

NORTHWEST FAMILY YMCA | October 27th - November 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WATER WALKING 25-Yard Pool	5:30AM-8:45AM (Pool)	5:30AM-7:45AM (Pool)	5:30AM-8:45AM (Pool)	5:30AM-7:45AM (Pool)	5:30AM-8:45AM (Pool)	7:00AM-9:00AM (Pool)	8:00AM-10:00AM (Pool)
OPEN SWIM Warm Water Pool	5:30AM-10:00AM (Pool)	5:30AM-9:00AM (Pool)	5:30AM-10:00AM (Pool)	5:30AM-9:00AM (Pool)	5:30AM-10:00AM (Pool)	7:00AM-9:00AM (Pool)	
	11:00AM-4:00PM (Pool)	10:00AM-2:00PM (Pool)	11:00AM-4:00PM (Pool)	10:00AM-2:00PM (Pool)	11:00AM-4:00PM (Pool)		
		3:00PM-5:00PM (Pool)		3:00PM-5:00PM (Pool)			
OPEN GYM Gym	5:30AM-6:30AM (Gym)	5:30AM-6:30AM (Gym)	2:30PM-4:30PM (Gym)	5:30AM-6:00AM (Gym)	5:30AM-6:30AM (Gym)	7:00AM-8:30AM (Gym)	11:00AM-1:45PM (Gym)
	10:45AM-11:15AM (Gym)	11:15AM-12:00PM (Gym)	5:30PM-6:00PM (Gym)	11:30AM-12:15PM (Gym)	2:30PM-4:30PM (Gym)	12:45PM-4:45PM (Gym)	
	2:30PM-4:30PM (Gym)	2:30PM-4:30PM (Gym)		2:30PM-4:30PM (Gym)	5:30PM-8:45PM (Gym)		
	5:30PM-8:45PM (Gym)	5:30PM-6:00PM (Gym)		5:30PM-6:00PM (Gym)			
		7:45PM-8:45PM (Gym)		7:45PM-8:45PM (Gym)			
LAP SWIM 25-Yard Pool	5:30AM-8:45AM (Pool)	5:30AM-7:45AM (Pool)	5:30AM-8:45AM (Pool)	5:30AM-7:45AM (Pool)	5:30AM-8:45AM (Pool)	7:00AM-4:45PM (Pool)	8:00AM-1:45PM (Pool)
	10:00AM-8:45PM (Pool)	9:00AM-7:00PM (Pool)	10:00AM-8:45PM (Pool)	9:00AM-4:45PM (Pool)	10:00AM-8:45PM (Pool)		
		8:15PM-8:45PM (Pool)		5:00PM-7:00PM (Pool)			
				8:15PM-8:45PM (Pool)			
RIDE STRONG Aerobics Studio	5:45AM-6:30AM (Cardio) <i>Lisa C.</i>				5:45AM-6:30AM (Cardio) <i>YMCA S.</i>		
PICKLEBALL: ADULT (Ages 18+) Gym	6:30AM-9:00AM (Pickleball)	6:30AM-10:00AM (Pickleball)	5:30AM-7:45AM (Pickleball)	6:00AM-10:00AM (Pickleball)	6:30AM-9:00AM (Pickleball)		
			6:00PM-8:45PM (Pickleball)				

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GULICK GYM: OPEN Gulick Gym	7:00AM-12:00PM (Strength)	7:00AM-12:00PM (Strength)	7:00AM-12:00PM (Strength)	7:00AM-12:00PM (Strength)	7:00AM-12:00PM (Strength)		
CIRCUIT TRAINING Aerobics Studio	8:00AM-8:45AM (Strength) Carole N.						
CHILD WATCH Child Watch	8:30AM-12:00PM (Child Watch)	8:30AM-12:00PM (Child Watch)	8:30AM-12:00PM (Child Watch)	8:30AM-12:00PM (Child Watch)	8:30AM-12:00PM (Child Watch)	9:00AM-12:00PM (Child Watch)	9:45AM-12:45PM (Child Watch)
	4:00PM-8:00PM (Child Watch)	4:00PM-8:00PM (Child Watch)	4:00PM-8:00PM (Child Watch)	4:00PM-8:00PM (Child Watch)	4:00PM-8:00PM (Child Watch)		
BOOTCAMP Aerobics Studio	9:00AM-10:00AM (Strength) Carole N.	5:45AM-6:45AM (Strength) Darlene D.	9:15AM-10:00AM (Strength) Carole N.				
