

**CORNING FAMILY YMCA | April 21st - April 27th**[illegible]

	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>						
KIDDIE POOL: CLOSED FOR PROGRAMMING Kiddie Pool	10:30AM-11:30AM (Pool)	5:50PM-6:25PM (Pool)	10:30AM-11:30AM (Pool)	5:10PM-6:20PM (Pool)	10:30AM-11:30AM (Pool)	9:00AM-9:30AM (Pool) 11:00AM-11:30AM (Pool)	9:00AM-9:35AM (Pool)
AQUA FIT Pool	10:30AM-11:30AM (Water Fitness) <i>Christy N.</i>		10:30AM-11:30AM (Water Fitness) <i>Christy N.</i> 5:00PM-6:00PM (Water Fitness) <i>Christy N.</i>		10:30AM-11:30AM (Water Fitness) <i>Christy N.</i>		
OPEN GYM Gym	11:00AM-12:00PM (Gym) 1:30PM-6:00PM (Gym)	11:00AM-1:00PM (Gym) 3:00PM-5:15PM (Gym)	11:00AM-12:00PM (Gym) 1:30PM-4:45PM (Gym) 7:45PM-8:45PM (Gym)	1:00PM-6:00PM (Gym)	11:00AM-12:00PM (Gym) 1:30PM-6:00PM (Gym)	7:00AM-8:45AM (Gym) 12:15PM-4:45PM (Gym)	8:00AM-10:00AM (Gym)
BASKETBALL: ADULT Gym	12:00PM-1:30PM (Gym) 6:00PM-8:45PM (Gym)		12:00PM-1:30PM (Gym)		12:00PM-1:30PM (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>						
ZUMBA® Studio A	5:45PM-6:45PM (Cardio) <i>Marina K.</i>	6:45PM-7:45PM (Cardio) <i>Nithya C.</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>	12:00PM-1:00PM (Cardio) <i>YMCA S.</i>
GROUP CYCLE Studio C	6:00PM-7:00PM (Cardio) <i>Tess S.</i>						
STEP-CARDIO Studio A		8:00AM-8:45AM (Cardio) <i>Deb F.</i>					
SILVER SNEAKERS CLASSIC Studio A		10:30AM-11:30AM (Active Older Adults (AOA)) <i>Kari F.</i>					

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