



## WESTSIDE FAMILY YMCA | May 11th - May 17th

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

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

|  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday                  | Saturday  | Sunday   |
|--|--|--|--|--|-------------------------|---|--|
| <b>SCHEDULED PROGRAMMING: Child Care</b><br>Gym                                  | 3:00PM-4:30PM<br>(Gym)   | 3:00PM-5:15PM<br>(Gym)                                   | 3:00PM-4:30PM<br>(Gym)   | 3:00PM-5:15PM<br>(Gym)                                 | 3:00PM-4:30PM<br>(Gym)  |   |  |
| <b>ADVENTURE CENTER DROP OFF</b><br>Adventure Center                             | 4:00PM-8:00PM<br>(Child Watch)   | 4:00PM-8:00PM<br>(Child Watch)                           | 4:00PM-8:00PM<br>(Child Watch)   | 4:00PM-8:00PM<br>(Child Watch)                         |                         | 8:30AM-1:30PM<br>(Child Watch)  | 8:30AM-1:30PM<br>(Child Watch)   |
| <b>FAMILY SWIM</b><br>Large Pool   | 4:00PM-5:00PM<br>(Pool)<br><br>8:00PM-8:45PM<br>(Pool)   | 3:00PM-5:55PM<br>(Pool)<br><br>8:00PM-8:45PM<br>(Pool)   | 4:00PM-5:00PM<br>(Pool)<br><br>8:00PM-8:45PM<br>(Pool)   | 3:00PM-5:55PM<br>(Pool)<br><br>8:00PM-8:45PM<br>(Pool) | 3:00PM-8:45PM<br>(Pool) | 12:15PM-4:45PM<br>(Pool)  | 12:15PM-3:45PM<br>(Pool)   |
| <b>Women's Strength Training</b><br>Facility-Westside Family YMCA                | 4:30PM-5:30PM<br>(Health & Wellness)<br><i>Sarah L.</i>  | 10:00AM-11:00AM<br>(Health & Wellness)<br><i>Jess S.</i> | 5:00PM-6:00PM<br>(Health & Wellness)<br><i>Emma M.</i>   |  |                         | 9:00AM-10:00AM<br>(Health & Wellness)<br><i>Emma M.</i>   |  |
| <b>SCHEDULED PROGRAMMING: BEFORE/AFTER SCHOOL</b><br>Gym                         | 4:30PM-5:30PM<br>(Gym)   |  | 4:30PM-5:30PM<br>(Gym)   |  | 4:30PM-5:30PM<br>(Gym)  |   |  |
| <b>HIIT</b><br>Group Exercise Studio   | 4:30PM-5:15PM<br>(Cardio)<br><i>Tom C.</i>   |  |  |  |                         |   |  |
| <b>Private (1-on-1) Swim Lesson: Mon 5:00PM</b><br>Facility-Westside Family YMCA | 5:00PM-5:30PM<br>(Swimming)  |  |  |  |                         |   |  |
| <b>Stage 1</b><br>Facility-Westside Family YMCA                                  | 5:00PM-5:35PM<br>(Swimming)<br><br>5:45PM-6:20PM<br>(Swimming)<br><br>6:30PM-7:05PM<br>(Swimming)<br><br>6:30PM-7:05PM<br>(Swimming) |  | 5:00PM-5:35PM<br>(Swimming)<br><br>5:00PM-5:35PM<br>(Swimming)<br><br>5:45PM-6:20PM<br>(Swimming)<br><br>6:30PM-7:05PM<br>(Swimming) |  |                         | 9:15AM-9:50AM<br>(Swimming)<br><br>10:00AM-10:35AM<br>(Swimming)<br><br>10:45AM-11:20AM<br>(Swimming) | 9:15AM-9:50AM<br>(Swimming)<br><br>9:15AM-9:50AM<br>(Swimming)<br><br>10:00AM-10:35AM<br>(Swimming)<br><br>11:30AM-12:05PM<br>(Swimming) |

