



WESTSIDE FAMILY YMCA | September 22nd - September 28th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN FUN FIT Fun Fit Room	5:30AM-3:00PM (Gym) 5:30PM-6:00PM (Gym) 7:00PM-9:00PM (Gym)	5:30AM-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-3:00PM (Gym) 4:30PM-9:00PM (Gym)	5:30AM-9:00PM (Gym)	7:00AM-5:00PM (Gym)	8:00AM-4:00PM (Gym)
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-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)	5:30AM-8:30AM (Gym)	5:30AM-8:30AM (Gym)	5:30AM-8:30AM (Gym)	5:30AM-8:30AM (Gym)	7:00AM-8:45AM (Gym) 1:15PM-5:00PM (Gym)	10:30AM-4:00PM (Gym)
LAP SWIM Large Pool	5:30AM-7:30AM (Pool) 8:35AM-10:25AM (Pool) 12:20PM-8:45PM (Pool)	5:30AM-7:30AM (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-7:30AM (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)		8:00AM-9:00AM (Pool) 12:30PM-3:45PM (Pool)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP™ Group Exercise Studio	5:45AM-6:45AM (Strength) <i>Darlene D.</i> 11:00AM-11:55AM (Strength) <i>Heather Y.</i> 5:30PM-6:30PM (Strength) <i>Mary S.</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> 11:00AM-11:55AM (Strength) <i>Heather Y.</i>	8:50AM-9:50AM (Strength) <i>YMCA S.</i>	
WATER WALKING Large Pool	7:35AM-10:25AM (Pool) 12:20PM-4:00PM (Pool)	7:35AM-9:55AM (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)	
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>			
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)
SCHEDULED PROGRAMMING: Child Care South Gym	8:45AM-10:45AM (Gym)	10:30AM-12:15PM (Gym)	8:45AM-10:45AM (Gym)	10:30AM-12:15PM (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)		
SCHEDULED PROGRAMMING: Child Care Adventure Center	9:00AM-11:45AM (Gym)		9:00AM-11:45AM (Gym)		9:00AM-11:45AM (Gym)		
AQUA FIT Large Pool	10:30AM-11:15AM (Water Fitness) <i>Maribel T.</i>	10:00AM-10:45AM (Water Fitness) <i>Heather Y.</i> 6:00PM-6:45PM (Water Fitness) <i>Andrea K.</i>		10:00AM-10:45AM (Water Fitness) <i>Heather Y.</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>				

	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)		
SCHEDULED PROGRAMMING: FUN FIT Fun Fit Room	3:00PM-5:30PM (Gym) 6:00PM-7:00PM (Gym)	10:00AM-11:00AM (Gym)	5:00PM-6:00PM (Gym)	10:00AM-11:00AM (Gym) 3:00PM-4:30PM (Gym)			
FAMILY SWIM Large Pool	4:00PM-5:00PM (Pool) 8:00PM-8:45PM (Pool)	3:00PM-5:55PM (Pool) 8:00PM-8:45PM (Pool)	4:00PM-5:00PM (Pool) 8:00PM-8:45PM (Pool)	3:00PM-5:55PM (Pool) 8:00PM-8:45PM (Pool)	3:00PM-8:45PM (Pool)	12:15PM-4:45PM (Pool)	12:15PM-3:45PM (Pool)
ADVENTURE CENTER DROP OFF Adventure Center	4:00PM-7:30PM (Child Watch)	4:00PM-7:30PM (Child Watch)	4:00PM-7:30PM (Child Watch)	4:00PM-7:30PM (Child Watch)		8:45AM-1:30PM (Child Watch)	8:45AM-1:30PM (Child Watch)
HIIT Group Exercise Studio	4:15PM-5:15PM (Strength) <i>Tom C.</i>						
SCHEDULED PROGRAMMING: BEFORE/AFTER SCHOOL Gym	4:30PM-5:30PM (Gym)		4:30PM-5:30PM (Gym)		4:30PM-5:30PM (Gym)		
