

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CIRCUIT TRAINING Aerobics Studio	8:00AM-8:45AM (Strength) <i>Carole N.</i>						
CHILD WATCH Child Watch	8:30AM-12:00PM (Child Watch) 4:00PM-8:00PM (Child Watch)	8:30AM-12:00PM (Child Watch) 4:00PM-8:00PM (Child Watch)	8:30AM-12:00PM (Child Watch) 4:00PM-8:00PM (Child Watch)	8:30AM-12:00PM (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)
BOOTCAMP Aerobics Studio	9:00AM-10:00AM (Strength) <i>Carole N.</i>	5:45AM-6:45AM (Strength) <i>Darlene D.</i>	9:15AM-10:00AM (Strength) <i>Carole N.</i>				
AQUA FIT 25-Yard Pool	9:00AM-9:45AM (Water Fitness) <i>Diane R.</i>	8:00AM-8:45AM (Water Fitness) <i>Lou W.</i> 7:15PM-8:15PM (Water Fitness) <i>Judy A.</i>	9:00AM-9:45AM (Water Fitness) <i>Diane R.</i>	8:00AM-8:45AM (Water Fitness) <i>Lou W.</i> 7:15PM-8:15PM (Water Fitness) <i>Judy A.</i>	9:00AM-9:45AM (Water Fitness) <i>Jane M.</i>		
QIGONG Gym	9:15AM-10:00AM (Mind/Body) <i>Bob D.</i>		9:15AM-10:00AM (Mind/Body) <i>Bob D.</i>				
TAI CHI BEGINNER Gym	10:00AM-10:45AM (Mind/Body) <i>Bob D.</i>						
AQUA YOGA Warm Water Pool	10:00AM-11:00AM (Water Fitness) <i>Jane M.</i>		10:00AM-11:00AM (Water Fitness) <i>Jane M.</i>		10:00AM-11:00AM (Water Fitness) <i>Jane M.</i>		
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) <i>Sadie B.</i>			6:15PM-7:00PM (Strength) <i>Bridgette C.</i>			
ZUMBA® Aerobics Studio	11:30AM-12:15PM (Cardio) <i>Lisa R.</i>			11:30AM-12:15PM (Cardio) <i>Karen G.</i>			9:00AM-9:45AM (Cardio) <i>Lisa R.</i>
SILVER SNEAKERS CLASSIC Gym	11:30AM-12:30PM (Active Older Adults (AOA)) <i>Sadie B.</i>			10:15AM-11:00AM (Active Older Adults (AOA)) <i>Carole N.</i>	11:30AM-12:30PM (Active Older Adults (AOA)) <i>Sadie B.</i>		
FAMILY TIME Mystery Cavern	12:00PM-4:00PM (Child Watch)	12:00PM-4:00PM (Child Watch)	12:00PM-4:00PM (Child Watch)	12:00PM-4:00PM (Child Watch)	12:00PM-4:00PM (Child Watch)	12:00PM-3:00PM (Child Watch)	8:00AM-9:30AM (Child Watch)
PICKLEBALL: OPEN (all levels) Gym	12:45PM-2:30PM (Gym)	12:00PM-2:30PM (Gym)	1:00PM-2:30PM (Gym)	12:30PM-2:30PM (Gym)	12:45PM-2:30PM (Gym)		8:00AM-11:00AM (Gym)
MYSTERY CAVERN 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)	4:00PM-8:00PM (Child Watch)	9:00AM-12:00PM (Child Watch)	9:45AM-12:45PM (Child Watch)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SCHEDULED PROGRAMMING: 25-YARD POOL 25-Yard Pool	4:00PM-7:10PM (Pool)	5:00PM-7:15PM (Pool)	4:30PM-7:05PM (Pool)	5:00PM-7:15PM (Pool)		9:15AM-11:30AM (Pool)	
SCHEDULED PROGRAMMING: WARM WATER POOL Warm Water Pool	4:00PM-7:10PM (Pool)	10:30AM-12:00PM (Pool) 5:00PM-7:15PM (Pool)	4:30PM-7:05PM (Pool)	5:00PM-7:15PM (Pool)		9:15AM-11:30AM (Pool)	
Stage A/B Facility-Northwest Family YMCA	4:15PM-4:45PM (Swimming)	11:15AM-11:45AM (Swimming) 5:45PM-6:15PM (Swimming)	5:00PM-5:30PM (Swimming)	6:30PM-7:00PM (Swimming)		10:00AM-10:30AM (Swimming) 10:45AM-11:15AM (Swimming)	
STEP-CARDIO Aerobics Studio	4:30PM-5:15PM (Cardio) <i>Marianne A.</i>		10:15AM-11:00AM (Cardio) <i>Becky V.</i>			9:15AM-10:15AM (Cardio) YMCA S.	
