



## El Dorado YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gym 2	4:30AM-9:00AM (Gym)				4:30AM-9:00PM (Gym)	6:30AM-8:00AM (Gym)	6:30AM-7:00PM (Gym)
<b>Open Gym</b> Gym 3	4:30AM-6:00AM (Gym)  8:00AM-6:00PM (Gym)	4:30AM-6:00PM (Gym)	4:30AM-6:00AM (Gym)  8:00AM-9:00AM (Gym)		4:30AM-6:00AM (Gym)		6:30AM-7:00PM (Gym)
<b>3 Lanes</b> Lap Pool	4:30AM-8:30AM (Pool)  10:45AM-6:45PM (Pool)  7:45PM-9:30PM (Pool)	4:30AM-8:00AM (Pool)  11:00AM-6:45PM (Pool)  7:45PM-9:30PM (Pool)	4:30AM-10:00AM (Pool)  11:45AM-9:30PM (Pool)	4:30AM-8:00AM (Pool)  10:45AM-6:45PM (Pool)  7:45PM-9:30PM (Pool)	4:30AM-8:30AM (Pool)  11:00AM-8:30PM (Pool)	6:30AM-10:00AM (Pool)	6:30AM-6:30PM (Pool)
<b>Open Swim</b> Family Pool	4:30AM-10:00AM (Pool)  10:45AM-9:30PM (Pool)	4:30AM-8:00AM (Pool)  11:00AM-9:30PM (Pool)	4:30AM-10:00AM (Pool)  10:45AM-9:30PM (Pool)	4:30AM-8:00AM (Pool)  9:00AM-10:00AM (Pool)  10:45AM-9:30PM (Pool)	4:30AM-10:00AM (Pool)  11:00AM-8:30PM (Pool)	6:30AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
<b>LIFT 30-UPPER</b> Studio B	5:15AM-5:45AM (Group Fitness) <i>April J.</i>		10:00AM-10:30AM (Group Fitness) <i>Julie W.</i>				
<b>Cycle FORCE</b> Studio B	5:45AM-6:15AM (Group Fitness) <i>April J.</i>		5:45AM-6:15AM (Group Fitness) <i>Cassie C.</i>				
<b>Pick Up Basketball</b> Gym 3	6:00AM-8:00AM (Gym)		6:00AM-8:00AM (Gym)		6:00AM-8:00AM (Gym)		
<b>Pickleball</b> Gym 2	9:00AM-11:00AM (Gym)						
<b>Muscle Pump</b> Studio B	9:00AM-10:00AM (Group Fitness) <i>April J.</i>						

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Yoga</b> Studio A	10:00AM-11:00AM (Group Fitness) <i>Makaala L.</i>  5:15PM-6:15PM (Group Fitness) <i>Janice T.</i>	9:00AM-10:00AM (Group Fitness) <i>Janice T.</i>		9:00AM-10:00AM (Group Fitness) <i>Janice T.</i>			
<b>Aqua Body Design</b> Lap Pool	10:00AM-11:00AM (Group Fitness) <i>Alexandria E.</i>						
<b>Silver Sneakers® Stability</b> Studio B	10:00AM-10:45AM (Group Fitness) <i>Julie W.</i>			10:15AM-11:00AM (Group Fitness) <i>Julie W.</i>			
<b>Cycle BEATS</b> Studio B	6:30PM-7:15PM (Group Fitness) <i>Briley R.</i>						
<b>Water Tabata</b> Lap Pool	6:45PM-7:45PM (Group Fitness) <i>Wendy A.</i>	10:00AM-10:45AM (Group Fitness) <i>Alexandria E.</i>  6:45PM-7:45PM (Group Fitness) <i>Wendy A.</i>		10:00AM-10:45AM (Group Fitness) <i>April J.</i>  6:45PM-7:45PM (Group Fitness) <i>Wendy A.</i>			
<b>Arthritis Water Exercise</b> Lap Pool		8:15AM-9:00AM (Group Fitness) <i>April J.</i>		8:15AM-9:00AM (Group Fitness) <i>Cassie C.</i>			
<b>Bootcamp</b> Gym 1		9:00AM-10:00AM (Group Fitness) <i>Kera B.</i>	6:00PM-7:00PM (Group Fitness) <i>April J.</i>				
<b>Pilates</b> Studio A		10:00AM-11:00AM (Group Fitness) <i>Janice T.</i>  5:30PM-6:30PM (Group Fitness) <i>Janice T.</i>		10:00AM-11:00AM (Group Fitness) <i>Janice T.</i>			
<b>SilverSneakers® Circuit</b> Studio B		10:00AM-11:00AM (Group Fitness) <i>Collette B.</i>					
<b>Chair Yoga</b> Studio B		11:00AM-12:00PM (Group Fitness) <i>Collette B.</i>					
<b>LIFT 30-LOWER</b> Studio B			5:15AM-5:45AM (Group Fitness) <i>Cassie C.</i>		10:00AM-10:30AM (Group Fitness) <i>Dakota C.</i>		
<b>Body Design</b> Studio A			9:00AM-10:00AM (Group Fitness) <i>April J.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Pop Up-Chair Pilates</b> Studio B			9:00AM-9:45AM (Group Fitness) <i>Janice T.</i>				
<b>Water Works</b> Lap Pool			10:00AM-10:45AM (Group Fitness) <i>Alexandria E.</i>				
<b>Cardio Dance</b> Studio B			10:30AM-11:00AM (Group Fitness) <i>Collette B.</i>		10:30AM-11:00AM (Group Fitness) <i>Santalena C.</i>		
<b>SilverSneakers® Classic</b> Studio B				9:00AM-10:00AM (Group Fitness) <i>Julie W.</i>			
<b>Pilates</b> Studio B					9:00AM-10:00AM (Group Fitness) <i>Janice T.</i>		
<b>Cycle FUSION with Strength</b> Studio A					9:00AM-9:45AM (Group Fitness) <i>April J.</i>		
<b>Water Bootcamp</b> Lap Pool					10:00AM-11:00AM (Group Fitness) <i>April J.</i>		
<b>CORE</b> Studio B					6:00PM-6:30PM (Group Fitness) <i>Alexandria E.</i>		
<b>Beginner Yoga</b> Studio B					6:30PM-7:15PM (Group Fitness) <i>Makaala L.</i>		
<b>VIRTUAL-Beginner Yoga</b> Gym 1						9:00AM-9:30AM (Group Fitness) <i>YMCA360</i>	
<b>Hydro HIIT</b> Lap Pool						10:00AM-11:00AM (Group Fitness) <i>Alexandria E.</i>	



## Dennis Schoenebeck North YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gym A	4:30AM-10:00PM (Gym)	4:30AM-7:00AM (Gym)  8:00PM-10:00PM (Gym)	4:30AM-5:00PM (Gym)  8:00PM-10:00PM (Gym)	4:30AM-7:00AM (Gym)  8:00PM-10:00PM (Gym)	4:30AM-9:00PM (Gym)	6:30AM-7:30AM (Gym)  1:00PM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
<b>Open Gym</b> Gym B	4:30AM-10:00PM (Gym)	4:30AM-1:00PM (Gym)  8:30PM-10:00PM (Gym)	8:30PM-10:00PM (Gym)	4:30AM-1:00PM (Gym)  8:30PM-10:00PM (Gym)	4:30AM-1:00PM (Gym)  3:00PM-9:00PM (Gym)	6:30AM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
<b>Open Gym</b> Youth and Family Gym	4:30AM-4:30PM (Gym)  8:30PM-10:00PM (Gym)	4:30AM-6:00PM (Gym)  8:15PM-10:00PM (Gym)	4:30AM-10:00AM (Gym)  12:15PM-4:30PM (Gym)  8:45PM-10:00PM (Gym)	4:30AM-6:00PM (Gym)  8:15PM-10:00PM (Gym)	4:30AM-9:00PM (Gym)	6:30AM-9:30AM (Gym)  1:45PM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
<b>3 Lanes</b> Lap Pool	4:30AM-8:00AM (Pool)  10:00AM-9:30PM (Pool)	4:30AM-6:00PM (Pool)  7:00PM-9:30PM (Pool)	4:30AM-9:00AM (Pool)  10:00AM-6:00PM (Pool)  7:00PM-9:30PM (Pool)	4:30AM-6:00PM (Pool)	4:30AM-9:00AM (Pool)  10:00AM-8:30PM (Pool)	6:30AM-10:00AM (Pool)  11:00AM-1:30PM (Pool)	6:30AM-6:30PM (Pool)
<b>Open Swim</b> Family Pool	4:30AM-8:00AM (Pool)  9:00AM-10:30AM (Pool)  11:30AM-7:00PM (Pool)  8:00PM-9:30PM (Pool)	4:30AM-5:00PM (Pool)  8:00PM-9:30PM (Pool)	4:30AM-8:00AM (Pool)  9:00AM-10:30AM (Pool)  1:00PM-5:00PM (Pool)  8:00PM-9:30PM (Pool)	4:30AM-5:00PM (Pool)  8:00PM-9:30PM (Pool)	4:30AM-8:00AM (Pool)  9:00AM-10:30AM (Pool)  3:00PM-8:30PM (Pool)	6:30AM-9:00AM (Pool)  1:00PM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
<b>VIRTUAL-Powerkick</b> Studio D	5:15AM-6:15AM (Group Fitness) YMCA 3.						
