

SCHOTTLAND FAMILY YMCA | October 27th - November 2nd

	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)
OPEN GYM Full Gym	5:00AM-7:00AM (Gym)	5:00AM-7:00AM (Gym)	5:00AM-1:00PM (Gym)	5:00AM-7:00AM (Gym)	5:00AM-7:00AM (Gym)	9:30AM-5:45PM (Gym)	3:00PM-4:45PM (Gym)
	11:00AM-1:00PM (Gym)	2:30PM-8:45PM (Gym)	3:00PM-5:00PM (Gym)	8:30AM-9:30AM (Gym)	8:30AM-12:30PM (Gym)		
	3:00PM-8:45PM (Gym)			3:30PM-8:45PM (Gym)	3:30PM-8:45PM (Gym)		
OPEN GYM Family Gym	5:00AM-9:45AM (Gym)	6:30AM-8:45AM (Gym)	5:00AM-9:00AM (Gym)	5:00AM-8:45AM (Gym)	5:00AM-9:45AM (Gym)	7:00AM-8:30AM (Gym)	8:00AM-4:45PM (Gym)
	12:00PM-3:30PM (Gym)	12:00PM-3:10PM (Gym)	1:00PM-8:45PM (Gym)	12:00PM-3:30PM (Gym)	12:00PM-3:30PM (Gym)	1:15PM-5:00PM (Gym)	
					6:00PM-8:45PM (Gym)		
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)
BODYPUMP™ Studio 1	5:30AM-6:30AM (Strength) Christine H.	9:45AM-10:45AM (Strength) Diane R.	5:45AM-6:45AM (Strength) Ivonne R.	9:45AM-10:45AM (Strength) Sarah M.	5:30AM-6:15AM (Strength) Becky F.	9:00AM-10:00AM (Strength) Jermaine R.	9:00AM-10:00AM (Strength) Sheila A.
	10:30AM-11:30AM (Strength) <i>Lisa O.</i>	12:00PM-1:00PM (Strength) Jen N.	10:30AM-11:30AM (Strength) Kristin H.	12:00PM-1:00PM (Strength) Diane R.	10:30AM-11:30AM (Strength) Christine H.	11:45AM-12:45PM (Strength) Steve R.	10:15AM-11:15AM (Strength) <i>Mary J</i> .
	4:00PM-4:30PM (Strength) Sarah M.	6:15PM-7:15PM (Strength) <i>Mary J</i> .	4:00PM-4:30PM (Strength) Jen N.		4:00PM-5:00PM (Strength) Sarah M.		
	5:45PM-6:45PM (Strength) Jermaine R.		5:30PM-6:30PM (Strength) Sheila A.				

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

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

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SILVER SNEAKERS CLASSIC Family Gym	10:00AM-10:45AM (Active Older Adults (AOA)) Joann R.		10:00AM-10:45AM (Active Older Adults (AOA)) Laurie N.		10:00AM-10:45AM (Active Older Adults (AOA)) Ruth R.		
	11:00AM-11:45AM (Active Older Adults (AOA)) Kathryn B.		11:00AM-11:45AM (Active Older Adults (AOA)) Laurie N.		11:00AM-11:45AM (Active Older Adults (AOA)) Kathryn B.		
JPBEAT BARRE™ Studio 3	10:15AM-11:15AM (Strength) Anna B.				9:15AM-10:15AM (Strength) Gil G.		
					4:00PM-4:45PM (Strength) Alex H.		
OXING for PARKINSONS ourf Gym	11:00AM-11:45AM (Active Older Adults (AOA)) Lori B.				10:30AM-11:15AM (Active Older Adults (AOA)) Lori B.		
Homeschool: Explorers ab Facility-Schottland Family MCA	12:00PM-3:00PM (S.T.E.A.M. & COOKING) 12:00PM-3:00PM (S.T.E.A.M. & COOKING)						
SCHEDULED PROGRAMMING: TURF SYM Turf Gym	12:00PM-1:00PM (Gym)	10:15AM-10:45AM (Gym)	11:15AM-12:15PM (Gym)				
SILVER SNEAKERS YOGA Studio 2	12:00PM-12:45PM (Active Older Adults (AOA)) Susan A.						