OPEN GYM West Gym	4:30PM-5:30PM (Gym)	4:30PM-5:30PM (Gym) 6:00PM-7:45PM (Gym)	11:00AM-1:00PM (Gym) 4:30PM-5:00PM (Gym)	4:30PM-5:30PM (Gym) 6:00PM-7:45PM (Gym)	4:30PM-5:30PM (Gym)		
Stage 1 Facility-Northwest Family YMCA	5:00PM-5:35PM (Swimming) 5:00PM-5:35PM (Swimming) 5:45PM-6:20PM (Swimming)	5:00PM-5:35PM (Swimming) 6:30PM-7:05PM (Swimming) 6:30PM-7:05PM (Swimming)		5:00PM-5:35PM (Swimming) 5:00PM-5:35PM (Swimming) 5:45PM-6:20PM (Swimming)		9:15AM-9:50AM (Swimming) 10:00AM-10:35AM (Swimming) 10:45AM-11:20AM (Swimming)	
Stage 2 Facility-Northwest Family YMCA	5:00PM-5:35PM (Swimming) 5:45PM-6:20PM (Swimming) 6:30PM-7:05PM (Swimming) 6:30PM-7:05PM (Swimming)	5:00PM-5:35PM (Swimming) 5:45PM-6:20PM (Swimming) 6:30PM-7:05PM (Swimming)	5:45PM-6:20PM (Swimming)	5:00PM-5:35PM (Swimming) 5:00PM-5:35PM (Swimming) 5:45PM-6:20PM (Swimming)		9:15AM-9:50AM (Swimming) 9:15AM-9:50AM (Swimming)	
Stage 3 Facility-Northwest Family YMCA	5:00PM-5:35PM (Swimming) 5:45PM-6:20PM (Swimming) 6:30PM-7:05PM (Swimming)	5:00PM-5:35PM (Swimming) 5:45PM-6:20PM (Swimming) 6:30PM-7:05PM (Swimming)	6:30PM-7:05PM (Swimming)	5:45PM-6:20PM (Swimming) 6:30PM-7:05PM (Swimming)		9:15AM-9:50AM (Swimming) 10:00AM-10:35AM (Swimming) 10:00AM-10:35AM (Swimming)	

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UPBEAT LIFT™ Aerobics Studio	5:30PM-6:15PM (Mind/Body) <i>Gil G.</i>						
Stage 4 Facility-Northwest Family YMCA	5:45PM-6:20PM (Swimming)	5:00PM-5:35PM (Swimming)	4:30PM-5:05PM (Swimming) 5:15PM-5:50PM (Swimming)	5:45PM-6:20PM (Swimming) 6:30PM-7:05PM (Swimming)		10:45AM-11:20AM (Swimming)	
Stage 1,2,3 Facility-Northwest Family YMCA	6:30PM-7:05PM (Swimming)	10:30AM-11:05AM (Swimming)					
BODYCOMBAT™ Aerobics Studio	6:30PM-7:30PM (Cardio) <i>Sharon F.</i>		5:45AM-6:45AM (Cardio) <i>Darlene D.</i> 5:30PM-6:30PM (Cardio) <i>Darlene D.</i>				
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)	11:30AM-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)
OLDER ADULT TIME Wellness Center		8:00AM-8:45AM (Active Older Adults (AOA)) <i>Sanjay S.</i> 8:45AM-9:30AM (Active Older Adults (AOA)) <i>Sanjay S.</i>		8:00AM-8:45AM (Active Older Adults (AOA)) <i>Sanjay S.</i> 8:45AM-9:30AM (Active Older Adults (AOA)) <i>Sanjay S.</i>			
GENTLE YOGA Aerobics Studio		8:00AM-9:00AM (Mind/Body) <i>Kelly L.</i>	7:00AM-7:45AM (Mind/Body) <i>Rebecca P.</i> 6:40PM-7:40PM (Mind/Body) <i>Lisa C.</i>	8:00AM-9:00AM (Mind/Body) <i>Kelly L.</i>			
AQUA IN MOTION Warm Water Pool		9:00AM-9:45AM (Water Fitness) <i>Lou W.</i>		9:00AM-9:45AM (Water Fitness) <i>Lou W.</i>			
