



## WESTSIDE FAMILY YMCA | June 9th - June 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>FAMILY TIME</b> Adventure Center	5:30AM-8:30AM (Child Watch)  11:45AM-4:00PM (Child Watch)  7:30PM-9:00PM (Child Watch)	5:30AM-4:00PM (Child Watch)  7:30PM-9:00PM (Child Watch)	5:30AM-9:00AM (Child Watch)  11:45AM-4:00PM (Child Watch)  7:30PM-9:00PM (Child Watch)	5:30AM-8:30AM (Child Watch)  7:30PM-9:00PM (Child Watch)	5:30AM-9:00AM (Child Watch)  11:45AM-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)
<b>OPEN FUN FIT</b> 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)
<b>FAMILY SWIM</b> Small Pool	5:30AM-5:00PM (Pool)  7:15PM-8:45PM (Pool)	5:30AM-8:45PM (Pool)	5:30AM-5:00PM (Pool)  7:15PM-8:45PM (Pool)	5:30AM-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)
<b>FAMILY FUN</b> 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-5:15PM (Child Watch)  6:15PM-9:00PM (Child Watch)	5:30AM-9:00PM (Child Watch)	7:00AM-10:00AM (Child Watch)  11:00AM-5:00PM (Child Watch)	8:00AM-4:00PM (Child Watch)
<b>LAP SWIM</b> 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)
<b>OPEN GYM</b> 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)	8:00AM-8:15AM (Gym)  10:30AM-4:00PM (Gym)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP™</b> 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>Erin G.</i>		6:30PM-7:30PM (Strength) <i>Sharon F.</i>		5:45AM-6:45AM (Strength) <i>Shelly T.</i>  11:00AM-11:55AM (Strength) <i>Heather Y.</i>	8:50AM-9:50AM (Strength) <i>YMCA S.</i>	
<b>WATER WALKING</b> 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)	
<b>CHILD WATCH</b> 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)
<b>FEELING FIT</b> 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>Maria T.</i>			
<b>SCHEDULED PROGRAMMING: Child Care</b> South Gym	8:45AM-10:45AM (Gym)		8:45AM-10:45AM (Gym)		8:45AM-9:45AM (Gym)		
<b>OPEN GYM</b> North Gym	8:45AM-10:45AM (Gym)		8:45AM-10:45AM (Gym)		8:45AM-9:45AM (Gym)		
<b>SILVER SNEAKERS CLASSIC</b> 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>		
<b>WALKING: ADULT</b> 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)		
<b>SCHEDULED PROGRAMMING: Child Care</b> Gym	3:00PM-5:30PM (Gym)	3:00PM-5:15PM (Gym)	3:00PM-5:30PM (Gym)	3:00PM-5:15PM (Gym)	3:00PM-5:30PM (Gym)		
<b>ADVENTURE CENTER DROP OFF</b> 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)

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<b>FAMILY SWIM</b> 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)
<b>HIIT</b> Group Exercise Studio	4:15PM-5:15PM (Strength) <i>Tom C.</i>						
<b>SCHEDULED PROGRAMMING: FUN FIT</b> 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)			
<b>Women's Strength Training: Mon 4:30PM</b> Facility-Westside Family YMCA	4:30PM-5:30PM (Health & Wellness) <i>Sarah L.</i>						
<b>SCHEDULED PROGRAMMING: SWIM LESSONS</b> Small Pool	5:00PM-7:50PM (Pool)		5:00PM-7:50PM (Pool)	11:00AM-12:15PM (Pool)		9:00AM-12:15PM (Pool)	9:00AM-12:15PM (Pool)
<b>SCHEDULED PROGRAMMING: SWIM LESSONS</b> Large Pool	5:00PM-8:00PM (Pool)		5:00PM-8:00PM (Pool)			9:00AM-12:15PM (Pool)	9:00AM-12:15PM (Pool)
<b>Stage 5,6</b> 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)

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

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<b>Stage 1,2,3</b> Facility-Westside Family YMCA	7:15PM-7:50PM (Swimming)		7:15PM-7:50PM (Swimming)				11:30AM-12:05PM (Swimming)
<b>BODYBALANCE™</b> Group Exercise Studio		5:45AM-6:30AM (Mind/Body) <i>Mary J.</i>					
<b>SCHEDULED PROGRAMMING: MASTERS SWIM</b> Large Pool		6:00AM-7:30AM (Pool)		6:00AM-7:30AM (Pool)			
<b>LAP SWIM (LIMITED LANES AVAILABLE)</b> Large Pool		6:00AM-7:30AM (Pool)		6:00AM-7:30AM (Pool)			11:00AM-12:15PM (Pool)
<b>Stretch &amp; Mobility Training: Tues 8AM</b> Facility-Westside Family YMCA		8:00AM-9:00AM (Health & Wellness) <i>Lucy V.</i>					
<b>PICKLEBALL: ADULT</b> Gym		8:45AM-10:45AM (Gym)	5:30PM-7:30PM (Gym)	8:30AM-10:30AM (Gym)		10:15AM-1:15PM (Gym)	8:15AM-10:30AM (Gym)
<b>CIRCUIT TRAINING</b> Group Exercise Studio		9:30AM-10:30AM (Strength) <i>Lucy V.</i>		9:45AM-10:45AM (Strength) <i>Lucy V.</i>			
<b>GROUP CYCLE</b> Cycle Studio		9:30AM-10:30AM (Cardio) <i>Andrea D.</i>	5:45AM-6:30AM (Cardio) <i>Lisa C.</i>	9:45AM-10:30AM (Cardio) <i>Melissia S.</i>  5:45PM-6:30PM (Cardio) <i>Bridgette C.</i>		9:00AM-9:45AM (Cardio) <i>Karin R.</i>	9:15AM-10:00AM (Cardio) <i>Angela S.</i>
<b>Women's Strength Training: Tues 10AM</b> Facility-Westside Family YMCA		10:00AM-11:00AM (Health & Wellness) <i>Erin G.</i>					
<b>AQUA FIT</b> Large Pool		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>			
<b>SCHEDULED PROGRAMMING: Child Care</b> North Gym		10:45AM-12:15PM (Gym)		10:30AM-11:30AM (Gym)			

