



SCHOTTLAND FAMILY YMCA | August 25th - August 31st

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------|--|---|--|--|--|--|---|
| OPEN SPLASH PAD Splash Pad | 5:00AM-8:45PM (Pool) | 5:00AM-8:45PM (Pool) | 5:00AM-8:45PM (Pool) | 5:00AM-8:45PM (Pool) | 5:00AM-8:45PM (Pool) | 7:00AM-5:45PM (Pool) | 8:00AM-4:45PM (Pool) |
| WATER WALKING Exercise Pool | 5:00AM-8:45PM (Pool) | 5:00AM-8:45PM (Pool) | 5:00AM-8:45PM (Pool) | 5:00AM-8:45PM (Pool) | 5:00AM-8:45PM (Pool) | 7:00AM-5:45PM (Pool) | 8:00AM-4:45PM (Pool) |
| OPEN SWIM Leisure Pool | 5:00AM-8:45PM (Pool) | 5:00AM-8:45PM (Pool) | 5:00AM-8:45PM (Pool) | 5:00AM-8:45PM (Pool) | 5:00AM-8:45PM (Pool) | 7:00AM-5:45PM (Pool) | 8:00AM-4:45PM (Pool) |
| LAP SWIM Exercise Pool | 5:00AM-8:45PM (Pool) | 5:00AM-8:45PM (Pool) | 5:00AM-8:45PM (Pool) | 5:00AM-8:45PM (Pool) | 5:00AM-8:45PM (Pool) | 7:00AM-5:45PM (Pool) | 8:00AM-4:45PM (Pool) |
| OPEN GYM Full Gym | 5:00AM-7:00AM (Gym) 11:00AM-1:00PM (Gym) 3:00PM-8:45PM (Gym) | 5:00AM-7:00AM (Gym) 2:30PM-8:45PM (Gym) | 5:00AM-1:00PM (Gym) 3:00PM-5:00PM (Gym) | 5:00AM-7:00AM (Gym) 8:30AM-9:30AM (Gym) 3:30PM-8:45PM (Gym) | 5:00AM-7:00AM (Gym) 8:30AM-12:30PM (Gym) 3:30PM-8:45PM (Gym) | 9:30AM-5:45PM (Gym) | 3:00PM-4:45PM (Gym) |
| OPEN GYM Family Gym | 5:00AM-9:45AM (Gym) 12:00PM-3:30PM (Gym) | 6:30AM-9:00AM (Gym) 12:00PM-3:10PM (Gym) | 5:00AM-9:00AM (Gym) 1:00PM-8:45PM (Gym) | 5:00AM-9:00AM (Gym) 12:00PM-3:30PM (Gym) | 5:00AM-9:45AM (Gym) 12:00PM-3:30PM (Gym) 6:00PM-8:45PM (Gym) | 7:00AM-8:30AM (Gym) 1:15PM-5:00PM (Gym) | 8:00AM-4:45PM (Gym) |
| BODYPUMP™ Studio 1 | 5:30AM-6:30AM (Strength) <i>Christine H.</i> 10:30AM-11:30AM (Strength) <i>Lisa O.</i> 4:00PM-4:30PM (Strength) <i>Sarah M.</i> 5:45PM-6:45PM (Strength) <i>Jermaine R.</i> | 9:45AM-10:45AM (Strength) <i>Diane R.</i> 12:00PM-1:00PM (Strength) <i>Jen N.</i> 6:15PM-7:15PM (Strength) <i>Mary J.</i> | 5:45AM-6:45AM (Strength) <i>Ivonne R.</i> 10:30AM-11:30AM (Strength) <i>Kristin H.</i> 4:00PM-4:30PM (Strength) <i>Jen N.</i> 5:30PM-6:30PM (Strength) <i>Sheila A.</i> | 9:45AM-10:45AM (Strength) <i>Sarah M.</i> 12:00PM-1:00PM (Strength) <i>Diane R.</i> 7:00PM-8:00PM (Strength) <i>Chrissy M.</i> | 5:30AM-6:15AM (Strength) <i>Becky F.</i> 10:30AM-11:30AM (Strength) <i>Christine H.</i> 4:00PM-5:00PM (Strength) <i>Sarah M.</i> | 9:00AM-10:00AM (Strength) <i>Jermaine R.</i> 11:45AM-12:45PM (Strength) <i>Steve R.</i> | 9:00AM-10:00AM (Strength) <i>Sheila A.</i> 10:15AM-11:15AM (Strength) <i>Mary J.</i> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------|--|---|--|--|---|---|---|
