



MAPLEWOOD FAMILY YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WATER WALKING Pool	6:00AM-8:30AM (Pool) 9:30AM-1:00PM (Pool)	11:00AM-4:00PM (Pool)	6:00AM-8:15AM (Pool) 9:30AM-1:00PM (Pool)	6:00AM-9:00AM (Pool) 10:45AM-1:00PM (Pool)	6:00AM-8:30AM (Pool) 9:30AM-1:00PM (Pool)	7:00AM-9:15AM (Pool)	9:00AM-11:30AM (Pool)
LAP SWIM Pool	6:00AM-8:30AM (Pool) 9:30AM-5:45PM (Pool)	6:00AM-4:30PM (Pool) 7:30PM-8:45PM (Pool)	6:00AM-8:30AM (Pool) 9:30AM-5:45PM (Pool)	6:00AM-4:30PM (Pool) 7:30PM-8:45PM (Pool)	6:00AM-8:30AM (Pool) 9:30AM-5:45PM (Pool)	7:00AM-9:30AM (Pool) 10:30AM-12:15PM (Pool)	9:00AM-11:30AM (Pool)
OPEN GYM Gym	6:00AM-8:00AM (Gym) 12:30PM-1:30PM (Gym) 4:00PM-9:00PM (Gym)	6:00AM-9:30AM (Gym) 11:30AM-1:30PM (Gym) 4:00PM-5:00PM (Gym) 8:00PM-9:00PM (Gym)	6:00AM-8:00AM (Gym) 11:30AM-1:00PM (Gym) 4:00PM-5:00PM (Gym) 7:00PM-9:00PM (Gym)	6:00AM-9:30AM (Gym) 11:30AM-1:30PM (Gym) 4:00PM-5:00PM (Gym) 8:00PM-9:00PM (Gym)	6:00AM-8:00AM (Gym) 4:00PM-9:00PM (Gym)		12:00PM-2:00PM (Gym)
ACTIVE YOGA Studio	8:00AM-9:00AM (Mind/Body) <i>Lisa R.</i>				9:15AM-10:15AM (Mind/Body) <i>Daria M.</i>	8:15AM-9:15AM (Mind/Body) <i>YMCA S.</i>	9:30AM-10:30AM (Mind/Body) <i>Hannah G.</i>
PICKLEBALL: ADULT Gym	8:00AM-9:30AM (Gym)		8:00AM-9:30AM (Gym)		8:00AM-9:30AM (Gym)		
LAP SWIM (LIMITED LANES AVAILABLE) Pool	8:30AM-9:30AM (Pool) 5:45PM-8:45PM (Pool)	4:30PM-7:30PM (Pool)	8:30AM-9:30AM (Pool) 5:45PM-8:45PM (Pool)	4:30PM-7:30PM (Pool)	8:30AM-9:30AM (Pool) 5:45PM-8:45PM (Pool)	9:30AM-10:30AM (Pool)	11:30AM-1:30PM (Pool)
AQUA FIT Pool	8:30AM-9:15AM (Water Fitness) <i>Ann S.</i>	4:00PM-4:45PM (Water Fitness) <i>Rachel M.</i>	8:30AM-9:15AM (Water Fitness) <i>Ann S.</i>		8:30AM-9:15AM (Water Fitness) <i>Ann S.</i>		
CHILD WATCH 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)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GENTLE YOGA Studio	9:45AM-10:45AM (Mind/Body) <i>Lisa R.</i>	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>			
SILVER SNEAKERS CLASSIC 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>		
ZUMBA GOLD® Gym	11:30AM-12:15PM (Active Older Adults (AOA)) <i>Melissa R.</i>						
OPEN SWIM Pool	1:00PM-5:30PM (Pool)	10:00AM-4:00PM (Pool)	1:00PM-5:30PM (Pool)	1:00PM-5:30PM (Pool)	1:00PM-5:30PM (Pool)		
PICKLEBALL: ADULT East Gym	1:30PM-4:00PM (Gym)	1:30PM-4:00PM (Gym)	1:30PM-4:00PM (Gym)	1:30PM-4:00PM (Gym)	1:30PM-4:00PM (Gym)	7:00AM-9:00AM (Gym)	9:00AM-10:30AM (Gym)
OPEN GYM West Gym	1:30PM-4:00PM (Gym)	1:30PM-4:00PM (Gym)	1:30PM-4:00PM (Gym) 5:00PM-7:00PM (Gym)	1:30PM-4:00PM (Gym)	11:30AM-4:00PM (Gym)	7:00AM-12:00PM (Gym) 2:30PM-3:00PM (Gym)	9:00AM-12:00PM (Gym)
