



**CORNING FAMILY YMCA | September 29th - October 5th**

|  | Monday   | Tuesday  | Wednesday                                      | Thursday                                       | Friday                          | Saturday                                       | Sunday  |
|--|--|--|--|--|---------------------------------|--|---|
| PICKLEBALL: ADULT<br>(Ages 18+)<br>Gym B | 5:30AM-8:30AM<br>(Pickleball)                  | 5:30AM-8:30AM<br>(Pickleball)                  | 5:30AM-8:30AM<br>(Pickleball)                  | 5:30AM-8:30AM<br>(Pickleball)                  | 5:30AM-8:30AM<br>(Pickleball)   |  |   |
| OPEN SWIM<br>Pool                        | 5:30AM-9:15AM<br>(Pool)                        | 5:30AM-4:30PM<br>(Pool)                        | 5:30AM-9:15AM<br>(Pool)                        | 5:30AM-4:45PM<br>(Pool)                        | 5:30AM-10:20AM<br>(Pool)        | 7:00AM-4:45PM<br>(Pool)                        | 8:00AM-3:45PM<br>(Pool)                         |
|  | 11:30AM-8:45PM<br>(Pool)                       | 7:00PM-8:45PM<br>(Pool)                        | 11:30AM-8:45PM<br>(Pool)                       | 7:00PM-8:45PM<br>(Pool)                        | 11:30AM-8:45PM<br>(Pool)        |  |   |
| OPEN GYM<br>Gym A                        | 5:30AM-8:30AM<br>(Gym)                         | 5:30AM-8:30AM<br>(Gym)                         | 5:30AM-8:30AM<br>(Gym)                         | 5:30AM-8:30AM<br>(Gym)                         | 5:30AM-8:30AM<br>(Gym)          |  | 10:00AM-2:00PM<br>(Gym)                         |
| WATER WALKING<br>Pool                    | 5:30AM-8:00AM<br>(Pool)                        | 5:30AM-4:00PM<br>(Pool)                        | 5:30AM-1:00PM<br>(Pool)                        | 5:30AM-4:00PM<br>(Pool)                        | 5:30AM-10:30AM<br>(Pool)        | 7:00AM-4:45PM<br>(Pool)                        | 8:00AM-3:45PM<br>(Pool)                         |
|  | 8:00AM-9:15AM<br>(Pool)                        | 7:30PM-8:45PM<br>(Pool)                        | 2:00PM-8:45PM<br>(Pool)                        | 7:30PM-8:45PM<br>(Pool)                        | 11:30AM-8:45PM<br>(Pool)        |  |   |
|  | 11:30AM-8:45PM<br>(Pool)                       |  |  |  |                                 |  |   |
| LAP SWIM<br>Pool                         | 5:30AM-8:45PM<br>(Pool)                        | 5:30AM-8:45PM<br>(Pool)                        | 5:30AM-8:45PM<br>(Pool)                        | 5:30AM-8:45PM<br>(Pool)                        | 5:30AM-8:45PM<br>(Pool)         | 7:00AM-4:45PM<br>(Pool)                        | 8:00AM-3:45PM<br>(Pool)                         |
| RACQUETBALL<br>Racquetball Court 1       | 6:00AM-9:00PM<br>(Gym)                         | 6:00AM-9:00PM<br>(Gym)                         | 6:00AM-9:00PM<br>(Gym)                         | 6:00AM-9:00PM<br>(Gym)                         | 6:00AM-9:00PM<br>(Gym)          | 7:00AM-4:45PM<br>(Gym)                         | 8:00AM-1:45PM<br>(Gym)                          |
| RACQUETBALL<br>Racquetball Court 2       | 6:00AM-9:00PM<br>(Gym)                         | 6:00AM-9:00PM<br>(Gym)                         | 6:00AM-9:00PM<br>(Gym)                         | 6:00AM-9:00PM<br>(Gym)                         | 6:00AM-9:00PM<br>(Gym)          | 7:00AM-4:45PM<br>(Gym)                         | 8:00AM-1:45PM<br>(Gym)                          |
| BODYPUMP™<br>Studio A                    | 6:00AM-7:00AM<br>(Strength)<br><i>Blair G.</i> | 6:45PM-7:45PM<br>(Strength)<br><i>Blair G.</i> | 6:00AM-7:00AM<br>(Strength)<br><i>Blair G.</i> | 5:30PM-6:30PM<br>(Strength)<br><i>Maria A.</i> |                                 | 9:00AM-10:00AM<br>(Strength)<br><i>YMCA S.</i> | 9:00AM-10:00AM<br>(Strength)<br><i>Blair G.</i> |
| PICKLEBALL: ADULT<br>(Ages 18+)<br>Gym   | 8:30AM-11:00AM<br>(Pickleball)                 | 8:30AM-11:00AM<br>(Pickleball)                 | 8:30AM-11:00AM<br>(Pickleball)                 | 8:30AM-11:00AM<br>(Pickleball)                 | 8:30AM-11:00AM<br>(Pickleball)  |  |   |
| OPEN SWIM<br>Kiddie Pool                 | 8:30AM-8:45PM<br>(Pool)                        | 8:30AM-4:30PM<br>(Pool)                        | 8:30AM-8:45PM<br>(Pool)                        | 8:30AM-4:30PM<br>(Pool)                        | 8:30AM-8:45PM<br>(Pool)         | 7:00AM-4:45PM<br>(Pool)                        | 8:00AM-3:45PM<br>(Pool)                         |
|  |  | 7:00PM-8:45PM<br>(Pool)                        |  | 7:00PM-8:45PM<br>(Pool)                        |                                 |  |   |
| CHILD WATCH<br>Child Watch               | 8:30AM-12:00PM<br>(Child Watch)                | 8:30AM-12:00PM<br>(Child Watch)                | 8:30AM-12:00PM<br>(Child Watch)                | 8:30AM-12:00PM<br>(Child Watch)                | 8:30AM-12:00PM<br>(Child Watch) | 8:30AM-12:00PM<br>(Child Watch)                |   |
|  | 4:00PM-8:00PM<br>(Child Watch)                 | 4:00PM-8:00PM<br>(Child Watch)                 | 4:00PM-8:00PM<br>(Child Watch)                 | 4:00PM-8:00PM<br>(Child Watch)                 | 4:00PM-8:00PM<br>(Child Watch)  |  |   |

