PM (Gym)	5:30AM-6:00AM (Gym) 11:30AM-12:30PM (Gym) 2:30PM-4:30PM (Gym) 2:30PM-8:45PM (Gym)	5:30AM-6:30AM (Gym) 10:30AM-11:15AM (Gym) 2:30PM-8:45PM (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 (Ages 18+) Gym	6:30AM-9:00AM (Pickleball)	6:30AM-10:00AM (Pickleball)	5:30AM-7:45AM (Pickleball)	6:00AM-10:00AM (Pickleball)	6:30AM-9:00AM (Pickleball)	7:00AM-11:00AM (Pickleball)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)		
MYSTERY CAVERN Mystery Cavern	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)		
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>			
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>						
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>		
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: YOUTH, TEEN, and ADULT (Ages 9+) Gym	12:45PM-2:30PM (Pickleball)	12:00PM-2:30PM (Pickleball)	6:00PM-8:45PM (Pickleball)	12:30PM-2:30PM (Pickleball)	12:45PM-2:30PM (Pickleball)		8:00AM-11:00AM (Pickleball)
UPBEAT LIFT™ Aerobics Studio	5:30PM-6:15PM (Strength) <i>Tia P.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYCOMBAT™ Aerobics Studio	6:30PM-7:30PM (Cardio) <i>Sharon F.</i>		5:45AM-6:45AM (Cardio) <i>Darlene D.</i> 5:30PM-6:30PM (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)
BOOTCAMP Aerobics Studio		5:45AM-6:45AM (Strength) <i>Darlene D.</i>	9:15AM-10:00AM (Strength) <i>Carole N.</i>				
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>			
GENTLE YOGA Aerobics Studio		8:00AM-9:00AM (Mind/Body) <i>Michelle C.</i>	7:00AM-7:45AM (Mind/Body) <i>Rebecca P.</i> 6:40PM-7:40PM (Mind/Body) <i>Lisa C.</i>	8:00AM-9:00AM (Mind/Body) <i>Michelle C.</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>			
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>
CIRCUIT TRAINING Gym			8:00AM-8:45AM (Strength) <i>Carole N.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TAI CHI Gym			10:00AM-10:45AM (Mind/Body) <i>Bob D.</i>		9:15AM-10:15AM (Mind/Body) <i>Bob D.</i>		
STEP-CARDIO Aerobics Studio			10:15AM-11:00AM (Cardio) <i>Becky V.</i>			9:15AM-10:15AM (Cardio) <i>YMCA S.</i>	
BASKETBALL: OLDER ADULT East Gym			11:00AM-1:00PM (Gym)				
OPEN GYM West 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>			
SILVER SNEAKERS YOGA Gym				10:15AM-11:00AM (Active Older Adults (AOA)) <i>Dorrell G.</i>			
ZUMBA® Aerobics Studio				11:30AM-12:15PM (Cardio) <i>Glenda M.</i>			
HIIT Aerobics Studio					8:00AM-8:45AM (Strength) <i>Carole N.</i>		
BARRE Aerobics Studio					9:15AM-10:00AM (Strength) <i>Sherry C.</i>		
PILATES Aerobics Studio						10:30AM-11:30AM (Mind/Body) <i>LeeAnn M.</i>	
WATER WALKING Warm Water Pool							8:00AM-10:00AM (Pool)



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM Gym	5:30AM-6:00AM (Gym) 7:00AM-9:30AM (Gym) 4:00PM-6:00PM (Gym)	5:30AM-9:30AM (Gym) 3:00PM-9:00PM (Gym)	5:30AM-6:00AM (Gym) 7:00AM-9:30AM (Gym) 4:00PM-9:00PM (Gym)	5:30AM-8:00AM (Gym) 4:00PM-6:00PM (Gym)	5:30AM-6:00AM (Gym) 7:00AM-9:30AM (Gym) 4:00PM-9:00PM (Gym)	7:00AM-8:00AM (Gym) 9:00AM-12:00PM (Gym)	8:45AM-2:00PM (Gym)