|  | <b>Monday</b>   | <b>Tuesday</b>                                 | <b>Wednesday</b>  | <b>Thursday</b>                              | <b>Friday</b> | <b>Saturday</b>  | <b>Sunday</b>   |
|--|---|--|---|--|---------------|--|---|
| <b>Stage 2,3</b><br>Facility-Westside Family YMCA                                | 5:00PM-5:35PM<br>(Swimming)<br><br>5:00PM-5:35PM<br>(Swimming)<br><br>5:45PM-6:20PM<br>(Swimming)<br><br>6:30PM-7:05PM<br>(Swimming)<br><br>6:30PM-7:05PM<br>(Swimming) |  | 5:00PM-5:35PM<br>(Swimming)<br><br>5:00PM-5:35PM<br>(Swimming)<br><br>5:45PM-6:20PM<br>(Swimming)<br><br>6:30PM-7:05PM<br>(Swimming)<br><br>6:30PM-7:05PM<br>(Swimming) |  |               | 9:15AM-9:50AM<br>(Swimming)<br><br>9:15AM-9:50AM<br>(Swimming)<br><br>10:00AM-10:35AM<br>(Swimming)<br><br>10:00AM-10:35AM<br>(Swimming)<br><br>10:45AM-11:20AM<br>(Swimming)<br><br>10:45AM-11:20AM<br>(Swimming)<br><br>11:30AM-12:05PM<br>(Swimming)<br><br>11:30AM-12:05PM<br>(Swimming) | 9:15AM-9:50AM<br>(Swimming)<br><br>9:15AM-9:50AM<br>(Swimming)<br><br>10:00AM-10:35AM<br>(Swimming)<br><br>10:00AM-10:35AM<br>(Swimming)<br><br>10:45AM-11:20AM<br>(Swimming)<br><br>10:45AM-11:20AM<br>(Swimming)<br><br>11:30AM-12:05PM<br>(Swimming) |
| <b>Stage 5,6</b><br>Facility-Westside Family YMCA                                | 5:00PM-5:35PM<br>(Swimming)   |  | 5:45PM-6:20PM<br>(Swimming)   |  |               | 11:30AM-12:05PM<br>(Swimming)  | 10:00AM-10:35AM<br>(Swimming)   |
| <b>BASKETBALL: ADULT</b><br>Gym  | 5:30PM-9:00PM<br>(Gym)  |  | 7:30PM-9:00PM<br>(Gym)  |  |               |  |   |
| <b>Private (1-on-1) Swim Lesson: Mon 5:45PM</b><br>Facility-Westside Family YMCA | 5:45PM-6:15PM<br>(Swimming)   |  |   |  |               |  |   |
| <b>Stage A/B</b><br>Facility-Westside Family YMCA                                | 5:45PM-6:15PM<br>(Swimming)   |  | 5:45PM-6:15PM<br>(Swimming)   |  |               | 9:15AM-9:45AM<br>(Swimming)<br><br>10:45AM-11:15AM<br>(Swimming)   | 10:00AM-10:30AM<br>(Swimming)   |
| <b>Stage 4</b><br>Facility-Westside Family YMCA                                  | 5:45PM-6:20PM<br>(Swimming)   |  | 6:30PM-7:05PM<br>(Swimming)   |  |               |  | 9:15AM-9:50AM<br>(Swimming)<br><br>10:45AM-11:20AM<br>(Swimming)  |
| <b>Metabolic</b><br>Facility-Westside Family YMCA                                | 6:00PM-7:00PM<br>(Health & Wellness)<br><i>Manny V.</i>   |  |   |  |               |  |   |
| <b>GROUP CYCLE</b><br>Cycle Studio   | 6:00PM-6:45PM<br>(Cardio)<br><i>Melissia S.</i>   | 9:30AM-10:30AM<br>(Cardio)<br><i>Andrea D.</i> | 5:45AM-6:30AM<br>(Cardio)<br><i>Lisa C.</i>   | 5:45PM-6:30PM<br>(Cardio)<br><i>Mario B.</i> |               | 9:00AM-9:45AM<br>(Cardio)<br><i>Karin R.</i>   | 9:15AM-10:00AM<br>(Cardio)<br><i>Angela S.</i>  |

