



## MAPLEWOOD FAMILY YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LAP SWIM</b> Pool	6:00AM-8:30AM (Pool)  9:15AM-4:45PM (Pool)  7:45PM-8:45PM (Pool)	6:00AM-4:45PM (Pool)  7:45PM-8:45PM (Pool)	6:00AM-8:30AM (Pool)  9:15AM-4:45PM (Pool)  7:45PM-8:45PM (Pool)	6:00AM-9:00AM (Pool)  11:00AM-4:45PM (Pool)  7:45PM-8:45PM (Pool)	6:00AM-8:30AM (Pool)  9:15AM-8:45PM (Pool)	7:00AM-2:45PM (Pool)	
<b>WATER WALKING</b> Pool	6:00AM-8:30AM (Pool)  9:15AM-11:00AM (Pool)	6:00AM-9:55AM (Pool)	6:00AM-8:30AM (Pool)  9:15AM-11:00AM (Pool)	6:00AM-9:00AM (Pool)  11:00AM-2:00PM (Pool)	6:00AM-8:30AM (Pool)  9:15AM-11:00AM (Pool)	7:00AM-9:00AM (Pool)	
<b>OPEN GYM</b> Gym	6:00AM-7:30AM (Gym)  4:00PM-9:00PM (Gym)	6:00AM-9:30AM (Gym)  11:30AM-12:00PM (Gym)  4:00PM-5:00PM (Gym)  8:00PM-9:00PM (Gym)	6:00AM-7:30AM (Gym)  11:30AM-12:30PM (Gym)  4:00PM-9:00PM (Gym)	6:00AM-9:30AM (Gym)  11:30AM-12:30PM (Gym)  4:00PM-5:00PM (Gym)  8:00PM-9:00PM (Gym)	6:00AM-7:30AM (Gym)  11:30AM-12:00PM (Gym)  4:00PM-9:00PM (Gym)	12:00PM-3:00PM (Gym)	
<b>PICKLEBALL: ADULT</b> <b>(Ages 18+)</b> Gym	7:30AM-9:30AM (Pickleball)		7:30AM-9:30AM (Pickleball)		7:30AM-9:30AM (Pickleball)		
<b>LAP SWIM (LIMITED LANES AVAILABLE)</b> Pool	8:30AM-9:15AM (Pool)		8:30AM-9:00AM (Pool)	9:00AM-11:00AM (Pool)	8:30AM-9:15AM (Pool)		
<b>AQUA FIT</b> Pool	8:30AM-9:15AM (Water Fitness) <i>Ann S.</i>		8:30AM-9:15AM (Water Fitness) <i>Ann S.</i>		8:30AM-9:15AM (Water Fitness) <i>Ann S.</i>		
<b>ACTIVE YOGA</b> Studio	9:00AM-10:00AM (Mind/Body) <i>Cheri S.</i>				9:15AM-10:15AM (Mind/Body) <i>Daria M.</i>	8:30AM-9:30AM (Mind/Body) <i>Dorrell G.</i>	
<b>CHILD WATCH</b> Child Watch	9:00AM-11:00AM (Child Watch)  4:00PM-8:00PM (Child Watch)	9:00AM-11:00AM (Child Watch)  4:00PM-8:00PM (Child Watch)	9:00AM-11:00AM (Child Watch)  4:00PM-8:00PM (Child Watch)	9:00AM-11:00AM (Child Watch)  4:00PM-8:00PM (Child Watch)		9:00AM-12:00PM (Child Watch)	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>SILVER SNEAKERS CLASSIC</b> Gym	10:00AM-11:00AM (Active Older Adults (AOA)) <i>Tamara S.</i>		10:00AM-11:00AM (Active Older Adults (AOA)) <i>Tamara S.</i>		10:00AM-11:00AM (Active Older Adults (AOA)) <i>Tamara S.</i>		
<b>OPEN SWIM</b> Pool	11:00AM-2:30PM (Pool)  3:30PM-4:45PM (Pool)	10:45AM-2:30PM (Pool)	11:00AM-2:30PM (Pool)  3:30PM-4:45PM (Pool)	12:00PM-2:30PM (Pool)  3:30PM-4:45PM (Pool)	11:00AM-2:30PM (Pool)		
<b>ZUMBA GOLD®</b> Gym	11:30AM-12:15PM (Active Older Adults (AOA)) <i>Melissa R.</i>						
<b>SCHEDULED PROGRAMMING: WEST GYM</b> West Gym	12:30PM-1:30PM (Gym)	12:00PM-1:30PM (Gym)	12:30PM-1:30PM (Gym)	12:30PM-1:30PM (Gym)	12:00PM-1:30PM (Gym)		
<b>OPEN GYM</b> East Gym	12:30PM-4:00PM (Gym)	12:00PM-4:00PM (Gym)  5:00PM-8:00PM (Gym)	12:30PM-4:00PM (Gym)	12:30PM-4:00PM (Gym)  5:00PM-8:00PM (Gym)	12:00PM-4:00PM (Gym)		
