



WESTSIDE FAMILY YMCA | July 28th - August 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN FUN FIT Fun Fit Room	5:30AM-4:30PM (Gym) 5:30PM-9:00PM (Gym)	5:30AM-8:00AM (Gym) 9:00AM-10:00AM (Gym) 11:00AM-9:00PM (Gym)	5:30AM-5:00PM (Gym) 6:00PM-9:00PM (Gym)	5:30AM-10:00AM (Gym) 11:00AM-9:00PM (Gym)	5:30AM-9:00PM (Gym)	7:00AM-5:00PM (Gym)	8:00AM-4:00PM (Gym)
LAP SWIM Large Pool	5:30AM-7:30AM (Pool) 8:35AM-10:25AM (Pool) 12:20PM-8:45PM (Pool)	5:30AM-6:00AM (Pool) 9:00AM-9:55AM (Pool) 10:50AM-5:55PM (Pool) 7:00PM-8:45PM (Pool)	5:30AM-7:30AM (Pool) 8:30AM-10:25AM (Pool) 11:20AM-8:45PM (Pool)	5:30AM-6:00AM (Pool) 9:00AM-9:55AM (Pool) 11:35AM-5:55PM (Pool) 7:00PM-8:45PM (Pool)	5:30AM-7:30AM (Pool) 8:30AM-11:25AM (Pool) 12:20PM-8:45PM (Pool)	7:00AM-4:45PM (Pool)	8:00AM-9:00AM (Pool) 12:30PM-3:45PM (Pool)
FAMILY SWIM Small Pool	5:30AM-5:00PM (Pool) 7:15PM-8:45PM (Pool)		5:30AM-5:00PM (Pool) 7:15PM-8:45PM (Pool)		5:30AM-8:45PM (Pool)	7:00AM-9:00AM (Pool) 12:15PM-4:45PM (Pool)	8:00AM-9:00AM (Pool) 12:15PM-3:45PM (Pool)
FAMILY FUN Family Fun Room	5:30AM-9:00PM (Child Watch)	5:30AM-9:00AM (Child Watch) 12:15PM-5:30PM (Child Watch) 6:00PM-9:00PM (Child Watch)	5:30AM-9:00PM (Child Watch)	5:30AM-9:00AM (Child Watch) 12:15PM-9:00PM (Child Watch)	5:30AM-9:00PM (Child Watch)	7:00AM-5:00PM (Child Watch)	8:00AM-4:00PM (Child Watch)
FAMILY TIME Adventure Center	5:30AM-8:30AM (Child Watch) 12:00PM-4:00PM (Child Watch) 7:30PM-9:00PM (Child Watch)	5:30AM-8:30AM (Child Watch) 12:00PM-4:00PM (Child Watch) 7:30PM-9:00PM (Child Watch)	5:30AM-8:30AM (Child Watch) 12:00PM-4:00PM (Child Watch) 7:30PM-9:00PM (Child Watch)	5:30AM-8:30AM (Child Watch) 7:30PM-9:00PM (Child Watch)	5:30AM-8:30AM (Child Watch) 12:00PM-9:00PM (Child Watch)	7:00AM-8:45AM (Child Watch) 1:30PM-5:00PM (Child Watch)	8:00AM-8:45AM (Child Watch) 1:30PM-4:00PM (Child Watch)
OPEN GYM Gym	5:30AM-8:30AM (Gym) 4:30PM-5:30PM (Gym)	5:30AM-8:30AM (Gym)	5:30AM-8:30AM (Gym) 4:30PM-5:30PM (Gym)	5:30AM-8:30AM (Gym)	5:30AM-8:30AM (Gym) 4:30PM-5:30PM (Gym)	7:00AM-8:45AM (Gym) 1:15PM-5:00PM (Gym)	10:30AM-4:00PM (Gym)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP™ Group Exercise Studio	5:45AM-6:45AM (Strength) <i>Darlene D.</i>		5:45AM-6:45AM (Strength) <i>Diane R.</i> 6:30PM-7:30PM (Strength) <i>Mary S.</i>		5:45AM-6:45AM (Strength) <i>Mary J.</i>	8:50AM-9:50AM (Strength) <i>Diane R.</i>	
WATER WALKING Large Pool	7:35AM-10:25AM (Pool) 12:20PM-4:00PM (Pool)	7:35AM-8:55AM (Pool) 10:50AM-3:00PM (Pool)	7:35AM-10:25AM (Pool) 11:20AM-4:00PM (Pool)	7:35AM-9:55AM (Pool) 11:35AM-3:00PM (Pool)	7:35AM-11:25AM (Pool) 12:20PM-3:00PM (Pool)	8:00AM-9:00AM (Pool)	