LAP SWIM (LIMITED LANES AVAILABLE) Indoor Pool	6:00AM-7:30AM (Pool)		6:00AM-7:30AM (Pool)	7:30PM-8:45PM (Pool)	7:30AM-8:30AM (Pool)		
SCHEDULED PROGRAMMING: MASTERS SWIM Indoor Pool	6:00AM-7:30AM (Pool)		6:00AM-7:30AM (Pool)	7:30PM-8:45PM (Pool)	7:30AM-8:30AM (Pool)		
WATER WALKING (LIMITED LANES AVAILABLE) Indoor Pool	6:00AM-7:30AM (Pool)		6:00AM-7:30AM (Pool)	7:30PM-8:45PM (Pool)	7:30AM-8:30AM (Pool)		
BASKETBALL: ADULT Gym	6:00AM-7:00AM (Gym)		6:00AM-7:00AM (Gym)		6:00AM-7:00AM (Gym)		
WATER WALKING Indoor Pool	7:30AM-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)	6:00AM-7:30AM (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-7:30PM (Pool)	5:45AM-7:30AM (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)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LAP SWIM Indoor Pool	7:30AM-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)	7:30AM-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)	5:45AM-7:30AM (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)
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>		
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>Kathy 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>		
FEELING FIT Gym	10:30AM-11:15AM (Active Older Adults (AOA)) <i>Karen G.</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)
PICKLEBALL: ADULT (Ages 18+) Gym	1:00PM-4:00PM (Pickleball)	12:00PM-3:00PM (Pickleball)	11:30AM-3:00PM (Pickleball)	11:30AM-3:45PM (Pickleball)	11:00AM-3:00PM (Pickleball)		
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)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>
PICKLEBALL: TEEN and ADULT (Ages 13+) Gym	6:00PM-9:00PM (Pickleball)			7:00PM-9:00PM (Pickleball)		12:00PM-5:00PM (Pickleball)	
ACTIVE YOGA Group Exercise Studio	6:00PM-6:45PM (Mind/Body) <i>Andrea A.</i>						
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>			
GROUP CYCLE Cycle Studio		9:00AM-9:45AM (Cardio) <i>Lisa C.</i>				7:15AM-8:00AM (Cardio) <i>YMCA S.</i>	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>Kathy N.</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>	
UPBEAT BARRE™ Group Exercise Studio		5:00PM-5:45PM (Strength) <i>Anna B.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYBALANCE™ Group Exercise Studio		6:30PM-7:15PM (Mind/Body) <i>Carol Q.</i>	10:15AM-11:00AM (Mind/Body) <i>Mary C.</i>				
HIIT Group Exercise Studio			5:40AM-6:10AM (Strength) <i>Danielle B.</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>				
AQUA FLOW Indoor Pool			11:30AM-12:15PM (Water Fitness) <i>Mary C.</i>				
BARRE Group Exercise Studio			6:00PM-6:45PM (Strength) <i>Heather D.</i>	7:45AM-8:30AM (Strength) <i>Lucy V.</i>			
JUMPING PILLOW Jumping Pillow			6:00PM-8:00PM (Gym)	6:00PM-8:00PM (Gym)	6:00PM-8:00PM (Gym)	1:00PM-4:00PM (Gym)	1:00PM-4:00PM (Gym)
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>			