<b>Cycle FORCE</b> Studio E	5:15AM-6:00AM (Group Fitness) Tina Y.	9:00AM-9:45AM (Group Fitness) Meg M.	5:15AM-6:00AM (Group Fitness) Jana B.		5:15AM-6:00AM (Group Fitness) Tina Y.		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Shallow End Only</b> Family Pool	8:00AM-9:00AM (Pool)  10:30AM-11:30AM (Pool)  7:00PM-8:00PM (Pool)	7:00PM-8:00PM (Pool)	8:00AM-9:00AM (Pool)  10:30AM-11:30AM (Pool)  12:00PM-1:00PM (Pool)  7:00PM-8:00PM (Pool)	7:00PM-8:00PM (Pool)	8:00AM-9:00AM (Pool)  10:30AM-11:30AM (Pool)	12:00PM-1:00PM (Pool)	
<b>Water Works</b> Family Pool	8:00AM-9:00AM (Group Fitness) <i>Dana F.</i>  10:30AM-11:15AM (Group Fitness) <i>Margie B.</i>		8:00AM-9:00AM (Group Fitness) <i>Dana F.</i>		8:00AM-9:00AM (Group Fitness) <i>Dana F.</i>  10:30AM-11:15AM (Group Fitness) <i>Beverly A.</i>		
<b>Chair Yoga</b> Studio C	8:30AM-9:30AM (Group Fitness) <i>Sarah W.</i>	10:45AM-11:45AM (Group Fitness) <i>Gail B.</i>		10:45AM-11:45AM (Group Fitness) <i>Suresh M.</i>		11:45AM-12:45PM (Group Fitness) <i>Suresh M.</i>	
<b>Gentle Yoga</b> Studio D	8:30AM-9:15AM (Group Fitness) <i>Judy E.</i>						12:30PM-1:30PM (Group Fitness) <i>Cristy P.</i>
<b>1 Lane</b> Lap Pool	9:00AM-10:00AM (Pool)	6:00PM-7:00PM (Pool)	9:00AM-10:00AM (Pool)  6:00PM-7:00PM (Pool)	6:00PM-7:00PM (Pool)	9:00AM-10:00AM (Pool)	10:00AM-11:00AM (Pool)	
<b>Deep Water</b> Lap Pool	9:00AM-10:00AM (Group Fitness) <i>Dana F.</i>		9:00AM-10:00AM (Group Fitness) <i>Dana F.</i>		9:00AM-10:00AM (Group Fitness) <i>Dana F.</i>		
<b>Zumba® Fitness</b> Studio C	9:30AM-10:30AM (Group Fitness) <i>Rose J.</i>  5:30PM-6:30PM (Group Fitness) <i>Alisha M.</i>	9:45AM-10:45AM (Group Fitness) <i>Alisha M.</i>  6:30PM-7:30PM (Group Fitness) <i>Sarah B.</i>	9:45AM-10:45AM (Group Fitness) <i>Alisha M.</i>  6:30PM-7:30PM (Group Fitness) <i>Sarah B.</i>	6:30PM-7:30PM (Group Fitness) <i>Rose J.</i>	6:00PM-7:00PM (Group Fitness) <i>Jess M.</i>	9:30AM-10:30AM (Group Fitness) <i>Alisha M.</i>	
<b>Boomer Bootcamp</b> Loft	9:45AM-10:30AM (Group Fitness) <i>Zachary F.</i>		9:45AM-10:30AM (Group Fitness) <i>Zachary F.</i>				
<b>Muscle Pump</b> Studio C	4:30PM-5:30PM (Group Fitness) <i>Tabitha G.</i>		5:15AM-6:00AM (Group Fitness) <i>Bernadette G.</i>  4:30PM-5:30PM (Group Fitness) <i>Tabitha G.</i>		4:30PM-5:30PM (Group Fitness) <i>Monita M.</i>	8:30AM-9:30AM (Group Fitness) <i>Tabitha G.</i>	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Pilates</b> Studio D	5:30PM-6:15PM (Group Fitness) <i>Dayla J.</i>		5:30PM-6:15PM (Group Fitness) <i>Katie P.</i>				
<b>Water Tabata</b> Family Pool	7:15PM-8:00PM (Group Fitness) <i>Sabrina H.</i>		7:15PM-8:00PM (Group Fitness) <i>Charity C.</i>			12:15PM-1:00PM (Group Fitness) <i>Holly W.</i>	
<b>Yoga</b> Studio D	7:30PM-8:15PM (Group Fitness) <i>Ginger J.</i>	9:30AM-10:30AM (Group Fitness) <i>Charyl D.</i>		9:30AM-10:30AM (Group Fitness) <i>Charyl D.</i>		8:30AM-9:30AM (Group Fitness) <i>Susan P.</i>	
<b>LIFT 30-LOWER</b> Studio C		5:00AM-5:30AM (Group Fitness) <i>Bernadette G.</i>					
<b>Upper Body Blitz</b> Studio C		5:30AM-6:00AM (Group Fitness) <i>Bernadette G.</i>					
<b>Barre Fusion- Barre/Pilates</b> Studio C		9:00AM-9:45AM (Group Fitness) <i>Katie P.</i>					
<b>VIRTUAL-Yoga</b> Studio D		10:30AM-11:30AM (Group Fitness) <i>Y360 V.</i>	8:30AM-9:15AM (Group Fitness) <i>YMCA V.</i>				
<b>LIFT 30-LOWER</b> Loft		11:30AM-12:00PM (Group Fitness) <i>Madison R.</i>					
<b>Silver Sneakers® Stability</b> Studio C		11:45AM-12:30PM (Group Fitness) <i>Gail B.</i>			11:30AM-12:15PM (Group Fitness) <i>Gail B.</i>		
<b>Boomer Muscle Pump</b> Studio C		12:30PM-1:30PM (Group Fitness) <i>Dana F.</i>					
<b>Pickleball</b> Gym A		1:00PM-3:00PM (Gym)		1:00PM-3:00PM (Gym)			
<b>Pickleball</b> Gym B		1:00PM-3:00PM (Gym)		1:00PM-3:00PM (Gym)	1:00PM-3:00PM (Gym)		
<b>Beginner Yoga</b> Studio D		5:30PM-6:30PM (Group Fitness) <i>Susan P.</i>					
<b>STRONG®</b> Studio C		5:30PM-6:30PM (Group Fitness) <i>Charity C.</i>					
<b>Aqua Zumba®</b> Family Pool		7:15PM-8:00PM (Group Fitness) <i>Jess M.</i>		7:15PM-8:00PM (Group Fitness) <i>Hideki F.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SilverSneakers® Classic</b> Studio C			8:00AM-9:00AM (Group Fitness) <i>Jackie S.</i>				
<b>Step</b> Studio C			9:00AM-9:45AM (Group Fitness) <i>Tiffany F.</i>				
<b>Hydro HIIT</b> Family Pool			10:30AM-11:15AM (Group Fitness) <i>Jana B.</i>				
<b>Cycle BEATS</b> Studio E			5:30PM-6:15PM (Group Fitness) <i>Tabitha G.</i>			9:30AM-10:15AM (Group Fitness) <i>Tabitha G.</i>	
<b>VIRTUAL-Flow Fusion</b> Studio D				5:15AM-6:15AM (Group Fitness) <i>YMCA 3.</i>			
<b>Beginner Step</b> Studio C				9:00AM-9:45AM (Group Fitness) <i>Briana N.</i>			
<b>Boomer Cardio Dance</b> Studio C				9:45AM-10:30AM (Group Fitness) <i>Ramona G.</i>			
<b>Gentle Yoga</b> Studio A				10:30AM-11:30AM (Group Fitness) <i>Marty H.</i>			
<b>LIFT 30-UPPER</b> Loft				11:30AM-12:00PM (Group Fitness) <i>Zachary F.</i>			
<b>Bootcamp</b> Loft				5:30PM-6:15PM (Group Fitness) <i>Zachary F.</i>		9:30AM-10:15AM (Group Fitness) <i>Zachary F.</i>	
<b>LIFT 30-UPPER</b> Studio C					5:00AM-5:30AM (Group Fitness) <i>Bernadette G.</i>		
<b>FIERCE</b> Studio C					5:30AM-6:00AM (Group Fitness) <i>Bernadette G.</i>		
<b>VIRTUAL-Pilates</b> Studio D					8:30AM-9:30AM (Group Fitness) <i>YMCA 3.</i>		
<b>Gentle Yoga</b> Studio C					10:30AM-11:30AM (Group Fitness) <i>Gail B.</i>		



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Boomer Bootcamp</b> Studio A	9:30AM-10:15AM (Group Fitness) Cassie G.						
<b>VIRTUAL-Cycle</b> InStudio C	9:30AM-10:15AM (Group Fitness) YMCA360 V.			6:30PM-7:00PM (Group Fitness) YMCA360 V.	9:30AM-10:15AM (Group Fitness) YMCA360 V.  6:15PM-7:00PM (Group Fitness) YMCA360 V.		
<b>Shallow End Only</b> Family Pool	9:45AM-10:30AM (Pool)  5:30PM-6:15PM (Pool)	8:30AM-9:30AM (Pool)  5:30PM-6:15PM (Pool)	8:30AM-10:45AM (Pool)	8:30AM-10:45AM (Pool)  5:30PM-6:15PM (Pool)	8:30AM-9:30AM (Pool)	8:15AM-9:00AM (Pool)  10:00AM-10:45AM (Pool)	
<b>Water Works</b> Family Pool	9:45AM-10:30AM (Group Fitness) Jamie B.			8:30AM-9:30AM (Group Fitness) Catherine W.		8:15AM-9:00AM (Group Fitness) Catherine W.	
<b>Muscle Pump</b> Studio D	5:30PM-6:30PM (Group Fitness) Rena S.		6:45PM-7:45PM (Group Fitness) Rena S.				
<b>Water Tabata</b> Family Pool	5:30PM-6:15PM (Group Fitness) Karen J.	8:30AM-9:30AM (Group Fitness) Raynbow G.	8:30AM-9:15AM (Group Fitness) Karen J.		8:30AM-9:15AM (Group Fitness) Karen J.		
<b>Zumba® Fitness</b> Studio B	6:30PM-7:15PM (Group Fitness) Santalena C.						
<b>Pilates</b> Studio D	6:30PM-7:30PM (Group Fitness) Amanda Z.			6:00AM-6:30AM (Group Fitness) Cassie G.  6:00PM-7:00PM (Group Fitness) Cassie G.			
<b>Cycle FORCE</b> Studio C	6:30PM-7:15PM (Group Fitness) Katrina D.		9:30AM-10:15AM (Group Fitness) Katrina D.  6:30PM-7:15PM (Group Fitness) Katrina D.				