| BOOTCAMP Turf Gym | 5:45AM-6:30AM (Strength) <i>Sheila A.</i> 9:00AM-9:45AM (Strength) <i>Jenna W.</i> | | 5:45AM-6:30AM (Strength) <i>Christine H.</i> 9:30AM-10:15AM (Strength) <i>Christine H.</i> | 9:00AM-9:45AM (Strength) <i>Jess C.</i> | | | 8:30AM-9:15AM (Strength) <i>Justin D.</i> |
| GROUP CYCLE Cycle Stadium | 5:45AM-6:45AM (Cardio) <i>Gary W.</i> 9:00AM-10:00AM (Cardio) <i>Amy C.</i> 12:00PM-12:45PM (Cardio) <i>Lisa B.</i> 6:00PM-6:45PM (Cardio) <i>Kate W.</i> | 5:30AM-6:15AM (Cardio) <i>Iskra B.</i> 9:00AM-9:45AM (Cardio) <i>Laura M.</i> 12:00PM-12:30PM (Cardio) <i>Mindy A.</i> 6:00PM-6:45PM (Cardio) <i>Melissia S.</i> | 5:45AM-6:45AM (Cardio) <i>Nancy P.</i> 9:00AM-10:00AM (Cardio) <i>Lisa O.</i> 12:00PM-12:30PM (Cardio) <i>Lisa B.</i> 6:00PM-6:45PM (Cardio) <i>Margie A.</i> | 5:45AM-6:45AM (Cardio) <i>Kristen M.</i> 9:00AM-9:45AM (Cardio) <i>Julie W.</i> 12:00PM-12:30PM (Cardio) <i>Danielle G.</i> 5:30PM-6:15PM (Cardio) <i>Margie A.</i> | 5:45AM-6:15AM (Cardio) <i>Danielle G.</i> 9:00AM-10:00AM (Cardio) <i>Lisa O.</i> | 7:15AM-8:15AM (Cardio) <i>Bob D.</i> 9:00AM-10:00AM (Cardio) <i>Kate W.</i> | 8:15AM-9:15AM (Cardio) <i>Kristen M.</i> |
| ACTIVE YOGA Studio 3 | 5:45AM-6:45AM (Mind/Body) <i>Kellie S.</i> 1:15PM-2:15PM (Mind/Body) <i>Alyssa M.</i> 4:00PM-5:00PM (Mind/Body) <i>Becky V.</i> | 9:45AM-10:45AM (Mind/Body) <i>Lisa O.</i> 5:30PM-6:30PM (Mind/Body) <i>Cami G.</i> | 1:15PM-2:15PM (Mind/Body) <i>Susan A.</i> 4:00PM-5:00PM (Mind/Body) <i>Eva K.</i> | 9:45AM-10:45AM (Mind/Body) <i>Daria M.</i> | 1:15PM-2:15PM (Mind/Body) <i>Kellie S.</i> 5:00PM-6:00PM (Mind/Body) <i>Anthony S.</i> | 8:00AM-9:00AM (Mind/Body) <i>Susan A.</i> 10:30AM-11:30AM (Mind/Body) <i>YMCA S.</i> | 8:30AM-9:30AM (Mind/Body) <i>Lynn K.</i> |
| GRIT™ STRENGTH Studio 1 | 6:45AM-7:15AM (Strength) <i>Christine H.</i> | | | 5:45AM-6:15AM (Strength) <i>Ericka W.</i> 5:15PM-5:45PM (Strength) <i>Dustin B.</i> | | | |
| BASKETBALL: ADULT Full Gym | 7:00AM-8:30AM (Gym) | 7:00AM-8:30AM (Gym) | | 7:00AM-8:30AM (Gym) | 7:00AM-8:30AM (Gym) | | 11:00AM-1:00PM (Gym) |
| CHILD WATCH Child Watch | 8:00AM-2:00PM (Child Watch) 3:45PM-8:00PM (Child Watch) | 8:00AM-2:00PM (Child Watch) 3:45PM-8:00PM (Child Watch) | 8:00AM-2:00PM (Child Watch) 3:45PM-8:00PM (Child Watch) | 8:00AM-2:00PM (Child Watch) 3:45PM-8:00PM (Child Watch) | 8:00AM-2:00PM (Child Watch) 3:45PM-8:00PM (Child Watch) | 8:00AM-2:00PM (Child Watch) | 8:30AM-2:00PM (Child Watch) |
