



EASTSIDE FAMILY YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)
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)
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-7:45AM (Child Watch) 12:45PM-6:00PM (Child Watch)	12:45PM-5:00PM (Child Watch)
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)
OPEN GYM Gym	5:00AM-7:30AM (Gym) 4:00PM-8:45PM (Gym)	5:00AM-7:30AM (Gym) 1:45PM-6:00PM (Gym)	5:00AM-7:30AM (Gym) 10:45AM-11:30AM (Gym) 1:45PM-6:00PM (Gym)	5:00AM-7:30AM (Gym) 1:45PM-6:00PM (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-8:45PM (Gym)	5:00AM-8:00AM (Gym) 12:30PM-2:00PM (Gym) 7:45PM-8:45PM (Gym)	5:00AM-6:45AM (Gym) 12:30PM-8:45PM (Gym)	5:00AM-8:00AM (Gym) 3:30PM-8:45PM (Gym)	5:00AM-8:00AM (Gym) 12:30PM-5:00PM (Gym) 7:45PM-8:45PM (Gym)	7:00AM-8:15AM (Gym)	8:00AM-9:00AM (Gym)

	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> 5:15PM-6:15PM (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: TEEN and ADULT (Ages 13+) Gym	7:30AM-10:30AM (Pickleball)	7:30AM-10:30AM (Pickleball)	7:30AM-10:30AM (Pickleball)	7:30AM-10:30AM (Pickleball)	7:30AM-10:30AM (Pickleball)		
PICKLEBALL: TEEN and ADULT (Ages 13+) Family Gym	7:30AM-10:00AM (Pickleball)	7:30AM-10:00AM (Pickleball)	7:30AM-10:00AM (Pickleball)	7:30AM-10:00AM (Pickleball)	7:30AM-10:00AM (Pickleball)		
UPBEAT PILATES™ Mindbody	8:00AM-8:45AM (Mind/Body) <i>Jada B.</i> 4:15PM-5:15PM (Mind/Body) <i>Gil G.</i>		4:15PM-5:15PM (Mind/Body) <i>Anna B.</i>		8:00AM-8:45AM (Mind/Body) <i>Jada 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)	8:00AM-2:00PM (Child Watch)	8:00AM-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))		
Functional Fitness for All Facility-Eastside Family YMCA	9:00AM-10:00AM (Health & Wellness)			6:30PM-7:30PM (Health & Wellness)	9:00AM-10:00AM (Health & Wellness)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>Julie W.</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> 4:30PM-5:30PM (Mind/Body) <i>Cami S.</i>	11:15AM-12:15PM (Mind/Body) <i>Julie W.</i>	10:30AM-11:30AM (Mind/Body) <i>Eva K.</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>		
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 Stadium	9:15AM-10:15AM (Cardio) <i>Lisa B.</i> 6:00PM-7:00PM (Cardio) <i>Meredith F.</i>	5:45AM-6:45AM (Cardio) <i>Karin K.</i>	9:15AM-10:15AM (Cardio) <i>Mindy A.</i> 6:00PM-7:00PM (Cardio) <i>Kim K.</i>		6:00AM-6:45AM (Cardio) <i>Jackie P.</i>	9:00AM-10:00AM (Cardio) <i>Meghan C.</i>	8:15AM-9:15AM (Cardio) <i>Erin H.</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>			
UPBEAT BARRE™ Studio	10:15AM-11:00AM (Strength) <i>Tia P.</i>	9:00AM-9:45AM (Strength) <i>Erika H.</i>			4:15PM-5:00PM (Strength) <i>Olga N.</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>		11:30AM-12:15PM (Mind/Body) <i>Jess G.</i>	4:15PM-5:15PM (Mind/Body) <i>Brenda K.</i>		8:45AM-9:45AM (Mind/Body) <i>Brenda K.</i>	