<b>LIFT 30-UPPER</b> Studio D		5:30AM-6:00AM (Group Fitness) Amanda Z.		8:30AM-9:00AM (Group Fitness) Cassie G.			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>HIIT 30</b> Studio D		6:00AM-6:30AM (Group Fitness) <i>Amanda Z.</i>  5:30PM-6:00PM (Group Fitness) <i>Amanda Z.</i>					
<b>Aqua Zumba®</b> Family Pool		7:00AM-8:00AM (Group Fitness) <i>Raynbow G.</i>		7:00AM-8:00AM (Group Fitness) <i>Raynbow G.</i>			
<b>Zumba® Fitness</b> Studio D		8:30AM-9:15AM (Group Fitness) <i>Santarena C.</i>	5:30PM-6:30PM (Group Fitness) <i>Jamie B.</i>		5:30AM-6:15AM (Group Fitness) <i>Cassie G.</i>		
<b>Yoga</b> Studio A		9:30AM-10:30AM (Group Fitness) <i>Erin B.</i>			9:30AM-10:15AM (Group Fitness) <i>Hideki F.</i>		
<b>SilverSneakers® Yoga</b> Studio D		9:30AM-10:30AM (Group Fitness) <i>Cassie G.</i>					
<b>VIRTUAL-Circuit</b> InStudio B		12:15PM-12:45PM (Group Fitness) <i>YMCA360 V.</i>		12:15PM-12:45PM (Group Fitness) <i>YMCA360 V.</i>			
<b>Pickleball</b> Gym 2		1:00PM-3:00PM (Gym)		1:00PM-3:00PM (Gym)			
<b>4 Lanes</b> Lap Pool		6:30PM-7:15PM (Pool)		6:30PM-7:15PM (Pool)			
<b>Yoga</b> Studio D			5:30AM-6:15AM (Group Fitness) <i>Erin B.</i>				3:00PM-4:00PM (Group Fitness) <i>Erin B.</i>
<b>LIFT 30-LOWER</b> Studio D			8:30AM-9:00AM (Group Fitness) <i>Rebekah B.</i>	5:30AM-6:00AM (Group Fitness) <i>Cassie G.</i>			
<b>Body Design</b> Studio D			9:00AM-9:45AM (Group Fitness) <i>Rebekah B.</i>				
<b>Boomer Cardio Dance</b> Studio A			9:15AM-10:00AM (Group Fitness) <i>Rose J.</i>				
<b>SilverSneakers® Classic</b> Studio D			10:00AM-11:00AM (Group Fitness) <i>Catherine W.</i>				
<b>Yoga</b> Studio B			7:00PM-8:00PM (Group Fitness) <i>Erin B.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Pilates</b> Studio B				9:00AM-10:00AM (Group Fitness) <i>Cassie G.</i>			
<b>Silver Sneakers® Stability</b> Studio D				9:45AM-10:15AM (Group Fitness) <i>Lynnette H.</i>			
<b>Tai Chi</b> Studio B				6:00PM-6:45PM (Group Fitness) <i>John D.</i>			
<b>Barre</b> Studio D					8:30AM-9:30AM (Group Fitness) <i>Rebekah B.</i>		
<b>Boomer Bootcamp</b> Studio D					9:30AM-10:15AM (Group Fitness) <i>Rebekah B.</i>		



## Ken Shannon Northwest YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gym 1	4:30AM-10:00PM (Gym)	4:30AM-8:00AM (Gym)  12:00PM-10:00PM (Gym)	4:30AM-8:00AM (Gym)  12:00PM-10:00PM (Gym)	4:30AM-8:00AM (Gym)  12:00PM-10:00PM (Gym)	4:30AM-8:00AM (Gym)  12:00PM-9:00PM (Gym)	6:30AM-7:00PM (Gym)	
<b>Open Gym</b> Gym 2	4:30AM-5:15PM (Gym)  8:30PM-10:00PM (Gym)	4:30AM-8:00AM (Gym)  12:00PM-5:15PM (Gym)  8:30PM-10:00PM (Gym)	4:30AM-8:00AM (Gym)  12:00PM-5:15PM (Gym)  8:30PM-10:00PM (Gym)	4:30AM-8:00AM (Gym)  12:00PM-5:15PM (Gym)  8:30PM-10:00PM (Gym)	4:30AM-8:00AM (Gym)  12:00PM-5:15PM (Gym)  8:30PM-9:00PM (Gym)	6:30AM-7:00PM (Gym)	
<b>Open Gym</b> Gym 3	4:30AM-5:15PM (Gym)  8:30PM-10:00PM (Gym)	4:30PM-5:15PM (Gym)  8:30PM-10:00PM (Gym)	4:30AM-5:15PM (Gym)  8:30PM-10:00PM (Gym)	4:30AM-5:15PM (Gym)  8:30PM-10:00PM (Gym)	4:30AM-5:15PM (Gym)  8:30PM-9:00PM (Gym)	6:30AM-7:00PM (Gym)	
<b>Open Swim</b> Family Pool	4:30AM-8:00AM (Pool)  8:45AM-10:45AM (Pool)  11:30AM-9:30PM (Pool)	4:30AM-5:30AM (Pool)  6:15AM-5:00PM (Pool)  7:00PM-9:30PM (Pool)	4:30AM-8:00AM (Pool)  8:45AM-10:45AM (Pool)  11:45AM-5:00PM (Pool)  7:00PM-9:30PM (Pool)	4:30AM-5:30AM (Pool)  6:15AM-5:00PM (Pool)  7:00PM-9:30PM (Pool)	4:30AM-8:00AM (Pool)  8:45AM-10:45AM (Pool)  11:30AM-8:30PM (Pool)	6:30AM-8:00AM (Pool)  12:30PM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
<b>8 Lanes</b> Lap Pool	4:30AM-5:00AM (Pool)  6:30AM-10:00AM (Pool)  11:00AM-4:30PM (Pool)  8:30PM-9:30PM (Pool)	4:30AM-5:00AM (Pool)  6:30AM-9:00AM (Pool)  11:00AM-4:30PM (Pool)  8:30PM-9:30PM (Pool)	4:30AM-5:00AM (Pool)  6:30AM-10:00AM (Pool)  11:00AM-4:30PM (Pool)  8:30PM-9:30PM (Pool)	4:30AM-5:00AM (Pool)  6:30AM-9:00AM (Pool)  11:00AM-4:30PM (Pool)  8:30PM-9:30PM (Pool)	4:30AM-5:00AM (Pool)  6:30AM-10:00AM (Pool)  11:00AM-4:30PM (Pool)	6:30AM-8:00AM (Pool)  9:30AM-10:00AM (Pool)  11:00AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
<b>4 Lanes</b> Lap Pool	5:00AM-6:30AM (Pool)  10:00AM-11:00AM (Pool)	5:00AM-6:30AM (Pool)  9:00AM-11:00AM (Pool)	5:00AM-6:30AM (Pool)  10:00AM-11:00AM (Pool)	5:00AM-6:30AM (Pool)  9:00AM-11:00AM (Pool)	10:00AM-11:00AM (Pool)	10:00AM-11:00AM (Pool)	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Muscle Pump</b> Studio C	5:00AM-5:45AM (Group Fitness) <i>Jennifer W.</i>  9:30AM-10:30AM (Group Fitness) <i>Jeannie S.</i>  6:30PM-7:30PM (Group Fitness) <i>Heidi R.</i>		8:30AM-9:30AM (Group Fitness) <i>Jeannie S.</i>  5:30PM-6:30PM (Group Fitness) <i>Dawn B.</i>		8:00AM-9:00AM (Group Fitness) <i>Sandra B.</i>	8:00AM-9:00AM (Group Fitness) <i>Jeannie S.</i>	
<b>Yoga</b> Studio F	7:30AM-8:30AM (Group Fitness) <i>Ginger J.</i>		6:30PM-7:30PM (Group Fitness) <i>Andrea J.</i>	11:00AM-12:00PM (Group Fitness) <i>Maria S.</i>  6:30PM-7:30PM (Group Fitness) <i>Fred P.</i>		9:15AM-10:15AM (Group Fitness) <i>Janice S.</i>	
<b>Shallow End Only</b> Family Pool	8:00AM-8:45AM (Pool)  10:45AM-11:30AM (Pool)	5:30AM-6:15AM (Pool)	8:00AM-8:45AM (Pool)  10:45AM-11:30AM (Pool)	5:30AM-6:15AM (Pool)	8:00AM-8:45AM (Pool)  10:45AM-11:30AM (Pool)	12:00PM-12:30PM (Pool)	
<b>Boomer Water Works</b> Family Pool	8:00AM-8:45AM (Group Fitness) <i>Judi W.</i>				8:00AM-8:45AM (Group Fitness) <i>Judi W.</i>		
<b>Beginner Yoga</b> Studio F	8:30AM-9:30AM (Group Fitness) <i>Ginger J.</i>  6:45PM-7:45PM (Group Fitness) <i>Hideki F.</i>	11:00AM-12:00PM (Group Fitness) <i>Kimberly C.</i>	9:30AM-10:30AM (Group Fitness) <i>Kat S.</i>  11:30AM-12:30PM (Group Fitness) <i>Karen P.</i>		8:30AM-9:30AM (Group Fitness) <i>Karen P.</i>		
<b>Body Blitz</b> Studio C	8:30AM-9:00AM (Group Fitness) <i>Heidi R.</i>	5:00AM-6:00AM (Group Fitness) <i>Christal P.</i>					
<b>Cycle BEATS</b> Cycle	8:45AM-9:30AM (Group Fitness) <i>Tabitha G.</i>	6:00PM-6:45PM (Group Fitness) <i>Angie R.</i>		5:30AM-6:30AM (Group Fitness) <i>Lyndsey G.</i>  7:30AM-8:15AM (Group Fitness) <i>Stephanie S.</i>  6:00PM-6:45PM (Group Fitness) <i>Angie R.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Step</b> Studio C	9:00AM-9:30AM (Group Fitness) <i>Heidi R.</i>	8:00AM-8:45AM (Group Fitness) <i>Tiffany F.</i>	8:00AM-8:30AM (Group Fitness) <i>Jeannie S.</i>	5:00AM-6:00AM (Group Fitness) <i>Amanda M.</i>  8:00AM-8:45AM (Group Fitness) <i>Tiffany F.</i>			
<b>HIIT 45</b> Tumble	9:00AM-9:45AM (Group Fitness) <i>Rachel J.</i>						
<b>Zumba® Fitness</b> Studio F	9:30AM-10:30AM (Group Fitness) <i>Jessy R.</i>						
<b>Pilates</b> Studio A	9:30AM-10:30AM (Group Fitness) <i>Shelby C.</i>						
<b>Water Works</b> Lap Pool	10:00AM-11:00AM (Group Fitness) <i>Jandee N.</i>						
<b>Boomer Cardio Dance</b> Studio F	10:30AM-11:15AM (Group Fitness) <i>Katelyn L.</i>				10:30AM-11:15AM (Group Fitness) <i>Tiffany P.</i>		
<b>SilverSneakers® Circuit</b> Studio C	10:30AM-11:30AM (Group Fitness) <i>Sherry H.</i>						
<b>Arthritis Water Exercise</b> Family Pool	10:45AM-11:30AM (Group Fitness) <i>Janice S.</i>		10:45AM-11:30AM (Group Fitness) <i>Janice S.</i>		10:45AM-11:30AM (Group Fitness) <i>Rhonda S.</i>		
<b>Silver Sneakers® Stability</b> Studio C	11:30AM-12:00PM (Group Fitness) <i>Sherry H.</i>						