AQUA FIT 25-Yard Pool	9:00AM-9:45AM (Water Fitness) Diane R.	8:00AM-8:45AM (Water Fitness) Lou W.	9:00AM-9:45AM (Water Fitness) Diane R.	8:00AM-8:45AM (Water Fitness) Lou W.	9:00AM-9:45AM (Water Fitness) Jane M.		
		7:15PM-8:15PM (Water Fitness) Judy A.		7:15PM-8:15PM (Water Fitness) Judy A.			
QIGONG Gym	9:15AM-10:00AM (Mind/Body) <i>Bob D.</i>		9:15AM-10:00AM (Mind/Body) Bob D.				
TAI CHI BEGINNER Gym	10:00AM-10:45AM (Mind/Body) Bob D.						
AQUA YOGA Warm Water Pool	10:00AM-11:00AM (Water Fitness) Jane M.		10:00AM-11:00AM (Water Fitness) Jane M.		10:00AM-11:00AM (Water Fitness) Jane M.		
OPEN SWIM 25-Yard Pool	10:00AM-5:00PM (Pool)	9:00AM-3:45PM (Pool)	10:00AM-4:00PM (Pool)	9:00AM-4:45PM (Pool)	10:00AM-4:00PM (Pool)		
TRX CIRCUIT® Aerobics Studio	10:15AM-11:15AM (Strength) Sadie B.						
ZUMBA ® Aerobics Studio	11:30AM-12:15PM (Cardio) <i>Lisa R</i> .	4:30PM-5:15PM (Cardio) Glenda M.		11:45AM-12:30PM (Cardio) Glenda M.			
				4:30PM-5:15PM (Cardio) Glenda M.			
SILVER SNEAKERS CLASSIC Gym	11:30AM-12:30PM (Active Older Adults (AOA)) Sadie B.				11:30AM-12:30PM (Active Older Adults (AOA)) Sadie B.		
FAMILY TIME Mystery Cavern	12:00PM-3:30PM (Child Watch)	12:00PM-3:30PM (Child Watch)	12:00PM-3:30PM (Child Watch)	12:00PM-3:30PM (Child Watch)	12:00PM-3:30PM (Child Watch)	12:00PM-3:00PM (Child Watch)	8:00AM-9:30AM (Child Watch)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PICKLEBALL: YOUTH, TEEN, and ADULT (Ages 9+) Gym	12:45PM-2:30PM (Pickleball)	12:00PM-2:30PM (Pickleball)	1:00PM-2:30PM (Pickleball)	12:30PM-2:30PM (Pickleball)	12:45PM-2:30PM (Pickleball)		8:00AM-11:00AM (Pickleball)
MYSTERY CAVERN DROP OFF Mystery Cavern	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-12:00PM (Child Watch) 4:00PM-8:00PM (Child Watch)	9:00AM-12:00PM (Child Watch)	9:45AM-12:45PM (Child Watch)
Stage A/B Facility-Northwest Family YMCA	4:15PM-4:45PM (Swimming)	11:15AM-11:45AM (Swimming) 5:45PM-6:15PM (Swimming)				9:15AM-9:45AM (Swimming) 10:00AM-10:30AM (Swimming) 10:45AM-11:15AM (Swimming)	
SCHEDULED PROGRAMMING: CHILD CARE West Gym	4:30PM-5:30PM (Gym)	4:30PM-5:30PM (Gym)	4:30PM-5:30PM (Gym)	4:30PM-5:30PM (Gym)	10:30AM-11:15AM (Gym) 4:30PM-5:30PM (Gym)		
OPEN GYM East Gym	4:30PM-5:30PM (Gym)	4:30PM-5:30PM (Gym) 6:00PM-7:45PM (Gym)	4:30PM-5:30PM (Gym)	4:30PM-5:30PM (Gym) 6:00PM-7:45PM (Gym)	4:30PM-5:30PM (Gym)		
STEP-CARDIO Aerobics Studio	4:30PM-5:15PM (Cardio) Marianne A.		10:15AM-11:00AM (Cardio) Becky V.			9:15AM-10:15AM (Cardio) YMCA S.	