| DEPOT Depot | 8:00AM-2:00PM (Child Watch) 3:45PM-8:00PM (Child Watch) | 8:00AM-2:00PM (Child Watch) 3:45PM-8:00PM (Child Watch) | 8:00AM-2:00PM (Child Watch) 3:45PM-8:00PM (Child Watch) | 8:00AM-2:00PM (Child Watch) 3:45PM-8:00PM (Child Watch) | 8:00AM-2:00PM (Child Watch) 3:45PM-8:00PM (Child Watch) | 8:00AM-2:00PM (Child Watch) | 8:30AM-2:00PM (Child Watch) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|---|---|---|
| FEELING FIT Turf Gym | 8:00AM-8:45AM (Active Older Adults (AOA)) <i>Christine H.</i> | | | | | | |
| FOAM ROLLING Studio 3 | 8:15AM-8:45AM (Mind/Body) <i>YMCA S.</i> | 11:00AM-11:30AM (Mind/Body) <i>Lisa O.</i> | | 11:00AM-11:30AM (Mind/Body) <i>Jennifer N.</i> | | | |
| Les Mills CORE™ Studio 1 | 8:30AM-9:00AM (Strength) <i>Sarah M.</i> 4:45PM-5:15PM (Strength) <i>Sarah M.</i> | 9:00AM-9:30AM (Strength) <i>Diane R.</i> | 4:45PM-5:15PM (Strength) <i>Sheila A.</i> | 9:00AM-9:30AM (Strength) <i>Sarah M.</i> | | | |
| AQUA FIT Exercise Pool | 8:35AM-9:20AM (Water Fitness) <i>Karen S.</i> | 10:25AM-11:10AM (Water Fitness) <i>Jess C.</i> | 8:35AM-9:20AM (Water Fitness) <i>Karen S.</i> | 10:25AM-11:10AM (Water Fitness) <i>Jess C.</i> | 8:35AM-9:20AM (Water Fitness) <i>Karen S.</i> | | |
| PICKLEBALL: ADULT (Ages 18+) Full Gym | 8:45AM-11:00AM (Pickleball) 1:00PM-3:00PM (Pickleball) | 8:45AM-11:15AM (Pickleball) | 5:00PM-8:45PM (Pickleball) | 12:30PM-3:30PM (Pickleball) | | | |
| BODYBALANCE™ Studio 3 | 9:00AM-10:00AM (Mind/Body) <i>Rachel S.</i> 6:15PM-7:15PM (Mind/Body) <i>Carol Q.</i> | 1:00PM-2:00PM (Mind/Body) <i>Rachel S.</i> | 10:30AM-11:30AM (Mind/Body) <i>Lisa O.</i> | 6:00AM-7:00AM (Mind/Body) <i>Jen W.</i> | 10:30AM-11:15AM (Mind/Body) <i>Kristen Y.</i> | 9:15AM-10:15AM (Mind/Body) <i>YMCA S.</i> | |
| ZUMBA GOLD® Studio 2 | 9:00AM-9:45AM (Active Older Adults (AOA)) <i>Joann R.</i> | | | | | | 11:30AM-12:15PM (Active Older Adults (AOA)) <i>Joann R.</i> |
| BODYCOMBAT™ Studio 1 | 9:15AM-10:15AM (Cardio) <i>Sarah M.</i> | | | | 9:15AM-10:15AM (Cardio) <i>Kristen Y.</i> | | |
| SILVER SNEAKERS SPLASH Leisure Pool | 9:30AM-10:15AM (Water Fitness) <i>Audrey T.</i> | | 9:30AM-10:15AM (Water Fitness) <i>Audrey T.</i> | | 9:30AM-10:15AM (Water Fitness) <i>Audrey T.</i> | | |
| FEELING FIT CIRCUIT Turf Gym | 10:00AM-10:45AM (Active Older Adults (AOA)) <i>Alex H.</i> | | | 10:00AM-10:45AM (Active Older Adults (AOA)) <i>Alex H.</i> | | | |
| SILVER SNEAKERS CLASSIC Family Gym | 10:00AM-10:45AM (Active Older Adults (AOA)) <i>Joann R.</i> 11:00AM-11:45AM (Active Older Adults (AOA)) <i>Kathryn B.</i> | | 10:00AM-10:45AM (Active Older Adults (AOA)) <i>Laurie N.</i> 11:00AM-11:45AM (Active Older Adults (AOA)) <i>Laurie N.</i> | | 10:00AM-10:45AM (Active Older Adults (AOA)) <i>Ruth R.</i> 11:00AM-11:45AM (Active Older Adults (AOA)) <i>Kathryn B.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|--|---|---|---|