<b>2 Lanes</b> Lap Pool	4:30PM-8:30PM (Pool)	4:30PM-8:30PM (Pool)	4:30PM-8:30PM (Pool)	4:30PM-8:30PM (Pool)	4:30PM-8:30PM (Pool)		
<b>Zumba® Fitness</b> Studio C	5:30PM-6:30PM (Group Fitness) <i>Jandee N.</i>		6:30PM-7:30PM (Group Fitness) <i>Virginia P.</i>		9:30AM-10:30AM (Group Fitness) <i>Jandee N.</i>  6:00PM-7:00PM (Group Fitness) <i>Virginia P.</i>	10:00AM-11:00AM (Group Fitness) <i>Sydney L.</i>	
<b>Powerkick</b> Studio F	6:00PM-6:45PM (Group Fitness) <i>Samantha K.</i>				9:30AM-10:15AM (Group Fitness) <i>Cam E.</i>		
<b>Water Tabata</b> Family Pool		5:30AM-6:15AM (Group Fitness) <i>Molly D.</i>		5:30AM-6:15AM (Group Fitness) <i>Kat S.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Cycle FUSION with CORE</b> Cycle		5:30AM-6:30AM (Group Fitness) <i>Lyndsey G.</i>					
<b>Pilates</b> Studio F		7:00AM-8:00AM (Group Fitness) <i>Karen P.</i>  7:00PM-8:00PM (Group Fitness) <i>Lee A.</i>	10:30AM-11:30AM (Group Fitness) <i>Karen P.</i>				
<b>Pickleball - Open Play</b> Gym 1		8:00AM-12:00PM (Gym)	8:00AM-12:00PM (Gym)	8:00AM-12:00PM (Gym)	8:00AM-12:00PM (Gym)		
<b>Pickleball - Open Play</b> Gym 2		8:00AM-12:00PM (Gym)	8:00AM-12:00PM (Gym)	8:00AM-12:00PM (Gym)	8:00AM-12:00PM (Gym)		
<b>Gentle Yoga</b> Studio F		8:00AM-9:00AM (Group Fitness) <i>Karen P.</i>		8:45AM-9:30AM (Group Fitness) <i>Stephanie M.</i>			
<b>Bootcamp</b> Upstairs Turf		8:00AM-9:00AM (Group Fitness) <i>Jessica D.</i>					
<b>Body Design</b> Tumble		8:45AM-9:45AM (Group Fitness) <i>Heidi R.</i>					
<b>Barre Fusion-Barre/HIIT</b> Studio C		8:45AM-9:45AM (Group Fitness) <i>Janice S.</i>					
<b>LIFT 30-LOWER</b> Studio C		9:45AM-10:15AM (Group Fitness) <i>Heidi R.</i>					
<b>Water Tabata</b> Lap Pool		10:00AM-11:00AM (Group Fitness) <i>Jeannie S.</i>			10:00AM-11:00AM (Group Fitness) <i>Janese R.</i>	10:00AM-11:00AM (Group Fitness) <i>Jeannie S.</i>	
<b>SilverSneakers® Classic</b> Studio C		10:30AM-11:30AM (Group Fitness) <i>Royce W.</i>		10:30AM-11:30AM (Group Fitness) <i>Royce W.</i>			
<b>Y Box</b> Studio C		6:00PM-7:00PM (Group Fitness) <i>Sandra B.</i>					
<b>Flow Fusion</b> Studio F		6:00PM-6:45PM (Group Fitness) <i>Samantha K.</i>					
<b>Body Design</b> Studio C		7:00PM-7:45PM (Group Fitness) <i>Sandra B.</i>		8:45AM-9:45AM (Group Fitness) <i>Sandra B.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Cycle FORCE</b> Cycle			5:00AM-6:00AM (Group Fitness) <i>Christal P.</i>  8:45AM-9:30AM (Group Fitness) <i>Rachel J.</i>			8:00AM-9:00AM (Group Fitness) <i>Janice S.</i>	
<b>Boomer Water Tabata</b> Family Pool			8:00AM-8:45AM (Group Fitness) <i>Judi W.</i>				
<b>Boomer Body Blitz</b> Studio F			9:00AM-9:30AM (Group Fitness) <i>Marie W.</i>				
<b>Boomer Cardio Dance</b> Studio C			9:30AM-10:15AM (Group Fitness) <i>Marie W.</i>				
<b>Flow Fusion</b> Studio D			9:30AM-10:30AM (Group Fitness) <i>Cam E.</i>				
<b>Hydrobox</b> Lap Pool			10:00AM-11:00AM (Group Fitness) <i>Janese R.</i>				
<b>Cardio Dance</b> Studio C			10:30AM-11:30AM (Group Fitness) <i>Tiffany P.</i>				
<b>VIRTUAL-CORE</b> Studio F			8:00PM-8:45PM (Group Fitness) <i>YMCA360 V.</i>		5:00PM-5:45PM (Group Fitness) <i>YMCA360 V.</i>		
<b>Walk &amp; Talk Club</b> Northwest Outdoor Sports Complex Sidewalk				7:00AM-7:45AM (Group Fitness) <i>Jandee N.</i>			
<b>LIFT 30-UPPER</b> Studio C				9:45AM-10:15AM (Group Fitness) <i>Sandra B.</i>			
<b>Hydro HIIT</b> Lap Pool				10:00AM-11:00AM (Group Fitness) <i>Shelby C.</i>			
<b>CORE</b> Studio F				10:15AM-10:45AM (Group Fitness) <i>Sandra B.</i>			
<b>Powerkick</b> Studio C				6:00PM-6:45PM (Group Fitness) <i>Mary A.</i>		9:00AM-10:00AM (Group Fitness) <i>Mary A.</i>	
<b>5 Lanes</b> Lap Pool					5:00AM-6:30AM (Pool)	8:00AM-9:30AM (Pool)	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Cycle FUSION with Strength</b> Cycle					5:00AM-6:00AM (Group Fitness) <i>Andrea W.</i>  8:45AM-9:30AM (Group Fitness) <i>Stephanie S.</i>		
<b>Beginner Step</b> Studio C					9:00AM-9:30AM (Group Fitness) <i>Jandee N.</i>		
<b>Chair Yoga</b> Studio C					10:30AM-11:30AM (Group Fitness) <i>Kimberly C.</i>		
<b>VIRTUAL-Pilates</b> Studio F					12:00PM-1:00PM (Group Fitness) <i>YMCA360 V.</i>		
<b>HIIT 60</b> Studio F						8:00AM-9:00AM (Group Fitness) <i>Linda A.</i>	
<b>Pop Up-Y Box</b> Studio C						11:00AM-12:00PM (Group Fitness) <i>Janese R.</i>	



## Robert D. Love Downtown YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gym East	4:30AM-11:00AM (Gym)  1:30PM-10:00PM (Gym)	4:30AM-11:00AM (Gym)  1:30PM-10:00PM (Gym)	4:30AM-11:00AM (Gym)  1:30PM-10:00PM (Gym)	4:30AM-11:00AM (Gym)  1:30PM-10:00PM (Gym)	4:30AM-11:00AM (Gym)  1:30PM-9:00PM (Gym)	6:30AM-7:00PM (Gym)	6:30AM-5:00PM (Gym)
<b>Open Gym</b> Gym West	4:30AM-11:00AM (Gym)  1:30PM-10:00PM (Gym)	4:30AM-6:00AM (Gym)  7:30AM-11:00AM (Gym)  1:30PM-10:00PM (Gym)	4:30AM-11:00AM (Gym)  1:30PM-10:00PM (Gym)	4:30AM-6:00AM (Gym)  7:30AM-11:00AM (Gym)  1:30PM-10:00PM (Gym)	4:30AM-11:00AM (Gym)  1:30PM-9:00PM (Gym)	6:30AM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
<b>Open Swim</b> Family Pool	4:30AM-10:00AM (Pool)  10:45AM-12:00PM (Pool)  12:45PM-5:30PM (Pool)  6:15PM-9:30PM (Pool)	4:30AM-8:00AM (Pool)  8:45AM-10:00AM (Pool)  10:45AM-1:00PM (Pool)  2:30PM-9:30PM (Pool)	4:30AM-10:00AM (Pool)  10:45AM-12:00PM (Pool)  2:30PM-5:30PM (Pool)  6:30PM-9:30PM (Pool)	4:30AM-10:00AM (Pool)  10:45AM-5:30PM (Pool)  6:15PM-9:30PM (Pool)	4:30AM-10:00AM (Pool)  10:45AM-5:30PM (Pool)  6:15PM-8:30PM (Pool)	6:30AM-9:00AM (Pool)  11:00AM-1:30PM (Pool)  4:30PM-6:30PM (Pool)	6:30AM-10:00AM (Pool)  3:45PM-6:00PM (Pool)
<b>8 Lanes</b> Lap Pool	4:30AM-9:30PM (Pool)	4:30AM-9:30AM (Pool)	4:30AM-9:30AM (Pool)	4:30AM-9:30PM (Pool)	4:30AM-8:30PM (Pool)	6:30AM-10:00AM (Pool)  11:00AM-1:30PM (Pool)  4:30PM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
<b>Cycle FORCE</b> Studio C	5:30AM-6:15AM (Group Fitness) <i>Tamara C.</i>  12:00PM-12:45PM (Group Fitness) <i>Monita M.</i>		12:00PM-12:45PM (Group Fitness) <i>Valerie L.</i>  5:30PM-6:15PM (Group Fitness) <i>Jescia S.</i>	5:30AM-6:15AM (Group Fitness) <i>Stephanie M.</i>  12:00PM-12:45PM (Group Fitness) <i>Monita M.</i>			
<b>Body Blitz</b> Studio A	6:00AM-6:45AM (Group Fitness) <i>Monita M.</i>						

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Zumba® Fitness</b> Studio A	9:30AM-10:30AM (Group Fitness) <i>Erica T.</i>  6:00PM-7:00PM (Group Fitness) <i>Jessie S.</i>	9:30AM-10:30AM (Group Fitness) <i>Erica T.</i>	7:15PM-8:00PM (Group Fitness) <i>Melissa W.</i>	9:15AM-10:00AM (Group Fitness) <i>Jessie S.</i>  6:30PM-7:30PM (Group Fitness) <i>Erica T.</i>	9:15AM-10:00AM (Group Fitness) <i>Jessie S.</i>  5:30PM-6:30PM (Group Fitness) <i>Erica T.</i>	11:00AM-12:00PM (Group Fitness) <i>Rose J.</i>	
<b>SilverSneakers® Classic</b> Studio B	10:00AM-11:00AM (Group Fitness) <i>Collette B.</i>		11:15AM-12:00PM (Group Fitness) <i>Melanie J.</i>		10:00AM-11:00AM (Group Fitness) <i>Collette B.</i>		
<b>Water Works</b> Family Pool	10:00AM-10:45AM (Group Fitness) <i>Melanie J.</i>	8:00AM-8:45AM (Group Fitness) <i>Margie B.</i>	10:00AM-10:45AM (Group Fitness) <i>Melanie J.</i>	8:00AM-8:45AM (Group Fitness) <i>Tonya D.</i>	10:00AM-10:45AM (Group Fitness) <i>Melanie J.</i>	10:00AM-10:45AM (Group Fitness) <i>Margie B.</i>	