|  | <b>Monday</b>                                   | <b>Tuesday</b>   | <b>Wednesday</b>              | <b>Thursday</b>  | <b>Friday</b> | <b>Saturday</b>                | <b>Sunday</b>                  |
|--|---|--|-------------------------------|--|---------------|--------------------------------|--------------------------------|
| <b>Private (1-on-1) Swim Lesson: Mon 6:30PM</b><br>Facility-Westside Family YMCA | 6:30PM-7:00PM<br>(Swimming)                     |  |                               |  |               |                                |                                |
| <b>POWER YOGA</b><br>Group Exercise Studio                                       | 6:45PM-7:45PM<br>(Mind/Body)<br><i>Karin R.</i> |  |                               |  |               |                                |                                |
| <b>Private (1-on-1) Swim Lesson: Mon 7:15PM</b><br>Facility-Westside Family YMCA | 7:15PM-7:45PM<br>(Swimming)                     |  |                               |  |               |                                |                                |
| <b>Stage 1,2,3</b><br>Facility-Westside Family YMCA                              | 7:15PM-7:50PM<br>(Swimming)                     |  | 7:15PM-7:50PM<br>(Swimming)   |  |               |                                | 11:30AM-12:05PM<br>(Swimming)  |
| <b>LAP SWIM (LIMITED LANES AVAILABLE)</b><br>Large Pool                          | 7:15PM-8:00PM<br>(Pool)                         |  | 5:00PM-8:00PM<br>(Pool)       |  |               | 9:00AM-12:15PM<br>(Pool)       | 11:00AM-12:15PM<br>(Pool)      |
| <b>BODYBALANCE™</b><br>Group Exercise Studio                                     |   | 5:45AM-6:30AM<br>(Mind/Body)<br><i>Mary J.</i>   |                               | 6:45AM-7:30AM<br>(Mind/Body)<br><i>Sharon F.</i>       |               |                                |                                |
| <b>Stretch &amp; Mobility</b><br>Facility-Westside Family YMCA                   |   | 8:00AM-9:00AM<br>(Health & Wellness)<br><i>Lucy V.</i>   |                               |  |               |                                |                                |
| <b>PICKLEBALL: TEEN and ADULT (Ages 13+)</b><br>Gym                              |   | 8:30AM-10:30AM<br>(Pickleball)   | 5:30PM-7:30PM<br>(Pickleball) | 8:30AM-10:30AM<br>(Pickleball)                         |               | 10:15AM-1:15PM<br>(Pickleball) | 8:00AM-10:30AM<br>(Pickleball) |
| <b>CIRCUIT TRAINING</b><br>Group Exercise Studio                                 |   | 9:30AM-10:20AM<br>(Strength)<br><i>Lucy V.</i>   |                               | 9:45AM-10:45AM<br>(Strength)<br><i>Lucy V.</i>         |               |                                |                                |
| <b>AQUA FIT</b><br>Large Pool  |   | 10:00AM-10:45AM<br>(Water Fitness)<br><i>Julian S.</i>   |                               | 10:00AM-10:45AM<br>(Water Fitness)<br><i>Julian S.</i> |               |                                |                                |
| <b>PICKLEBALL: TEEN and ADULT (Ages 13+)</b><br>South Gym                        |   | 10:30AM-12:15PM<br>(Pickleball)  |                               |  |               |                                |                                |
| <b>PILATES</b><br>Group Exercise Studio  |   | 10:30AM-11:20AM<br>(Mind/Body)<br><i>Lucy V.</i><br><br>6:10PM-6:55PM<br>(Mind/Body)<br><i>Lucy V.</i> |                               | 11:00AM-11:45AM<br>(Mind/Body)<br><i>Lucy V.</i>       |               |                                |                                |
| <b>SILVER SNEAKERS BOOM MUSCLE</b><br>Aerobics Studio                            |   | 11:30AM-12:00PM<br>(Active Older Adults (AOA))<br><i>Andrea K.</i>                                     |                               |  |               |                                |                                |