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>		
BOOTCAMP Gym						8:15AM-9:00AM (Strength) <i>Mikey V.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GRIT™ CARDIO Gym							8:10AM-8:40AM (Cardio) <i>Danielle B.</i>



CORNING FAMILY YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM Gym A	5:30AM-7:00AM (Gym)	5:30AM-7:00AM (Gym)	5:30AM-7:00AM (Gym)	5:30AM-7:00AM (Gym)	5:30AM-7:00AM (Gym)		10:00AM-2:00PM (Gym)
PICKLEBALL: ADULT (Ages 18+) Gym B	5:30AM-7:00AM (Pickleball)	5:30AM-7:00AM (Pickleball)	5:30AM-7:00AM (Pickleball)	5:30AM-7:00AM (Pickleball)	5:30AM-7:00AM (Pickleball)		
RACQUETBALL Racquetball Court 1	6:00AM-9:00PM (Gym)	6:00AM-9:00PM (Gym)	6:00AM-9:00PM (Gym)	6:00AM-9:00PM (Gym)	6:00AM-9:00PM (Gym)	7:00AM-4:45PM (Gym)	8:00AM-1:45PM (Gym)
RACQUETBALL Racquetball Court 2	6:00AM-9:00PM (Gym)	6:00AM-9:00PM (Gym)	6:00AM-9:00PM (Gym)	6:00AM-9:00PM (Gym)	6:00AM-9:00PM (Gym)	7:00AM-4:45PM (Gym)	8:00AM-1:45PM (Gym)
BODYPUMP™ Studio A	6:00AM-7:00AM (Strength) <i>Blair G.</i>	6:45PM-7:45PM (Strength) <i>Blair G.</i>	6:00AM-7:00AM (Strength) <i>Blair G.</i>	5:30PM-6:30PM (Strength) <i>Maria A.</i>		9:00AM-10:00AM (Strength) <i>YMCA S.</i>	9:00AM-10:00AM (Strength) <i>Blair G.</i>
SCHEDULED PROGRAMMING: DAY CAMP Gym	7:00AM-8:45AM (Gym)	7:00AM-8:45AM (Gym)	7:00AM-8:45AM (Gym)	7:00AM-8:45AM (Gym)	7:00AM-10:00AM (Gym)		
CHILD WATCH Child Watch	8:30AM-12:00PM (Child Watch) 4:00PM-8:00PM (Child Watch)	8:30AM-12:00PM (Child Watch) 4:00PM-8:00PM (Child Watch)	8:30AM-12:00PM (Child Watch) 4:00PM-8:00PM (Child Watch)	8:30AM-12:00PM (Child Watch) 4:00PM-8:00PM (Child Watch)	8:30AM-12:00PM (Child Watch) 4:00PM-8:00PM (Child Watch)	8:30AM-12:00PM (Child Watch)	
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)
PICKLEBALL: ADULT (Ages 18+) Gym	9:00AM-11:00AM (Pickleball)	9:00AM-11:00AM (Pickleball)	9:00AM-11:00AM (Pickleball)	9:00AM-11:00AM (Pickleball)	10:00AM-12:00PM (Pickleball)		
TOTAL BODY STRONG Studio A	9:00AM-10:00AM (Strength) <i>Deb F.</i>						
BODYBALANCE™ Studio A	10:30AM-11:30AM (Mind/Body) <i>Louisa L.</i>						
AQUA FIT Pool	10:30AM-11:30AM (Water Fitness) <i>Christy N.</i>		10:30AM-11:30AM (Water Fitness) <i>Christy N.</i>		10:30AM-11:30AM (Water Fitness) <i>Christy N.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM Gym	11:00AM-12:00PM (Gym)	11:00AM-1:00PM (Gym) 3:00PM-4:00PM (Gym)	11:00AM-12:00PM (Gym) 7:45PM-8:45PM (Gym)	1:00PM-4:00PM (Gym)	1:30PM-4:00PM (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)		
FEELING FIT Studio A	1:00PM-2:00PM (Active Older Adults (AOA)) <i>Linda B.</i>						
SCHEDULED PROGRAMMING: DAY CAMP Gym A	1:30PM-6:00PM (Gym)	4:00PM-6:00PM (Gym)	1:30PM-6:00PM (Gym)	4:00PM-6:00PM (Gym)	4:00PM-6:00PM (Gym)		
OPEN GYM Gym B	1:30PM-6:00PM (Gym)		1:30PM-6:00PM (Gym)				1:00PM-2:00PM (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>
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)			