<b>Bootcamp</b> Studio A	10:30AM-11:30AM (Group Fitness) <i>Joanna W.</i>		12:00PM-12:45PM (Group Fitness) <i>Rachael R.</i>				
<b>Pick Up Basketball</b> Gym East	11:00AM-1:30PM (Gym)	11:00AM-1:30PM (Gym)	11:00AM-1:30PM (Gym)	11:00AM-1:30PM (Gym)	11:00AM-1:30PM (Gym)		
<b>Pick Up Basketball</b> Gym West	11:00AM-1:30PM (Gym)	11:00AM-1:30PM (Gym)	11:00AM-1:30PM (Gym)	11:00AM-1:30PM (Gym)	11:00AM-1:30PM (Gym)		
<b>Gentle Yoga</b> Studio B	11:00AM-12:00PM (Group Fitness) <i>Collette B.</i>				11:00AM-12:00PM (Group Fitness) <i>Collette B.</i>		
<b>Hydro HIIT</b> Family Pool	12:00PM-12:45PM (Group Fitness) <i>Margie B.</i>						
<b>VIRTUAL-YBox</b> Studio B	4:30PM-5:30PM (Group Fitness) <i>YMCA360 V.</i>						
<b>Muscle Pump</b> Studio A	5:00PM-6:00PM (Group Fitness) <i>Baylana M.</i>	5:30PM-6:30PM (Group Fitness) <i>Jescia S.</i>	10:30AM-11:30AM (Group Fitness) <i>Jessie S.</i>  5:15PM-6:00PM (Group Fitness) <i>Monita M.</i>	5:30PM-6:30PM (Group Fitness) <i>Jessie S.</i>	6:30PM-7:30PM (Group Fitness) <i>Stephanie M.</i>	10:00AM-11:00AM (Group Fitness) <i>MICHAEL C.</i>	
<b>Water Tabata</b> Family pool class in session	5:30PM-6:15PM (Group Fitness) <i>Jenny O.</i>						
<b>Yoga</b> Studio B	5:30PM-6:30PM (Group Fitness) <i>Jescia S.</i>	6:30PM-7:30PM (Group Fitness) <i>Jescia S.</i>		7:30AM-8:30AM (Group Fitness) <i>Ginger J.</i>  5:30PM-6:30PM (Group Fitness) <i>Jescia S.</i>	5:30AM-6:15AM (Group Fitness) <i>Mayra J.</i>	10:00AM-11:00AM (Group Fitness) <i>Ginger J.</i>	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Cycle BEATS</b> Studio C	5:30PM-6:15PM (Group Fitness) <i>Stephanie M.</i>	5:30PM-6:15PM (Group Fitness) <i>Diana M.</i>	5:15AM-6:00AM (Group Fitness) <i>Sherrie H.</i>	5:30PM-6:15PM (Group Fitness) <i>Diana M.</i>		9:00AM-9:45AM (Group Fitness) <i>Baylana M.</i>	
<b>VIRTUAL-Pilates</b> Studio B	7:00PM-7:45PM (Group Fitness) <i>YMCA 3.</i>	4:30PM-5:30PM (Group Fitness) <i>YMCA 3.</i>					
<b>LIFT 30-UPPER</b> Studio A		6:00AM-6:30AM (Group Fitness) <i>Monita M.</i>		10:00AM-10:30AM (Group Fitness) <i>Jessie S.</i>			
<b>Barre</b> Studio A		6:30AM-7:00AM (Group Fitness) <i>Monita M.</i>					
<b>Boomer Muscle Pump</b> Studio B		9:15AM-10:15AM (Group Fitness) <i>Margie B.</i>					
<b>Arthritis Water Exercise</b> Family Pool		10:00AM-10:45AM (Group Fitness) <i>Melanie J.</i>		10:00AM-10:45AM (Group Fitness) <i>Melanie J.</i>			
<b>Tai Chi</b> Studio A		10:30AM-11:30AM (Group Fitness) <i>David L.</i>		10:30AM-11:30AM (Group Fitness) <i>David L.</i>			
<b>VIRTUAL Total Body Stretch</b> Studio B		10:30AM-11:30AM (Group Fitness) <i>YMCA360 V.</i>					
<b>VIRTUAL-Cycle HIIT</b> Studio C		12:00PM-1:00PM (Group Fitness) <i>YMCA360 V.</i>					
<b>VIRTUAL-Yoga</b> Studio B		12:00PM-1:00PM (Group Fitness) <i>YMCA360 V.</i>	7:30AM-8:30AM (Group Fitness) <i>YMCA 3.</i>		6:30PM-7:30PM (Group Fitness) <i>YMCA 3.</i>		
<b>Flow Fusion</b> Studio B		5:30PM-6:30PM (Group Fitness) <i>Heather J.</i>					
<b>STRONG®</b> Studio A		6:30PM-7:30PM (Group Fitness) <i>Aimee S.</i>				9:00AM-10:00AM (Group Fitness) <i>Diana M.</i>	
<b>Step</b> Studio A			8:30AM-9:15AM (Group Fitness) <i>Meg M.</i>				
<b>Beginner Zumba® Fitness</b> Studio A			9:30AM-10:30AM (Group Fitness) <i>Ere C.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Water Tabata</b> Family Pool			12:00PM-12:45PM (Group Fitness) <i>Margie B.</i>		12:00PM-12:45PM (Group Fitness) <i>Tonya D.</i>  5:30PM-6:15PM (Group Fitness) <i>Sabrina H.</i>		
<b>Y Box</b> Studio A			6:00PM-7:00PM (Group Fitness) <i>Baylana M.</i>				
<b>Bootcamp</b> PT Area/ Queen Ax			6:00PM-6:45PM (Group Fitness) <i>Alex H.</i>				
<b>Pop Up-Full Moon Yoga</b> Studio B			6:00PM-7:00PM (Group Fitness) <i>Liz C.</i>				
<b>LIFT 30-LOWER</b> Studio A				6:00AM-6:30AM (Group Fitness) <i>Monita M.</i>	10:00AM-10:30AM (Group Fitness) <i>Jessie S.</i>		
<b>Pilates</b> Studio A				6:30AM-7:00AM (Group Fitness) <i>Monita M.</i>			
<b>Beginner Yoga</b> Studio B				8:30AM-9:30AM (Group Fitness) <i>Ginger J.</i>		9:00AM-10:00AM (Group Fitness) <i>Ginger J.</i>	
<b>Boomer Bootcamp</b> Studio B				10:00AM-10:30AM (Group Fitness) <i>Daniella H.</i>			
<b>VIRTUAL-Barre</b> Studio B				4:30PM-5:30PM (Group Fitness) <i>YMCA 3.</i>			
<b>Aqua Zumba®</b> Family Pool				5:30PM-6:15PM (Group Fitness) <i>Hideki F.</i>			
<b>Step</b> Studio B				6:30PM-7:15PM (Group Fitness) <i>Meg M.</i>			
<b>VIRTUAL-YBox</b> Studio A					10:30AM-11:00AM (Group Fitness) <i>YMCA 3.</i>		
<b>Flow Fusion</b> Studio A					11:00AM-12:00PM (Group Fitness) <i>Heather J.</i>		
<b>VIRTUAL-Cycle</b> Studio C					12:00PM-1:00PM (Group Fitness) <i>YMCA 3.</i>		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>5 Lanes</b> Lap Pool						1:30PM-4:30PM (Pool)	
<b>Shallow End Only</b> Family Pool						1:30PM-4:30PM (Pool)	



## Richard A. Devore South YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gym 1	4:30AM-5:30PM (Gym)  8:00PM-10:00PM (Gym)	4:30AM-5:30PM (Gym)  8:00PM-10:00PM (Gym)	4:30AM-5:30PM (Gym)  8:00PM-10:00PM (Gym)	4:30AM-5:30PM (Gym)  8:00PM-10:00PM (Gym)	4:30AM-5:30PM (Gym)  8:00PM-9:00PM (Gym)	6:30AM-7:15AM (Gym)	6:30AM-7:00PM (Gym)
<b>Open Gym</b> Gym 2	4:30AM-10:00PM (Gym)	4:30AM-10:00PM (Gym)	4:30AM-10:00PM (Gym)	4:30AM-10:00PM (Gym)	4:30AM-9:00PM (Gym)	6:30AM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
<b>3 Lanes</b> Lap Pool	4:30AM-7:00PM (Pool)  8:00PM-9:30PM (Pool)	4:30AM-8:00AM (Pool)  8:45AM-9:30PM (Pool)	4:30AM-6:00PM (Pool)  7:00PM-9:30PM (Pool)	4:30AM-8:00AM (Pool)  8:45AM-9:30PM (Pool)	4:30AM-8:30PM (Pool)	6:30AM-10:00AM (Pool)  11:45AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
<b>Open Swim</b> Family Pool	4:30AM-5:15AM (Pool)  6:00AM-8:15AM (Pool)  1:15PM-5:45PM (Pool)  7:00PM-9:30PM (Pool)	4:30AM-5:15AM (Pool)  6:00AM-8:00AM (Pool)  12:30PM-6:00PM (Pool)  8:00PM-9:30PM (Pool)	4:30AM-5:15AM (Pool)  6:00AM-8:00AM (Pool)  1:15PM-9:30PM (Pool)	4:30AM-5:15AM (Pool)  6:00AM-8:00AM (Pool)  12:30PM-5:15PM (Pool)  8:00PM-9:30PM (Pool)	4:30AM-8:00AM (Pool)  12:30PM-8:30PM (Pool)	6:30AM-9:30AM (Pool)  11:45AM-6:30PM (Pool)	6:30AM-10:30AM (Pool)  11:15AM-6:30PM (Pool)
<b>Water Tabata</b> Family Pool	5:15AM-6:00AM (Group Fitness) <i>Michelle G.</i>  8:15AM-9:00AM (Group Fitness) <i>Lindsey M.</i>		5:15AM-6:00AM (Group Fitness) <i>Michelle G.</i>		5:15AM-6:00AM (Group Fitness) <i>Michelle G.</i>  10:30AM-11:15AM (Group Fitness) <i>Vicki W.</i>		
<b>Cycle FORCE</b> Studio D	5:15AM-6:00AM (Group Fitness) <i>Valerie L.</i>  6:00PM-6:45PM (Group Fitness) <i>Janette O.</i>			6:00PM-6:45PM (Group Fitness) <i>Janette O.</i>			
<b>Arthritis Water Exercise</b> Family Pool	9:00AM-10:00AM (Group Fitness) <i>Lindsey M.</i>  11:30AM-12:30PM (Group Fitness) <i>Vicki W.</i>	11:30AM-12:30PM (Group Fitness) <i>Vicki W.</i>	9:00AM-10:00AM (Group Fitness) <i>Lindsey M.</i>  11:30AM-12:30PM (Group Fitness) <i>Vicki W.</i>	11:30AM-12:30PM (Group Fitness) <i>Vicki W.</i>	9:00AM-10:00AM (Group Fitness) <i>Lindsey M.</i>  11:30AM-12:30PM (Group Fitness) <i>Vicki W.</i>		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Muscle Pump</b> Studio C	9:30AM-10:15AM (Group Fitness) <i>Sarah S.</i>	5:00PM-6:00PM (Group Fitness) <i>Rachel M.</i>		5:00PM-6:00PM (Group Fitness) <i>Holly W.</i>			
<b>Water Works</b> Family Pool	10:30AM-11:15AM (Group Fitness) <i>Vicki W.</i>		8:15AM-9:00AM (Group Fitness) <i>Lindsey M.</i>				
