



EASTSIDE FAMILY YMCA | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|---|---|
| FAMILY TIME Adventure Center | 5:00AM-3:45PM (Child Watch) | 5:00AM-3:45PM (Child Watch) | 5:00AM-10:30AM (Child Watch) 11:30AM-4:00PM (Child Watch) | 5:00AM-10:30AM (Child Watch) 11:30AM-4:00PM (Child Watch) | 5:00AM-9:00PM (Child Watch) | 5:00AM-8:15AM (Child Watch) 12:45PM-6:00PM (Child Watch) | 12:45PM-5:00PM (Child Watch) |
| OPEN GYM Gym | 5:00AM-7:30AM (Gym) 4:00PM-8:45PM (Gym) | 5:00AM-7:30AM (Gym) 1:45PM-8:45PM (Gym) | 5:00AM-7:30AM (Gym) 10:45AM-11:30AM (Gym) 1:45PM-8:45PM (Gym) | 5:00AM-7:30AM (Gym) 1:45PM-8:45PM (Gym) | 5:00AM-7:30AM (Gym) 10:45AM-11:30AM (Gym) 1:45PM-6:00PM (Gym) 8:00PM-8:45PM (Gym) | 7:00AM-9:30AM (Gym) 4:00PM-5:45PM (Gym) | 11:15AM-4:45PM (Gym) |
| OPEN GYM Family Gym | 5:00AM-7:00AM (Gym) 12:30PM-5:00PM (Gym) 7:45PM-8:45PM (Gym) | 5:00AM-8:00AM (Gym) 12:30PM-3:45PM (Gym) 7:45PM-8:45PM (Gym) | 5:00AM-6:45AM (Gym) 12:30PM-5:00PM (Gym) 6:45PM-8:45PM (Gym) | 5:00AM-8:00AM (Gym) 3:30PM-5:00PM (Gym) 7:45PM-8:45PM (Gym) | 5:00AM-8:00AM (Gym) 12:30PM-5:00PM (Gym) 7:45PM-8:45PM (Gym) | 7:00AM-8:15AM (Gym) 12:00PM-1:00PM (Gym) | 8:00AM-9:00AM (Gym) |
| LAP SWIM Large Pool | 5:00AM-9:15AM (Pool) 10:15AM-4:15PM (Pool) 7:30PM-8:45PM (Pool) | 5:00AM-8:15AM (Pool) 10:15AM-4:15PM (Pool) 7:30PM-8:45PM (Pool) | 5:00AM-9:15AM (Pool) 10:15AM-4:15PM (Pool) 7:30PM-8:45PM (Pool) | 5:00AM-8:15AM (Pool) 10:15AM-4:15PM (Pool) 7:30PM-8:45PM (Pool) | 5:00AM-9:15AM (Pool) 2:30PM-4:45PM (Pool) 7:30PM-8:45PM (Pool) | 7:00AM-9:00AM (Pool) 12:15PM-5:45PM (Pool) | 8:00AM-9:00AM (Pool) 2:30PM-4:30PM (Pool) |
| WATER WALKING Large Pool | 5:00AM-9:15AM (Pool) 10:30AM-4:30PM (Pool) 7:30PM-8:45PM (Pool) | 5:00AM-8:15AM (Pool) 10:30AM-4:30PM (Pool) 7:30PM-8:45PM (Pool) | 5:00AM-9:15AM (Pool) 10:30AM-4:30PM (Pool) 7:30PM-8:45PM (Pool) | 5:00AM-8:15AM (Pool) 10:30AM-4:30PM (Pool) 7:30PM-8:45PM (Pool) | 5:00AM-9:15AM (Pool) 10:30AM-4:30PM (Pool) 7:30PM-8:45PM (Pool) | 7:00AM-9:00AM (Pool) 12:30PM-5:45PM (Pool) | 8:00AM-9:00AM (Pool) 12:30PM-4:45PM (Pool) |
| FAMILY SWIM Family Pool | 5:00AM-8:45PM (Pool) | 5:00AM-8:45PM (Pool) | 5:00AM-8:45PM (Pool) | 5:00AM-8:45PM (Pool) | 5:00AM-8:45PM (Pool) | 7:00AM-5:45PM (Pool) | 8:00AM-4:45PM (Pool) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|--|---|---|---|---|
| BODYCOMBAT™ Studio | 5:15AM-6:00AM (Cardio) <i>Kathy F.</i> 4:30PM-5:30PM (Cardio) <i>Suzanne H.</i> | 10:00AM-11:00AM (Cardio) <i>Danielle O.</i> 5:00PM-5:45PM (Cardio) <i>Kelly M.</i> | 4:30PM-5:30PM (Cardio) <i>Kathy F.</i> | 10:00AM-11:00AM (Cardio) <i>Danielle O.</i> | | | |
| GRIT™ STRENGTH Sports Performance Center | 5:30AM-6:00AM (Strength) <i>Danielle B.</i> 7:15AM-7:45AM (Strength) <i>Melanie K.</i> | | 5:30PM-6:00PM (Strength) <i>Mikey V.</i> | | | | |
| PICKLEBALL: BEGINNER OPEN Family Gym | 7:00AM-9:00AM (Gym) | 8:00AM-10:00AM (Gym) | 7:00AM-9:00AM (Gym) | 8:00AM-10:00AM (Gym) | 8:00AM-10:00AM (Gym) | | |
