



## BAY VIEW FAMILY YMCA | April 21st - April 27th

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

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<b>AQUA FIT</b> 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>		
<b>STEP-INTERVAL</b> Group Exercise Studio	9:00AM-9:45AM (Cardio) <i>Marianne A.</i>						
<b>GENTLE YOGA</b> Group Exercise Studio	10:15AM-11:00AM (Mind/Body) <i>Kathi N.</i>				10:15AM-11:00AM (Mind/Body) <i>Daphne M.</i>		11:30AM-12:30PM (Mind/Body) <i>Daria M.</i>
<b>AQUA IN MOTION</b> Indoor Pool	10:20AM-11:05AM (Water Fitness)  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>		
<b>FEELING FIT</b> Gym	10:30AM-11:15AM (Active Older Adults (AOA)) <i>Karen G.</i>						
<b>FAMILY TIME</b> 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)
<b>FAMILY SWIM</b> 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)
<b>SCHEDULED PROGRAMMING: GYM</b> Gym	4:00PM-5:00PM (Gym)	4:00PM-7:00PM (Gym)	4:00PM-5:00PM (Gym)	4:00PM-5:00PM (Gym)	4:00PM-5:00PM (Gym)		
<b>SCHEDULED PROGRAMMING: POOL</b> Indoor Pool	4:00PM-7:00PM (Pool)	5:40PM-7:45PM (Pool)	6:00PM-8:05PM (Pool)		4:00PM-6:05PM (Pool)	9:30AM-12:30PM (Pool)	
<b>BODYPUMP™</b> 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>

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<b>Les Mills CORE™</b> 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>
<b>ACTIVE YOGA</b> Group Exercise Studio	6:00PM-6:45PM (Mind/Body) <i>Andrea A.</i>						
<b>AQUA BOOT CAMP</b> Indoor Pool		8:30AM-9:00AM (Water Fitness) <i>Mary C.</i>  5:00PM-5:30PM (Water Fitness) <i>Lisa M.</i>		8:30AM-9:00AM (Water Fitness) <i>Mary C.</i>		8:30AM-9:00AM (Water Fitness) <i>Andrea A.</i>	
<b>GROUP CYCLE</b> 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>
<b>SILVER SNEAKERS CIRCUIT</b> 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>			
<b>SILVER SNEAKERS CLASSIC</b> Gym		10:30AM-11:15AM (Active Older Adults (AOA)) <i>Marlene C.</i>		10:30AM-11:15AM (Active Older Adults (AOA)) <i>Marianne A.</i>			
<b>SILVER SNEAKERS SPLASH</b> Indoor Pool		11:15AM-12:00PM (Water Fitness) <i>Mary C.</i>		11:15AM-12:00PM (Water Fitness) <i>Mary C.</i>			
<b>PILATES</b> 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>	
<b>PICKLEBALL: BEGINNER OPEN</b> Gym		1:00PM-3:00PM (Gym)		11:30AM-1:30PM (Gym)			
<b>UPBEAT BARRE™</b> Group Exercise Studio		5:00PM-5:45PM (Strength) <i>Anna B.</i>					
<b>BODYBALANCE™</b> Group Exercise Studio		6:30PM-7:15PM (Mind/Body) <i>Carol Q.</i>	10:15AM-11:00AM (Mind/Body) <i>Mary C.</i>				
<b>HIIT</b> Group Exercise Studio			5:40AM-6:10AM (Strength) <i>Danielle B.</i>				
<b>CIRCUIT TRAINING</b> Group Exercise Studio			9:00AM-9:45AM (Strength) <i>Lisa C.</i>				

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<b>ZUMBA GOLD®</b> Gym			10:30AM-11:15AM (Active Older Adults (AOA)) <i>Victoria S.</i>				
<b>AQUA FLOW</b> Indoor Pool			11:30AM-12:15PM (Water Fitness) <i>Mary C.</i>				
<b>PICKLEBALL: OPEN</b> Gym			11:30AM-3:00PM (Gym)	1:30PM-3:45PM (Gym)  7:00PM-8:50PM (Gym)	11:00AM-3:00PM (Gym)		
<b>BARRE</b> Group Exercise Studio			6:00PM-6:45PM (Strength) <i>Heather D.</i>	7:45AM-8:30AM (Strength) <i>Lucy V.</i>	6:00AM-6:45AM (Strength) <i>Heather D.</i>		
<b>CORE</b> Group Exercise Studio				7:00AM-7:30AM (Strength) <i>Lucy V.</i>			
<b>GENTLE YOGA (CHAIR)</b> Gym				8:30AM-9:15AM (Mind/Body) <i>Marianne A.</i>			
<b>RIDE STRONG</b> Cycle Studio				8:45AM-9:45AM (Cardio) <i>Lisa C.</i>  4:30PM-5:25PM (Cardio) <i>Andrea A.</i>			
<b>POWER YOGA</b> Group Exercise Studio				5:35PM-6:20PM (Mind/Body) <i>Andrea A.</i>			
<b>Leaders Club</b> Facility-Bay View Family YMCA				6:30PM-8:00PM (Sports & Recreation)			
<b>STEP-CARDIO</b> Group Exercise Studio					9:00AM-9:45AM (Cardio) <i>Marianne A.</i>	9:15AM-10:00AM (Cardio) <i>Heather D.</i>	
<b>TRX BODY BLAST®</b> Group Exercise Studio					11:15AM-12:00PM (Strength) <i>Daphne M.</i>		
<b>BOOTCAMP</b> Gym						8:15AM-9:00AM (Strength) <i>Mikey V.</i>	
<b>GRIT™ CARDIO</b> Gym							8:10AM-8:40AM (Cardio) <i>Danielle B.</i>