ADVENTURE CENTER DROP OFF Adventure Center	8:30AM-12:00PM (Child Watch) 4:00PM-7:30PM (Child Watch)	8:30AM-12:00PM (Child Watch) 4:00PM-7:30PM (Child Watch)	8:30AM-12:00PM (Child Watch) 4:00PM-7:30PM (Child Watch)	8:30AM-12:00PM (Child Watch) 4:00PM-7:30PM (Child Watch)	8:30AM-12:00PM (Child Watch)	8:45AM-1:30PM (Child Watch)	8:45AM-1:30PM (Child Watch)
CHILD WATCH Child Watch	8:30AM-12:00PM (Child Watch) 4:00PM-7:30PM (Child Watch)	8:30AM-12:00PM (Child Watch) 4:00PM-7:30PM (Child Watch)	8:30AM-12:00PM (Child Watch) 4:00PM-7:30PM (Child Watch)	8:30AM-12:00PM (Child Watch) 4:00PM-7:30PM (Child Watch)	8:30AM-12:00PM (Child Watch)	8:45AM-1:30PM (Child Watch)	8:45AM-1:30PM (Child Watch)
FEELING FIT Group Exercise Studio	8:30AM-9:30AM (Active Older Adults (AOA)) <i>Darlene C.</i>	8:30AM-9:15AM (Active Older Adults (AOA)) <i>Karen G.</i>		8:30AM-9:30AM (Active Older Adults (AOA)) <i>Brenda L.</i>			
SCHEDULED PROGRAMMING: Child Care South Gym	8:45AM-10:45AM (Gym)		8:45AM-10:45AM (Gym)		8:45AM-9:45AM (Gym)		
OPEN GYM North Gym	8:45AM-10:45AM (Gym)		8:45AM-10:45AM (Gym)		8:45AM-9:45AM (Gym)		
GENTLE YOGA Group Exercise Studio	9:45AM-10:45AM (Mind/Body) <i>Sarah L.</i>		11:00AM-11:55AM (Mind/Body) <i>Cheri S.</i>		9:45AM-10:45AM (Mind/Body) <i>Lisa C.</i> 5:00PM-6:00PM (Mind/Body) <i>Becky D.</i>		12:30PM-1:30PM (Mind/Body) <i>Julie M.</i>
AQUA FIT Large Pool	10:30AM-11:15AM (Water Fitness) <i>Maribel T.</i>	6:00PM-6:45PM (Water Fitness) <i>Andrea K.</i>					
SILVER SNEAKERS CLASSIC Gym	11:00AM-12:00PM (Active Older Adults (AOA)) <i>Maria T.</i> 12:15PM-1:00PM (Active Older Adults (AOA)) <i>Maria T.</i>		11:00AM-12:00PM (Active Older Adults (AOA)) <i>Maria T.</i>		11:00AM-12:00PM (Active Older Adults (AOA)) <i>Maria T.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA FLOW Large Pool	11:30AM-12:15PM (Water Fitness) <i>Karin R.</i>				11:30AM-12:15PM (Water Fitness) <i>Karin R.</i>		
WALKING: ADULT Gym	1:15PM-3:00PM (Gym)	12:15PM-3:00PM (Gym)	12:15PM-3:00PM (Gym)	12:15PM-3:00PM (Gym)	12:15PM-3:00PM (Gym)		
SCHEDULED PROGRAMMING: Child Care Gym	3:00PM-4:30PM (Gym)	3:00PM-5:15PM (Gym)	3:00PM-4:30PM (Gym)	3:00PM-5:15PM (Gym)	3:00PM-4:30PM (Gym)		
FAMILY SWIM Large Pool	4:00PM-5:00PM (Pool) 7:15PM-8:45PM (Pool)	3:00PM-5:55PM (Pool) 7:00PM-8:45PM (Pool)	4:00PM-5:00PM (Pool) 8:00PM-8:45PM (Pool)	3:00PM-5:55PM (Pool) 7:00PM-8:45PM (Pool)	3:00PM-8:45PM (Pool)	12:15PM-4:45PM (Pool)	12:15PM-3:45PM (Pool)
HIIT Group Exercise Studio	4:15PM-5:15PM (Strength) <i>Tom C.</i>						
SCHEDULED PROGRAMMING: FUN FIT Fun Fit Room	4:30PM-5:30PM (Gym)	8:00AM-9:00AM (Gym) 10:00AM-11:00AM (Gym) 5:00PM-6:15PM (Gym)	5:00PM-6:00PM (Gym)	10:00AM-11:00AM (Gym) 5:00PM-6:30PM (Gym)			
Women's Strength Training: Mon 4:30PM Facility-Westside Family YMCA	4:30PM-5:30PM (Health & Wellness) <i>Sarah L.</i>						
SCHEDULED PROGRAMMING: SWIM LESSONS Large Pool	5:00PM-8:00PM (Pool)	8:30AM-9:30AM (Pool) 11:45AM-12:15PM (Pool)	5:00PM-8:00PM (Pool)	11:45AM-12:15PM (Pool)		9:00AM-12:15PM (Pool)	9:00AM-12:15PM (Pool)
