



SCHOTTLAND FAMILY YMCA | May 18th - May 24th

	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)
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)
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 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) 5:00PM-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-1:00PM (Gym) 3:00PM-4:30PM (Gym)		5:00AM-9:00AM (Gym) 1:00PM-8:45PM (Gym)	5:00AM-8:45AM (Gym) 12:00PM-3:30PM (Gym)	5:00AM-9:45AM (Gym) 1:00PM-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>Heather R.</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>	12:00PM-1:00PM (Strength) <i>Diane R.</i> 6:45PM-7:45PM (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>	9:30AM-10:30AM (Strength) <i>Jermaine R.</i> 11:45AM-12:45PM (Strength) <i>Steve R.</i>	8:30AM-9:30AM (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>
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> 5:30PM-6:30PM (Mind/Body) <i>Megan P.</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>
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>Iskra B.</i> 9:00AM-10:00AM (Cardio) <i>Kate W.</i>	8:15AM-9:15AM (Cardio) <i>Kristen M.</i>
OPEN GYM Turf Gym	6:30AM-7:45AM (Gym) 2:00PM-5:00PM (Gym) 6:45PM-8:45PM (Gym)	5:00AM-8:45AM (Gym) 11:00AM-8:45PM (Gym)	6:30AM-9:15AM (Gym) 11:00AM-1:00PM (Gym) 2:00PM-4:00PM (Gym) 8:00PM-9:00PM (Gym)	5:00AM-8:45AM (Gym) 11:15AM-8:45PM (Gym)	6:30AM-9:15AM (Gym) 11:45AM-5:45PM (Gym) 6:45PM-8:45PM (Gym)	9:15AM-1:00PM (Gym) 3:00PM-5:45PM (Gym)	9:30AM-11:00AM (Gym) 12:00PM-4:45PM (Gym)
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>Calvin H.</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)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
UPBEAT LIFT™ Studio 2	8:00AM-8:45AM (Strength) <i>Kristy H.</i>	4:00PM-5:00PM (Strength) <i>Alex H.</i>		8:00AM-8:45AM (Strength) <i>Tia P.</i>	8:00AM-8:45AM (Strength) <i>Gil G.</i>	8:00AM-9:00AM (Strength) <i>YMCA S.</i>	
FEELING FIT Turf Gym	8:00AM-8:45AM (Active Older Adults (AOA)) <i>Christine H.</i>						
CHILD WATCH Child Watch	8:00AM-8:00PM (Child Watch)	8:00AM-8:00PM (Child Watch)	8:00AM-8:00PM (Child Watch)	8:00AM-8:00PM (Child Watch)	8:00AM-8:00PM (Child Watch)	8:00AM-2:00PM (Child Watch)	8:30AM-2:00PM (Child Watch)
FAMILY TIME Depot	8:00AM-3:00PM (Child Watch)	8:00AM-3:00PM (Child Watch)	8:00AM-3:00PM (Child Watch)	8:00AM-3:00PM (Child Watch)	8:00AM-3:00PM (Child Watch)	2:15PM-4:45PM (Child Watch)	2:15PM-4:45PM (Child Watch)
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>Heather R.</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>						
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>		12:15PM-1:00PM (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>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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> 1:00PM-1:45PM (Active Older Adults (AOA)) <i>Glenda M.</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>		
UPBEAT BARRE™ Studio 3	10:15AM-11:15AM (Strength) <i>Anna B.</i>	4:30PM-5:15PM (Strength) <i>Tia P.</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-12:00PM (Active Older Adults (AOA)) <i>Lori B.</i>				10:30AM-11:30AM (Active Older Adults (AOA)) <i>Javian R.</i>		
Homeschool: Explorers Lab Facility-Schottland Family YMCA	12:00PM-3:00PM (S.T.E.A.M. & COOKING) 12:00PM-3:00PM (S.T.E.A.M. & COOKING)						