<b>SilverSneakers® Yoga</b> Studio A	10:30AM-11:30AM (Group Fitness) <i>Lindsey M.</i>						
<b>LIVESTREAM-Silver Circuit</b> Studio D	10:45AM-11:20AM (Group Fitness) <i>YMCA360 V.</i>						
<b>Shallow End Only</b> Family Pool	12:30PM-1:15PM (Pool)	6:00PM-8:00PM (Pool)	12:30PM-1:15PM (Pool)	7:00PM-8:00PM (Pool)			
<b>Body Blitz</b> Studio C	5:00PM-5:45PM (Group Fitness) <i>Rachael B.</i>				5:15AM-6:00AM (Group Fitness) <i>Valerie L.</i>		
<b>Step</b> Studio C	5:45PM-6:30PM (Group Fitness) <i>Rachael B.</i>						
<b>Zumba® Fitness</b> Studio C	6:30PM-7:30PM (Group Fitness) <i>Melissa W.</i>	6:00PM-7:00PM (Group Fitness) <i>Melissa W.</i>	10:30AM-11:30AM (Group Fitness) <i>Lindsey M.</i>  6:30PM-7:30PM (Group Fitness) <i>Todd W.</i>	10:30AM-11:30AM (Group Fitness) <i>Lindsey M.</i>  6:00PM-6:45PM (Group Fitness) <i>Holly W.</i>	10:30AM-11:30AM (Group Fitness) <i>Lindsey M.</i>	11:00AM-12:00PM (Group Fitness) <i>Melissa W.</i>	
<b>Aqua Body Design</b> Family Pool		5:15AM-6:00AM (Group Fitness) <i>Michelle G.</i>					
<b>1 Lane</b> Lap Pool		8:00AM-8:45AM (Pool)		8:00AM-8:45AM (Pool)			
<b>Deep Water</b> Lap Pool		8:00AM-8:45AM (Group Fitness) <i>Vicki W.</i>		8:00AM-8:45AM (Group Fitness) <i>Vicki W.</i>			
<b>Cycle FUSION with CORE</b> Studio D		8:30AM-9:15AM (Group Fitness) <i>Heidi H.</i>					
<b>Pilates</b> Studio A		8:45AM-9:30AM (Group Fitness) <i>Jerri C.</i>	5:15AM-6:00AM (Group Fitness) <i>Leah G.</i>	8:45AM-9:15AM (Group Fitness) <i>Rachael B.</i>			
<b>SilverSneakers® Splash</b> Family Pool		9:00AM-10:00AM (Group Fitness) <i>Vicki W.</i>		9:00AM-10:00AM (Group Fitness) <i>Vicki W.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Body Design</b> Studio C		9:15AM-10:15AM (Group Fitness) <i>Heidi H.</i>					
<b>VIRTUAL-Beginner Yoga</b> Studio D		9:15AM-10:00AM (Group Fitness) <i>InStudio</i>					
<b>SilverSneakers® Classic</b> Studio A		10:30AM-11:30AM (Group Fitness) <i>Cassey B.</i>					
<b>Beginner Yoga</b> Studio A		5:45PM-6:30PM (Group Fitness) <i>Hideki F.</i>					
<b>Cycle BEATS</b> Studio D		6:00PM-6:45PM (Group Fitness) <i>Janette O.</i>					
<b>Aqua Zumba®</b> Family Pool		7:15PM-8:00PM (Group Fitness) <i>Melissa W.</i>		7:15PM-8:00PM (Group Fitness) <i>Brynden J.</i>			
<b>LIVESTREAM-Barre</b> Studio D			7:00AM-7:45AM (Group Fitness) <i>Livestream</i>	8:00PM-8:45PM (Group Fitness) <i>YMCA360 V.</i>			
<b>LIFT 30-LOWER</b> Studio C			9:15AM-9:45AM (Group Fitness) <i>Mitchell M.</i>				
<b>CORE</b> Studio C			9:45AM-10:15AM (Group Fitness) <i>Mitchell M.</i>				
<b>LIVESTREAM-Bootcamp</b> Studio D			12:00PM-12:45PM (Group Fitness) <i>Livestream</i>		5:30PM-6:15PM (Group Fitness) <i>YMCA360 V.</i>		
<b>STRONG 30®</b> Studio C			6:00PM-6:30PM (Group Fitness) <i>Todd W.</i>				
<b>Hydrobox</b> Family Pool				5:15AM-6:00AM (Group Fitness) <i>Michelle G.</i>			
<b>Bootcamp</b> Studio D				9:00AM-9:45AM (Group Fitness) <i>Heidi H.</i>			
<b>Yoga</b> Studio A				9:15AM-10:15AM (Group Fitness) <i>Rachael B.</i>			
<b>Barre Fusion</b> Studio C				9:45AM-10:30AM (Group Fitness) <i>Heidi H.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>LIVESTREAM-Yoga Fusion</b> Studio D				7:00PM-7:40PM (Group Fitness) YMCA360 V.			
<b>Hydro HIIT</b> Family Pool					8:15AM-9:00AM (Group Fitness) <i>Lindsey M.</i>		
<b>Step Circuit</b> Studio C					9:30AM-10:15AM (Group Fitness) <i>Sarah S.</i>		
<b>Pop Up-Chair Pilates</b> Studio A					10:30AM-11:15AM (Group Fitness) <i>Karen P.</i>		
<b>LIVESTREAM-Vinyasa Yoga</b> Studio D					12:00PM-12:45PM (Group Fitness) YMCA360 V.		
<b>2 Lanes</b> Lap Pool						10:00AM-11:45AM (Pool)	
<b>LIVESTREAM-Yoga</b> Studio D						12:00PM-12:45PM (Group Fitness) YMCA360 V.	



## East YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gym East	4:30AM-1:00PM (Gym)  3:00PM-10:00PM (Gym)	4:30AM-11:00AM (Gym)  2:00PM-10:00PM (Gym)	4:30AM-10:00PM (Gym)	4:30AM-11:00AM (Gym)  2:00PM-10:00PM (Gym)	4:30AM-8:00AM (Gym)  10:00AM-9:00PM (Gym)	6:30AM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
<b>Open Gym</b> Gym West	4:30AM-10:00PM (Gym)	4:30AM-11:00AM (Gym)  2:00PM-10:00PM (Gym)	4:30AM-10:00PM (Gym)	4:30AM-11:00AM (Gym)  2:00PM-10:00PM (Gym)	4:30AM-8:00AM (Gym)  10:00AM-9:00PM (Gym)	6:30AM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
<b>Open Swim</b> Family Pool	4:30AM-11:00AM (Pool)  12:00PM-5:30PM (Pool)  7:15PM-9:30PM (Pool)	4:30AM-11:00AM (Pool)  12:00PM-6:15PM (Pool)  8:00PM-9:30PM (Pool)	4:30AM-11:00AM (Pool)  12:00PM-9:30PM (Pool)	10:00AM-4:30PM (Pool)  7:15PM-9:30PM (Pool)	4:30AM-9:15AM (Pool)  10:00AM-11:00AM (Pool)  12:00PM-8:30PM (Pool)	6:30AM-8:30AM (Pool)  11:15AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
<b>4 Lanes</b> Lap Pool	4:30AM-5:30PM (Pool)  6:15PM-9:30PM (Pool)	4:30AM-9:30PM (Pool)	4:30AM-9:30PM (Pool)	4:30AM-9:30PM (Pool)	4:30AM-8:30PM (Pool)	6:30AM-9:30AM (Pool)  10:30AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
<b>Cycle FORCE</b> Studio C	5:30AM-6:15AM (Group Fitness) <i>Julie M.</i>  5:30PM-6:15PM (Group Fitness) <i>Toni T.</i>					8:15AM-9:00AM (Group Fitness) <i>Anne D.</i>	
<b>Boomer Body Blitz</b> Studio B	8:15AM-9:00AM (Group Fitness) <i>Anne D.</i>						
<b>Muscle Pump</b> Studio B	9:00AM-10:00AM (Group Fitness) <i>Brenda S.</i>  5:30PM-6:30PM (Group Fitness) <i>Tamara C.</i>		9:00AM-10:00AM (Group Fitness) <i>Brenda S.</i>  5:30PM-6:30PM (Group Fitness) <i>Sarah W.</i>	5:15AM-6:00AM (Group Fitness) <i>Jescia S.</i>	8:15AM-9:00AM (Group Fitness) <i>Toni T.</i>	9:30AM-10:15AM (Group Fitness) <i>Stephanie N.</i>	
<b>Pop Up-Slow Flow Yoga</b> Studio A	9:00AM-10:00AM (Group Fitness) <i>Molly V.</i>						

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Cycle BEATS</b> Studio C	9:15AM-10:00AM (Group Fitness) <i>Meg M.</i>	9:15AM-10:00AM (Group Fitness) <i>LeaAnn M.</i>	5:30PM-6:15PM (Group Fitness) <i>Julie M.</i>	6:15PM-7:00PM (Group Fitness) <i>Chawntel W.</i>			
<b>Boomer Cardio Dance</b> Studio B	10:00AM-10:25AM (Group Fitness) <i>Mary B.</i>		10:00AM-10:30AM (Group Fitness) <i>Mary B.</i>		10:00AM-10:30AM (Group Fitness) <i>Mary B.</i>		
<b>SilverSneakers® Classic</b> Studio B	10:30AM-11:30AM (Group Fitness) <i>Mary B.</i>		10:30AM-11:30AM (Group Fitness) <i>Mary B.</i>		10:30AM-11:30AM (Group Fitness) <i>Mary B.</i>		
<b>Shallow End Only</b> Family Pool	11:00AM-12:00PM (Pool)  5:30PM-7:15PM (Pool)	11:00AM-12:00PM (Pool)  6:15PM-8:00PM (Pool)	11:00AM-12:00PM (Pool)	4:30PM-7:15PM (Pool)	9:15AM-10:00AM (Pool)  11:00AM-12:00PM (Pool)	8:30AM-11:15AM (Pool)	
<b>Pickleball</b> Gym East	1:00PM-3:00PM (Gym)				8:00AM-10:00AM (Gym)		
<b>3 Lanes</b> Lap Pool	5:30PM-6:15PM (Pool)						
<b>Yoga</b> Studio A	5:30PM-6:30PM (Group Fitness) <i>Rachel C.</i>						
<b>Zumba® Fitness</b> Studio B	6:30PM-7:30PM (Group Fitness) <i>Aimee S.</i>			6:15PM-7:15PM (Group Fitness) <i>Aimee S.</i>			
<b>Body Design</b> Studio B		5:15AM-6:00AM (Group Fitness) <i>Sasha K.</i>					
<b>Lower Body Blitz</b> Studio B		8:15AM-8:45AM (Group Fitness) <i>Julie M.</i>					
<b>LIFT 30-UPPER</b> Studio B		8:45AM-9:15AM (Group Fitness) <i>Julie M.</i>					
<b>Pop Up-Cardio Power Yoga</b> Studio A		9:00AM-10:00AM (Group Fitness) <i>Molly V.</i>					