| UPBEAT BARRE™ Studio 3 | 10:15AM-11:15AM (Strength) <i>Anna B.</i> | | | | 9:15AM-10:15AM (Strength) <i>Gil G.</i> 4:00PM-4:45PM (Strength) <i>Alex H.</i> | | |
| BOXING for PARKINSONS Turf Gym | 11:00AM-11:45AM (Active Older Adults (AOA)) <i>Lori B.</i> | | | | 10:30AM-11:15AM (Active Older Adults (AOA)) <i>Lori B.</i> | | |
| S.T.E.A.M. STUDIO: OPEN Miller Art Studio | 11:30AM-2:30PM (S.T.E.A.M.) | | 6:45PM-8:00PM (S.T.E.A.M.) | 11:30AM-2:30PM (S.T.E.A.M.) | 11:30AM-2:30PM (S.T.E.A.M.) 4:00PM-8:00PM (S.T.E.A.M.) | 10:00AM-2:00PM (S.T.E.A.M.) | 10:00AM-2:00PM (S.T.E.A.M.) |
| SCHEDULED PROGRAMMING: TURF GYM Turf Gym | 12:00PM-1:00PM (Gym) | 10:15AM-10:45AM (Gym) | | | | | |
| SILVER SNEAKERS YOGA Studio 2 | 12:00PM-12:45PM (Active Older Adults (AOA)) <i>Susan A.</i> | | | | | | |
| GENTLE YOGA Studio 3 | 12:00PM-1:00PM (Mind/Body) <i>Alyssa M.</i> | 6:30AM-7:00AM (Mind/Body) <i>Kellie S.</i> 6:45PM-7:45PM (Mind/Body) <i>Becky D.</i> | 8:00AM-9:00AM (Mind/Body) <i>Cami G.</i> 12:00PM-1:00PM (Mind/Body) <i>Daria M.</i> 6:45PM-7:45PM (Mind/Body) <i>Sandy P.</i> | | 8:00AM-9:00AM (Mind/Body) <i>Lisa F.</i> 12:00PM-1:00PM (Mind/Body) <i>Barb D.</i> | 12:45PM-1:45PM (Mind/Body) <i>YMCA S.</i> | 9:45AM-10:45AM (Mind/Body) <i>Lynn K.</i> 11:45AM-12:45PM (Mind/Body) <i>Lisa F.</i> |
| STAYSTRONG: TRX CIRCUIT Studio 2 | 1:00PM-2:00PM (Mind/Body) | 11:30AM-12:30PM (Mind/Body) | | 11:30AM-12:30PM (Mind/Body) | | | |
| FAMILY TIME Depot | 2:15PM-3:30PM (Gym) 8:15PM-8:45PM (Gym) | 2:15PM-3:30PM (Gym) 8:15PM-8:45PM (Gym) | 2:15PM-3:30PM (Gym) 8:15PM-8:45PM (Gym) | 2:15PM-3:30PM (Gym) 8:15PM-8:45PM (Gym) | 2:15PM-3:30PM (Gym) 8:15PM-8:45PM (Gym) | 2:15PM-4:45PM (Gym) | 2:15PM-4:45PM (Gym) |
| ESPORTS AND GAMING : OPEN eSports & Gaming | 4:30PM-8:00PM (Metro eSports Gaming) | 4:30PM-8:00PM (Metro eSports Gaming) | 4:30PM-8:00PM (Metro eSports Gaming) | 4:30PM-8:00PM (Metro eSports Gaming) | 4:30PM-8:00PM (Metro eSports Gaming) | 9:00AM-2:00PM (Metro eSports Gaming) | 9:00AM-2:00PM (Metro eSports Gaming) |
| PILATES Studio 3 | 5:15PM-6:00PM (Mind/Body) <i>Barb D.</i> | 8:45AM-9:30AM (Mind/Body) <i>Kristen Y.</i> | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|--|---|---|--|
| CIRCUIT TRAINING Turf Gym | 5:30PM-6:30PM (Strength) <i>Sheila A.</i> | | | | | 7:15AM-8:15AM (Strength) <i>Sheila A.</i> | |
| BODYCOMBAT™ Studio 2 | 5:30PM-6:30PM (Cardio) <i>Steve R.</i> | | | | | 9:15AM-10:15AM (Cardio) <i>Steve R.</i> | 9:00AM-10:00AM (Cardio) <i>Mary J.</i> |