SCHEDULED PROGRAMMING: SWIM LESSONS Small Pool	5:00PM-7:50PM (Pool)	10:15AM-12:15PM (Pool)	5:00PM-7:50PM (Pool)	10:15AM-12:15PM (Pool)		9:00AM-12:15PM (Pool)	9:00AM-12:15PM (Pool)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stage 1 Facility-Westside 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) 5:00PM-5:35PM (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) 10:45AM-11:20AM (Swimming)	9:15AM-9:50AM (Swimming) 9:15AM-9:50AM (Swimming) 10:00AM-10:35AM (Swimming) 10:45AM-11:20AM (Swimming) 11:30AM-12:05PM (Swimming)
Stage 2,3 Facility-Westside Family YMCA	5:00PM-5:35PM (Swimming) 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) 5:00PM-5:35PM (Swimming) 5:45PM-6:20PM (Swimming) 5:45PM-6:20PM (Swimming) 6:30PM-7:05PM (Swimming) 6:30PM-7:05PM (Swimming)			9:15AM-9:50AM (Swimming) 9:15AM-9:50AM (Swimming) 10:00AM-10:35AM (Swimming) 10:00AM-10:35AM (Swimming) 10:45AM-11:20AM (Swimming) 10:45AM-11:20AM (Swimming) 11:30AM-12:05PM (Swimming)	9:15AM-9:50AM (Swimming) 9:15AM-9:50AM (Swimming) 10:00AM-10:35AM (Swimming) 10:00AM-10:35AM (Swimming) 10:45AM-11:20AM (Swimming) 10:45AM-11:20AM (Swimming)
Stage 5,6 Facility-Westside Family YMCA	5:00PM-5:35PM (Swimming)		5:45PM-6:20PM (Swimming) 6:30PM-7:05PM (Swimming)			11:30AM-12:05PM (Swimming)	10:00AM-10:35AM (Swimming)
BASKETBALL: ADULT Gym	5:30PM-9:00PM (Gym)		7:30PM-9:00PM (Gym)				
Stage A/B Facility-Westside Family YMCA	5:45PM-6:15PM (Swimming)		5:45PM-6:15PM (Swimming)			9:15AM-9:45AM (Swimming) 10:45AM-11:15AM (Swimming)	10:00AM-10:30AM (Swimming)
Stage 4 Facility-Westside Family YMCA	5:45PM-6:20PM (Swimming)		5:00PM-5:35PM (Swimming) 6:30PM-7:05PM (Swimming)			10:00AM-10:35AM (Swimming)	9:15AM-9:50AM (Swimming) 10:45AM-11:20AM (Swimming)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GROUP CYCLE Cycle Studio	6:00PM-6:45PM (Cardio) <i>Melissia S.</i>	9:30AM-10:30AM (Cardio) <i>Andrea D.</i>	5:45AM-6:30AM (Cardio) <i>Lisa C.</i>	9:30AM-10:15AM (Cardio) <i>Kristin H.</i> 5:45PM-6:30PM (Cardio) <i>Angela S.</i>		9:00AM-9:45AM (Cardio) <i>Karin R.</i>	9:15AM-10:00AM (Cardio) <i>Angela S.</i>
POWER YOGA Group Exercise Studio	6:45PM-7:45PM (Mind/Body) <i>Karin R.</i>						
Stage 1,2,3 Facility-Westside Family YMCA	7:15PM-7:50PM (Swimming)		7:15PM-7:50PM (Swimming)				11:30AM-12:05PM (Swimming)
BODYBALANCE™ Group Exercise Studio		5:45AM-6:30AM (Mind/Body) <i>Mary J.</i>					
LAP SWIM (LIMITED LANES AVAILABLE) Large Pool		6:00AM-7:30AM (Pool)		6:00AM-7:30AM (Pool)			11:00AM-12:15PM (Pool)
SCHEDULED PROGRAMMING: MASTERS SWIM Large Pool		6:00AM-7:30AM (Pool)		6:00AM-7:30AM (Pool)			
PICKLEBALL: TEEN and ADULT (Ages 13+) Gym		8:30AM-12:15PM (Pickleball)	5:30PM-7:30PM (Pickleball)	8:30AM-11:15AM (Pickleball)		10:15AM-1:15PM (Pickleball)	8:00AM-10:30AM (Pickleball)