GENTLE YOGA Studio 3	12:00PM-1:00PM (Mind/Body) Alyssa M.	6:30AM-7:00AM (Mind/Body) Kellie S.	8:00AM-9:00AM (Mind/Body) Cami G.	6:45PM-7:45PM (Mind/Body) Megan P.	7:45AM-8:45AM (Mind/Body) Lisa F.	12:45PM-1:45PM (Mind/Body) YMCA S.	9:45AM-10:45AM (Mind/Body) Lynn K.
		6:45PM-7:45PM (Mind/Body) Becky D.	12:00PM-1:00PM (Mind/Body) Daria M.		12:00PM-1:00PM (Mind/Body) Barb D.		11:45AM-12:45PM (Mind/Body) <i>Lisa F.</i>
			6:45PM-7:45PM (Mind/Body) Sandy P.				
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)	8:00AM-2:00PM (Child Watch)
Metro Esports: Metro Training Grounds (Fortnite) Facility-Schottland Family YMCA	4:00PM-5:30PM (Metro eSports)						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Metro Esports: Metro Training Grounds (Fortnite) (1 Week) Facility-Schottland Family YMCA	4:00PM-5:30PM (Metro eSports)						
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)	
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)
SCHEDULED PROGRAMMING: SWIM LESSONS Exercise Pool	4:45PM-7:50PM (Pool)						
Tumbling: Beginner Facility-Schottland Family YMCA	4:50PM-5:50PM (Sports & Recreation)			4:50PM-5:50PM (Sports & Recreation)		12:00PM-1:00PM (Sports & Recreation)	
Stage A/B Facility-Schottland Family YMCA	5:00PM-5:30PM (Swimming) 5:45PM-6:15PM (Swimming)		10:20AM-10:50AM (Swimming) 5:00PM-5:30PM (Swimming) 5:45PM-6:15PM (Swimming)			8:30AM-9:00AM (Swimming) 10:00AM-10:30AM (Swimming) 11:30AM-12:00PM (Swimming)	9:15AM-9:45AM (Swimming) 10:45AM-11:15AM (Swimming) 12:15PM-12:45PM (Swimming)
Stage 5 Facility-Schottland Family YMCA	5:00PM-5:35PM (Swimming) 5:45PM-6:20PM (Swimming) 7:15PM-7:50PM		7:15PM-7:50PM (Swimming)			10:00AM-10:35AM (Swimming) 11:30AM-12:05PM (Swimming) 12:15PM-12:50PM	8:30AM-9:05AM (Swimming) 11:30AM-12:05PM (Swimming) 12:15PM-12:50PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
tage 1 acility-Schottland Family	5:00PM-5:35PM (Swimming)		5:00PM-5:35PM (Swimming)			8:30AM-9:05AM (Swimming)	10:00AM-10:35AM (Swimming)
(MCA	5:45PM-6:20PM (Swimming)		5:45PM-6:20PM (Swimming)			9:15AM-9:50AM (Swimming)	10:45AM-11:20AM (Swimming)
	6:30PM-7:05PM (Swimming)		6:30PM-7:05PM (Swimming)			10:00AM-10:35AM (Swimming)	11:30AM-12:05PM (Swimming)
						10:45AM-11:20AM (Swimming)	12:15PM-12:50PM (Swimming)
						11:30AM-12:05PM (Swimming)	
						12:15PM-12:50PM (Swimming)	
itage 2 acility-Schottland Family MCA	5:00PM-5:35PM (Swimming)		5:00PM-5:35PM (Swimming)			8:30AM-9:05AM (Swimming)	8:30AM-9:05AM (Swimming)
MCA	5:45PM-6:20PM (Swimming)		5:45PM-6:20PM (Swimming)			9:15AM-9:50AM (Swimming)	9:15AM-9:50AM (Swimming)
	6:30PM-7:05PM (Swimming)		6:30PM-7:05PM (Swimming)			10:00AM-10:35AM (Swimming)	10:00AM-10:35AM (Swimming)
	7:15PM-7:50PM (Swimming)		7:15PM-7:50PM (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)