| ZUMBA® Studio 2 | 6:45PM-7:45PM (Cardio) <i>Bob D.</i> | 6:45PM-7:45PM (Cardio) <i>Mari B.</i> | | 5:15PM-6:15PM (Cardio) <i>Mari B.</i> | 9:15AM-10:15AM (Cardio) <i>Laurie N.</i> | 10:30AM-11:30AM (Cardio) <i>Cathy T.</i> | |
| OPEN GYM Turf Gym | | 5:00AM-8:45AM (Gym) 11:00AM-8:45PM (Gym) | 6:30AM-9:15AM (Gym) 11:00AM-3:30PM (Gym) | | 6:30AM-9:15AM (Gym) 11:30AM-5:45PM (Gym) 6:45PM-8:45PM (Gym) | 8:30AM-5:45PM (Gym) | 9:30AM-4:45PM (Gym) |
| GRIT™ CARDIO Family Gym | | 5:45AM-6:15AM (Cardio) <i>Christine H.</i> | | | | | |
| TRX CIRCUIT® Studio 2 | | 5:45AM-6:30AM (Strength) <i>Sheila A.</i> 8:00AM-8:45AM (Strength) <i>Bob D.</i> | | 9:00AM-10:00AM (Strength) <i>Christine H.</i> 4:15PM-5:00PM (Strength) <i>Sheila A.</i> | | 7:15AM-7:45AM (Strength) <i>Ericka W.</i> | |
| DANCE FIT Studio 2 | | 9:00AM-10:00AM (Cardio) <i>Marie K.</i> | | | | | |
| HIGH FITNESS Family Gym | | 9:00AM-10:00AM (Cardio) <i>Anna B.</i> | | 9:00AM-10:00AM (Cardio) <i>Gil G.</i> | | | |
| TOTAL BODY STRONG Turf Gym | | 9:00AM-9:45AM (Strength) <i>Lisa B.</i> | | | | | |
| GRIT™ ATHLETIC Turf Gym | | 10:00AM-10:30AM (Cardio) <i>Lisa B.</i> | | | 6:00AM-6:30AM (Cardio) <i>Ericka W.</i> | | |
| PARKINSON'S OPTIMAL WELLNESS Family Gym | | 10:15AM-11:00AM (Active Older Adults (AOA)) <i>Janet P.</i> | | 10:15AM-11:00AM (Active Older Adults (AOA)) <i>Janet P.</i> | | | |
| FEELING FIT Studio 2 | | 10:15AM-11:00AM (Active Older Adults (AOA)) <i>Alex H.</i> | 8:00AM-9:00AM (Active Older Adults (AOA)) <i>Christine H.</i> | | | | |
| SILVER SNEAKERS CIRCUIT Family Gym | | 11:15AM-12:00PM (Active Older Adults (AOA)) <i>Janet P.</i> | | 11:15AM-12:00PM (Active Older Adults (AOA)) <i>Janet P.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---|---|--|--------|--|-------------------------------|
| BARRE Studio 3 | | 11:45AM-12:45PM (Strength) <i>Lisa B.</i> | 9:15AM-10:15AM (Strength) <i>Darlene D.</i> | 8:45AM-9:30AM (Strength) <i>Cathy T.</i> 4:30PM-5:15PM (Strength) <i>Heather D.</i> | | 11:45AM-12:30PM (Strength) <i>Cathy T.</i> | |
| OPEN GYM East Gym | | 12:15PM-2:30PM (Gym) | | 9:30AM-11:45AM (Gym) | | | |
| QIGONG Studio 2 | | 12:45PM-1:45PM (Mind/Body) <i>Joe L.</i> | | 12:45PM-1:45PM (Mind/Body) <i>Joe L.</i> | | | |
| TAI CHI Studio 2 | | 2:00PM-3:00PM (Mind/Body) <i>Rick L.</i> | | 2:00PM-3:00PM (Mind/Body) <i>Rick L.</i> | | | |
| UPBEAT BARRE™ NEW Studio 3 | | 4:30PM-5:15PM (Strength) <i>Tia P.</i> | | | | | |
| TURBOKICK® Studio 1 | | 5:00PM-5:45PM (Cardio) <i>Danny M.</i> | | | | | |
| GRIT™ CARDIO Studio 2 | | | 6:45AM-7:15AM (Cardio) <i>Christine H.</i> | | | | |
| Golf: League Wed 8AM Facility-Schottland Family YMCA | | | 8:00AM-12:00PM (Sports & Recreation) | | | | |