SCHEDULED PROGRAMMING: TURF GYM Turf Gym	12:00PM-1:00PM (Gym)	10:15AM-10:45AM (Gym)	1:00PM-2:00PM (Gym)	10:45AM-11:15AM (Gym)			
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>Cami G.</i>	8:00AM-9:00AM (Mind/Body) <i>Becky D.</i> 12:00PM-1:00PM (Mind/Body) <i>Daria M.</i> 6:45PM-7:45PM (Mind/Body) <i>Sandy P.</i>	6:45PM-7:45PM (Mind/Body) <i>Beth H.</i>	7:45AM-8:45AM (Mind/Body) <i>Lisa F.</i> 12:00PM-1:00PM (Mind/Body) <i>Barb D.</i>	12:45PM-1:45PM (Mind/Body) <i>Beth H.</i>	9:45AM-10:45AM (Mind/Body) <i>Lynn K.</i> 11:45AM-12:45PM (Mind/Body) <i>Lisa F.</i>
SILVER SNEAKERS YOGA Studio 2	12:00PM-12:45PM (Active Older Adults (AOA)) <i>Susan A.</i>						
STAYSTRONG: TRX CIRCUIT Studio 2	1:00PM-2:00PM (Mind/Body)	11:30AM-12:30PM (Mind/Body)		11:30AM-12:30PM (Mind/Body)			
DEPOT Depot	3:00PM-8:00PM (Child Watch)	3:00PM-8:00PM (Child Watch)	3:00PM-8:00PM (Child Watch)	3:00PM-8:00PM (Child Watch)	3:00PM-8:00PM (Child Watch)	8:00AM-2:00PM (Child Watch)	8:30AM-2:00PM (Child Watch)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ESPORTS AND GAMING: OPEN eSports & Gaming	4:00PM-8:00PM (Metro eSports Gaming)	4:00PM-8:00PM (Metro eSports Gaming)	4:00PM-8:00PM (Metro eSports Gaming)	4:00PM-8:00PM (Metro eSports Gaming)	4:00PM-8:00PM (Metro eSports Gaming)	10:00AM-4:00PM (Metro eSports Gaming)	10:00AM-4:00PM (Metro eSports Gaming)
Tumbling: Tiny Tumblers Facility-Schottland Family YMCA	4:00PM-4:45PM (Sports & Recreation)			4:00PM-4:45PM (Sports & Recreation)		10:15AM-11:00AM (Sports & Recreation) 11:05AM-11:50AM (Sports & Recreation)	
Schottland Swim Team: Spring Session Facility-Schottland Family YMCA	4:00PM-5:30PM (Swimming)	5:30PM-8:00PM (Swimming)	4:30PM-5:30PM (Swimming)	5:30PM-8:00PM (Swimming)			
Tumbling: Beginner Facility-Schottland Family YMCA	4:50PM-5:50PM (Sports & Recreation)			4:50PM-5:50PM (Sports & Recreation)		12:00PM-1:00PM (Sports & Recreation)	
S.T.E.A.M: Little Scientists - Creative Chemistry! Facility-Schottland Family YMCA	5:00PM-6:00PM (S.T.E.A.M. & COOKING)						
Stage 5 Facility-Schottland Family YMCA	5:00PM-5:35PM (Swimming) 5:45PM-6:20PM (Swimming) 7:15PM-7:50PM (Swimming)		5:00PM-5:35PM (Swimming) 7:15PM-7:50PM (Swimming)			8:30AM-9:05AM (Swimming) 11:30AM-12:05PM (Swimming) 12:15PM-12:50PM (Swimming)	8:30AM-9:05AM (Swimming) 11:30AM-12:05PM (Swimming) 12:15PM-12:50PM (Swimming)
Stage 1 Facility-Schottland Family YMCA	5:00PM-5:35PM (Swimming) 5:45PM-6:20PM (Swimming) 6:30PM-7:05PM (Swimming)		11:45AM-12:20PM (Swimming) 5:00PM-5:35PM (Swimming) 5:45PM-6:20PM (Swimming) 6:30PM-7:05PM (Swimming) 7:15PM-7:50PM (Swimming)			8:30AM-9:05AM (Swimming) 9:15AM-9:50AM (Swimming) 10:00AM-10:35AM (Swimming) 10:45AM-11:20AM (Swimming) 11:30AM-12:05PM (Swimming) 12:15PM-12:50PM (Swimming)	8:30AM-9:05AM (Swimming) 9:15AM-9:50AM (Swimming) 10:00AM-10:35AM (Swimming) 10:45AM-11:20AM (Swimming) 11:30AM-12:05PM (Swimming) 12:15PM-12:50PM (Swimming)