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>Tess M.</i>	11:30AM-12:15PM (Active Older Adults (AOA)) <i>Jess G.</i>	10:30AM-11:15AM (Active Older Adults (AOA)) <i>Jules B.</i>		
Private (1-on-1) Swim Lesson: Mon 11:00AM Facility-Eastside Family YMCA	11:00AM-11:30AM (Swimming)						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GENTLE YOGA Mindbody	11:30AM-12:30PM (Mind/Body) <i>Jess G.</i>	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>Anthony S.</i>	9:00AM-10:00AM (Mind/Body) <i>Eva K.</i>	12:30PM-1:30PM (Mind/Body) <i>Julie W.</i>	
SILVER SNEAKERS CIRCUIT Family Gym	11:30AM-12:15PM (Active Older Adults (AOA)) <i>Sam R.</i>		11:30AM-12:15PM (Active Older Adults (AOA)) <i>Tess M.</i>				
BASKETBALL: ADULT Gym	11:45AM-1:45PM (Gym)		11:45AM-1:45PM (Gym)		11:45AM-1:45PM (Gym)		8:00AM-11:00AM (Gym)
Private (1-on-1) Swim Lesson: Mon 11:45AM Facility-Eastside Family YMCA	11:45AM-12:15PM (Swimming)						
Private (1-on-1) Swim Lesson: Mon 12:30PM Facility-Eastside Family YMCA	12:30PM-1:00PM (Swimming)						
MEDITATION Mindbody	12:45PM-1:15PM (Mind/Body) <i>Jess G.</i>						
OPEN GYM East Gym	2:00PM-4:00PM (Gym)		6:00PM-8:30PM (Gym)		6:00PM-8:30PM (Gym)	2:00PM-4:00PM (Gym)	
PICKLEBALL: TEEN and ADULT (Ages 13+) West Gym	2:00PM-4:00PM (Pickleball)						
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)		8:00AM-12:30PM (Child Watch)	8:00AM-12:30PM (Child Watch)
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)	6:00PM-6:35PM (Swimming)	6:00PM-6:35PM (Swimming)		10:00AM-10:35AM (Swimming) 11:30AM-12:05PM (Swimming)	10:45AM-11:20AM (Swimming) 1:45PM-2:20PM (Swimming)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stage 1 Facility-Eastside Family YMCA	4:30PM-5:05PM (Swimming) 6:00PM-6:35PM (Swimming)	6:45PM-7:20PM (Swimming)	5:15PM-5:50PM (Swimming)	10:15AM-10:50AM (Swimming) 6:00PM-6:35PM (Swimming)		9:15AM-9:50AM (Swimming) 9:15AM-9:50AM (Swimming) 1:00PM-1:35PM (Swimming)	10:00AM-10:35AM (Swimming) 10:45AM-11:20AM (Swimming) 10:45AM-11:20AM (Swimming) 12:15PM-12:50PM (Swimming) 1:00PM-1:35PM (Swimming)
Stage 2 Facility-Eastside Family YMCA	4:30PM-5:05PM (Swimming) 6:45PM-7:20PM (Swimming)	4:30PM-5:05PM (Swimming) 6:00PM-6:35PM (Swimming)	5:15PM-5:50PM (Swimming)	4:30PM-5:05PM (Swimming)		10:00AM-10:35AM (Swimming) 12:15PM-12:50PM (Swimming)	9:15AM-9:50AM (Swimming) 11:30AM-12:05PM (Swimming) 12:15PM-12:50PM (Swimming) 12:15PM-12:50PM (Swimming) 1:00PM-1:35PM (Swimming)
Floor Hockey: Skills & Drills Facility-Eastside Family YMCA	5:00PM-5:45PM (Sports & Recreation) 5:50PM-6:50PM (Sports & Recreation) 6:55PM-7:55PM (Sports & Recreation)						
Climbing Club: Skills & Drills 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)				
Women's Strength Training Facility-Eastside Family YMCA	5:15PM-6:15PM (Health & Wellness)	11:00AM-12:00PM (Health & Wellness) 5:15PM-6:15PM (Health & Wellness)		11:00AM-12:00PM (Health & Wellness) 5:15PM-6:15PM (Health & Wellness)			