CIRCUIT TRAINING Group Exercise Studio		9:30AM-10:30AM (Strength) <i>Lucy V.</i>		9:45AM-10:45AM (Strength) <i>Lucy V.</i>			
PILATES Group Exercise Studio		10:45AM-11:30AM (Mind/Body) <i>Lucy V.</i> 6:00PM-6:45PM (Mind/Body) <i>Lucy V.</i>		11:00AM-11:45AM (Mind/Body) <i>Lucy V.</i>			
SILVER SNEAKERS YOGA Group Exercise Studio		12:15PM-1:00PM (Active Older Adults (AOA)) <i>Nancy W.</i>		12:15PM-1:00PM (Active Older Adults (AOA)) <i>Sarah L.</i>			
STEP-CARDIO Group Exercise Studio		4:00PM-4:45PM (Cardio) <i>Marianne A.</i>		4:15PM-5:00PM (Cardio) <i>Deanna P.</i>		7:30AM-8:30AM (Cardio) <i>Deanna P.</i>	11:15AM-12:00PM (Cardio) <i>Heather D.</i>
BARRE Group Exercise Studio		5:00PM-5:45PM (Strength) <i>Lucy V.</i>	9:45AM-10:45AM (Strength) <i>Lucy V.</i>	6:30PM-7:15PM (Strength) <i>Heather D.</i>			
ZUMBA® Gym		5:30PM-6:15PM (Cardio) <i>Melissa R.</i>				9:00AM-10:00AM (Cardio) <i>Fatima A.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BASKETBALL: ADULT North Gym		6:30PM-9:00PM (Gym)		6:45PM-9:00PM (Gym)	5:30PM-9:00PM (Gym)		
OPEN GYM South Gym		6:45PM-9:00PM (Gym)		6:45PM-9:00PM (Gym)	5:30PM-9:00PM (Gym)		
BOOTCAMP Group Exercise Studio			7:00AM-8:00AM (Strength) <i>Karin R.</i>	5:45AM-6:30AM (Strength) <i>Dorie C.</i>			
ZUMBA GOLD® Group Exercise Studio			8:30AM-9:30AM (Active Older Adults (AOA)) <i>Shelley H.</i>		8:30AM-9:30AM (Active Older Adults (AOA)) <i>Shelley H.</i>		
AQUA ZUMBA Large Pool			10:30AM-11:15AM (Water Fitness) <i>Shelley H.</i>	6:00PM-6:45PM (Water Fitness) <i>Shelley H.</i>			
TRX CIRCUIT® Group Exercise Studio			4:15PM-5:15PM (Strength) <i>Tom C.</i>				
Women's Strength Training: Wed 5PM Facility-Westside Family YMCA			5:00PM-6:00PM (Health & Wellness) <i>Emma M.</i>				
BODYCOMBAT™ Group Exercise Studio			5:30PM-6:15PM (Cardio) <i>Sharon F.</i>				
Intro to Swim Team: Waves Facility-Westside Family YMCA			7:15PM-8:00PM (Swimming)				
Functional Fitness for All: Thurs 10AM Facility-Westside Family YMCA				10:00AM-11:00AM (Health & Wellness) <i>Sarah L.</i>			
SILVER SNEAKERS BOOM MUSCLE Gym				11:30AM-12:00PM (Active Older Adults (AOA)) <i>Andrea K.</i>			
RIDE STRONG Cycle Studio					7:00AM-8:00AM (Cardio) <i>Angela S.</i> 7:00AM-8:00AM (Cardio) <i>Sarah L.</i>		
HIIT Gym					10:00AM-10:45AM (Strength) <i>Sadie B.</i>		
ACTIVE YOGA Group Exercise Studio						10:15AM-11:15AM (Mind/Body) <i>Karin R.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S.T.E.A.M: Creative Workshop - Plant Pot Painting Facility-Westside Family YMCA						1:30PM-2:30PM (S.T.E.A.M. & COOKING)	
WATER WALKING (LIMITED LANES AVAILABLE) Large Pool							8:00AM-11:00AM (Pool)
TOTAL BODY STRONG Group Exercise Studio							10:15AM-11:00AM (Strength) <i>Angela S.</i>