|  | Monday | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday                                       | Sunday  |
|--|--------|--|---|--|---|--|---|
| <b>SILVER SNEAKERS YOGA</b><br>Group Exercise Studio                             |        | 12:15PM-1:00PM<br>(Active Older Adults (AOA))<br><i>Nancy W.</i> |   | 12:15PM-1:00PM<br>(Active Older Adults (AOA))<br><i>Sarah L.</i> |   |  |   |
| <b>HIGH FITNESS</b><br>Group Exercise Studio                                     |        | 4:15PM-5:00PM<br>(Cardio)<br><i>Sarah N.</i>                     |   |  |   |  |   |
| <b>UPBEAT BARRE™</b><br>Group Exercise Studio                                    |        | 5:10PM-5:55PM<br>(Strength)<br><i>Sarah N.</i>                   |   |  |   |  |   |
| <b>ZUMBA®</b><br>Gym   |        | 5:30PM-6:15PM<br>(Cardio)<br><i>Fatima A.</i>                    |   | 5:30PM-6:30PM<br>(Cardio)<br><i>Rebecca K.</i>                   |   | 9:00AM-10:00AM<br>(Cardio)<br><i>Fatima A.</i> |   |
| <b>RIDE STRONG</b><br>Cycle Studio   |        | 5:30PM-6:30PM<br>(Cardio)<br><i>Angela S.</i>                    |   |  | 7:00AM-8:00AM<br>(Cardio)<br><i>Sarah L.</i>                      |  |   |
| <b>BASKETBALL: ADULT</b><br>North Gym  |        | 6:30PM-9:00PM<br>(Gym)   |   | 6:45PM-9:00PM<br>(Gym)   | 5:30PM-9:00PM<br>(Gym)  |  |   |
| <b>OPEN GYM</b><br>South Gym   |        | 6:45PM-9:00PM<br>(Gym)   |   | 6:45PM-9:00PM<br>(Gym)   | 5:30PM-9:00PM<br>(Gym)  |  |   |
| <b>QIGONG</b><br>Group Exercise Studio   |        | 7:05PM-7:50PM<br>(Mind/Body)<br><i>Amanda B.</i>                 | 12:15PM-1:00PM<br>(Mind/Body)<br><i>Amanda B.</i>                 |  | 12:15PM-1:00PM<br>(Mind/Body)<br><i>Amanda B.</i>                 |  |   |
| <b>BOOTCAMP</b><br>Group Exercise Studio   |        |  | 7:00AM-8:00AM<br>(Strength)<br><i>Karin R.</i>                    | 5:45AM-6:30AM<br>(Strength)<br><i>Dorie C.</i>                   |   |  |   |
| <b>ZUMBA GOLD®</b><br>Group Exercise Studio                                      |        |  | 8:30AM-9:30AM<br>(Active Older Adults (AOA))<br><i>Shelley H.</i> |  | 8:30AM-9:30AM<br>(Active Older Adults (AOA))<br><i>Shelley H.</i> |  |   |
| <b>BARRE</b><br>Group Exercise Studio  |        |  | 9:45AM-10:45AM<br>(Strength)<br><i>Lucy V.</i>                    | 6:30PM-7:15PM<br>(Strength)<br><i>Heather D.</i>                 |   |  | 9:00AM-10:00AM<br>(Strength)<br><i>Heather D.</i> |
| <b>TRX CIRCUIT®</b><br>Group Exercise Studio                                     |        |  | 4:30PM-5:15PM<br>(Strength)<br><i>Tom C.</i>                      |  |   |  |   |
| <b>Private (1-on-1) Swim Lesson: Wed 5:00PM</b><br>Facility-Westside Family YMCA |        |  | 5:00PM-5:30PM<br>(Swimming)                                       |  |   |  |   |
| <b>BODYCOMBAT™</b><br>Group Exercise Studio                                      |        |  | 5:30PM-6:15PM<br>(Cardio)<br><i>Sharon F.</i>                     |  |   | 7:30AM-8:30AM<br>(Cardio)<br><i>Holley Y.</i>  |   |
| <b>Private (1-on-1) Swim Lesson: Wed 5:45PM</b><br>Facility-Westside Family YMCA |        |  | 5:45PM-6:15PM<br>(Swimming)                                       |  |   |  |   |