Private (1-on-1) Swim Lesson: Mon 5:15PM Facility-Eastside Family YMCA	5:15PM-5:45PM (Swimming)						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYBALANCE™ Studio	7:45PM-8:15PM (Mind/Body) <i>Jen W.</i>						
BOOTCAMP Sports Performance Center		5:30AM-6:15AM (Strength) <i>Mikey V.</i>		5:30AM-6:15AM (Strength) <i>Mikey V.</i>			
CARDIO DANCE Mindbody		8:30AM-9:15AM (Cardio) <i>Sam R.</i>					
LES MILLS RPM® Cycle Stadium		9:15AM-10:00AM (Cardio) <i>Adriana P.</i> 5:30PM-6:15PM (Cardio) <i>Jayme B.</i>		9:15AM-10:00AM (Cardio) <i>Irina G.</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>
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>			
DEEP AQUA FIT Large Pool		9:30AM-10:15AM (Water Fitness) <i>Char C.</i>					
SCHEDULED PROGRAMMING: ADVENTURE CENTER Adventure Center		10:00AM-11:30AM (Child Watch)	10:30AM-11:30AM (Child Watch)	10:30AM-11:30AM (Child Watch)			
FEELING FIT Family Gym		10:30AM-11:15AM (Active Older Adults (AOA)) <i>Sam R.</i>		10:30AM-11:15AM (Active Older Adults (AOA)) <i>Sam R.</i>			
Stage 3,4 Facility-Eastside Family YMCA		11:00AM-11:35AM (Swimming)					
UPBEAT LIFT™ Studio		11:15AM-12:00PM (Strength) <i>Kristy H.</i> 4:15PM-5:00PM (Strength) <i>Bear H.</i>	6:15AM-7:00AM (Strength) <i>Gil G.</i>	11:15AM-12:00PM (Strength) <i>Kirsten/ K.</i>			12:45PM-1:30PM (Strength) <i>Bear H.</i>
Stage 1,2 Facility-Eastside Family YMCA		12:30PM-1:05PM (Swimming)					
Homeschool: Adventures Facility-Eastside Family YMCA		1:00PM-4:00PM (S.T.E.A.M. & COOKING)					
YMCA PROGRAMMING Family Gym		2:00PM-3:15PM (Pool)					
Private (1-on-1) Swim Lesson: Tues 4:30PM Facility-Eastside Family YMCA		4:30PM-5:00PM (Swimming)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball: Skills & Drills Facility-Eastside Family YMCA		5:00PM-5:45PM (Sports & Recreation) 5:50PM-6:50PM (Sports & Recreation) 6:55PM-7:55PM (Sports & Recreation)	5:40PM-6:25PM (Sports & Recreation) 6:30PM-7:30PM (Sports & Recreation)				
Private (1-on-1) Swim Lesson: Tues 5:15PM Facility-Eastside Family YMCA		5:15PM-5:45PM (Swimming)					
ASHI Basic First Aid Facility-Eastside Family YMCA		5:30PM-9:30PM (Certification Classes)					
S.T.E.A.M: Robotics Facility-Eastside Family YMCA		5:50PM-6:35PM (S.T.E.A.M. & COOKING)					
VOLLEYBALL: OPEN East Gym		6:00PM-8:30PM (Gym)		6:00PM-8:30PM (Gym)			
Private (1-on-1) Swim Lesson: Tues 6:00PM Facility-Eastside Family YMCA		6:00PM-6:30PM (Swimming)					
OPEN GYM West Gym		6:00PM-8:30PM (Gym)		6:00PM-8:30PM (Gym)			
Y-Strength Training: Teen Strength Facility-Eastside Family YMCA		6:30PM-7:30PM (Health & Wellness)					
ZUMBA® Mindbody		6:45PM-7:45PM (Cardio) <i>Nanette S.</i>					
Private (1-on-1) Swim Lesson: Tues 6:45PM Facility-Eastside Family YMCA		6:45PM-7:15PM (Swimming)					
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>				8:30AM-9:15AM (Strength) <i>Kristie K.</i>
STEP-INTERVAL Studio			9:15AM-10:00AM (Cardio) <i>Carol M.</i>				
