

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)
TOTAL BODY STRONG Studio A	9:00AM-10:00AM (Strength) <i>Deb F.</i>						
AQUA FIT Pool	9:20AM-10:20AM (Water Fitness) <i>Christy N.</i>		9:20AM-10:20AM (Water Fitness) <i>Christy N.</i>		9:20AM-10:20AM (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>		10:30AM-11:30AM (Water Fitness) <i>Christy N.</i>		
BODYBALANCE™ Studio A	10:30AM-11:30AM (Mind/Body) <i>Louisa L.</i>		10:30AM-11:30AM (Mind/Body) <i>Louisa L.</i>		6:00AM-6:45AM (Mind/Body) <i>Blair G.</i>		12:00PM-1:00PM (Mind/Body) <i>Blair G.</i>
	7:00PM-7:45PM (Mind/Body) <i>Blair G.</i>				11:30AM-12:30PM (Mind/Body) <i>Louisa L.</i>		
OPEN GYM Gym	11:00AM-12:00PM (Gym)	11:00AM-1:00PM (Gym)	11:00AM-12:00PM (Gym)	1:00PM-6:00PM (Gym)	11:00AM-12:00PM (Gym)	7:00AM-8:45AM (Gym)	8:00AM-10:00AM (Gym)
	1:30PM-6:00PM (Gym)	3:00PM-5:15PM (Gym)	1:30PM-4:45PM (Gym)		1:30PM-6:00PM (Gym)	12:15PM-4:45PM (Gym)	
			7:45PM-8:45PM (Gym)				
BASKETBALL: ADULT Gym	12:00PM-1:30PM (Gym)		12:00PM-1:30PM (Gym)		12:00PM-1:30PM (Gym)		
	6:00PM-8:45PM (Gym)						
FEELING FIT Studio A	1:00PM-2:00PM (Active Older Adults (AOA)) <i>Linda B.</i>						
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>			
Intro to Swim Team: Aquatic Conditioning Facility-Corning Family YMCA	5:30PM-6:15PM (Swimming)		5:30PM-6:15PM (Swimming)				
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>	
Basketball: Skills & Drills Facility-Corning Family YMCA	6:00PM-7:00PM (Sports & Recreation)						

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GROUP CYCLE Studio C	6:00PM-7:00PM (Cardio) Tess S.						
Les Mills CORE™ Studio A		6:00AM-6:45AM (Strength) Maria A.	9:00AM-9:45AM (Strength) Kari F.		9:00AM-9:45AM (Strength) Kari F.		
STEP-CARDIO Studio A		8:00AM-8:45AM (Cardio) Deb F.		8:00AM-8:45AM (Cardio) Deb F.			
AQUA ZUMBA Pool		9:00AM-10:00AM (Water Fitness) YMCA S.			5:30PM-6:30PM (Water Fitness) YMCA S.		
SILVER SNEAKERS CLASSIC Studio A		10:30AM-11:30AM (Active Older Adults (AOA)) Kari F.		10:30AM-11:30AM (Active Older Adults (AOA)) Kari F.			
Functional Fitness for All Facility-Corning Family YMCA		11:30AM-12:30PM (Health & Wellness)					
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)			
Stage 1 Facility-Corning Family YMCA		4:15PM-4:50PM (Swimming) 4:15PM-4:50PM (Swimming) 5:45PM-6:20PM (Swimming)		4:15PM-4:50PM (Swimming) 4:15PM-4:50PM (Swimming) 5:00PM-5:35PM (Swimming) 5:45PM-6:20PM (Swimming) 5:45PM-6:20PM (Swimming)		9:45AM-10:20AM (Swimming) 10:30AM-11:05AM (Swimming)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stage 2 Facility-Corning Family YMCA		4:15PM-4:50PM (Swimming) 5:00PM-5:35PM (Swimming)		4:15PM-4:50PM (Swimming) 5:00PM-5:35PM (Swimming) 5:00PM-5:35PM (Swimming) 5:45PM-6:20PM (Swimming) 6:30PM-7:05PM (Swimming)		9:00AM-9:35AM (Swimming) 10:30AM-11:05AM (Swimming)	
Stage A/B Facility-Corning Family YMCA		5:00PM-5:30PM (Swimming)		5:45PM-6:15PM (Swimming)		9:00AM-9:30AM (Swimming)	
Stage 3 Facility-Corning Family YMCA		5:00PM-5:35PM (Swimming) 6:30PM-7:05PM (Swimming)		6:30PM-7:05PM (Swimming)			
ACTIVE YOGA Studio A		5:30PM-6:30PM (Mind/Body) <i>Deb L.</i>	7:00PM-8:00PM (Mind/Body) <i>Lisa C.</i>	6:45PM-7:45PM (Mind/Body) <i>Danyell P.</i>			10:30AM-11:30AM (Mind/Body) <i>YMCA S.</i>
Stage 4 Facility-Corning Family YMCA		5:45PM-6:20PM (Swimming) 6:30PM-7:05PM (Swimming)				9:45AM-10:20AM (Swimming)	
Boxing for Fitness Facility-Corning Family YMCA		6:00PM-7:00PM (Health & Wellness)					
Stage 5,6 Facility-Corning Family YMCA		6:30PM-7:05PM (Swimming)				9:45AM-10:20AM (Swimming)	
SOCCER: ADULT Gym		7:15PM-8:45PM (Gym)					
RIDE STRONG Studio C			9:00AM-10:15AM (Cardio) <i>Deb F.</i>				
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>		
Tumbling: Tiny Tumblers Facility-Corning Family YMCA			5:00PM-5:45PM (Sports & Recreation)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tumbling: Beginner Facility-Corning Family YMCA			6:00PM-7:00PM (Sports & Recreation)				
Music: Y's Guys Facility-Corning Family YMCA				12:30PM-1:30PM (S.T.E.A.M. & COOKING)			
VOLLEYBALL: ADULT Gym				6:00PM-8:45PM (Gym)			
BADMINTON: ADULT Gym					6:00PM-8:45PM (Gym)		
Stage 1,2,3,4 Facility-Corning Family YMCA						9:00AM-9:35AM (Swimming)	
OPEN GYM Gym B							1:00PM-2:00PM (Gym)