



EASTSIDE FAMILY YMCA | August 18th - August 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FAMILY TIME Adventure Center	5:00AM-8:30AM (Child Watch) 12:30PM-3:45PM (Child Watch)	5:00AM-8:30AM (Child Watch) 12:30PM-3:45PM (Child Watch)	5:00AM-8:30AM (Child Watch) 12:30PM-4:00PM (Child Watch)	5:00AM-10:30AM (Child Watch) 12:30PM-4:00PM (Child Watch)	5:00AM-8:30AM (Child Watch) 12:30PM-9:00PM (Child Watch)	5:00AM-8:15AM (Child Watch) 12:45PM-6:00PM (Child Watch)	12:45PM-5:00PM (Child Watch)
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)
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)
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) 11:15AM-4:15PM (Pool)	7:00AM-9:00AM (Pool) 2:15PM-5:15PM (Pool)	8:00AM-9:00AM (Pool) 2:30PM-4:30PM (Pool)
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-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-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)		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> 5:00PM-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: ADULT (Ages 18+) 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 J.</i> 4:15PM-5:15PM (Mind/Body) <i>Gil G.</i>		4:15PM-5:15PM (Mind/Body) <i>Anna B.</i>				
AQUA IN MOTION Family Pool	8:15AM-9:00AM (Water Fitness) <i>Sam R.</i>						
TOTAL BODY STRONG Studio	8:15AM-9:00AM (Strength) <i>Carol M.</i>				8:15AM-9:00AM (Strength) <i>Carol M.</i>		
ADVENTURE CENTER DROP OFF Adventure Center	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)	8:30AM-12:30PM (Child Watch)	8:30AM-12:30PM (Child Watch)
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))		

	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>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>
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>		
GROUP CYCLE Cycle Stadium	9:15AM-10:15AM (Cardio) <i>Lisa B.</i> 6:00PM-6:45PM (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-6:45PM (Cardio) <i>Kim K.</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>
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) 10:30AM-11:15AM (Pool) 4:15PM-7:30PM (Pool) 7:30PM-8:45PM (Pool)	9:00AM-12:15PM (Pool) 12:15PM-2:00PM (Pool)	9:00AM-2:30PM (Pool)
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>			
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>	
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>
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>	11:30AM-12:15PM (Active Older Adults (AOA)) <i>Tess M.</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>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)
PICKLEBALL: TEEN and ADULT (Ages 13+) West Gym	2:00PM-4:00PM (Pickleball)						
OPEN GYM East Gym	2:00PM-4:00PM (Gym)				6:00PM-8:00PM (Gym)	2:00PM-4:00PM (Gym)	
SCHEDULED PROGRAMMING: SWIM LESSONS Large Pool	4:30PM-7:30PM (Pool)	4:30PM-7:30PM (Pool)		4:30PM-7:30PM (Pool)		9:15AM-1:45PM (Pool)	9:15AM-3:15PM (Pool)
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>
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>
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)		
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>		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>Alisa D.</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>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SCHEDULED PROGRAMMING Adventure Center		10:00AM-11:30AM (Child Watch)		10:00AM-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>			
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>Anthony S.</i>	9:00AM-10:00AM (Mind/Body) <i>Eva K.</i>		
ASHI Basic First Aid Facility-Eastside Family YMCA		5:30PM-9:30PM (Certification Classes)					
BODYBALANCE™ Studio		5:50PM-6:20PM (Mind/Body) <i>Danielle O.</i>					
VOLLEYBALL: OPEN Gym		6:00PM-8:00PM (Gym)					
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>				
SCHEDULED PROGRAMMING: CLIMBING CLUB Rockwall			6:00AM-7:35AM (Gym)				
UPBEAT LIFT™ Studio			6:15AM-7:00AM (Strength) <i>Gil G.</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>				
PICKLEBALL: ADULT (Ages 18+) West Gym			6:00PM-8:00PM (Pickleball)		6:00PM-8:00PM (Pickleball)		

	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 Stadium				10:15AM-11:00AM (Active Older Adults (AOA)) <i>Sunny V.</i>			
WERQ® Studio				5:30PM-6:15PM (Cardio) <i>Laura C.</i>			
TEEN LEADERS Community Room				6:30PM-8:00PM (S.T.E.A.M.)			
GRIT™ CARDIO Sports Performance Center					5:30AM-6:00AM (Cardio) <i>Danielle B.</i>	7:15AM-7:45AM (Cardio) <i>Mikey V.</i>	
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>		
SCHEDULED PROGRAMMING: SWIM LESSONS Family Pool					10:15AM-12:20PM (Pool)		
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>		
American Red Cross: Lifeguarding(blended learning)-in person Facility-Eastside Family YMCA					4:00PM-9:00PM (Certification Classes)	9:00AM-5:30PM (Certification Classes)	9:00AM-5:30PM (Certification Classes)
POWER YOGA Mindbody					4:30PM-5:30PM (Mind/Body) <i>Eva K.</i>		9:15AM-10:15AM (Mind/Body) <i>Eva K.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parents Time Off: August 22 Facility-Eastside Family YMCA					5:00PM-8:00PM (Family Activities)		
STEP-CARDIO Studio						9:15AM-10:00AM (Cardio) <i>Frieda H.</i>	
CREATIVE CORNER 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>
Family Fun: Camp Adventures Facility-Eastside Family YMCA						10:00AM-12:00PM (Family Activities)	
SCHEDULED PROGRAMMING: YOUTH SPORTS Family Gym						10:00AM-11:35AM (Gym)	10:00AM-11:35AM (Gym)
ZUMBA® Studio						10:15AM-11:15AM (Cardio) <i>Nanette S.</i>	11:30AM-12:30PM (Cardio) <i>Brit C.</i>
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>	
PICKLEBALL: FAMILY West Gym						2:00PM-4:00PM (Pickleball)	