Stage 1 Facility-Northwest Family YMCA	5:00PM-5:35PM (Swimming) 5:00PM-5:35PM	5:00PM-5:35PM (Swimming) 5:45PM-6:20PM		5:00PM-5:35PM (Swimming) 5:00PM-5:35PM		9:15AM-9:50AM (Swimming) 10:00AM-10:35AM	
	(Swimming) 5:45PM-6:20PM (Swimming)	(Swimming) 6:30PM-7:05PM (Swimming)		(Swimming) 5:45PM-6:20PM (Swimming)		(Swimming) 10:00AM-10:35AM (Swimming)	
				6:30PM-7:05PM (Swimming)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stage 2 Facility-Northwest Family YMCA	5:00PM-5:35PM (Swimming)	5:00PM-5:35PM (Swimming)	5:45PM-6:20PM (Swimming)	5:00PM-5:35PM (Swimming)		9:15AM-9:50AM (Swimming)	
TMCA	5:00PM-5:35PM (Swimming)	5:00PM-5:35PM (Swimming)		5:00PM-5:35PM (Swimming)		9:15AM-9:50AM (Swimming)	
	5:45PM-6:20PM (Swimming)	6:30PM-7:05PM (Swimming)		6:30PM-7:05PM (Swimming)		10:45AM-11:20AM (Swimming)	
	6:30PM-7:05PM (Swimming)	6:30PM-7:05PM (Swimming)					
	6:30PM-7:05PM (Swimming)						
UPBEAT LIFT™ Aerobics Studio	5:30PM-6:15PM (Strength) Dana T.						
Stage 4 Facility-Northwest Family	5:45PM-6:20PM (Swimming)	5:45PM-6:20PM (Swimming)		5:45PM-6:20PM (Swimming)		10:00AM-10:35AM (Swimming)	
YMCA						10:45AM-11:20AM (Swimming)	
Stage 3 Facility-Northwest Family	5:45PM-6:20PM (Swimming)	5:00PM-5:35PM (Swimming)	6:30PM-7:05PM (Swimming)	5:45PM-6:20PM (Swimming)			
YMCA	6:30PM-7:05PM (Swimming)	6:30PM-7:05PM (Swimming)		5:45PM-6:20PM (Swimming)			
				6:30PM-7:05PM (Swimming)			
Stage 5 Facility-Northwest Family YMCA	6:30PM-7:05PM (Swimming)	5:45PM-6:20PM (Swimming)					
BODYCOMBAT™ Aerobics Studio	6:30PM-7:30PM (Cardio) Sharon F.		5:45AM-6:45AM (Cardio) Darlene D.				
			5:30PM-6:30PM (Cardio) Darlene D.				
FAMILY SWIM Warm Water Pool	7:15PM-8:45PM (Pool)	7:15PM-8:45PM (Pool)	4:00PM-8:45PM (Pool)	7:15PM-8:45PM (Pool)	4:00PM-8:45PM (Pool)	12:30PM-4:45PM (Pool)	8:00AM-1:45PM (Pool)
FAMILY SWIM 25-Yard Pool	7:15PM-8:45PM (Pool)	8:15PM-8:45PM (Pool)	4:00PM-8:45PM (Pool)	8:15PM-8:45PM (Pool)	4:00PM-8:45PM (Pool)	11:30AM-4:45PM (Pool)	10:00AM-1:45PM (Pool)
MEDITATION Aerobics Studio		7:15AM-7:45AM (Mind/Body) Michelle C.		7:15AM-7:45AM (Mind/Body) <i>Michelle C</i> .			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OLDER ADULT TIME Wellness Center		8:00AM-8:45AM (Active Older Adults (AOA)) Sanjay S.		8:00AM-8:45AM (Active Older Adults (AOA)) Sanjay S.			
		8:45AM-9:30AM (Active Older Adults (AOA)) Sanjay S.		8:45AM-9:30AM (Active Older Adults (AOA)) Sanjay S.			
GENTLE YOGA Aerobics Studio		8:00AM-9:00AM (Mind/Body) <i>Michelle C.</i>	7:00AM-7:45AM (Mind/Body) Rebecca P. 6:40PM-7:40PM (Mind/Body) Lisa C.	8:00AM-9:00AM (Mind/Body) <i>Michelle C.</i>			
AQUA IN MOTION Warm Water Pool		9:00AM-9:45AM (Water Fitness) Lou W.		9:00AM-9:45AM (Water Fitness) Lou W.			