|  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  | Sunday                                       |
|--|---|--|---|--|---|---|--|
| <b>TOTAL BODY STRONG</b><br>Studio A       | 9:00AM-10:00AM<br>(Strength)<br><i>Deb F.</i>   |  |   |  |   |   |  |
| <b>FAMILY TIME</b><br>Adventure Center     | 9:00AM-8:30PM<br>(Child Watch)  | 9:00AM-4:00PM<br>(Child Watch)                                   | 9:00AM-8:30PM<br>(Child Watch)  | 9:00AM-4:00PM<br>(Child Watch)                                   | 9:00AM-8:30PM<br>(Child Watch)  | 9:00AM-11:30AM<br>(Child Watch)                       | 8:00AM-12:30PM<br>(Child Watch)              |
| <b>AQUA FIT</b><br>Pool                    | 9:20AM-10:20AM<br>(Water Fitness)<br><i>Christy N.</i><br><br>10:30AM-11:30AM<br>(Water Fitness)<br><i>Christy N.</i> |  | 9:20AM-10:20AM<br>(Water Fitness)<br><i>Christy N.</i><br><br>10:30AM-11:30AM<br>(Water Fitness)<br><i>Christy N.</i> |  | 9:20AM-10:20AM<br>(Water Fitness)<br><i>Christy N.</i><br><br>10:30AM-11:30AM<br>(Water Fitness)<br><i>Christy N.</i> |   |  |
| <b>BODYBALANCE™</b><br>Studio A            | 10:30AM-11:30AM<br>(Mind/Body)<br><i>Louisa L.</i>  |  | 10:30AM-11:30AM<br>(Mind/Body)<br><i>Louisa L.</i>  |  |   |   |  |
| <b>OPEN GYM</b><br>Gym                     | 11:00AM-12:00PM<br>(Gym)<br><br>1:30PM-6:00PM<br>(Gym)  | 11:00AM-1:00PM<br>(Gym)<br><br>3:00PM-5:15PM<br>(Gym)            | 11:00AM-12:00PM<br>(Gym)<br><br>1:30PM-4:45PM<br>(Gym)<br><br>7:45PM-8:45PM<br>(Gym)                                  | 1:00PM-6:00PM<br>(Gym)   | 11:00AM-12:00PM<br>(Gym)<br><br>1:30PM-6:00PM<br>(Gym)  | 7:00AM-8:45AM<br>(Gym)<br><br>12:15PM-4:45PM<br>(Gym) | 8:00AM-10:00AM<br>(Gym)                      |
| <b>BASKETBALL: ADULT</b><br>Gym            | 12:00PM-1:30PM<br>(Gym)<br><br>6:00PM-8:45PM<br>(Gym)   |  | 12:00PM-1:30PM<br>(Gym)   |  | 12:00PM-1:30PM<br>(Gym)   |   |  |
| <b>FEELING FIT</b><br>Studio A             | 1:00PM-2:00PM<br>(Active Older Adults (AOA))<br><i>Linda B.</i>   |  |   |  |   |   |  |
| <b>REFIT®</b><br>Studio A                  | 4:15PM-5:15PM<br>(Cardio)<br><i>Katrina W.</i>  | 9:00AM-10:00AM<br>(Cardio)<br><i>Kari F.</i>                     |   | 9:00AM-10:00AM<br>(Cardio)<br><i>Kari F.</i>                     |   |   |  |
| <b>ZUMBA®</b><br>Studio A                  | 5:45PM-6:45PM<br>(Cardio)<br><i>Marina K.</i>   |  | 5:45PM-6:45PM<br>(Cardio)<br><i>Connor O.</i>   |  | 10:15AM-11:15AM<br>(Cardio)<br><i>Marina K.</i>   | 10:15AM-11:15AM<br>(Cardio)<br><i>Maria A.</i>        | 12:00PM-1:00PM<br>(Cardio)<br><i>YMCA S.</i> |
| <b>GROUP CYCLE</b><br>Studio C             | 6:00PM-7:00PM<br>(Cardio)<br><i>Tess S.</i>   |  |   |  |   |   |  |
| <b>STEP-CARDIO</b><br>Studio A             |   | 8:00AM-8:45AM<br>(Cardio)<br><i>Deb F.</i>                       |   | 8:00AM-8:45AM<br>(Cardio)<br><i>Deb F.</i>                       |   |   |  |
| <b>SILVER SNEAKERS CLASSIC</b><br>Studio A |   | 10:30AM-11:30AM<br>(Active Older Adults (AOA))<br><i>Kari F.</i> |   | 10:30AM-11:30AM<br>(Active Older Adults (AOA))<br><i>Kari F.</i> |   |   |  |
| <b>FAMILY GYM</b><br>Gym                   |   | 1:00PM-3:00PM<br>(Gym)   |   | 11:00AM-1:00PM<br>(Gym)  |   |   |  |

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