| PICKLEBALL: ADULT Gym | 7:30AM-10:30AM (Gym) | 7:30AM-10:30AM (Gym) | 7:30AM-10:30AM (Gym) | 7:30AM-10:30AM (Gym) | 7:30AM-10:30AM (Gym) | | |
| UPBEAT PILATES™ Mindbody | 8:00AM-8:45AM (Mind/Body) <i>Gil G.</i> 4:15PM-5:15PM (Mind/Body) <i>Gil G.</i> | | 4:15PM-5:15PM (Mind/Body) <i>Anna B.</i> | | | | |
| TOTAL BODY STRONG Studio | 8:15AM-9:00AM (Strength) <i>Carol M.</i> | | | | 8:15AM-9:00AM (Strength) <i>Carol M.</i> | | |
| CHILD WATCH Child Watch | 8:30AM-12:30PM (Child Watch) 4:00PM-8:00PM (Child Watch) | 8:30AM-12:30PM (Child Watch) 4:00PM-8:00PM (Child Watch) | 8:30AM-12:30PM (Child Watch) 4:00PM-8:00PM (Child Watch) | 8:30AM-12:30PM (Child Watch) 4:00PM-8:00PM (Child Watch) | 8:30AM-12:30PM (Child Watch) 4:00PM-8:00PM (Child Watch) | 8:30AM-2:00PM (Child Watch) | 8:30AM-2:00PM (Child Watch) |
| SENIOR SOCIAL & PROGRAMMING Community Room | 9:00AM-12:00PM (Active Older Adults (AOA)) | 9:00AM-12:00PM (Active Older Adults (AOA)) | 9:00AM-12:00PM (Active Older Adults (AOA)) | 9:00AM-12:00PM (Active Older Adults (AOA)) | 9:00AM-12:00PM (Active Older Adults (AOA)) | | |
| PICKLEBALL: ADULT Family Gym | 9:00AM-10:00AM (Gym) | | 9:00AM-10:00AM (Gym) | | | | |
| ACTIVE YOGA Mindbody | 9:00AM-10:00AM (Mind/Body) <i>Susan A.</i> 5:30PM-6:30PM (Mind/Body) <i>Kim S.</i> | 4:15PM-5:15PM (Mind/Body) <i>Megan L.</i> | 5:45AM-6:45AM (Mind/Body) <i>Joan N.</i> 9:00AM-10:00AM (Mind/Body) <i>Joan N.</i> 5:30PM-6:30PM (Mind/Body) <i>Kim S.</i> | | 5:45AM-6:45AM (Mind/Body) <i>Joan N.</i> 10:15AM-11:15AM (Mind/Body) <i>Eva K.</i> | 11:15AM-12:15PM (Mind/Body) <i>Julie M.</i> | 10:30AM-11:30AM (Mind/Body) <i>Eva K.</i> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|--|--|--|
| LAP SWIM (LIMITED LANES AVAILABLE) Large Pool | 9:15AM-10:30AM (Pool) 4:15PM-7:30PM (Pool) | 8:15AM-10:30AM (Pool) 4:15PM-7:30PM (Pool) | 9:15AM-10:30AM (Pool) 3:30PM-7:30PM (Pool) | 8:15AM-10:30AM (Pool) 4:15PM-7:30PM (Pool) | 9:15AM-10:30AM (Pool) 4:15PM-7:30PM (Pool) | 9:00AM-12:15PM (Pool) | 9:00AM-2:30PM (Pool) |
| GROUP CYCLE Cycle Studio | 9:15AM-10:15AM (Cardio) <i>Lisa B.</i> 6:00PM-7:00PM (Cardio) <i>Sunny V.</i> | 5:45AM-6:45AM (Cardio) <i>Karin K.</i> | 9:15AM-10:15AM (Cardio) <i>Mindy A.</i> | | 6:00AM-7:00AM (Cardio) <i>Jackie P.</i> | 9:00AM-10:00AM (Cardio) <i>Meghan C.</i> | 8:15AM-9:15AM (Cardio) <i>Erin H.</i> |
| CARDIO DANCE Studio | 9:15AM-10:00AM (Cardio) <i>Carol M.</i> | | | 9:00AM-9:45AM (Cardio) <i>Lisa B.</i> | 9:15AM-10:00AM (Cardio) <i>Carol M.</i> | | |
| AQUA FIT Large Pool | 9:30AM-10:15AM (Water Fitness) <i>Ron G.</i> | 8:35AM-9:20AM (Water Fitness) <i>Char C.</i> | 9:30AM-10:15AM (Water Fitness) <i>Ron G.</i> | 8:35AM-9:20AM (Water Fitness) <i>Char C.</i> 9:30AM-10:15AM (Water Fitness) <i>Sam R.</i> | | | |
| AQUA IN MOTION Family Pool | 10:15AM-11:00AM (Water Fitness) <i>Sam R.</i> | | 10:15AM-11:00AM (Water Fitness) <i>Sam R.</i> | | | | |