|  | Monday | Tuesday | Wednesday                   | Thursday   | Friday  | Saturday                    | Sunday  |
|--|--------|---------|-----------------------------|--|---|-----------------------------|---|
| <b>Private (1-on-1) Swim Lesson: Wed 6:30PM</b><br>Facility-Westside Family YMCA |        |         | 6:30PM-7:00PM<br>(Swimming) |  |   |                             |   |
| <b>Intro to Swim Team: Waves</b><br>Facility-Westside Family YMCA                |        |         | 7:15PM-8:00PM<br>(Swimming) |  |   |                             |   |
| <b>Functional Fitness for All</b><br>Facility-Westside Family YMCA               |        |         |                             | 10:00AM-11:00AM<br>(Health & Wellness)<br><i>Sarah L.</i>        |   |                             |   |
| <b>PICKLEBALL: TEEN and ADULT (Ages 13+)</b><br>North Gym                        |        |         |                             | 10:30AM-11:15AM<br>(Pickleball)                                  |   |                             |   |
| <b>DEEP WATER AQUA FIT</b><br>Large Pool   |        |         |                             | 11:00AM-11:30AM<br>(Water Fitness)<br><i>Julian S.</i>           |   |                             |   |
| <b>SILVER SNEAKERS BOOM MUSCLE</b><br>North Gym                                  |        |         |                             | 11:30AM-12:00PM<br>(Active Older Adults (AOA))<br><i>YMCA S.</i> |   |                             |   |
| <b>STEP-CARDIO</b><br>Group Exercise Studio                                      |        |         |                             | 4:15PM-5:00PM<br>(Cardio)<br><i>Marianne A.</i>                  |   |                             | 11:15AM-12:00PM<br>(Cardio)<br><i>Heather D.</i>  |
| <b>UPBEAT PILATES™</b><br>Group Exercise Studio                                  |        |         |                             | 5:15PM-6:15PM<br>(Mind/Body)<br><i>Dana D.</i>                   |   |                             |   |
| <b>AQUA ZUMBA</b><br>Large Pool  |        |         |                             | 6:00PM-6:45PM<br>(Water Fitness)<br><i>Shelley H.</i>            |   |                             |   |
| <b>HIIT</b><br>Gym   |        |         |                             |  | 10:00AM-10:45AM<br>(Cardio)<br><i>Sadie B.</i>          |                             |   |
| <b>AQUA FLOW</b><br>Large Pool   |        |         |                             |  | 11:30AM-12:15PM<br>(Water Fitness)<br><i>Maribel T.</i> |                             |   |
| <b>TOTAL BODY STRONG</b><br>Group Exercise Studio                                |        |         |                             |  | 4:15PM-5:00PM<br>(Strength)<br><i>Angela S.</i>         |                             | 10:15AM-11:00AM<br>(Strength)<br><i>Angela S.</i> |
| <b>Parents Time Off: May 15</b><br>Facility-Westside Family YMCA                 |        |         |                             |  | 5:30PM-8:30PM<br>(Arts & Humanities)                    |                             |   |
| <b>Private (1-on-1) Swim Lesson: Sat 9:15AM</b><br>Facility-Westside Family YMCA |        |         |                             |  |   | 9:15AM-9:45AM<br>(Swimming) |   |

|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday  | Sunday  |
|--|--------|---------|-----------|----------|--------|---|---|
| <b>Private (1-on-1) Swim Lesson: Sat 10:00AM</b><br>Facility-Westside Family YMCA        |        |         |           |          |        | 10:00AM-10:30AM<br>(Swimming)                     |   |
| <b>ACTIVE YOGA</b><br>Group Exercise Studio  |        |         |           |          |        | 10:15AM-11:15AM<br>(Mind/Body)<br><i>Karin R.</i> |   |
| <b>Private (1-on-1) Swim Lesson: Sat 10:45AM</b><br>Facility-Westside Family YMCA        |        |         |           |          |        | 10:45AM-11:15AM<br>(Swimming)                     |   |
| <b>Private (1-on-1) Swim Lesson: Sat 11:30AM</b><br>Facility-Westside Family YMCA        |        |         |           |          |        | 11:30AM-12:00PM<br>(Swimming)                     |   |
| <b>WATER WALKING (LIMITED LANES AVAILABLE)</b><br>Large Pool                             |        |         |           |          |        |   | 8:00AM-11:00AM<br>(Pool)                            |
| <b>Private (1-on-1) Swim Lesson: Sun 10:45AM</b><br>Facility-Westside Family YMCA        |        |         |           |          |        |   | 10:45AM-11:15AM<br>(Swimming)                       |
| <b>FAMILY YOGA</b><br>Family Fun Room  |        |         |           |          |        |   | 11:00AM-11:30AM<br>(Mind/Body)<br><i>Rebecca P.</i> |
| <b>Private (1-on-1) Swim Lesson: Sun 11:30AM</b><br>Facility-Westside Family YMCA        |        |         |           |          |        |   | 11:30AM-12:00PM<br>(Swimming)                       |
| <b>Lifeguard: Pre-Requisite Swim Preparation Clinic</b><br>Facility-Westside Family YMCA |        |         |           |          |        |   | 2:45PM-3:45PM<br>(Certification Classes)            |