PARKINSON'S OPTIMAL WELLNESS Mindbody			12:30PM-1:15PM (Active Older Adults (AOA)) <i>Mark S.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Private (1-on-1) Swim Lesson: Wed 4:30PM Facility-Eastside Family YMCA			4:30PM-5:00PM (Swimming)				
Sports Sampler: Parent/Child Facility-Eastside Family YMCA			5:00PM-5:30PM (Sports & Recreation)			9:00AM-9:30AM (Sports & Recreation)	
Private (1-on-1) Swim Lesson: Wed 5:15PM Facility-Eastside Family YMCA			5:15PM-5:45PM (Swimming)				
PICKLEBALL: ADULT (Ages 18+) West Gym			6:00PM-8:30PM (Pickleball)		6:00PM-8:30PM (Pickleball)		
Private (1-on-1) Swim Lesson: Wed 6:00PM Facility-Eastside Family YMCA			6:00PM-6:30PM (Swimming)				
BARRE Studio			6:30PM-7:15PM (Strength) <i>Heather R.</i>				
TAI CHI Mindbody			6:45PM-7:45PM (Mind/Body) <i>Kelly N.</i>				
Private (1-on-1) Swim Lesson: Wed 6:45PM Facility-Eastside Family YMCA			6:45PM-7:15PM (Swimming)				
Stage 1,2,3 Facility-Eastside Family YMCA			6:45PM-7:20PM (Swimming)				
UPBEAT BARRE™ Mindbody				8:30AM-9:15AM (Strength) <i>Anna B.</i>			8:15AM-9:00AM (Strength) <i>Gil G.</i>
SILVER CYCLE Cycle Stadium				10:15AM-11:00AM (Active Older Adults (AOA)) <i>Sunny V.</i>			
Pickleball: Beginner Pickleball Lessons Facility-Eastside Family YMCA				1:00PM-2:00PM (Sports & Recreation)			
Pickleball: Intro to Pickleball Clinic Facility-Eastside Family YMCA				2:15PM-3:45PM (Sports & Recreation)			
Private (1-on-1) Swim Lesson: Thurs 3:45PM Facility-Eastside Family YMCA				3:45PM-4:15PM (Swimming)			
Private (1-on-1) Swim Lesson: Thurs 4:30PM Facility-Eastside Family YMCA				4:30PM-5:00PM (Swimming)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ROCKWALL: OPEN Rockwall				5:00PM-7:00PM (Gym)		10:30AM-12:30PM (Gym)	
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>			
Private (1-on-1) Swim Lesson: Thurs 6:00PM Facility-Eastside Family YMCA				6:00PM-6:30PM (Swimming)			
Leaders Club Facility-Eastside Family YMCA				6:30PM-8:00PM (Arts & Humanities)			
TEEN LEADERS Community Room				6:30PM-8:00PM (S.T.E.A.M.)			
Speed & Agility: Youth Facility-Eastside Family YMCA				6:30PM-7:30PM (Health & Wellness)			
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)			
GRIT™ CARDIO Sports Performance Center					5:30AM-6:00AM (Cardio) <i>Danielle B.</i>	7:15AM-7:45AM (Cardio) <i>Mikey V.</i>	
AQUA CIRCUIT Large Pool					9:30AM-10:15AM (Water Fitness) <i>Ron G.</i>		
Private (1-on-1) Swim Lesson: Fri 11:00AM Facility-Eastside Family YMCA					11:00AM-11:30AM (Swimming)		
SILVER SNEAKERS CLASSIC Family Gym					11:30AM-12:15PM (Active Older Adults (AOA)) <i>Tess M.</i>		
ZUMBA GOLD® Studio					11:30AM-12:15PM (Active Older Adults (AOA)) <i>Joel S.</i>		
Private (1-on-1) Swim Lesson: Fri 3:45PM Facility-Eastside Family YMCA					3:45PM-4:15PM (Swimming)		
American Red Cross: Lifeguarding(blended learning)-in person Facility-Eastside Family YMCA					4:00PM-9:00PM (Certification Classes)	8:00AM-5:30PM (Certification Classes)	8:00AM-5:30PM (Certification Classes)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Private (1-on-1) Swim Lesson: Fri 4:30PM Facility-Eastside Family YMCA					4:30PM-5:00PM (Swimming)		