| BODYBALANCE™ Mindbody | 10:15AM-11:15AM (Mind/Body) <i>Danielle O.</i> | | | 4:15PM-5:15PM (Mind/Body) <i>Brenda K.</i> | | 8:45AM-9:45AM (Mind/Body) <i>Brenda K.</i> | |
| UPBEAT BARRE™ Studio | 10:15AM-11:00AM (Strength) <i>Tia P.</i> | 9:00AM-9:45AM (Strength) <i>Sara A.</i> | | | 4:15PM-5:00PM (Strength) <i>Olga N.</i> | | 8:30AM-9:15AM (Strength) <i>Gil G.</i> |
| SCHEDULED PROGRAMMING: EAST GYM East Gym | 10:30AM-11:30AM (Gym) | 10:30AM-11:30AM (Gym) | | | | | |
| SILVER SNEAKERS YOGA Family Gym | 10:30AM-11:15AM (Active Older Adults (AOA)) <i>Tess M.</i> | 11:30AM-12:15PM (Active Older Adults (AOA)) <i>Jess G.</i> | 10:30AM-11:15AM (Active Older Adults (AOA)) <i>Jess G.</i> | 11:30AM-12:15PM (Active Older Adults (AOA)) <i>Jess G.</i> | 11:30AM-12:15PM (Active Older Adults (AOA)) <i>Tess M.</i> | | |
| OPEN GYM West Gym | 10:30AM-11:30AM (Gym) | 10:30AM-11:30AM (Gym) | | | | | |
| BASKETBALL: ADULT Gym | 11:30AM-1:30PM (Gym) | 11:30AM-1:30PM (Gym) | 11:30AM-1:30PM (Gym) | 11:30AM-1:30PM (Gym) | 11:30AM-1:30PM (Gym) | | 8:00AM-11:00AM (Gym) |
| SILVER SNEAKERS CIRCUIT Family Gym | 11:30AM-12:15PM (Active Older Adults (AOA)) <i>Tess M.</i> | | 11:30AM-12:15PM (Active Older Adults (AOA)) <i>Tess M.</i> | | | | |
| PICKLEBALL: BEGINNER/FAMILY OPEN West Gym | 2:00PM-4:00PM (Gym) | | | | | 2:00PM-4:00PM (Gym) | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------------------------------|--------------------------------|--------------------------------|--------------------------------|------------------------|---------------------------------|---------------------------------|
| OPEN GYM East Gym | 2:00PM-4:00PM (Gym) | | | | 6:00PM-8:00PM (Gym) | 2:00PM-4:00PM (Gym) | |
| ADVENTURE CENTER DROP OFF Adventure Center | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | 4:00PM-8:00PM (Child Watch) | | 8:30AM-12:30PM (Child Watch) | 8:30AM-12:30PM (Child Watch) |
| Eastside Private (1-on-1) Swim Lesson: Mon 4:30PM Facility-Eastside Family YMCA | 4:30PM-5:00PM (Swimming) | | | | | | |
| Stage 4 Facility-Eastside Family YMCA | 4:30PM-5:05PM (Swimming) | 5:15PM-5:50PM (Swimming) | | 4:30PM-5:05PM (Swimming) | | 9:15AM-9:50AM (Swimming) | 10:00AM-10:35AM (Swimming) |
| | 5:15PM-5:50PM (Swimming) | 6:45PM-7:20PM (Swimming) | | 6:00PM-6:35PM (Swimming) | | 10:45AM-11:20AM (Swimming) | 11:30AM-12:05PM (Swimming) |
| | 6:00PM-6:35PM (Swimming) | | | | | 11:30AM-12:05PM (Swimming) | 12:15PM-12:50PM (Swimming) |
| Stage 1 Facility-Eastside Family YMCA | 4:30PM-5:05PM (Swimming) | 11:00AM-11:35AM (Swimming) | | 5:15PM-5:50PM (Swimming) | | 9:15AM-9:50AM (Swimming) | 10:00AM-10:35AM (Swimming) |
| | 5:15PM-5:50PM (Swimming) | 4:30PM-5:05PM (Swimming) | | 6:00PM-6:35PM (Swimming) | | 11:30AM-12:05PM (Swimming) | 10:45AM-11:20AM (Swimming) |
| | | 5:15PM-5:50PM (Swimming) | | | | | 11:30AM-12:05PM (Swimming) |
| | | 6:45PM-7:20PM (Swimming) | | | | | 12:15PM-12:50PM (Swimming) |