ADVENTURE CENTER DROP OFF Adventure Center		4:00PM-8:00PM (Child Watch)		4:00PM-8:00PM (Child Watch)			
ACTIVE YOGA Studio A		5:30PM-6:30PM (Mind/Body) <i>Deb L.</i>	7:00PM-8:00PM (Mind/Body) <i>Danyell P.</i>	6:45PM-7:45PM (Mind/Body) <i>Danyell P.</i>			10:30AM-11:30AM (Mind/Body) <i>YMCA S.</i>
SOCCER: ADULT Gym		7:15PM-8:45PM (Gym)					
Les Mills CORE™ Studio A			9:00AM-9:45AM (Strength) <i>Kari F.</i>		9:00AM-9:45AM (Strength) <i>Kari F.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ZUMBA GOLD® Studio A			1:00PM-2:00PM (Active Older Adults (AOA)) <i>Linda B.</i>		1:00PM-2:00PM (Active Older Adults (AOA)) <i>Linda B.</i>		
VOLLEYBALL: ADULT Gym				6:00PM-8:45PM (Gym)			
BADMINTON: ADULT Gym					6:00PM-8:45PM (Gym)		



MAPLEWOOD FAMILY YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WATER WALKING Pool	6:00AM-8:30AM (Pool)	6:00AM-8:30AM (Pool)	6:00AM-8:30AM (Pool)	6:00AM-9:00AM (Pool)	6:00AM-8:30AM (Pool)	7:00AM-9:15AM (Pool)	9:00AM-11:30AM (Pool)
LAP SWIM Pool	6:00AM-8:30AM (Pool) 9:15AM-11:00AM (Pool) 3:45PM-8:45PM (Pool)	6:00AM-11:00AM (Pool) 2:30PM-4:00PM (Pool) 7:30PM-8:45PM (Pool)	6:00AM-8:30AM (Pool) 9:15AM-11:00AM (Pool) 12:30PM-5:10PM (Pool) 7:30PM-8:45PM (Pool)	6:00AM-10:30AM (Pool) 2:00PM-4:00PM (Pool) 7:30PM-8:45PM (Pool)	6:00AM-7:30AM (Pool) 9:15AM-11:00AM (Pool) 3:30PM-5:15PM (Pool) 7:30PM-8:45PM (Pool)	7:00AM-9:30AM (Pool) 10:30AM-12:30PM (Pool) 1:30PM-2:45PM (Pool)	9:00AM-1:45PM (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-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)
SCHEDULED PROGRAMMING: WEST GYM East Gym	8:00AM-9:30AM (Gym)				11:30AM-1:30PM (Gym)		
PICKLEBALL: ADULT (Ages 18+) East Gym	8:00AM-9:30AM (Pickleball)						
ACTIVE YOGA Studio	8:15AM-9:15AM (Mind/Body) <i>Lisa R.</i>				9:15AM-10:15AM (Mind/Body) <i>Daria M.</i>		9:30AM-10:30AM (Mind/Body) <i>Hannah G.</i>
LAP SWIM (LIMITED LANES AVAILABLE) Pool	8:30AM-9:15AM (Pool) 11:00AM-3:30PM (Pool)	11:00AM-2:30PM (Pool) 4:00PM-7:30PM (Pool)	11:00AM-12:30PM (Pool) 5:10PM-7:30PM (Pool)	10:30AM-2:00PM (Pool) 4:00PM-7:30PM (Pool)	8:30AM-9:15AM (Pool) 11:00AM-3:30PM (Pool) 5:30PM-7:15PM (Pool)	9:30AM-10:30AM (Pool) 12:30PM-1:30PM (Pool)	11:30AM-1:30PM (Pool)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>		
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)	
OPEN SWIM Pool	9:30AM-11:00AM (Pool)	8:30AM-10:00AM (Pool) 2:45PM-4:00PM (Pool)	9:30AM-11:00AM (Pool)	2:15PM-4:00PM (Pool)	9:30AM-11:00AM (Pool)		
GENTLE YOGA Studio	9:30AM-10:30AM (Mind/Body) <i>Lisa R.</i>	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>			
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>		
SCHEDULED PROGRAMMING: POOL Pool	11:00AM-12:30PM (Pool) 1:30PM-3:30PM (Pool)	11:00AM-12:00PM (Pool) 12:30PM-2:30PM (Pool)	11:00AM-12:30PM (Pool)	10:30AM-11:30AM (Pool) 12:30PM-2:00PM (Pool)	11:00AM-12:30PM (Pool) 1:30PM-3:30PM (Pool)		
ZUMBA GOLD® Gym	11:30AM-12:15PM (Active Older Adults (AOA)) <i>Melissa R.</i>						