Stage 1 with Parent Facility-Schottland Family YMCA	5:00PM-5:35PM (Swimming)		5:00PM-5:35PM (Swimming)			10:00AM-10:35AM (Swimming)	10:00AM-10:35AM (Swimming)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stage 2 Facility-Schottland Family YMCA	5:00PM-5:35PM (Swimming) 5:45PM-6:20PM (Swimming) 6:30PM-7:05PM (Swimming) 7:15PM-7:50PM (Swimming) 7:15PM-7:50PM (Swimming)	4:45PM-5:20PM (Swimming)	5:00PM-5:35PM (Swimming) 5:45PM-6:20PM (Swimming) 6:30PM-7:05PM (Swimming) 6:30PM-7:05PM (Swimming) 7:15PM-7:50PM (Swimming)		9:20AM-9:55AM (Swimming)	8:30AM-9:05AM (Swimming) 9:15AM-9:50AM (Swimming) 10:00AM-10:35AM (Swimming) 10:45AM-11:20AM (Swimming) 11:30AM-12:05PM (Swimming) 12:15PM-12:50PM (Swimming)	8:30AM-9:05AM (Swimming) 9:15AM-9:50AM (Swimming) 10:00AM-10:35AM (Swimming) 10:45AM-11:20AM (Swimming) 10:45AM-11:20AM (Swimming) 11:30AM-12:05PM (Swimming) 12:15PM-12:50PM (Swimming)
Stage 3 Facility-Schottland Family YMCA	5:00PM-5:35PM (Swimming) 5:00PM-5:35PM (Swimming) 5:45PM-6:20PM (Swimming) 5:45PM-6:20PM (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) 5:45PM-6:20PM (Swimming) 6:30PM-7:05PM (Swimming) 7:15PM-7:50PM (Swimming) 7:15PM-7:50PM (Swimming)			8:30AM-9:05AM (Swimming) 9:15AM-9:50AM (Swimming) 10:00AM-10:35AM (Swimming) 10:45AM-11:20AM (Swimming) 10:45AM-11:20AM (Swimming) 11:30AM-12:05PM (Swimming) 11:30AM-12:05PM (Swimming) 12:15PM-12:50PM (Swimming) 12:15PM-12:50PM (Swimming)	8:30AM-9:05AM (Swimming) 8:30AM-9:05AM (Swimming) 9:15AM-9:50AM (Swimming) 10:00AM-10:35AM (Swimming) 10:45AM-11:20AM (Swimming) 11:30AM-12:05PM (Swimming) 11:30AM-12:05PM (Swimming) 12:15PM-12:50PM (Swimming)
PILATES Studio 3	5:15PM-6:00PM (Mind/Body) <i>Barb D.</i>	8:45AM-9:30AM (Mind/Body) <i>Kristen Y.</i>		4:30PM-5:15PM (Mind/Body) <i>Romy B.</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>
CIRCUIT TRAINING Turf Gym	5:30PM-6:30PM (Strength) <i>Sheila A.</i>					7:15AM-8:15AM (Strength) <i>Sheila A.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stage A/B Facility-Schottland Family YMCA	5:45PM-6:15PM (Swimming)		10:20AM-10:50AM (Swimming) 5:45PM-6:15PM (Swimming)			8:30AM-9:00AM (Swimming) 9:15AM-9:45AM (Swimming)	8:30AM-9:00AM (Swimming) 9:15AM-9:45AM (Swimming)
Tumbling: Intermediate Facility-Schottland Family YMCA	5:55PM-6:55PM (Sports & Recreation)			5:55PM-6:55PM (Sports & Recreation)			
S.T.E.A.M: Jr Scientist - Creative Chemistry! Facility-Schottland Family YMCA	6:10PM-7:10PM (S.T.E.A.M. & COOKING)						
Intro to Swim Team: Aquatic Conditioning Facility-Schottland Family YMCA	6:30PM-7:15PM (Swimming)		6:30PM-7:15PM (Swimming)			10:40AM-11:25AM (Swimming)	10:40AM-11:25AM (Swimming)
Stage 4 Facility-Schottland Family YMCA	6:30PM-7:05PM (Swimming) 7:15PM-7:50PM (Swimming)		6:30PM-7:05PM (Swimming) 7:15PM-7:50PM (Swimming)			8:30AM-9:05AM (Swimming) 9:15AM-9:50AM (Swimming) 10:00AM-10:35AM (Swimming) 10:45AM-11:20AM (Swimming) 11:30AM-12:05PM (Swimming)	9:15AM-9:50AM (Swimming) 10:00AM-10:35AM (Swimming) 10:45AM-11:20AM (Swimming) 11:30AM-12:05PM (Swimming)
ZUMBA® Studio 2	6:45PM-7:45PM (Cardio) <i>Zack F.</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>	
Tumbling: Advanced Facility-Schottland Family YMCA	7:00PM-8:00PM (Sports & Recreation)			7:00PM-8:00PM (Sports & Recreation)			
Stage 6 Facility-Schottland Family YMCA	7:15PM-7:50PM (Swimming)		5:45PM-6:20PM (Swimming)			9:15AM-9:50AM (Swimming) 10:00AM-10:35AM (Swimming) 12:15PM-12:50PM (Swimming)	10:00AM-10:35AM (Swimming) 12:15PM-12:50PM (Swimming)
GRIT™ CARDIO Family Gym		5:45AM-6:15AM (Cardio) <i>Christine H.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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) YMCA S.	