| Stage 2 Facility-Eastside Family YMCA | 4:30PM-5:05PM (Swimming) | 4:30PM-5:05PM (Swimming) | | 4:30PM-5:05PM (Swimming) | | 10:00AM-10:35AM (Swimming) | 10:00AM-10:35AM (Swimming) |
| | 6:00PM-6:35PM (Swimming) | 5:15PM-5:50PM (Swimming) | | 6:00PM-6:35PM (Swimming) | | 10:45AM-11:20AM (Swimming) | 10:45AM-11:20AM (Swimming) |
| | | 6:00PM-6:35PM (Swimming) | | 6:45PM-7:20PM (Swimming) | | 12:15PM-12:50PM (Swimming) | 12:15PM-12:50PM (Swimming) |
| Stage 3 Facility-Eastside Family YMCA | 4:30PM-5:05PM (Swimming) | 4:30PM-5:05PM (Swimming) | | 4:30PM-5:05PM (Swimming) | | 9:15AM-9:50AM (Swimming) | 9:15AM-9:50AM (Swimming) |
| | 5:15PM-5:50PM (Swimming) | 6:00PM-6:35PM (Swimming) | | 5:15PM-5:50PM (Swimming) | | 10:00AM-10:35AM (Swimming) | 10:00AM-10:35AM (Swimming) |
| | | 6:00PM-6:35PM (Swimming) | | 6:00PM-6:35PM (Swimming) | | 10:45AM-11:20AM (Swimming) | 10:45AM-11:20AM (Swimming) |
| | | | | 6:45PM-7:20PM (Swimming) | | 11:30AM-12:05PM (Swimming) | 2:30PM-3:05PM (Swimming) |
| | | | | | | 12:15PM-12:50PM (Swimming) | |
| | | | | | | 1:00PM-1:35PM (Swimming) | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| SCHEDULED PROGRAMMING: SWIM LESSONS Large Pool | 4:30PM-7:30PM (Pool) | 4:30PM-7:30PM (Pool) | 4:30PM-7:00PM (Pool) | 4:30PM-7:30PM (Pool) | 3:30PM-7:30PM (Pool) | 9:15AM-3:15PM (Pool) | 9:15AM-3:15PM (Pool) |
| Climbing Club: Clinic Facility-Eastside Family YMCA | 5:00PM-5:45PM (Sports & Recreation) 5:50PM-6:35PM (Sports & Recreation) 6:40PM-7:25PM (Sports & Recreation) | | 5:00PM-5:45PM (Sports & Recreation) 5:50PM-6:35PM (Sports & Recreation) | | | | |
| S.T.E.A.M: Toy Maker's Facility-Eastside Family YMCA | 5:00PM-6:00PM (S.T.E.A.M. & COOKING) | | | | | | |
| SCHEDULED PROGRAMMING: CLIMBING CLUB Rockwall | 5:00PM-7:30PM (Gym) | | 5:00PM-7:30PM (Gym) | | | | |
| SCHEDULED PROGRAMMING: YOUTH SPORTS Family Gym | 5:00PM-7:40PM (Gym) | 5:00PM-7:40PM (Gym) | 5:00PM-6:40PM (Gym) | 5:00PM-7:40PM (Gym) | | 11:00AM-12:15PM (Gym) | 9:00AM-10:40AM (Gym) |
| Eastside Private (1-on-1) Swim Lesson: Mon 5:15PM Facility-Eastside Family YMCA | 5:15PM-5:45PM (Swimming) | | | | | | |
| Stage A/B Facility-Eastside Family YMCA | 5:15PM-5:45PM (Swimming) | 10:15AM-10:45AM (Swimming) 6:00PM-6:30PM (Swimming) | | 4:30PM-5:00PM (Swimming) 5:15PM-5:45PM (Swimming) | 12:15PM-12:45PM (Swimming) | 9:15AM-9:45AM (Swimming) 10:45AM-11:15AM (Swimming) 11:30AM-12:00PM (Swimming) | 9:15AM-9:45AM (Swimming) 10:45AM-11:15AM (Swimming) |
| Les Mills CORE™ Studio | 5:45PM-6:15PM (Strength) <i>Suzanne H.</i> | | 5:45PM-6:15PM (Strength) <i>Heather R.</i> | | | | 10:45AM-11:15AM (Strength) <i>Jen W.</i> |
| Floor Hockey: Clinic Facility-Eastside Family YMCA | 5:50PM-6:35PM (Sports & Recreation) | | | | | | |
| Eastside Private (1-on-1) Swim Lesson: Mon 6:00PM Facility-Eastside Family YMCA | 6:00PM-6:30PM (Swimming) | | | | | | |
| Stage 5 Facility-Eastside Family YMCA | 6:00PM-6:35PM (Swimming) | | | 5:15PM-5:50PM (Swimming) | | 10:00AM-10:35AM (Swimming) | 12:15PM-12:50PM (Swimming) |