<b>Pilates</b> Studio B		9:15AM-10:00AM (Group Fitness) <i>Alyssa C.</i>			9:15AM-10:00AM (Group Fitness) <i>Alyssa C.</i>		
<b>SilverSneakers® Yoga</b> Studio A		10:00AM-11:00AM (Group Fitness) <i>Linda M.</i>					
<b>SilverSneakers® Circuit</b> Studio B		10:30AM-11:30AM (Group Fitness) <i>Mary B.</i>					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Adult Basketball</b> Gym East		11:00AM-2:00PM (Gym)		11:00AM-2:00PM (Gym)			
<b>Adult Basketball</b> Gym West		11:00AM-2:00PM (Gym)		11:00AM-2:00PM (Gym)			
<b>Barre Fusion</b> Studio B		5:30PM-6:30PM (Group Fitness) <i>MICHAEL C.</i>					
<b>Tai Chi</b> Studio A		6:30PM-7:30PM (Group Fitness) <i>David L.</i>					
<b>VIRTUAL-Pilates</b> Studio A		7:30PM-8:30PM (Group Fitness) <i>YMCA360 I.</i>		11:00AM-12:00PM (Group Fitness) <i>YMCA S.</i>			
<b>Body Blitz</b> Studio B			5:30AM-6:15AM (Group Fitness) <i>Frances E.</i>				
<b>Barre</b> Studio B			8:15AM-9:00AM (Group Fitness) <i>Alyssa C.</i>				
<b>Pop Up-Vinyasa Flow</b> <b>Yoga</b> Studio A			9:00AM-10:00AM (Group Fitness) <i>Molly V.</i>				
<b>Gentle Yoga</b> Studio A			5:30PM-6:15PM (Group Fitness) <i>Trisha W.</i>				
<b>CORE</b> Studio B			6:30PM-7:00PM (Group Fitness) <i>Theresa B.</i>				
<b>Cycle FUSION with CORE</b> Studio C				8:15AM-9:15AM (Group Fitness) <i>Brenda S.</i>			
<b>LIFT 30-LOWER</b> Studio B				8:30AM-9:00AM (Group Fitness) <i>Julie M.</i>			
<b>Cardio Dance</b> Studio B				9:00AM-10:00AM (Group Fitness) <i>Katy W.</i>			
<b>Pop Up-Gentle</b> <b>Restorative Yoga</b> Studio A				9:00AM-10:00AM (Group Fitness) <i>Molly V.</i>			
<b>SilverSneakers® Yoga</b> Studio B				10:00AM-11:00AM (Group Fitness) <i>Linda M.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>STRONG®</b> Studio B				5:30PM-6:15PM (Group Fitness) <i>Aimee S.</i>			
<b>Cycle FUSION with Strength</b> Studio C					5:30AM-6:30AM (Group Fitness) <i>Kamri P.</i>		
<b>Pickleball</b> Gym West					8:00AM-10:00AM (Gym)		
<b>Pop Up-Meditative Yoga</b> Studio A					9:00AM-10:00AM (Group Fitness) <i>Molly V.</i>		
<b>Pop Up-Praise Pedal</b> Studio C					9:15AM-10:00AM (Group Fitness) <i>Toni T.</i>		
<b>Boomer Bootcamp</b> Loft					10:00AM-10:45AM (Group Fitness) <i>Anne D.</i>		
<b>VIRTUAL-Body Blitz</b> Studio A					12:00PM-1:00PM (Group Fitness) <i>YMCA S.</i>		
<b>1 Lane</b> Lap Pool						9:30AM-10:30AM (Pool)	
<b>Water Works</b> Lap Pool						9:30AM-10:30AM (Group Fitness) <i>Asa L.</i>	
<b>Yoga</b> Studio B						10:30AM-11:30AM (Group Fitness) <i>Stephanie N.</i>	
<b>VIRTUAL-Cardio Dance</b> Studio A						12:00PM-1:00PM (Group Fitness) <i>YMCA S.</i>	



## West YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Swim</b> Family Pool	4:30AM-5:00PM (Pool)  6:30PM-9:30PM (Pool)	4:30AM-9:30PM (Pool)	4:30AM-9:30PM (Pool)	4:30AM-9:30PM (Pool)	4:30AM-8:30PM (Pool)	6:30AM-6:30PM (Pool)	
<b>1 Lane</b> Lap Pool	4:30AM-9:30PM (Pool)	4:30PM-9:30PM (Pool)	4:30AM-9:30PM (Pool)	4:30AM-9:30PM (Pool)	4:30AM-8:30PM (Pool)	6:30AM-6:30PM (Pool)	
<b>Reserve a Court</b> Court 1	4:30AM-8:00AM (Pickleball)	4:30AM-7:30AM (Pickleball)  3:30PM-4:30PM (Pickleball)		4:30AM-7:30AM (Pickleball)	4:30AM-6:30AM (Pickleball)	6:30AM-8:00AM (Pickleball)	
<b>Reserve a Court</b> Court 3	4:30AM-8:00AM (Pickleball)	4:30AM-7:30AM (Pickleball)		4:30AM-7:30AM (Pickleball)	4:30AM-7:00AM (Pickleball)	6:30AM-8:00AM (Pickleball)	
<b>Reserve a Court</b> Court 4	4:30AM-8:00AM (Pickleball)	4:30AM-7:30AM (Pickleball)		4:30AM-7:30AM (Pickleball)	4:30AM-7:00AM (Pickleball)	6:30AM-8:00AM (Pickleball)	
<b>Reserve a Court</b> Court 2	4:30AM-8:00AM (Pickleball)	4:30AM-7:30AM (Pickleball)		4:30AM-7:30PM (Pickleball)	4:30AM-6:30AM (Pickleball)	6:30AM-8:00AM (Pickleball)	
<b>Cycle FUSION with Strength</b> Studio B	5:00AM-6:00AM (Group Fitness) <i>Tralaine B.</i>		9:30AM-10:30AM (Group Fitness) <i>Heidi R.</i>			9:00AM-10:00AM (Group Fitness) <i>Heidi R.</i>	
<b>Beginner Open Play</b> Court 1	8:00AM-10:00AM (Pickleball)			3:30PM-6:00PM (Pickleball)	8:30AM-10:00AM (Pickleball)		
<b>Beginner Open Play</b> Court 2	8:00AM-10:00AM (Pickleball)			3:30PM-6:00PM (Pickleball)	8:30AM-10:00AM (Pickleball)		
<b>Beginner Open Play</b> Court 3	8:00AM-10:00AM (Pickleball)			3:30PM-6:00PM (Pickleball)	7:00AM-8:30AM (Pickleball)		
<b>Beginner Open Play</b> Court 4	8:00AM-10:00AM (Pickleball)			3:30PM-6:00PM (Pickleball)	7:00AM-10:00PM (Pickleball)		
<b>Yoga</b> Studio A	8:15AM-9:15AM (Group Fitness) <i>Kim S.</i>	5:15PM-6:15PM (Group Fitness) <i>Janice S.</i>	8:15AM-9:15AM (Group Fitness) <i>Janice S.</i>			8:30AM-9:30AM (Group Fitness) <i>Liz C.</i>	
<b>SilverSneakers® Splash</b> Family Pool	8:15AM-9:00AM (Group Fitness) <i>Vicki W.</i>						

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Arthritis Water Exercise</b> Family Pool	9:00AM-10:00AM (Group Fitness) <i>Vicki W.</i>  5:00PM-5:45PM (Group Fitness) <i>Rhonda S.</i>		9:00AM-10:00AM (Group Fitness) <i>Vicki W.</i>  5:00PM-5:45PM (Group Fitness) <i>Rhonda S.</i>		9:00AM-10:00AM (Group Fitness) <i>Vicki W.</i>	12:15PM-1:00PM (Group Fitness) <i>Rhonda S.</i>	
<b>Powerkick</b> Studio C	9:00AM-9:45AM (Group Fitness) <i>Janefer S.</i>						
<b>Flow Fusion</b> Studio A	9:30AM-10:30AM (Group Fitness) <i>Caroline P.</i>		6:00AM-6:45AM (Group Fitness) <i>Megan O.</i>				
<b>Body Blitz</b> Studio C	9:45AM-10:15AM (Group Fitness) <i>Janefer S.</i>				10:15AM-11:00AM (Group Fitness) <i>Janice S.</i>		
<b>Open Play</b> Court 1	10:00AM-12:30PM (Pickleball)  4:30PM-6:00PM (Pickleball)	7:30AM-10:00AM (Pickleball)  4:30PM-5:30PM (Pickleball)  5:30PM-7:30PM (Pickleball)	3:30PM-6:00PM (Pickleball)		4:30PM-6:30PM (Pickleball)		
<b>Open Play</b> Court 2	10:00AM-12:30PM (Pickleball)  4:30PM-6:00PM (Pickleball)	7:30AM-10:00AM (Pickleball)  4:30PM-5:30PM (Pickleball)  5:30PM-7:30PM (Pickleball)	3:30PM-6:00PM (Pickleball)		4:30PM-6:30PM (Pickleball)		
<b>Advanced Point Play</b> <b>(3.5-5.0)</b> Court 4	10:00AM-12:30PM (Pickleball)						
<b>Advanced Point Play</b> <b>(3.5-5.0)</b> Court 3	10:00AM-12:30PM (Pickleball)						
<b>Cardio Dance</b> Studio C	10:15AM-11:00AM (Group Fitness) <i>Kayla S.</i>			8:30AM-9:15AM (Group Fitness) <i>Kayla S.</i>			
<b>SilverSneakers® Classic</b> Studio A	10:30AM-11:30AM (Group Fitness) <i>Joyce U.</i>  11:30AM-12:30PM (Group Fitness) <i>Joyce U.</i>		10:30AM-11:30AM (Group Fitness) <i>Sherry H.</i>  11:30AM-12:30PM (Group Fitness) <i>Sherry H.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Muscle Pump</b> Studio C	12:00PM-1:00PM (Group Fitness) <i>Jackie S.</i>	5:00AM-6:00AM (Group Fitness) <i>Kiley N.</i>  9:00AM-10:00AM (Group Fitness) <i>Sherry H.</i>  5:30PM-6:30PM (Group Fitness) <i>Stacey P.</i>	12:00PM-1:00PM (Group Fitness) <i>Stacey P.</i>  4:30PM-5:15PM (Group Fitness) <i>Cam E.</i>	5:00AM-6:00AM (Group Fitness) <i>Tralaine B.</i>  9:30AM-10:15AM (Group Fitness) <i>Kayla S.</i>  5:30PM-6:30PM (Group Fitness) <i>Kiley N.</i>	12:00PM-1:00PM (Group Fitness) <i>Dawn B.</i>		
<b>Water Works</b> Family/Lap Pool	12:00PM-12:45PM (Group Fitness) <i>Lindsey M.</i>						
<b>Intermediate Open Play</b> Court 1	12:30PM-2:30PM (Pickleball)			7:30AM-10:00AM (Pickleball)	10:00AM-12:00PM (Pickleball)		
<b>Intermediate Open Play</b> Court 2	12:30PM-2:30PM (Pickleball)			7:30AM-10:00AM (Pickleball)	10:00AM-12:00PM (Pickleball)		