| LES MILLS BODYSTEP™ Studio 1 | | | 9:00AM-9:45AM (Cardio) <i>Lisa B.</i> | | | 10:30AM-11:30AM (Cardio) <i>YMCA S.</i> | |
| SCHEDULED PROGRAMMING: CHILD CARE Family Gym | | | 9:00AM-9:45AM (Gym) | | | | |
| CARDIO DANCE Studio 2 | | | 9:15AM-10:00AM (Cardio) <i>Lisa B.</i> | | | | |
| CORE Turf Gym | | | 10:30AM-11:00AM (Strength) | | | | |
| SILVER SNEAKERS YOGA Family Gym | | | 12:00PM-12:45PM (Active Older Adults (AOA)) <i>Deb M.</i> | | | | |
| PICKLEBALL: YOUTH, TEEN, and ADULT (Ages 9+) Full Gym | | | 1:00PM-3:00PM (Pickleball) | | | | 1:00PM-3:00PM (Pickleball) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|---|---|---|---|--|
| MIDWEEK MAYHEM: FORTNITE WEEKLY eSports & Gaming | | | 5:00PM-7:00PM (Metro eSports Gaming) | | | | |
| UPBEAT PILATES™ Studio 3 | | | 5:15PM-6:15PM (Mind/Body) <i>Gil G.</i> | 12:00PM-1:00PM (Mind/Body) <i>Anna B.</i> | | | |
| LES MILLS BODYSTEP™ Studio 2 | | | 5:30PM-6:30PM (Cardio) <i>Diane R.</i> | 10:15AM-11:15AM (Cardio) <i>Diane R.</i> | | | 10:15AM-11:15AM (Cardio) <i>Diane R.</i> |
| S.T.E.A.M. STUDIO: 3D PRINTING Miller Art Studio | | | 6:45PM-8:00PM (S.T.E.A.M.) | | | | |
| CIRCUIT TRAINING Studio 2 | | | | 5:45AM-6:30AM (Strength) <i>Sheila A.</i> | 5:45AM-6:30AM (Strength) <i>Sheila A.</i> | | |
| VOLLEYBALL: ADULT West Gym | | | | 10:00AM-12:00PM (Gym) | | | |
| HIGH FITNESS Studio 2 | | | | 6:30PM-7:30PM (Cardio) <i>Erika H.</i> | | | |
| Les Mills CORE™ Studio 2 | | | | | 6:30AM-7:00AM (Strength) <i>Sheila A.</i> | 8:30AM-9:00AM (Strength) <i>Sheila A.</i> | |
| GRIT™ CARDIO Turf Gym | | | | | 9:30AM-10:00AM (Cardio) <i>Lisa B.</i> | | |
| STAYSTRONG: RESET Studio 2 | | | | | 10:30AM-11:30AM (Mind/Body) <i>Susan M.</i> | | |
| PICKLEBALL: TEEN and ADULT (Ages 13+) Full Gym | | | | | 12:30PM-3:30PM (Pickleball) | 7:00AM-9:30AM (Pickleball) | 8:00AM-11:00AM (Pickleball) |
| ZUMBA® Studio 1 | | | | | 5:15PM-6:15PM (Cardio) <i>Mari B.</i> | | |
| FAMILY SWIM Exercise Pool | | | | | 7:00PM-8:45PM (Pool) | 2:00PM-5:30PM (Pool) | 1:00PM-4:45PM (Pool) |
| GRIT™ ATHLETIC Studio 1 | | | | | | 8:00AM-8:30AM (Cardio) <i>Dustin B.</i> | |
| FAMILY GYM: CLOSED FOR SCHEDULED PROGRAMMING Family Gym | | | | | | 5:00PM-6:00PM (Gym) | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|----------|--------|------------------------|--|
| TURF GYM: CLOSED FOR SCHEDULED PROGRAMMING Turf Gym | | | | | | 5:00PM-6:00PM (Gym) | |
| MEDITATION Studio 3 | | | | | | | 11:00AM-11:30AM (Mind/Body) <i>Lynn K.</i> |
| BARRE Studio 1 | | | | | | | 11:30AM-12:15PM (Strength) <i>YMCA S.</i> |