BARRE Aerobics Studio		9:15AM-10:00AM (Strength) Carole N.			9:15AM-10:00AM (Strength) Sherry C.		
FEELING FIT Gym		10:15AM-11:00AM (Active Older Adults (AOA)) Carole N.					
UPBEAT PILATES™ Aerobics Studio		10:15AM-11:15AM (Mind/Body) <i>Tia P.</i>					
Stage 1,2,3 Facility-Northwest Family YMCA		10:30AM-11:05AM (Swimming)	7:15PM-7:50PM (Swimming)				
GROUP CYCLE Aerobics Studio		11:30AM-12:15PM (Cardio) <i>Karen G.</i>					
AQUA FIT Warm Water Pool		2:00PM-3:00PM (Water Fitness) Diane M.		2:00PM-3:00PM (Water Fitness) Diane M.			
BODYPUMP™ Aerobics Studio		5:30PM-6:30PM (Strength) Jeanie H.	8:00AM-9:00AM (Strength) Kelly S. 12:15PM-1:15PM (Strength) Becky V.	5:45AM-6:45AM (Strength) Becky V. 9:30AM-10:30AM (Strength) Kelly S.	10:30AM-11:30AM (Strength) Sherry C.	8:00AM-9:00AM (Strength) Becky V.	10:00AM-11:00AM (Strength) Jeanie H.
PRIME TIME KIDS West Gym		6:00PM-7:45PM (Gym)		6:00PM-7:45PM (Gym)			
Leaders Club Facility-Northwest Family YMCA		6:30PM-7:45PM (Sports & Recreation)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ACTIVE YOGA Aerobics Studio		7:00PM-7:45PM (Mind/Body) Lisa R.			4:30PM-5:15PM (Mind/Body) <i>Lisa R</i> .		11:15AM-12:00PM (Mind/Body) Lisa R.
CIRCUIT TRAINING Gym			8:00AM-8:45AM (Strength) Carole N.				
TAI CHI Gym			10:00AM-10:45AM (Mind/Body) Bob D.		9:15AM-10:15AM (Mind/Body) Bob D.		
BASKETBALL: OLDER ADULT Gym			11:00AM-1:00PM (Gym)				
CORE Aerobics Studio			11:15AM-12:00PM (Strength) Becky V.	10:45AM-11:30AM (Strength) Sherry C.			
Private (1-on-1) Swim Lesson: Wed 4:30PM Facility-Northwest Family YMCA			4:30PM-5:00PM (Swimming)				
Private (1-on-1) Swim Lesson: Wed 5:15PM Facility-Northwest Family YMCA			5:15PM-5:45PM (Swimming)				
Private (1-on-1) Swim Lesson: Wed 6:00PM Facility-Northwest Family YMCA			6:00PM-6:30PM (Swimming)				
SILVER SNEAKERS YOGA Gym				10:15AM-11:00AM (Active Older Adults (AOA)) Dorrell G.			
Stage 6 Facility-Northwest Family YMCA				6:30PM-7:05PM (Swimming)		10:45AM-11:20AM (Swimming)	
HIIT Aerobics Studio					8:00AM-8:45AM (Strength) Carole N.		
Basketball: Parent/Child Facility-Northwest Family YMCA						9:00AM-9:30AM (Sports & Recreation) 9:45AM-10:15AM	
						(Sports & Recreation)	
Flag Football: Clinic Facility-Northwest Family YMCA						10:30AM-11:15AM (Sports & Recreation)	
						11:30AM-12:30PM (Sports & Recreation)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PILATES Aerobics Studio						10:30AM-11:30AM (Mind/Body) LeeAnn M.	
Private (1-on-1) Swim Lesson: Sat 12:00PM Facility-Northwest Family YMCA						12:00PM-12:30PM (Swimming)	
Private (1-on-1) Swim Lesson: Sat 12:45PM Facility-Northwest Family YMCA						12:45PM-1:15PM (Swimming)	
Private (1-on-1) Swim Lesson: Sat 1:30PM Facility-Northwest Family YMCA						1:30PM-2:00PM (Swimming)	
WATER WALKING Warm Water Pool							8:00AM-10:00AM (Pool)