



BAY VIEW FAMILY YMCA | September 1st - September 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM Gym		5:30AM-7:00AM (Gym) 3:00PM-9:00PM (Gym)	5:30AM-6:00AM (Gym) 7:00AM-9:00AM (Gym) 5:00PM-9:00PM (Gym)	5:30AM-8:00AM (Gym) 5:00PM-6:00PM (Gym)	5:30AM-6:00AM (Gym) 7:00AM-9:00AM (Gym) 5:00PM-9:00PM (Gym)	7:00AM-8:00AM (Gym) 9:00AM-12:00PM (Gym)	8:45AM-2:00PM (Gym)
WATER WALKING Indoor 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)
BODYPUMP™ Group Exercise Studio		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>
LAP SWIM Indoor 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-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)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)	9:00AM-1:00PM (Child Watch)	9:00AM-1:00PM (Child Watch)
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>		8:30AM-9:30AM (Water Fitness) <i>Andrea A.</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>			
AQUA IN MOTION Indoor Pool		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>		
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>Kate S.</i>	
PICKLEBALL: ADULT (Ages 18+) Gym		12:00PM-3:00PM (Pickleball)	11:30AM-3:00PM (Pickleball)	11:30AM-3:45PM (Pickleball)	11:00AM-3:00PM (Pickleball)		
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)	1:15PM-4:15PM (Child Watch)	1:00PM-1:45PM (Child Watch)
UPBEAT BARRE™ Group Exercise Studio		5:00PM-5:45PM (Strength) <i>Anna B.</i>					
FAMILY SWIM Indoor Pool		5:40PM-7:45PM (Pool)				12:30PM-4:45PM (Pool)	11:00AM-1:45PM (Pool)

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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>				
LAP SWIM (LIMITED LANES AVAILABLE) Indoor 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)	7:30PM-8:45PM (Pool)	7:30AM-8:30AM (Pool)		
WATER WALKING (LIMITED LANES AVAILABLE) Indoor 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)		
Les Mills CORE™ Group Exercise Studio			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>
AQUA FIT Indoor Pool			8:30AM-9:15AM (Water Fitness) <i>Mary C.</i>		8:30AM-9:15AM (Water Fitness) <i>Elizabeth F.</i>		
CIRCUIT TRAINING Group Exercise Studio			9:00AM-9:45AM (Strength) <i>Lisa C.</i>				
SCHEDULED PROGRAMMING: UPK West Gym			9:00AM-9:30AM (Gym)		9:00AM-9:30AM (Gym)		
OPEN GYM East Gym			9:00AM-9:30AM (Gym) 4:00PM-5:00PM (Gym)	4:00PM-5:00PM (Gym)	9:00AM-9:30AM (Gym) 4:00PM-5:00PM (Gym)		
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>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SCHEDULED PROGRAMMING: UPK Adventure Center			12:30PM-4:00PM (Gym)	12:30PM-4:00PM (Gym)	12:30PM-4:00PM (Gym)		
SCHEDULED PROGRAMMING: BEFORE/AFTER SCHOOL West Gym			4:00PM-5:00PM (Gym)	4:00PM-5:00PM (Gym)	4:00PM-5:00PM (Gym)		
BARRE Group Exercise Studio			6:00PM-6:45PM (Strength) <i>Heather D.</i>	7:45AM-8:30AM (Strength) <i>Lucy V.</i>			
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>			
PICKLEBALL: TEEN and ADULT (Ages 13+) Gym				7:00PM-9:00PM (Pickleball)		12:00PM-5:00PM (Pickleball)	
TOTAL BODY STRONG Group Exercise Studio					8:00AM-8:45AM (Strength) <i>Marianne 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>	
GENTLE YOGA Group Exercise Studio					10:15AM-11:00AM (Mind/Body) <i>Daphne M.</i>		11:30AM-12:30PM (Mind/Body) <i>Daria M.</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>	
GRIT™ CARDIO Gym							8:10AM-8:40AM (Cardio) <i>Danielle B.</i>

