



WESTSIDE FAMILY YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FAMILY TIME 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)
OPEN FUN FIT Fun Fit Room	5:30AM-4:30PM (Gym) 7:45PM-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-5:00PM (Gym) 6:30PM-9:00PM (Gym)	5:30AM-10:45AM (Gym) 12:10PM-9:00PM (Gym)		8:00AM-4:00PM (Gym)
FAMILY SWIM 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)
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-10:00AM (Child Watch) 11:00AM-12:00PM (Child Watch) 2:45PM-5:00PM (Child Watch)	8:00AM-4:00PM (Child Watch)
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)	7:00AM-9:00AM (Pool) 3:00PM-4:45PM (Pool)	8:00AM-9:00AM (Pool) 12:30PM-3:45PM (Pool)
OPEN GYM Gym	5:30AM-8:45AM (Gym)	5:30AM-8:45AM (Gym)	5:30AM-8:45AM (Gym)	5:30AM-8:45AM (Gym)	5:30AM-8:45AM (Gym)	7:00AM-8:45AM (Gym) 3:00PM-5:00PM (Gym)	8:00AM-8:15AM (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> 11:00AM-11:55AM (Strength) <i>YMCA S.</i>		5:45AM-6:45AM (Strength) <i>Diane R.</i> 6:30PM-7:30PM (Strength) <i>Sharon F.</i>		5:45AM-6:45AM (Strength) <i>Diane R.</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)	12:15PM-3:45PM (Pool)
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>					
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>Karin R.</i>	10:00AM-10:45AM (Water Fitness) <i>Heather Y.</i>		10:00AM-10:45AM (Water Fitness) <i>Heather Y.</i>			
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)		
SCHEDULED PROGRAMMING: Child Care Gym	3:00PM-5:30PM (Gym)	3:00PM-5:15PM (Gym)	3:00PM-5:30PM (Gym)		3:00PM-5:30PM (Gym)		
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)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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-7:45PM (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)			
SCHEDULED PROGRAMMING: SMALL POOL Small Pool	5:00PM-7:15PM (Pool)		5:00PM-7:15PM (Pool)	10:15AM-12:30PM (Pool)		9:00AM-12:15PM (Pool)	9:00AM-12:15PM (Pool)
SCHEDULED PROGRAMMING: LARGE POOL Large Pool	5:00PM-8:00PM (Pool)	6:00PM-6:45PM (Pool)	8:30AM-9:30AM (Pool) 5:00PM-8:00PM (Pool)	6:00PM-6:45PM (Pool)		9:00AM-12:15PM (Pool)	9:00AM-12:15PM (Pool)
BASKETBALL: ADULT Gym	5:30PM-9:00PM (Gym)		5:30PM-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>	9:45AM-10:30AM (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>
BODYBALANCE™ Group Exercise Studio		5:45AM-6:30AM (Mind/Body) <i>Mary J.</i>					
PICKLEBALL: ADULT Gym		8:45AM-10:45AM (Gym)		8:45AM-10:45AM (Gym)			8:15AM-10:30AM (Gym)
CIRCUIT TRAINING Group Exercise Studio		9:30AM-10:30AM (Strength) <i>Lucy V.</i>		9:45AM-10:45AM (Strength) <i>Lucy V.</i>			
SCHEDULED PROGRAMMING: Child Care North Gym		10:45AM-12:15PM (Gym)		10:45AM-12:15PM (Gym)			

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PILATES Group Exercise Studio		10:45AM-11:30AM (Mind/Body) <i>Lucy V.</i> 6:00PM-6:45PM (Mind/Body) <i>Lucy V.</i>					
PICKLEBALL: ADULT South Gym		10:45AM-12:15PM (Gym)		10:45AM-12:15PM (Gym)			
SILVER SNEAKERS YOGA Group Exercise Studio		12:15PM-1:00PM (Active Older Adults (AOA)) <i>Nancy W.</i>					
STEP-CARDIO Group Exercise Studio		4:00PM-4:45PM (Cardio) <i>Shelley H.</i>				7:30AM-8:30AM (Cardio) <i>Tom C.</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>		5:30PM-6:30PM (Cardio) <i>Rebecca K.</i>		9:00AM-10:00AM (Cardio) <i>Rebecca K.</i>	
RIDE STRONG Cycle Studio		5:30PM-6:30PM (Cardio) <i>Angela S.</i>			7:00AM-8:00AM (Cardio) <i>Sarah L.</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)		
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>				
BODYCOMBAT™ Group Exercise Studio			5:30PM-6:15PM (Cardio) <i>Sharon F.</i>				
DEEP WATER AQUA FIT Large Pool				11:00AM-11:30AM (Water Fitness) <i>Heather Y.</i>			

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HIIT Gym					10:00AM-10:45AM (Strength) <i>Sadie B.</i>		
SILVER SNEAKERS CLASSIC Gym					11:00AM-12:00PM (Active Older Adults (AOA)) <i>Tom C.</i>		
BODYPUMP™ Fun Fit Room					11:00AM-11:55AM (Strength) <i>Heather Y.</i>		
American Red Cross: Lifeguarding Recert Facility-Westside Family YMCA						8:30AM-7:30PM (Certification Classes)	
LAP SWIM (LIMITED LANES AVAILABLE) Large Pool						9:00AM-12:15PM (Pool)	11:00AM-12:15PM (Pool)
ACTIVE YOGA Group Exercise Studio						10:15AM-11:15AM (Mind/Body) <i>Karin R.</i>	
HEALTHY KIDS DAY: GYM Gym						12:00PM-2:30PM (Gym)	
HEALTHY KIDS DAY: LARGE POOL Large Pool						12:00PM-2:30PM (Pool)	
HEALTHY KIDS DAY: SMALL POOL Small Pool						12:00PM-2:30PM (Pool)	
WATER WALKING (LIMITED LANES AVAILABLE) Large Pool							9:00AM-11:00AM (Pool)
TOTAL BODY STRONG Group Exercise Studio							10:15AM-11:00AM (Strength) <i>Angela S.</i>