| Stage 1 with Parent Facility-Eastside Family YMCA | 6:00PM-6:35PM (Swimming) | | | | | 10:00AM-10:35AM (Swimming) | 11:30AM-12:05PM (Swimming) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|---|--|---|--|--|
| BODYPUMP™ Studio | 6:30PM-7:30PM (Strength) <i>Jen W.</i> | 5:15AM-6:15AM (Strength) <i>Melanie K.</i> 6:30PM-7:30PM (Strength) <i>Pierce S.</i> | 10:15AM-11:15AM (Strength) <i>Robert G.</i> | 5:15AM-6:15AM (Strength) <i>Melanie K.</i> 6:30PM-7:30PM (Strength) <i>Jen W.</i> | 10:15AM-11:15AM (Strength) <i>Danielle O.</i> | 8:00AM-9:00AM (Strength) <i>Jen W.</i> | 9:30AM-10:30AM (Strength) <i>Jenn W.</i> |
| Eastside Private (1-on-1) Swim Lesson: Mon 6:45PM Facility-Eastside Family YMCA | 6:45PM-7:15PM (Swimming) | | | | | | |
| Stage 6 Facility-Eastside Family YMCA | 6:45PM-7:20PM (Swimming) | | | | | | 11:30AM-12:05PM (Swimming) |
| WERQ® Mindbody | 6:45PM-7:30PM (Cardio) <i>Wendi C.</i> | | | | | | |
| WATER WALKING Family Pool | 7:30PM-8:45PM (Pool) | 7:30PM-8:45PM (Pool) | 7:30PM-8:45PM (Pool) | 7:30PM-8:45PM (Pool) | 7:30PM-8:45PM (Pool) | | |
| GRIT™ CARDIO Sports Performance Center | | 5:30AM-6:00AM (Cardio) <i>Mikey V.</i> | | 5:30AM-6:00AM (Cardio) <i>Mikey V.</i> | 5:30AM-6:00AM (Cardio) <i>Danielle B.</i> | 7:15AM-7:45AM (Cardio) <i>Mikey V.</i> | |
| LES MILLS RPM® Cycle Studio | | 9:15AM-10:00AM (Cardio) <i>Adriana P.</i> 5:30PM-6:15PM (Cardio) <i>Jayme B.</i> | | 5:30PM-6:15PM (Cardio) <i>Robert G.</i> | 9:15AM-10:00AM (Cardio) <i>Kim K.</i> | | 10:30AM-11:15AM (Cardio) <i>Jayme B.</i> |
| AQUA ZUMBA Large Pool | | 9:30AM-10:15AM (Water Fitness) <i>Maribel R.</i> | | | | | |
| PILATES Mindbody | | 9:30AM-10:15AM (Mind/Body) <i>Laurie K.</i> | 10:15AM-11:15AM (Mind/Body) <i>Barb D.</i> | 9:30AM-10:15AM (Mind/Body) <i>Laurie K.</i> | | | |
| SCHEDULED PROGRAMMING Adventure Center | | 10:00AM-11:30AM (Child Watch) | | 10:00AM-11:30AM (Child Watch) | | | |
| SCHEDULED PROGRAMMING: SWIM LESSONS Family Pool | | 10:15AM-12:20PM (Pool) | | | 12:15PM-1:35PM (Pool) | | |
| FEELING FIT Family Gym | | 10:30AM-11:15AM (Active Older Adults (AOA)) <i>Maribel T.</i> | | 10:30AM-11:15AM (Active Older Adults (AOA)) <i>Sam R.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---|--|--|--|----------|--------|
| GENTLE YOGA Mindbody | | 11:00AM-12:00PM (Mind/Body) <i>Susan A.</i> 5:30PM-6:30PM (Mind/Body) <i>Sandy P.</i> | | 11:00AM-12:00PM (Mind/Body) <i>Joan N.</i> 5:30PM-6:30PM (Mind/Body) <i>Lauren B.</i> | 9:00AM-10:00AM (Mind/Body) <i>Eva K.</i> | | |
| Stage 2,3 Facility-Eastside Family YMCA | | 11:45AM-12:20PM (Swimming) | | | | | |
| Y's Weight Loss Facility-Eastside Family YMCA | | 1:00PM-2:00PM (Health & Wellness) | | | | | |
| Eastside Private (1-on-1) Swim Lesson: Tues 4:30PM Facility-Eastside Family YMCA | | 4:30PM-5:00PM (Swimming) | | | | | |
| Basketball: Clinic Facility-Eastside Family YMCA | | 5:00PM-5:45PM (Sports & Recreation) 5:50PM-6:35PM (Sports & Recreation) 6:40PM-7:40PM (Sports & Recreation) | | | | | |