ESPORTS AND GAMING : OPEN eSports & Gaming	3:00PM-8:00PM (Metro eSports Gaming)	3:00PM-8:00PM (Metro eSports Gaming)	3:00PM-6:00PM (Metro eSports Gaming)	3:00PM-8:00PM (Metro eSports Gaming)	11:00AM-6:00PM (Metro eSports Gaming)	11:00AM-3:00PM (Metro eSports Gaming)	11:00AM-2:00PM (Metro eSports Gaming)
TEEN CENTER West Gym	4:00PM-5:00PM (Gym)	4:00PM-5:00PM (Gym)	4:00PM-5:00PM (Gym)	4:00PM-5:00PM (Gym)	4:00PM-5:00PM (Gym)		
PILATES Studio	5:30PM-6:15PM (Mind/Body) <i>Sheri D.</i>						
FAMILY SWIM Pool	5:30PM-8:45PM (Pool)	5:30PM-8:45PM (Pool)	5:30PM-8:45PM (Pool)	5:30PM-8:45PM (Pool)	5:30PM-8:45PM (Pool)		11:30AM-1:00PM (Pool)
SWIM TEAM Pool	5:45PM-8:30PM (Pool)		5:45PM-8:30PM (Pool)		5:45PM-8:30PM (Pool)		11:30AM-1:30PM (Pool)
TRX CIRCUIT® Studio	6:30PM-7:30PM (Strength) <i>Tom C.</i>	7:00AM-7:45AM (Strength) <i>Gina W.</i>					
DEEP AQUA FIT Pool		10:00AM-10:45AM (Water Fitness) <i>Rachel M.</i>		9:00AM-9:45AM (Water Fitness) <i>Maribel T.</i>			
SILVER SNEAKERS YOGA 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>			
FEELING FIT 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>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SCHEDULED PROGRAMMING: POOL Pool		4:15PM-7:15PM (Pool)		4:15PM-7:15PM (Pool)		10:30AM-12:15PM (Pool)	
CARDIO KICKBOXING Studio		5:00PM-5:45PM (Cardio) <i>Nene O.</i>					
FAMILY GYM West Gym		5:00PM-8:00PM (Gym)		5:00PM-8:00PM (Gym)			
OPEN GYM East Gym		5:00PM-8:00PM (Gym)		5:00PM-8:00PM (Gym)			
Leaders Club Facility-Maplewood Family YMCA		6:00PM-7:30PM (Sports & Recreation)					
TOTAL BODY STRONG Studio		6:00PM-7:00PM (Strength) <i>Margot S.</i>					
RESTORATIVE YOGA Studio			10:30AM-11:15AM (Mind/Body) <i>Sandra K.</i>				
SCHEDULED PROGRAMMING: EAST GYM East Gym			5:00PM-7:00PM (Gym)		11:30AM-1:30PM (Gym)		
ZUMBA® Studio			6:05PM-7:05PM (Cardio) <i>Leonte P.</i>				
GROUP CYCLE Studio				6:15AM-7:00AM (Cardio) <i>Mary B.</i>			
AQUA ZUMBA Pool				10:00AM-10:45AM (Water Fitness) <i>Maribel T.</i>		9:30AM-10:15AM (Water Fitness) YMCA S.	
ZUMBA® STEP Studio				5:00PM-5:45PM (Cardio) <i>Melissa R.</i>			
HIIT Studio				6:00PM-6:30PM (Strength) <i>Carole N.</i>			
Parents Time Off: April 25 Facility-Maplewood Family YMCA					5:00PM-8:00PM (Family Activities)		
BASKETBALL: ADULT East Gym						9:00AM-12:00PM (Gym)	10:30AM-12:00PM (Gym)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HEALTHY KIDS DAY: WEST GYM West Gym						12:00PM-2:30PM (Gym)	
HEALTHY KIDS DAY: POOL Pool						12:00PM-2:30PM (Pool)	
FAMILY GYM East Gym						12:00PM-3:00PM (Gym)	