tage 3 acility-Schottland Family	5:00PM-5:35PM (Swimming)		5:00PM-5:35PM (Swimming)			8:30AM-9:05AM (Swimming)	8:30AM-9:05AM (Swimming)
MCA	5:00PM-5:35PM (Swimming)		5:00PM-5:35PM (Swimming)			9:15AM-9:50AM (Swimming)	9:15AM-9:50AM (Swimming)
	5:45PM-6:20PM (Swimming)		5:45PM-6:20PM (Swimming)			10:00AM-10:35AM (Swimming)	10:00AM-10:35AM (Swimming)
5:45PM-6:20PM (Swimming) 6:30PM-7:05PM (Swimming)			5:45PM-6:20PM (Swimming)			10:45AM-11:20AM (Swimming)	10:45AM-11:20AM (Swimming)
		6:30PM-7:05PM (Swimming)			11:30AM-12:05PM (Swimming)	11:30AM-12:05PM (Swimming)	
	7:15PM-7:50PM (Swimming)		7:15PM-7:50PM (Swimming)			12:15PM-12:50PM (Swimming)	12:15PM-12:50PM (Swimming)
			7:15PM-7:50PM (Swimming)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S.T.E.A.M: Little Scientists - Transportation and Numbers Facility-Schottland Family YMCA	5:00PM-6:00PM (S.T.E.A.M. & COOKING)						
PILATES Studio 3	5:15PM-6:00PM (Mind/Body) Barb D.	8:45AM-9:30AM (Mind/Body) Kristen Y.					
CIRCUIT TRAINING Turf Gym	5:30PM-6:30PM (Strength) Sheila A.					7:15AM-8:15AM (Strength) Sheila A.	
BODYCOMBAT™ Studio 2	5:30PM-6:30PM (Cardio) Steve R.					9:15AM-10:15AM (Cardio) Steve R.	9:00AM-10:00AM (Cardio) <i>Mary J.</i>
Tumbling: Intermediate Facility-Schottland Family YMCA	5:55PM-6:55PM (Sports & Recreation)			5:55PM-6:55PM (Sports & Recreation)			
Schottland Swim Team: Group 1 (Ages 6-18) Facility-Schottland Family YMCA	6:00PM-7:00PM (Swimming)	5:30PM-6:30PM (Swimming)	6:00PM-7:00PM (Swimming)	5:30PM-6:30PM (Swimming)		3:00PM-4:00PM (Swimming)	
Schottland Swim Team: Group 2 (Ages 6-18) Facility-Schottland Family YMCA	6:00PM-7:00PM (Swimming)	5:30PM-6:30PM (Swimming)	6:00PM-7:00PM (Swimming)	5:30PM-6:30PM (Swimming)		3:00PM-4:00PM (Swimming)	
S.T.E.A.M: Junior Scientists - Outer Space Facility-Schottland Family YMCA	6:10PM-7:10PM (S.T.E.A.M. & COOKING)						
Intro to Swim Team: Aquatic Conditioning Facility-Schottland Family	6:30PM-7:15PM (Swimming)		6:30PM-7:15PM (Swimming)			9:10AM-9:55AM (Swimming)	9:10AM-9:55AM (Swimming)
YMCA						10:40AM-11:25AM (Swimming)	10:40AM-11:25AM (Swimming)
Stage 4 Facility-Schottland Family YMCA	6:30PM-7:05PM (Swimming)		6:30PM-7:05PM (Swimming)			8:30AM-9:05AM (Swimming)	8:30AM-9:05AM (Swimming)
	7:15PM-7:50PM (Swimming)		7:15PM-7:50PM (Swimming)			9:15AM-9:50AM (Swimming)	9:15AM-9:50AM (Swimming)
	7:15PM-7:50PM (Swimming)					10:00AM-10:35AM (Swimming)	10:00AM-10:35AM (Swimming)
						10:45AM-11:20AM (Swimming)	10:45AM-11:20AM (Swimming)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stage 1 with Parent Facility-Schottland Family YMCA	6:30PM-7:05PM (Swimming)		11:45AM-12:20PM (Swimming)			9:15AM-9:50AM (Swimming)	8:30AM-9:05AM (Swimming)
			6:30PM-7:05PM (Swimming)			10:45AM-11:20AM (Swimming)	10:00AM-10:35AM (Swimming)
						12:15PM-12:50PM (Swimming)	11:30AM-12:05PM (Swimming)
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) Cathy T.	