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<b>PILATES</b> 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>			
<b>PICKLEBALL: ADULT</b> South Gym		10:45AM-12:15PM (Gym)		10:30AM-11:15AM (Gym)			
<b>SILVER SNEAKERS YOGA</b> 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>			
<b>STEP-CARDIO</b> 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>Heather D.</i>
<b>BARRE</b> 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>			
<b>ZUMBA®</b> Gym		5:30PM-6:15PM (Cardio) <i>Melissa R.</i>		5:30PM-6:30PM (Cardio) <i>Rebecca K.</i>		9:00AM-10:00AM (Cardio) <i>YMCA S.</i>	
<b>BASKETBALL: ADULT</b> North Gym		6:30PM-9:00PM (Gym)		6:45PM-9:00PM (Gym)	5:30PM-9:00PM (Gym)		
<b>OPEN GYM</b> South Gym		6:45PM-9:00PM (Gym)		6:45PM-9:00PM (Gym)	5:30PM-9:00PM (Gym)		
<b>Intro to Triathlon Swimming</b> Facility-Westside Family YMCA			8:30AM-9:30AM (Swimming)				
<b>ZUMBA GOLD®</b> 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>		
<b>AQUA ZUMBA</b> Large Pool			10:30AM-11:15AM (Water Fitness) <i>Shelley H.</i>	6:00PM-6:45PM (Water Fitness) <i>Shelley H.</i>			
<b>GENTLE YOGA</b> 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>Julie M.</i>
<b>TRX CIRCUIT®</b> Group Exercise Studio			4:15PM-5:15PM (Strength) <i>Tom C.</i>				

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<b>Women's Strength Training: Wed 5PM</b> Facility-Westside Family YMCA			5:00PM-6:00PM (Health & Wellness) <i>Emma M.</i>				
<b>BODYCOMBAT™</b> Group Exercise Studio			5:30PM-6:15PM (Cardio) <i>Sharon F.</i>				
<b>Intro to Swim Team: Waves</b> Facility-Westside Family YMCA			7:15PM-8:00PM (Swimming)				
<b>BOOTCAMP</b> Group Exercise Studio				5:45AM-6:30AM (Strength) <i>Dorie C.</i>			
<b>Functional Fitness for All: Thurs 10AM</b> Facility-Westside Family YMCA				10:00AM-11:00AM (Health & Wellness) <i>Sarah L.</i>			
<b>DEEP WATER AQUA FIT</b> Large Pool				11:00AM-11:30AM (Water Fitness) <i>Heather Y.</i>			
<b>SILVER SNEAKERS BOOM MUSCLE</b> Gym				11:30AM-12:00PM (Active Older Adults (AOA)) <i>Andrea K.</i>			
<b>UPBEAT PILATES™</b> Group Exercise Studio				5:15PM-6:15PM (Mind/Body) <i>Tia P.</i>			
<b>FAMILY YOGA</b> Family Fun Room				5:30PM-6:00PM (Mind/Body) <i>Rebecca P.</i>			
<b>RIDE STRONG</b> Cycle Studio					7:00AM-8:00AM (Cardio) <i>Sarah L.</i>		
<b>HIIT</b> Gym					10:00AM-10:45AM (Strength) <i>Kristin H.</i>		
<b>AQUA FLOW</b> Large Pool					11:30AM-12:15PM (Water Fitness) <i>Karin R.</i>		
<b>American Red Cross: Lifeguarding Recert</b> Facility-Westside Family YMCA						8:30AM-7:30PM (Certification Classes)	
<b>Women's Strength Training: Sat 9AM</b> Facility-Westside Family YMCA						9:00AM-10:00AM (Health & Wellness) <i>Emma M.</i>	

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<b>BORN TO MOVE™ (Ages 8-12)</b> Family Fun Room						10:15AM-10:45AM (Strength) <i>Heather Y.</i>	
<b>ACTIVE YOGA</b> Group Exercise Studio						10:15AM-11:15AM (Mind/Body) <i>Karin R.</i>	
<b>WATER WALKING (LIMITED LANES AVAILABLE)</b> Large Pool							8:00AM-11:00AM (Pool)
<b>TOTAL BODY STRONG</b> Group Exercise Studio							10:15AM-11:00AM (Strength) <i>Angela S.</i>
<b>Lifeguard: Pre-Requisite Swim Preparation Clinic</b> Facility-Westside Family YMCA							2:45PM-3:45PM (Certification Classes)