



## BAY VIEW FAMILY YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>OPEN GYM</b> Gym	5:30AM-6:00AM (Gym)  7:00AM-8:00AM (Gym)  5:00PM-6:00PM (Gym)	5:30AM-7:00AM (Gym)	5:30AM-6:00AM (Gym)  7:00AM-8:00AM (Gym)  5:00PM-9:00PM (Gym)	5:30AM-8:00AM (Gym)  5:00PM-7:00PM (Gym)	5:30AM-6:00AM (Gym)  7:00AM-8:00AM (Gym)  5:00PM-9:00PM (Gym)	7:00AM-8:00AM (Gym)  9:00AM-12:00PM (Gym)	
<b>LAP SWIM (LIMITED LANES AVAILABLE)</b> Indoor Pool	5:45AM-7:30AM (Pool)		5:45AM-7:30AM (Pool)	7:30PM-8:45PM (Pool)	7:30AM-8:30AM (Pool)		
<b>BASKETBALL: ADULT</b> Gym	6:00AM-7:00AM (Gym)		6:00AM-7:00AM (Gym)		6:00AM-7:00AM (Gym)		
<b>SCHEDULED PROGRAMMING: SCHOOL'S OUT CAMP</b> West Gym	8:00AM-9:00AM (Gym)  4:00PM-5:00PM (Gym)	8:00AM-9:00AM (Gym)  4:00PM-5:00PM (Gym)	8:00AM-9:00AM (Gym)  4:00PM-5:00PM (Gym)	4:00PM-5:00PM (Gym)	8:00AM-9:00AM (Gym)  4:00PM-5:00PM (Gym)		
<b>TOTAL BODY STRONG</b> Group Exercise Studio	8:00AM-8:45AM (Strength) <i>Lisa C.</i>						
<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)	
<b>OPEN GYM</b> East Gym	8:00AM-9:00AM (Gym)  9:00AM-9:30AM (Gym)  4:00PM-5:00PM (Gym)	8:00AM-9:00AM (Gym)  9:00AM-9:30AM (Gym)  4:00PM-5:00PM (Gym)	8:00AM-9:00AM (Gym)  9:00AM-9:30AM (Gym)  4:00PM-5:00PM (Gym)	4:00PM-5:00PM (Gym)	8:00AM-9:00AM (Gym)  9:00AM-9:30AM (Gym)  4:00PM-5:00PM (Gym)		
<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>SCHEDULED PROGRAMMING: UPK</b> West Gym	9:00AM-9:30AM (Gym)	8:45AM-9:15AM (Gym)	9:00AM-9:30AM (Gym)		9:00AM-9:30AM (Gym)		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<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>Kathy N.</i>				10:15AM-11:00AM (Mind/Body) <i>Daphne M.</i>		
<b>AQUA IN MOTION</b> 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>		
<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)	
<b>SCHEDULED PROGRAMMING: UPK.</b> Adventure Center	12:30PM-4:00PM (Child Watch)	12:30PM-4:00PM (Child Watch)	12:30PM-4:00PM (Child Watch)	12:30PM-4:00PM (Child Watch)	12:30PM-4:00PM (Child Watch)		
<b>SCHEDULED PROGRAMMING: SCHOOLS OUT CAMP.</b> Adventure Center	12:30PM-4:00PM (Child Watch)	12:30PM-4:00PM (Child Watch)	12:30PM-4:00PM (Child Watch)	12:30PM-4:00PM (Child Watch)	12:30PM-4:00PM (Child Watch)		
<b>PICKLEBALL: ADULT (Ages 18+)</b> 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)		
<b>YMCA PROGRAMMING</b> Indoor Pool	1:15PM-2:15PM (Gym)  3:00PM-6:50PM (Gym)	1:15PM-2:15PM (Gym)  3:00PM-6:50PM (Gym)	1:15PM-2:15PM (Gym)  3:00PM-6:50PM (Gym)	1:15PM-2:15PM (Gym)  3:00PM-6:50PM (Gym)	1:15PM-2:15PM (Gym)		
<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>	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<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>				
<b>PICKLEBALL: TEEN and ADULT (Ages 13+)</b> Gym	6:00PM-9:00PM (Pickleball)			7:00PM-9:00PM (Pickleball)		12:00PM-5:00PM (Pickleball)	
<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>		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) YMCA S.	
<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>Kathy N.</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>Kate S.</i>	
<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>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>LAP SWIM</b> Indoor Pool			7:30AM-8:20AM (Pool)  9:25AM-2:35PM (Pool)  5:15PM-5:55PM (Pool)  8:05PM-8:45PM (Pool)	5:45AM-8:20AM (Pool)  9:10AM-10:10AM (Pool)  11:15AM-2:35PM (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)  1:30PM-4:45PM (Pool)	
<b>CIRCUIT TRAINING</b> Group Exercise Studio			9:00AM-9:45AM (Strength) <i>Lisa C.</i>				
<b>WATER WALKING</b> Indoor Pool			9:25AM-11:20AM (Pool)  1:25PM-2:35PM (Pool)  8:05PM-8:45PM (Pool)	5:45AM-8:20AM (Pool)  9:10AM-10:10AM (Pool)  12:00PM-2:35PM (Pool)  7:10PM-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)	
<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>BARRE</b> Group Exercise Studio			6:00PM-6:45PM (Strength) <i>Heather D.</i>	7:45AM-8:30AM (Strength) <i>Lucy V.</i>	5:45AM-6:30AM (Strength) <i>Heather D.</i>		
<b>FAMILY SWIM</b> Indoor Pool			7:10PM-8:00PM (Pool)	7:10PM-8:00PM (Pool)	4:00PM-6:05PM (Pool)	12:30PM-4:45PM (Pool)	
<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>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<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>WATER WALKING (LIMITED LANES AVAILABLE)</b> Indoor Pool				7:30PM-8:45PM (Pool)	7:30AM-8:30AM (Pool)		
<b>UPBEAT LIFT™</b> Group Exercise Studio					8:00AM-8:45AM (Strength) <i>Kristy H.</i>		
<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>Family Fun: Inflatable Night</b> Facility-Bay View Family YMCA					6:30PM-8:00PM (Family Activities)		
<b>BOOTCAMP</b> Gym						8:15AM-9:00AM (Strength) <i>Mikey V.</i>	