



NORTHWEST FAMILY YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LAP SWIM 25-Yard Pool	5:30AM-8:45AM (Pool) 10:00AM-8:45PM (Pool)	5:30AM-7:45AM (Pool) 9:00AM-7:00PM (Pool) 8:15PM-8:45PM (Pool)	5:30AM-8:45AM (Pool) 10:00AM-8:45PM (Pool)	5:30AM-7:45AM (Pool) 9:00AM-4:45PM (Pool) 5:00PM-7:00PM (Pool) 8:15PM-8:45PM (Pool)		7:00AM-4:45PM (Pool)	8:00AM-1:45PM (Pool)
OPEN SWIM Warm Water Pool	5:30AM-10:00AM (Pool) 11:00AM-4:00PM (Pool)	5:30AM-9:00AM (Pool) 10:00AM-2:00PM (Pool) 3:00PM-5:00PM (Pool)	5:30AM-10:00AM (Pool) 11:00AM-4:00PM (Pool)	5:30AM-9:00AM (Pool) 10:00AM-2:00PM (Pool) 3:00PM-5:00PM (Pool)		7:00AM-9:00AM (Pool)	
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)		7:00AM-9:00AM (Pool)	8:00AM-10:00AM (Pool)
OPEN GYM Gym	5:30AM-6:30AM (Gym) 10:45AM-11:15AM (Gym) 2:30PM-8:45PM (Gym)	5:30AM-6:30AM (Gym) 11:15AM-12:00PM (Gym) 2:30PM-8:45PM (Gym)	1:00PM-6:00PM (Gym)	5:30AM-6:30AM (Gym) 11:30AM-12:30PM (Gym) 2:30PM-8:45PM (Gym)		11:00AM-4:45PM (Gym)	11:00AM-1:45PM (Gym)
RIDE STRONG Aerobics Studio	5:45AM-6:30AM (Cardio) <i>Lisa C.</i>						
PICKLEBALL: ADULT (all levels) Gym	6:30AM-9:00AM (Gym)	6:30AM-10:00AM (Gym)	5:30AM-7:45AM (Gym)	6:30AM-10:00AM (Gym)		7:00AM-11:00AM (Gym)	
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)			
CIRCUIT TRAINING Aerobics Studio	8:00AM-8:45AM (Strength) <i>Carole N.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)		9:00AM-12:00PM (Child Watch)	9:45AM-12:45PM (Child Watch)
MYSTERY CAVERN Mystery Cavern	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>					
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>			
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>				
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)			
TRX CIRCUIT® Aerobics Studio	10:15AM-11:15AM (Cardio) <i>Sadie B.</i>						
SILVER SNEAKERS CLASSIC Gym	11:30AM-12:30PM (Active Older Adults (AOA)) <i>Sadie B.</i>						
ZUMBA® Aerobics Studio	11:30AM-12:15PM (Cardio) <i>Lisa R.</i>						11:15AM-12:00PM (Cardio) <i>Fatima A.</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-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)		12:30PM-2:30PM (Gym)			8:00AM-11:00AM (Gym)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
UPBEAT LIFT™ Aerobics Studio	5:30PM-6:15PM (Strength) <i>Tia P.</i>						
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)		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)		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>Michelle C.</i>	6:40PM-7:40PM (Mind/Body) <i>Lisa C.</i>	8:00AM-9:00AM (Mind/Body) <i>Michelle C.</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>					
UPBEAT PILATES™ Aerobics Studio		10:15AM-11:15AM (Mind/Body) <i>Tia P.</i>					
FEELING FIT Gym		10:15AM-11:00AM (Active Older Adults (AOA)) <i>Carole N.</i>					
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>			

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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>		8:00AM-9:00AM (Strength) <i>Becky V.</i>	10:00AM-11:00AM (Strength) <i>Jeanie H.</i>
ACTIVE YOGA Aerobics Studio		7:00PM-7:45PM (Mind/Body) <i>Michelle C.</i>					9:00AM-9:45AM (Mind/Body) <i>Michelle C.</i>
TAI CHI Gym			10:00AM-10:45AM (Mind/Body) <i>Bob D.</i>				
STEP-CARDIO Aerobics Studio			10:15AM-11:00AM (Cardio) <i>Becky V.</i>			9:15AM-10:15AM (Cardio) <i>YMCA S.</i>	
BASKETBALL: OLDER ADULT East Gym			11:00AM-1:00PM (Gym)				
OPEN GYM West 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>			
SILVER SNEAKERS YOGA Gym				10:15AM-11:00AM (Active Older Adults (AOA)) <i>Dorrell G.</i>			
PILATES Aerobics Studio						10:30AM-11:30AM (Mind/Body) <i>LeeAnn M.</i>	
WATER WALKING Warm Water Pool							8:00AM-10:00AM (Pool)