OPEN GYM East Gym	1:30PM-4:00PM (Gym)	1:30PM-4:00PM (Gym) 5:00PM-8:00PM (Gym)	1:30PM-4:00PM (Gym)	1:30PM-4:00PM (Gym) 5:00PM-8:00PM (Gym)	11:30AM-4:00PM (Gym)	7:00AM-12:00PM (Gym)	9:00AM-12:00PM (Gym)
PICKLEBALL: ADULT (Ages 18+) West Gym	1:30PM-4:00PM (Pickleball)	1:30PM-4:00PM (Pickleball)	1:30PM-4:00PM (Pickleball)	1:30PM-4:00PM (Pickleball)	1:30PM-4:00PM (Pickleball)	7:00AM-9:00AM (Pickleball)	9:00AM-10:30AM (Pickleball)
FAMILY SWIM Pool	4:00PM-8:45PM (Pool)	4:00PM-8:45PM (Pool)	4:00PM-8:45PM (Pool)	4:00PM-8:45PM (Pool)	4:00PM-8:45PM (Pool)	12:45PM-2:45PM (Pool)	11:30AM-1:00PM (Pool)
PILATES Studio	5:30PM-6:15PM (Mind/Body) <i>Sheri D.</i>						
TRX CIRCUIT® Studio	6:30PM-7:30PM (Strength) <i>Tom C.</i>	7:00AM-7:45AM (Strength) <i>Gina W.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>			
FEELING FIT Studio		11:00AM-12:00PM (Active Older Adults (AOA)) <i>Tamara S.</i>			11:15AM-12:00PM (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)			
TOTAL BODY STRONG Studio		6:00PM-7:00PM (Strength) <i>Margot S.</i>					
PICKLEBALL: ADULT (Ages 18+) Gym			8:00AM-9:30AM (Pickleball)		8:00AM-9:30AM (Pickleball)		
RESTORATIVE YOGA Studio			10:30AM-11:15AM (Mind/Body) <i>Sandra K.</i>				
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>			
ZUMBA® STEP Studio				5:00PM-5:45PM (Cardio) <i>Melissa R.</i>			
HIIT Studio				6:00PM-6:30PM (Strength) <i>Carole N.</i>			
BASKETBALL: ADULT West Gym						9:00AM-12:00PM (Gym)	10:30AM-12:00PM (Gym)
ESPORTS AND GAMING : OPEN eSports & Gaming						11:00AM-3:00PM (Metro eSports Gaming)	11:00AM-2:00PM (Metro eSports Gaming)



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SILVER SNEAKERS CLASSIC Group Exercise Floor	9:00AM-9:50AM (Active Older Adults (AOA)) YMCA S.		9:00AM-9:50AM (Active Older Adults (AOA)) YMCA S.		9:00AM-9:50AM (Active Older Adults (AOA)) YMCA S.		
SILVER SNEAKERS CIRCUIT Group Exercise Floor		9:00AM-9:45AM (Active Older Adults (AOA)) YMCA S.					
GENTLE YOGA (CHAIR) Group Exercise Floor			10:15AM-11:00AM (Mind/Body) Cindi R.		10:15AM-11:00AM (Mind/Body) Cindi R.		
SILVER SNEAKERS YOGA Group Exercise Floor				10:15AM-11:00AM (Active Older Adults (AOA)) Cindi R.			



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CIRCUIT TRAINING Studio 2	9:15AM-10:00AM (Strength) <i>Mindy A.</i>						
GROUP CYCLE Courtyard/Studio 1	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>			
PILATES Courtyard/Studio 1		8:00AM-8:45AM (Mind/Body) <i>Jenna M.</i>					
ZUMBA® Group Exercise Studio		9:30AM-10:30AM (Cardio) <i>Meghana L.</i>				10:30AM-11:30AM (Cardio) YMCA S.	
HIIT Courtyard/Studio 1		12:00PM-12:30PM (Strength) <i>Jenna M.</i>		12:00PM-12:30PM (Strength) <i>Jenna M.</i>			
BODYCOMBAT™ Studio 2		5:30PM-6:30PM (Cardio) <i>Kathy F.</i>		5:30PM-6:30PM (Cardio) <i>Kathy F.</i>			
ACTIVE YOGA Courtyard/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 Courtyard/Studio 2					6:30PM-7:30PM (Mind/Body) <i>Daria M.</i>		