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>Mark S.</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>			
Pickleball: Beginner Pickleball Lessons Facility-Schottland Family YMCA		11:30AM-12:30PM (Sports & Recreation)		4:00PM-5:00PM (Sports & Recreation)			
BARRE Studio 3		11:45AM-12:45PM (Strength) <i>Alex H.</i>	9:15AM-10:15AM (Strength) <i>Darlene D.</i>	8:45AM-9:30AM (Strength) <i>Cathy T.</i>		11:45AM-12:30PM (Strength) <i>Cathy T.</i>	
OPEN GYM East Gym		12:15PM-2:30PM (Gym)		9:30AM-11:45AM (Gym) 4:00PM-5:00PM (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>Jim R.</i>		2:00PM-3:00PM (Mind/Body) <i>Jim R.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TURBOKICK® Studio 1		5:00PM-5:45PM (Cardio) <i>Danny M.</i>					
Basketball: Skills & Drills Facility-Schottland Family YMCA		5:00PM-5:45PM (Sports & Recreation) 5:55PM-6:55PM (Sports & Recreation) 7:00PM-8:00PM (Sports & Recreation)					
Art: Sunny Summer Creations Facility-Schottland Family YMCA		5:00PM-6:00PM (S.T.E.A.M. & COOKING)					
S.T.E.A.M. STUDIO: OPEN Miller Art Studio		6:15PM-8:00PM (S.T.E.A.M.)			4:00PM-8:00PM (S.T.E.A.M.)	12:30PM-2:00PM (S.T.E.A.M.)	10:00AM-2:00PM (S.T.E.A.M.)
Art Tween Craft Club Facility-Schottland Family YMCA		6:15PM-7:15PM (S.T.E.A.M. & COOKING)					
GRIT™ CARDIO Studio 2			6:45AM-7:15AM (Cardio) <i>Christine H.</i>				
LES MILLS BODYSTEP™ Studio 1			9:00AM-9:45AM (Cardio) <i>Lisa B.</i>			10:45AM-11:30AM (Cardio) YMCA S.	
SCHEDULED PROGRAMMING: CHILD CARE Family Gym			9:00AM-9:45AM (Gym)				
HIGH FITNESS Studio 2			9:15AM-10:00AM (Cardio) <i>Erika H.</i>	6:30PM-7:30PM (Cardio) <i>Erika H.</i>			11:30AM-12:15PM (Cardio) YMCA S.
CORE Turf Gym			10:30AM-11:00AM (Strength) <i>Christine H.</i>				
SILVER SNEAKERS YOGA Family Gym			12:00PM-12:45PM (Active Older Adults (AOA)) <i>Deb M.</i>		12:00PM-12:45PM (Active Older Adults (AOA)) <i>Carly H.</i>		
PICKLEBALL: YOUTH, TEEN, and ADULT (Ages 9+) Full Gym			1:00PM-3:00PM (Pickleball)				1:00PM-3:00PM (Pickleball)
Soccer: Parent/Child Facility-Schottland Family YMCA			4:15PM-4:45PM (Sports & Recreation)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YMCA PROGRAMMING: YOUTH SPORTS Turf Gym			4:15PM-8:00PM (Gym)				
S.T.E.A.M.: 3D Printing Facility-Schottland Family YMCA			5:00PM-6:00PM (S.T.E.A.M. & COOKING)				
Soccer: Skills & Drills Facility-Schottland Family YMCA			5:00PM-5:45PM (Sports & Recreation) 5:55PM-6:55PM (Sports & Recreation) 7:00PM-8:00PM (Sports & Recreation)				
UPBEAT PILATES™ Studio 3			5:15PM-6:15PM (Mind/Body) <i>Gil G.</i>	12:00PM-1:00PM (Mind/Body) <i>Anna B.</i>			
S.T.E.A.M.: 3D Printing Sampler Facility-Schottland Family YMCA			6:10PM-7:10PM (S.T.E.A.M. & COOKING)				
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>		
LES MILLS BODYPUMP™ HEAVY Studio 1				9:45AM-10:30AM (Strength) <i>Sarah M.</i>		8:30AM-9:15AM (Strength) <i>YMCA S.</i>	
VOLLEYBALL: ADULT West Gym				10:00AM-12:00PM (Gym)			