| S.T.E.A.M: Robotics Facility-Eastside Family YMCA | | 5:00PM-5:45PM (S.T.E.A.M. & COOKING) 5:50PM-6:35PM (S.T.E.A.M. & COOKING) 6:40PM-7:25PM (S.T.E.A.M. & COOKING) | | | | | |
| Eastside Private (1-on-1) Swim Lesson: Tues 5:15PM Facility-Eastside Family YMCA | | 5:15PM-5:45PM (Swimming) | | | | | |
| BODYBALANCE™ Studio | | 5:50PM-6:20PM (Mind/Body) <i>Danielle O.</i> | 11:30AM-12:15PM (Mind/Body) <i>Jess G.</i> | | | | |
| VOLLEYBALL: OPEN Gym | | 6:00PM-8:00PM (Gym) | | | | | |
| Eastside Private (1-on-1) Swim Lesson: Tues 6:00PM Facility-Eastside Family YMCA | | 6:00PM-6:30PM (Swimming) | | | | | |
| Eastside Private (1-on-1) Swim Lesson: Tues 6:45PM Facility-Eastside Family YMCA | | 6:45PM-7:15PM (Swimming) | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|--|--|----------------------------------|------------------------|----------|---|
| Stage 4,5,6 Facility-Eastside Family YMCA | | 6:45PM-7:20PM (Swimming) | | | | | |
| ZUMBA® Mindbody | | 6:45PM-7:45PM (Cardio) <i>Nanette S.</i> | | | | | |
| GRIT™ ATHLETIC Sports Performance Center | | | 5:30AM-6:00AM (Cardio) <i>Mikey V.</i> | | | | |
| HIGH FITNESS Mindbody | | | 8:00AM-8:45AM (Cardio) <i>Gil G.</i> | | | | |
| TRX BODY BLAST® Studio | | | 8:15AM-9:00AM (Strength) <i>Carol M.</i> | | | | |
| STEP-INTERVAL Studio | | | 9:15AM-10:00AM (Cardio) <i>Carol M.</i> | | | | |
| SCHEDULED PROGRAMMING: ADVENTURE CENTER Adventure Center | | | 10:30AM-11:30AM (Child Watch) | 10:30AM-11:30AM (Child Watch) | | | |
| Eastside Private (1-on-1) Swim Lesson: Wed 4:30PM Facility-Eastside Family YMCA | | | 4:30PM-5:00PM (Swimming) | | | | |
| Eastside Private (1-on-1) Swim Lesson: Wed 5:00PM Facility-Eastside Family YMCA | | | 5:00PM-5:30PM (Swimming) | | | | |
| Sports Sampler: Parent/Child Facility-Eastside Family YMCA | | | 5:00PM-5:45PM (Sports & Recreation) 5:50PM-6:35PM (Sports & Recreation) | | | | 9:00AM-9:50AM (Sports & Recreation) 9:50AM-10:35AM (Sports & Recreation) |
| Eastside Private (1-on-1) Swim Lesson: Wed 5:30PM Facility-Eastside Family YMCA | | | 5:30PM-6:00PM (Swimming) | | | | |
| Eastside Private (1-on-1) Swim Lesson: Wed 6:00PM Facility-Eastside Family YMCA | | | 6:00PM-6:30PM (Swimming) | | | | |
| PICKLEBALL: ADULT West Gym | | | 6:00PM-8:00PM (Gym) | | 6:00PM-8:00PM (Gym) | | |
| RIDE STRONG Cycle Studio | | | 6:00PM-7:00PM (Cardio) <i>Kim K.</i> | | | | |
| Eastside Private (1-on-1) Swim Lesson: Wed 6:30PM Facility-Eastside Family YMCA | | | 6:30PM-7:00PM (Swimming) | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|--|--|-----------------------------|--------------------------|--------|
| BARRE Studio | | | 6:30PM-7:15PM (Strength) <i>Heather R.</i> | | | | |
| TAI CHI Mindbody | | | 6:45PM-7:45PM (Mind/Body) <i>Kelly N.</i> | | | | |
| UPBEAT BARRE™ Mindbody | | | | 8:30AM-9:15AM (Strength) <i>Anna B.</i> | | | |