Private (1-on-1) Swim Lesson: Fri 5:15PM Facility-Eastside Family YMCA					5:15PM-5:45PM (Swimming)		
Family Fun: Inflatables Facility-Eastside Family YMCA					5:30PM-7:00PM (Family Activities)		
Private (1-on-1) Swim Lesson: Fri 6:00PM Facility-Eastside Family YMCA					6:00PM-6:30PM (Swimming)		
Private (1-on-1) Swim Lesson: Fri 6:45PM Facility-Eastside Family YMCA					6:45PM-7:15PM (Swimming)		
STEP-CARDIO Studio						9:15AM-10:00AM (Cardio) <i>Frieda H.</i>	
Private (1-on-1) Swim Lesson: Sat 9:15AM Facility-Eastside Family YMCA						9:15AM-9:45AM (Swimming)	
CREATIVE CORNER DROP OFF (AGES 5-12) Eastside Preschool Room A						10:00AM-2:00PM (Child Watch)	10:00AM-2:00PM (Child Watch)
BODYCOMBAT™ Mindbody						10:00AM-11:00AM (Cardio) <i>Danielle O.</i>	11:45AM-12:45PM (Cardio) <i>Vanessa V.</i>
Private (1-on-1) Swim Lesson: Sat 10:00AM Facility-Eastside Family YMCA						10:00AM-10:30AM (Swimming)	
ZUMBA® Studio						10:15AM-11:15AM (Cardio) <i>Nanette S.</i>	11:30AM-12:30PM (Cardio) <i>Sam R.</i>
Private (1-on-1) Swim Lesson: Sat 10:45AM Facility-Eastside Family YMCA						10:45AM-11:15AM (Swimming)	
Stage 1 with Parent Facility-Eastside Family YMCA						10:45AM-11:20AM (Swimming)	
CLOSED: FAMILY GYM Family Gym						11:15AM-6:00PM (Gym)	11:15AM-6:00PM (Gym)
TAI CHI Studio						11:30AM-12:30PM (Mind/Body) <i>Kelly N.</i>	
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
Private (1-on-1) Swim Lesson: Sat 12:15PM Facility-Eastside Family YMCA						12:15PM-12:45PM (Swimming)	
Private (1-on-1) Swim Lesson: Sat 1:00PM Facility-Eastside Family YMCA						1:00PM-1:30PM (Swimming)	
Private (1-on-1) Swim Lesson: Sat 1:45PM Facility-Eastside Family YMCA						1:45PM-2:15PM (Swimming)	
PICKLEBALL: FAMILY West Gym						2:00PM-4:00PM (Gym)	
Private (1-on-1) Swim Lesson: Sat 2:30PM Facility-Eastside Family YMCA						2:30PM-3:00PM (Swimming)	
POWER YOGA Mindbody							9:15AM-10:15AM (Mind/Body) Eva K.
Private (1-on-1) Swim Lesson: Sun 9:15AM Facility-Eastside Family YMCA							9:15AM-9:45AM (Swimming)
Private (1-on-1) Swim Lesson: Sun 10:00AM Facility-Eastside Family YMCA							10:00AM-10:30AM (Swimming)
Private (1-on-1) Swim Lesson: Sun 10:45AM Facility-Eastside Family YMCA							10:45AM-11:15AM (Swimming)
Private (1-on-1) Swim Lesson: Sun 11:30AM Facility-Eastside Family YMCA							11:30AM-12:00PM (Swimming)
Private (1-on-1) Swim Lesson: Sun 12:15PM Facility-Eastside Family YMCA							12:15PM-12:45PM (Swimming)
Private (1-on-1) Swim Lesson: Sun 1:00PM Facility-Eastside Family YMCA							1:00PM-1:30PM (Swimming)
Private (1-on-1) Swim Lesson: Sun 1:45PM Facility-Eastside Family YMCA							1:45PM-2:15PM (Swimming)
Private (1-on-1) Swim Lesson: Sun 2:30PM Facility-Eastside Family YMCA							2:30PM-3:00PM (Swimming)