<b>PICKLEBALL: ADULT (Ages 18+)</b> West Gym	1:30PM-4:00PM (Pickleball)	1:30PM-4:00PM (Pickleball)	1:30PM-4:00PM (Pickleball)	1:30PM-4:00PM (Pickleball)	1:30PM-4:00PM (Pickleball)	7:00AM-9:00AM (Pickleball)	
<b>SCHEDULED PROGRAMMING: POOL</b> Pool	2:30PM-3:30PM (Pool)	2:30PM-3:30PM (Pool)	2:30PM-3:30PM (Pool)	2:30PM-3:30PM (Pool)	2:30PM-3:30PM (Pool)		
<b>ESPORTS AND GAMING : OPEN</b> eSports & Gaming	3:00PM-8:00PM (Metro eSports Gaming)	3:00PM-8:00PM (Metro eSports Gaming)	3:00PM-8:00PM (Metro eSports Gaming)	3:00PM-8:00PM (Metro eSports Gaming)	11:00AM-6:00PM (Metro eSports Gaming)	11:00AM-3:00PM (Metro eSports Gaming)	
<b>MIXUP MONDAYS</b> eSports & Gaming	3:30PM-5:30PM (Metro eSports Gaming)						
<b>YMCA PROGRAMMING</b> Pool	4:45PM-7:45PM (Gym)	4:45PM-7:45PM (Gym)	4:45PM-7:45PM (Gym)	4:45PM-7:45PM (Gym)			
<b>PILATES</b> Studio	5:30PM-6:15PM (Mind/Body) <i>Sheri D.</i>						
<b>TRX CIRCUIT®</b> Studio	6:30PM-7:30PM (Strength) <i>Tom C.</i>	7:00AM-7:45AM (Strength) <i>Gina W.</i>					
<b>FAMILY SWIM</b> Pool	7:45PM-8:45PM (Pool)	7:45PM-8:45PM (Pool)	7:45PM-8:45PM (Pool)	7:45PM-8:45PM (Pool)	7:45PM-8:45PM (Pool)	9:00AM-2:45PM (Pool)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>GENTLE YOGA</b> Studio		9:00AM-10:00AM (Mind/Body) <i>Vanessa A.</i>	9:15AM-10:15AM (Mind/Body) <i>Sandra K.</i>  5:00PM-5:55PM (Mind/Body) <i>Cheri S.</i>	9:15AM-10:15AM (Mind/Body) <i>Sandra K.</i>			
<b>SILVER SNEAKERS YOGA</b> Gym		10:00AM-11:00AM (Active Older Adults (AOA)) <i>Dorrell G.</i>		10:00AM-11:00AM (Active Older Adults (AOA)) <i>Tamara S.</i>			
<b>FEELING FIT</b> Studio		11:00AM-12:00PM (Active Older Adults (AOA)) <i>Tamara S.</i>			11:15AM-12:00PM (Active Older Adults (AOA)) <i>Tamara S.</i>		
<b>TOUCHDOWN TUESDAYS</b> eSports & Gaming		3:30PM-5:30PM (Metro eSports Gaming)					
<b>FAMILY GYM</b> West Gym		5:00PM-8:00PM (Gym)		5:00PM-8:00PM (Gym)			
<b>CARDIO KICKBOXING</b> Studio		5:00PM-5:45PM (Cardio) <i>Nene O.</i>					
<b>TOTAL BODY STRONG</b> Studio		6:00PM-7:00PM (Strength) <i>Margot S.</i>					
<b>RESTORATIVE YOGA</b> Studio			10:30AM-11:15AM (Mind/Body) <i>Sandra K.</i>				
<b>ZUMBA®</b> Studio			6:05PM-7:05PM (Cardio) <i>Leonte P.</i>				
<b>GROUP CYCLE</b> Studio				6:15AM-7:00AM (Cardio) <i>Mary B.</i>			
<b>DEEP AQUA FIT</b> Pool				9:00AM-9:45AM (Water Fitness) <i>Maribel T.</i>			
<b>AQUA ZUMBA</b> Pool				10:00AM-10:45AM (Water Fitness) <i>Maribel T.</i>			
<b>ZUMBA® STEP</b> Studio				5:00PM-5:45PM (Cardio) <i>Melissa R.</i>			
<b>HIIT</b> Studio				6:00PM-6:30PM (Strength) <i>Carole N.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>UPBEAT BARRE™</b> Facility-Maplewood Family YMCA						9:40AM-10:40AM (Strength) <i>Ryley F.</i>	