BARRE Aerobics Studio		9:15AM-10:00AM (Strength) <i>Carole N.</i>			9:15AM-10:00AM (Strength) <i>Sherry C.</i>		
FEELING FIT Gym		10:15AM-11:00AM (Active Older Adults (AOA)) <i>Carole N.</i>					
UPBEAT PILATES™ Aerobics Studio		10:15AM-11:15AM (Mind/Body) <i>Tia P.</i>					

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GROUP CYCLE Aerobics Studio		11:30AM-12:15PM (Cardio) <i>Karen G.</i>		5:15PM-6:00PM (Cardio) <i>Sherry C.</i>			
AQUA FIT Warm Water Pool		2:00PM-3:00PM (Water Fitness) <i>Diane M.</i>		2:00PM-3:00PM (Water Fitness) <i>Diane M.</i>			
BODYPUMP™ Aerobics Studio		5:30PM-6:30PM (Strength) <i>Jeanie H.</i>	8:00AM-9:00AM (Strength) <i>Kelly S.</i> 12:15PM-1:15PM (Strength) <i>Becky V.</i>	5:45AM-6:45AM (Strength) <i>Becky V.</i> 9:30AM-10:30AM (Strength) <i>Kelly S.</i>	10:30AM-11:30AM (Strength) <i>Sherry C.</i>	8:00AM-9:00AM (Strength) <i>Becky V.</i>	10:00AM-11:00AM (Strength) <i>Jeanie H.</i>
Stage 5 Facility-Northwest Family YMCA		5:45PM-6:20PM (Swimming)		6:30PM-7:05PM (Swimming)			
Leaders Club Facility-Northwest Family YMCA		6:30PM-7:45PM (Sports & Recreation)					
ACTIVE YOGA Aerobics Studio		7:00PM-7:45PM (Mind/Body) <i>Lisa R.</i>			4:30PM-5:15PM (Mind/Body) <i>Lisa R.</i>		11:15AM-12:00PM (Mind/Body) <i>Lisa R.</i>
CIRCUIT TRAINING Gym			8:00AM-8:45AM (Strength) <i>Carole N.</i>				
TAI CHI Gym			10:00AM-10:45AM (Mind/Body) <i>Bob D.</i>		9:15AM-10:15AM (Mind/Body) <i>Bob D.</i>		
BASKETBALL: OLDER ADULT East Gym			11:00AM-1:00PM (Gym)				
CORE Aerobics Studio			11:15AM-12:00PM (Strength) <i>Becky V.</i>	10:45AM-11:15AM (Strength) <i>Sherry C.</i>			
SCHEDULED PROGRAMMING: EAST GYM East Gym			4:30PM-5:00PM (Gym)				
SCHEDULED PROGRAMMING: GYM Gym			5:00PM-6:30PM (Gym)				
Basketball: Parent/Child Facility-Northwest Family YMCA			5:30PM-6:15PM (Sports & Recreation)				
Stage 5,6 Facility-Northwest Family YMCA			6:00PM-6:35PM (Swimming)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YOUTH BOOTCAMP West Gym			6:30PM-7:15PM (Strength) YMCA S.				
OPEN GYM East Gym			6:30PM-7:30PM (Gym)				
HIIT Aerobics Studio					8:00AM-8:45AM (Strength) Carole N.		
Family Fun: Easter Event Facility-Northwest Family YMCA					6:00PM-8:00PM (Family Activities)		
American Red Cross: Lifeguarding Recert Facility-Northwest Family YMCA						8:30AM-7:30PM (Certification Classes)	
PILATES Aerobics Studio						10:30AM-11:30AM (Mind/Body) Bridgette C.	
Stage 6 Facility-Northwest Family YMCA						10:45AM-11:20AM (Swimming)	
WATER WALKING Warm Water Pool							8:00AM-10:00AM (Pool)