BASKETBALL: ADULT Gym	5:30PM-9:00PM (Gym)		7:30PM-9:00PM (Gym)				
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>Karen G.</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>
BODYBALANCE™ Group Exercise Studio		5:45AM-6:30AM (Mind/Body) <i>Mary J.</i>					
PICKLEBALL: TEEN and ADULT (Ages 13+) Gym		8:30AM-10:30AM (Pickleball)	5:30PM-7:30PM (Pickleball)	8:30AM-10:30AM (Pickleball)		10:15AM-1:15PM (Pickleball)	8:00AM-10:30AM (Pickleball)
PICKLEBALL: TEEN and ADULT (Ages 13+) South Gym		10:30AM-12:15PM (Pickleball)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>Shelley H.</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>Marianne A.</i>
RIDE STRONG Cycle Studio		5:30PM-6:30PM (Cardio) <i>Angela S.</i>			7:00AM-8:00AM (Cardio) <i>Sarah L.</i> 7:00AM-8:00AM (Cardio) <i>Angela S.</i>		
ZUMBA® Gym		5:30PM-6:15PM (Cardio) <i>Melissa R.</i>				9:00AM-10:00AM (Cardio) <i>Joel S.</i>	
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)		
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>		
UPBEAT BARRE™ Group Exercise Studio			9:45AM-10:45AM (Strength) <i>Alex 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>			
GENTLE YOGA Group Exercise Studio			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>Michelle C.</i>
QIGONG Group Exercise Studio			12:15PM-1:00PM (Mind/Body) <i>Amanda B.</i>		12:15PM-1:00PM (Mind/Body) <i>Amanda B.</i>		
TRX CIRCUIT® Group Exercise Studio			4:15PM-5:15PM (Strength) <i>Tom C.</i>				
BODYCOMBAT™ Group Exercise Studio			5:30PM-6:15PM (Cardio) <i>Sharon F.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BOOTCAMP Group Exercise Studio				5:45AM-6:30AM (Strength) <i>Dorie C.</i>			
CIRCUIT TRAINING Group Exercise Studio				9:45AM-10:45AM (Strength) <i>Karin R.</i>			
PICKLEBALL: TEEN and ADULT (Ages 13+) North Gym				10:30AM-11:15AM (Pickleball)			
DEEP WATER AQUA FIT Large Pool				11:00AM-11:30AM (Water Fitness) <i>Heather Y.</i>			
PILATES Group Exercise Studio				11:00AM-11:45AM (Mind/Body) <i>Karin R.</i>			
SILVER SNEAKERS BOOM MUSCLE North Gym				11:30AM-12:00PM (Active Older Adults (AOA)) <i>Andrea K.</i>			
UPBEAT PILATES™ Group Exercise Studio				5:15PM-6:15PM (Mind/Body) <i>Tia P.</i>			
BARRE Group Exercise Studio				6:30PM-7:15PM (Strength) <i>Tia P.</i>			
HIIT Gym					10:00AM-10:45AM (Strength) <i>Sadie B.</i>		
WATER WALKING (LIMITED LANES AVAILABLE) Large Pool						9:00AM-11:00AM (Pool)	9:00AM-11:00AM (Pool)
SCHEDULED PROGRAMMING: SWIM LESSONS Small Pool						9:00AM-12:15PM (Pool)	9:00AM-12:15PM (Pool)
SCHEDULED PROGRAMMING: SWIM LESSONS Large Pool						9:00AM-12:15PM (Pool)	9:00AM-12:15PM (Pool)
ACTIVE YOGA Group Exercise Studio						10:15AM-11:15AM (Mind/Body) <i>Karin R.</i>	
LAP SWIM (LIMITED LANES AVAILABLE) Large Pool						11:00AM-12:15PM (Pool)	11:00AM-12:15PM (Pool)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TOTAL BODY STRONG Group Exercise Studio							10:15AM-11:00AM (Strength) <i>Angela S.</i>