Schottland Swim Team: Group 3 (Ages 6-18) Facility-Schottland Family YMCA	7:00PM-8:30PM (Swimming)	6:30PM-8:00PM (Swimming)	7:00PM-8:30PM (Swimming)	6:30PM-8:00PM (Swimming)		1:00PM-3:00PM (Swimming)	
Schottland Swim Team: Group 4 (Ages 6-18) Facility-Schottland Family YMCA	7:00PM-8:30PM (Swimming)	6:30PM-8:00PM (Swimming)	7:00PM-8:30PM (Swimming)	6:30PM-8:00PM (Swimming)		1:00PM-3:00PM (Swimming)	
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)		5:00PM-5:35PM (Swimming)			8:30AM-9:05AM (Swimming)	10:00AM-10:35AM (Swimming)
TMCA			5:45PM-6:20PM (Swimming)			11:30AM-12:05PM (Swimming)	11:30AM-12:05PM (Swimming)
			7:15PM-7:50PM (Swimming)			12:15PM-12:50PM (Swimming)	12:15PM-12:50PM (Swimming)
GRIT™ CARDIO Family Gym		5:45AM-6:15AM (Cardio) Christine H.					
TRX CIRCUIT® Studio 2		5:45AM-6:30AM (Strength) Sheila A.		9:00AM-10:00AM (Strength) <i>Christine H</i> .		7:15AM-7:45AM (Strength) Ericka W.	
		8:00AM-8:45AM (Strength) Bob D.		4:15PM-5:00PM (Strength) Sheila A.			
DANCE FIT Studio 2		9:00AM-10:00AM (Cardio) <i>Marie K</i> .					
HIGH FITNESS Family Gym		9:00AM-10:00AM (Cardio) Anna B.		9:00AM-10:00AM (Cardio) <i>Gil G.</i>			
TOTAL BODY STRONG Turf Gym		9:00AM-9:45AM (Strength) Lisa B.					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)) Janet P.		10:15AM-11:00AM (Active Older Adults (AOA)) Janet P.			
FEELING FIT Studio 2		10:15AM-11:00AM (Active Older Adults (AOA)) Alex H.	8:00AM-9:00AM (Active Older Adults (AOA)) Christine H.				
SILVER SNEAKERS CIRCUIT Family Gym		11:15AM-12:00PM (Active Older Adults (AOA)) Janet P.		11:15AM-12:00PM (Active Older Adults (AOA)) Janet P.			
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) Lisa B.	9:15AM-10:15AM (Strength) Darlene D.	8:45AM-9:30AM (Strength) Cathy T. 4:30PM-5:15PM (Strength)		11:45AM-12:30PM (Strength) Cathy T.	
				Heather D.			
OPEN GYM East Gym		12:15PM-2:30PM (Gym)		9:30AM-11:45AM (Gym)			
QIGONG Studio 2		12:45PM-1:45PM (Mind/Body) Joe L.		12:45PM-1:45PM (Mind/Body) Joe L.			
TAI CHI Studio 2		2:00PM-3:00PM (Mind/Body) Rick L.		2:00PM-3:00PM (Mind/Body) Rick L.		2:00PM-3:00PM (Mind/Body) Rick L.	
Basketball: Parent/Child Facility-Schottland Family YMCA		4:15PM-4:45PM (Sports & Recreation)					
UPBEAT BARRE™ NEW Studio 3		4:30PM-5:15PM (Strength) <i>Tia P.</i>					
TURBOKICK® Studio 1		5:00PM-5:45PM (Strength) Danny M.					