| SILVER CYCLE Cycle Studio | | | | 10:15AM-11:00AM (Active Older Adults (AOA)) <i>Sunny V.</i> | | | |
| Pickleball: Beginner Lessons Facility-Eastside Family YMCA | | | | 1:00PM-2:00PM (Sports & Recreation) 2:15PM-3:15PM (Sports & Recreation) | | | |
| ROCKWALL: OPEN Rockwall | | | | 4:00PM-7:00PM (Gym) | | 10:30AM-12:30PM (Gym) | |
| Eastside Private (1-on-1) Swim Lesson: Thurs 4:30PM Facility-Eastside Family YMCA | | | | 4:30PM-5:00PM (Swimming) | | | |
| Soccer: Clinic Facility-Eastside Family YMCA | | | | 5:00PM-5:45PM (Sports & Recreation) 5:50PM-6:35PM (Sports & Recreation) 6:40PM-7:40PM (Sports & Recreation) | | | |
| Eastside Private (1-on-1) Swim Lesson: Thurs 5:15PM Facility-Eastside Family YMCA | | | | 5:15PM-5:45PM (Swimming) | | | |
| WERQ® Studio | | | | 5:30PM-6:15PM (Cardio) <i>Laura C.</i> | | | |
| Stage 1,2 Facility-Eastside Family YMCA | | | | 6:00PM-6:35PM (Swimming) | 1:00PM-1:35PM (Swimming) | | |
| TEEN LEADERS Community Room | | | | 6:30PM-8:00PM (S.T.E.A.M.) | | | |
| Leaders Club Facility-Eastside Family YMCA | | | | 6:30PM-8:00PM (Sports & Recreation) | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| Eastside Private (1-on-1) Swim Lesson: Thurs 6:45PM Facility-Eastside Family YMCA | | | | 6:45PM-7:15PM (Swimming) | | | |
| Intro to Swim Team: Aquatic Conditioning Facility-Eastside Family YMCA | | | | 6:45PM-7:30PM (Swimming) | | | |
| Les Mills CORE™ Mindbody | | | | | 8:15AM-8:45AM (Strength) <i>Kim K.</i> | | |
| AQUA CIRCUIT Large Pool | | | | | 9:30AM-10:15AM (Water Fitness) <i>Ron G.</i> | | |
| SILVER SNEAKERS CLASSIC Family Gym | | | | | 10:30AM-11:15AM (Active Older Adults (AOA)) <i>Tess M.</i> | | |
| ZUMBA GOLD® Studio | | | | | 11:30AM-12:15PM (Active Older Adults (AOA)) <i>Maribel T.</i> | | |
| Eastside Private (1-on-1) Swim Lesson: Fri 3:30PM Facility-Eastside Family YMCA | | | | | 3:30PM-4:00PM (Swimming) | | |
| CREATIVE CORNER Eastside Preschool Room A | | | | | 4:00PM-7:00PM (Child Watch) | 10:00AM-2:00PM (Child Watch) | 10:00AM-2:00PM (Child Watch) |
| Eastside Private (1-on-1) Swim Lesson: Fri 4:15PM Facility-Eastside Family YMCA | | | | | 4:15PM-4:45PM (Swimming) | | |
| POWER YOGA Mindbody | | | | | 4:30PM-5:30PM (Mind/Body) <i>Eva K.</i> | | 9:15AM-10:15AM (Mind/Body) <i>Eva K.</i> |
| Eastside Private (1-on-1) Swim Lesson: Fri 5:00PM Facility-Eastside Family YMCA | | | | | 5:00PM-5:30PM (Swimming) | | |
| SCHEDULED PROGRAMMING: COMMUNITY ROOM Community Room | | | | | 5:30PM-7:00PM (Gym) | | |
| SCHEDULED PROGRAMMING: FAMILY FUN Family Gym | | | | | 5:30PM-7:00PM (Gym) | | |
| Eastside Private (1-on-1) Swim Lesson: Fri 5:45PM Facility-Eastside Family YMCA | | | | | 5:45PM-6:15PM (Swimming) | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| CARDIO DANCE Mindbody | | | | | 6:00PM-7:00PM (Cardio) <i>Brit C.</i> | | |
| Eastside Private (1-on-1) Swim Lesson: Fri 6:30PM Facility-Eastside Family YMCA | | | | | 6:30PM-7:00PM (Swimming) | | |