LES MILLS BODYSTEP™ Studio 2				10:15AM-11:15AM (Cardio) <i>Diane R.</i>			10:15AM-11:15AM (Cardio) <i>Diane R.</i>
Art: Sampler Facility-Schottland Family YMCA				5:00PM-6:00PM (S.T.E.A.M. & COOKING) 6:15PM-7:15PM (S.T.E.A.M. & COOKING)			
American Red Cross: CPR (Professional Rescuer) Recert Facility-Schottland Family YMCA				5:30PM-9:00PM (Certification Classes)			
Leaders Club Facility-Schottland Family YMCA				6:30PM-8:00PM (Arts & Humanities)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills CORE™ Studio 2					6:30AM-7:00AM (Strength) <i>Sheila A.</i>		
GRIT™ CARDIO Turf Gym					9:30AM-10:00AM (Cardio) <i>Lisa B.</i>		
PICKLEBALL: TEEN and ADULT (Ages 13+) Full Gym					12:30PM-3:30PM (Pickleball)	7:00AM-9:30AM (Pickleball)	8:00AM-11:00AM (Pickleball)
Golf: League Fri 4:30PM Facility-Schottland Family YMCA					4:30PM-8:30PM (Sports & Recreation)		
Splashball: Intro to Water Polo (Ages 6-8) Facility-Schottland Family YMCA					5:00PM-6:00PM (Swimming)		
Private (1-on-1) Swim Lesson: Fri 5:00PM Facility-Schottland Family YMCA					5:00PM-5:30PM (Swimming)		
ZUMBA® Studio 1					5:15PM-6:15PM (Cardio) <i>Mari B.</i>		
Private (1-on-1) Swim Lesson: Fri 5:30PM Facility-Schottland Family YMCA					5:30PM-6:00PM (Swimming)		
Private (1-on-1) Swim Lesson: Fri 6:00PM Facility-Schottland Family YMCA					6:00PM-6:30PM (Swimming)		
Splashball: Intro to Water Polo (Ages 9-11) Facility-Schottland Family YMCA					6:15PM-7:15PM (Swimming)		
Private (1-on-1) Swim Lesson: Fri 6:30PM Facility-Schottland Family YMCA					6:30PM-7:00PM (Swimming)		
Private (1-on-1) Swim Lesson: Fri 7:00PM Facility-Schottland Family YMCA					7:00PM-7:30PM (Swimming)		
Private (1-on-1) Swim Lesson: Fri 7:30PM Facility-Schottland Family YMCA					7:30PM-8:00PM (Swimming)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FAMILY SWIM Exercise Pool					8:00PM-8:45PM (Pool)	2:00PM-5:45PM (Pool)	1:00PM-4:45PM (Pool)
GRIT™ ATHLETIC Studio 1						7:45AM-8:15AM (Cardio) <i>Dustin B.</i>	
Les Mills CORE™ Turf Gym						8:30AM-9:00AM (Strength) <i>Sheila A.</i>	
Tumbling: Parent/Child Facility-Schottland Family YMCA						9:00AM-9:30AM (Sports & Recreation) 9:35AM-10:05AM (Sports & Recreation)	
American Red Cross: Lifeguarding(blended learning)-in person Facility-Schottland Family YMCA						9:00AM-4:00PM (Certification Classes)	9:00AM-4:00PM (Certification Classes)
Art: Build your Own Terrarium Facility-Schottland Family YMCA						10:00AM-11:00AM (S.T.E.A.M. & COOKING)	
In The Kitchen: Jr. Chef - For the Love of May Facility-Schottland Family YMCA						11:00AM-12:00PM (S.T.E.A.M. & COOKING)	
SANDLOT GAMES (Ages 9-12) Turf Gym						1:00PM-3:00PM (Gym)	
Stage 1,2,3 Facility-Schottland Family YMCA						1:00PM-1:35PM (Swimming)	
FAMILY GYM: CLOSED FOR SCHEDULED PROGRAMMING Family Gym						5:00PM-6:00PM (Gym)	
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>
YMCA PROGRAMMING Turf Gym							11:00AM-12:00PM (Pool)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BARRE Studio 1							11:30AM-12:15PM (Strength) YMCA S.