Basketball: Clinic Facility-Schottland Family YMCA		5:00PM-5:45PM (Sports & Recreation)					
		5:55PM-6:55PM (Sports & Recreation)					
		7:00PM-8:00PM (Sports & Recreation)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Art: Artcic Adventures! Facility-Schottland Family YMCA		5:00PM-6:00PM (S.T.E.A.M. & COOKING)					
SCHEDULED PROGRAMMING: SWIM TEAM Exercise Pool		5:30PM-8:00PM (Pool)		5:30PM-8:00PM (Pool)			
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.)		4:00PM-8:00PM (S.T.E.A.M.)	9:00AM-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) Christine H.				
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)) Deb M.				
Stage 1,2,3 Facility-Schottland Family YMCA			12:30PM-1:05PM (Swimming)			1:00PM-1:35PM (Swimming)	
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)				
MIDWEEK MAYHEM: FORTNITE WEEKLY eSports & Gaming			5:00PM-7:00PM (Metro eSports Gaming)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soccer: Clinic Facility-Schottland Family YMCA			5:00PM-5:45PM (Sports & Recreation) 5:55PM-6:55PM (Sports & Recreation)				
			7:00PM-8:00PM (Sports & Recreation)				
S.T.E.A.M: 3D Printing Facility-Schottland Family YMCA			5:00PM-6:00PM (S.T.E.A.M. & COOKING)				
UPBEAT PILATES™ Studio 3			5:15PM-6:15PM (Mind/Body) Gil G.	12:00PM-1:00PM (Mind/Body) <i>Anna B</i> .			
LES MILLS BODYSTEP™ Studio 2			5:30PM-6:30PM (Cardio) Diane R.	10:15AM-11:15AM (Cardio) Diane R.			10:15AM-11:15AM (Cardio) Diane R.
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) Sheila A.	5:45AM-6:30AM (Strength) Sheila A.		
VOLLEYBALL: ADULT West Gym				10:00AM-12:00PM (Gym)			
Art: Happy Little Painters Facility-Schottland Family YMCA				5:00PM-6:00PM (S.T.E.A.M. & COOKING) 6:15PM-7:15PM			
American Red Cross: Basic First Aid Facility-Schottland Family YMCA				(S.T.E.A.M. & COOKING) 5:30PM-8:30PM (Certification Classes)			
HIGH FITNESS Studio 2				6:30PM-7:30PM (Cardio) Erika H.			
Leaders Club Facility-Schottland Family YMCA				6:30PM-8:00PM (Sports & Recreation)			
Les Mills CORE™ Studio 2					6:30AM-7:00AM (Strength) Sheila A.		
GRIT™ CARDIO Turf Gym					9:30AM-10:00AM (Cardio) <i>Lisa B.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STAYSTRONG: RESET Studio 2					10:30AM-11:30AM (Mind/Body) Susan M.		
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) Dustin B.	
Les Mills CORE™ Turf Gym						8:30AM-9:00AM (Strength) Sheila A.	
Tumbling: Parent/Child Facility-Schottland Family YMCA						9:00AM-9:30AM (Sports & Recreation) 9:35AM-10:05AM (Sports & Recreation)	
Art: Cozy Craft Lab (Fall Edition) Facility-Schottland Family YMCA						9:00AM-10:00AM (S.T.E.A.M. & COOKING)	
In The Kitchen: Jr. Chef - Starting the Holiday! Facility-Schottland Family YMCA						11:00AM-12:00PM (S.T.E.A.M. & COOKING)	
Metro Esports: Minecraft & Code (1 Week) Facility-Schottland Family YMCA						3:00PM-4:30PM (Metro eSports)	
Metro Esports: Minecraft & Code Facility-Schottland Family YMCA						3:00PM-4:30PM (Metro eSports)	
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)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ROBLOX RUMBLE eSports & Gaming							11:00AM-1:00PM (Metro eSports Gaming)
MEDITATION Studio 3							11:00AM-11:30AM (Mind/Body) Lynn K.
BARRE Studio 1							11:30AM-12:15PM (Strength) YMCA S.
Stage 4,5,6 Facility-Schottland Family YMCA							1:00PM-1:35PM (Swimming)