| Eastside Private (1-on-1) Swim Lesson: Fri 7:00PM Facility-Eastside Family YMCA | | | | | 7:00PM-7:30PM (Swimming) | | |
| S.T.E.A.M: Build It! Facility-Eastside Family YMCA | | | | | | 9:00AM-9:45AM (S.T.E.A.M. & COOKING) 10:50AM-11:35AM (S.T.E.A.M. & COOKING) 11:45AM-12:30PM (S.T.E.A.M. & COOKING) | |
| Eastside Private (1-on-1) Swim Lesson: Sat 9:15AM Facility-Eastside Family YMCA | | | | | | 9:15AM-9:45AM (Swimming) | |
| STEP-CARDIO Studio | | | | | | 9:15AM-10:00AM (Cardio) <i>Frieda H.</i> | |
| Eastside Private (1-on-1) Swim Lesson: Sat 10:00AM Facility-Eastside Family YMCA | | | | | | 10:00AM-10:30AM (Swimming) | |
| BODYCOMBAT™ Mindbody | | | | | | 10:00AM-11:00AM (Cardio) <i>Danielle O.</i> | 11:45AM-12:45PM (Cardio) <i>Vanessa V.</i> |
| SCHEDULED PROGRAMMING: YOUTH SPORTS Gym | | | | | | 10:00AM-12:15PM (Gym) | |
| ZUMBA® Studio | | | | | | 10:15AM-11:15AM (Cardio) <i>Nanette S.</i> | 11:30AM-12:30PM (Cardio) <i>Brit C.</i> |
| Eastside Private (1-on-1) Swim Lesson: Sat 10:45AM Facility-Eastside Family YMCA | | | | | | 10:45AM-11:15AM (Swimming) | |
| CLOSED: FAMILY GYM Family Gym | | | | | | 11:15AM-6:00PM (Gym) | 11:15AM-6:00PM (Gym) |
| Eastside Private (1-on-1) Swim Lesson: Sat 11:30AM Facility-Eastside Family YMCA | | | | | | 11:30AM-12:00PM (Swimming) | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|----------|--------|--|-------------------------------|
| TAI CHI Studio | | | | | | 11:30AM-12:30PM (Mind/Body) <i>Binh T.</i> | |
| Eastside Private (1-on-1) Swim Lesson: Sat 12:15PM Facility-Eastside Family YMCA | | | | | | 12:15PM-12:45PM (Swimming) | |
| Eastside Private (1-on-1) Swim Lesson: Sat 1:00PM Facility-Eastside Family YMCA | | | | | | 1:00PM-1:30PM (Swimming) | |
| Eastside Private (1-on-1) Swim Lesson: Sat 1:45PM Facility-Eastside Family YMCA | | | | | | 1:45PM-2:15PM (Swimming) | |
| Eastside Private (1-on-1) Swim Lesson: Sat 2:30PM Facility-Eastside Family YMCA | | | | | | 2:30PM-3:00PM (Swimming) | |
| Eastside Private (1-on-1) Swim Lesson: Sun 9:15AM Facility-Eastside Family YMCA | | | | | | | 9:15AM-9:45AM (Swimming) |
| Eastside Private (1-on-1) Swim Lesson: Sun 10:00AM Facility-Eastside Family YMCA | | | | | | | 10:00AM-10:30AM (Swimming) |
| Eastside Private (1-on-1) Swim Lesson: Sun 10:45AM Facility-Eastside Family YMCA | | | | | | | 10:45AM-11:15AM (Swimming) |
| Eastside Private (1-on-1) Swim Lesson: Sun 11:30AM Facility-Eastside Family YMCA | | | | | | | 11:30AM-12:00PM (Swimming) |
| Eastside Private (1-on-1) Swim Lesson: Sun 12:15PM Facility-Eastside Family YMCA | | | | | | | 12:15PM-12:45PM (Swimming) |
| Eastside Private (1-on-1) Swim Lesson: Sun 1:00PM Facility-Eastside Family YMCA | | | | | | | 1:00PM-1:30PM (Swimming) |
| Eastside Private (1-on-1) Swim Lesson: Sun 1:45PM Facility-Eastside Family YMCA | | | | | | | 1:45PM-2:15PM (Swimming) |
| Eastside Private (1-on-1) Swim Lesson: Sun 2:30PM Facility-Eastside Family YMCA | | | | | | | 2:30PM-3:00PM (Swimming) |