<b>Intermediate Open Play</b> Court 3	12:30PM-2:30PM (Pickleball)			7:30AM-10:00AM (Pickleball)	10:00AM-12:00PM (Pickleball)		
<b>Intermediate Open Play</b> Court 4	12:30PM-2:30PM (Pickleball)				10:00AM-12:00PM (Pickleball)		
<b>Special Event</b> Court 4	2:30PM-4:30PM (Pickleball)				2:30PM-4:30PM (Pickleball)		
<b>Special Event</b> Court 1	2:30PM-4:30PM (Pickleball)				2:30PM-4:30PM (Pickleball)		
<b>Special Event</b> Court 2	2:30PM-4:30PM (Pickleball)				2:30PM-4:30PM (Pickleball)		
<b>Special Event</b> Court 3	2:30PM-4:30PM (Pickleball)				2:30PM-4:30PM (Pickleball)		
<b>Open Play</b> Court 3	4:30PM-6:00PM (Pickleball)	7:30AM-10:00AM (Pickleball)  5:30PM-7:30PM (Pickleball)	3:30PM-6:00PM (Pickleball)		4:30PM-6:30PM (Pickleball)		
<b>Open Play</b> Court 4	4:30PM-6:00PM (Pickleball)	7:30AM-10:00AM (Pickleball)  5:30PM-7:30PM (Pickleball)			4:30PM-6:30PM (Pickleball)		
<b>Cycle FORCE</b> Studio B	5:30PM-6:15PM (Group Fitness) <i>Stacey P.</i>	8:30AM-9:00AM (Group Fitness) <i>Rachel J.</i>					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Water Tabata</b> Family/Lap Pool	5:45PM-6:30PM (Group Fitness) <i>Rhonda S.</i>	9:00AM-9:45AM (Group Fitness) <i>Lindsey M.</i>  6:30PM-7:15PM (Group Fitness) <i>Kayla S.</i>	12:00PM-12:45PM (Group Fitness) <i>Lindsey M.</i>  5:45PM-6:30PM (Group Fitness) <i>Rhonda S.</i>	9:00AM-9:45AM (Group Fitness) <i>Rhonda S.</i>  6:30PM-7:15PM (Group Fitness) <i>Kayla S.</i>			
<b>Open Play</b> All Courts	6:00PM-9:00PM (Pickleball)		10:00AM-1:00PM (Pickleball)		6:30PM-9:00PM (Pickleball)	3:30PM-7:00PM (Pickleball)	
<b>Zumba® Fitness</b> Studio A	6:30PM-7:30PM (Group Fitness) <i>Virginia P.</i>	6:30PM-7:30PM (Group Fitness) <i>Virginia P.</i>		6:30PM-7:30PM (Group Fitness) <i>Melissa W.</i>	5:30PM-6:30PM (Group Fitness) <i>Todd W.</i>		
<b>VIRTUAL-Cycle</b> Studio B	7:00PM-8:00PM (Group Fitness) <i>Y.</i>						
<b>Powerkick</b> Studio A		6:00AM-6:45AM (Group Fitness) <i>Megan O.</i>				7:15AM-8:00AM (Group Fitness) <i>Megan O.</i>	
<b>Cardio Dance</b> Studio A		8:30AM-9:15AM (Group Fitness) <i>Tiffany P.</i>					
<b>LIFT 30-UPPER</b> Studio B		9:00AM-9:30AM (Group Fitness) <i>Rachel J.</i>		6:00AM-6:30AM (Group Fitness) <i>Megan O.</i>			
<b>Stretch &amp; Roll</b> Studio A		9:30AM-10:00AM (Group Fitness) <i>Lee A.</i>					
<b>Zumba® Fitness</b> Studio B		10:00AM-11:00AM (Group Fitness) <i>Lindsey M.</i>					
<b>Step</b> Studio C		10:00AM-10:45AM (Group Fitness) <i>Tiffany F.</i>		10:15AM-11:00AM (Group Fitness) <i>Kayla S.</i>		8:15AM-9:00AM (Group Fitness) <i>Sheila H.</i>  10:00AM-10:45AM (Group Fitness) <i>Kayla S.</i>	
<b>Pilates</b> Studio A		10:00AM-11:00AM (Group Fitness) <i>Lee A.</i>	5:00AM-5:45AM (Group Fitness) <i>Jerri C.</i>				
<b>50+ Men's League</b> All Courts		10:00AM-1:00PM (Pickleball)					
<b>Chair Yoga</b> Studio A		11:30AM-12:30PM (Group Fitness) <i>Sherry H.</i>		11:30AM-12:30PM (Group Fitness) <i>Collette B.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Intermediate Point Play (3.0-4.0)</b> Court 4		1:00PM-3:30PM (Pickleball)  7:30PM-10:00PM (Pickleball)			12:00PM-2:30PM (Pickleball)		
<b>Intermediate Point Play (3.0-4.0)</b> Court 1		1:00PM-3:30PM (Pickleball)  7:30PM-10:00PM (Pickleball)			12:00PM-2:30PM (Pickleball)		
<b>Intermediate Point Play (3.0-4.0)</b> Court 2		1:00PM-3:30PM (Pickleball)  7:30PM-10:00PM (Pickleball)			12:00PM-2:30PM (Pickleball)		
<b>Intermediate Point Play (3.0-4.0)</b> Court 3		1:00PM-3:30PM (Pickleball)  7:30PM-10:00PM (Pickleball)			12:00PM-2:30PM (Pickleball)		
<b>Intermediate Drills &amp; Skills</b> Court 4		3:30PM-4:30PM (Pickleball)					
<b>Intermediate Drills &amp; Skills</b> Court 3		3:30PM-4:30PM (Pickleball)					
<b>Intermediate Drills &amp; Skills</b> Court 2		3:30PM-4:30PM (Pickleball)					
<b>Beginner Drills &amp; Skills</b> Court 3		4:30PM-5:30PM (Pickleball)					
<b>Beginner Drills &amp; Skills</b> Court 4		4:30PM-5:30PM (Pickleball)					
<b>Step</b> Studio B		5:30PM-6:15PM (Group Fitness) <i>Kayla S.</i>					
<b>VIRTUAL-Yoga</b> Studio B		7:00PM-8:00PM (Group Fitness) <i>Y.</i>					
<b>Advanced Open Play</b> Court 2			7:30AM-10:00AM (Pickleball)				
<b>Advanced Open Play</b> Court 3			7:30AM-10:00AM (Pickleball)				
<b>Advanced Open Play</b> Court 4			7:30AM-10:00AM (Pickleball)	7:30AM-10:00AM (Pickleball)			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Advanced Open Play</b> Court 1			7:30AM-10:00AM (Pickleball)				
<b>Water Tabata</b> Family Pool			8:15AM-9:00AM (Group Fitness) <i>Vicki W.</i>				
<b>Beginner Step</b> Studio C			9:30AM-10:00AM (Group Fitness) <i>Sheila H.</i>				
<b>Silver Sneakers® Stability</b> Studio A			9:45AM-10:15AM (Group Fitness) <i>Sherry H.</i>				
<b>Beginner Step Circuit</b> Studio C			10:00AM-10:30AM (Group Fitness) <i>Sheila H.</i>				
<b>Zumba® Fitness</b> Studio C			10:30AM-11:30AM (Group Fitness) <i>Jessy R.</i>  5:30PM-6:30PM (Group Fitness) <i>Ching B.</i>			9:00AM-10:00AM (Group Fitness) <i>Aimee S.</i>	
<b>Flow Fusion</b> Studio B			11:00AM-12:00PM (Group Fitness) <i>Caroline P.</i>				
<b>Beginner Point Play (2.0-3.0)</b> Court 1			1:00PM-3:30PM (Pickleball)				
<b>Beginner Point Play (2.0-3.0)</b> Court 2			1:00PM-3:30PM (Pickleball)				
<b>Beginner Point Play (2.0-3.0)</b> Court 3			1:00PM-3:30PM (Pickleball)				
<b>Beginner Point Play (2.0-3.0)</b> Court 4			1:00PM-3:30PM (Pickleball)				
<b>Bootcamp</b> Turf Area			6:00PM-6:45PM (Group Fitness) <i>Nathan D.</i>	6:00PM-6:45PM (Group Fitness) <i>Nathan D.</i>			
<b>Men's League</b> All Courts			6:00PM-10:00PM (Pickleball)				
<b>Silver Sneakers® Stability</b> Studio B			6:30PM-7:30PM (Group Fitness) <i>Joyce U.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pop Up-Sunset Yoga</b> Studio A			6:30PM-7:30PM (Group Fitness) <i>Lauren M.</i>				
<b>VIRTUAL-Step</b> Studio B			8:00PM-9:00PM (Group Fitness) Y.				
<b>CORE</b> Studio B				6:30AM-7:00AM (Group Fitness) <i>Megan O.</i>			
<b>Barre Fusion</b> Studio A				8:45AM-9:45AM (Group Fitness) <i>Janice S.</i>			
<b>Beginner Pilates</b> Studio B				9:00AM-9:45AM (Group Fitness) <i>Jerri C.</i>			
<b>Beginner HIIT 30</b> Turf Area				9:30AM-10:00AM (Group Fitness) <i>Kat S.</i>			
<b>Boomer Bootcamp</b> Studio B				10:00AM-11:00AM (Group Fitness) <i>Joyce U.</i>			
<b>LIFT 30 MIX</b> Turf Area				10:00AM-10:30AM (Group Fitness) <i>Kat S.</i>			
<b>Mixed League</b> All Courts				10:00AM-1:00PM (Pickleball)  6:00PM-10:00PM (Pickleball)			
<b>SilverSneakers® Circuit</b> Studio A				10:30AM-11:30AM (Group Fitness) <i>Collette B.</i>	11:30AM-12:30PM (Group Fitness) <i>Sherry H.</i>  12:30PM-1:30PM (Group Fitness) <i>Sherry H.</i>		
<b>VIRTUAL-Cardio Dance</b> Studio B				1:00PM-2:00PM (Group Fitness) Y.			
<b>Women's Point Play</b> Court 4				1:00PM-3:30PM (Pickleball)			
<b>Women's Point Play</b> Court 3				1:00PM-3:30PM (Pickleball)			
<b>Women's Point Play</b> Court 2				1:00PM-3:30PM (Pickleball)			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Women's Point Play</b> Court 1				1:00PM-3:30PM (Pickleball)			
<b>Gentle Yoga</b> Studio A				5:30PM-6:15PM (Group Fitness) <i>Stephanie M.</i>			
<b>Bootcamp</b> Gym East and West					7:30AM-8:30AM (Group Fitness) <i>Rachel J.</i>		
<b>Water Works</b> Family Pool					8:15AM-9:00AM (Group Fitness) <i>Vicki W.</i>		
<b>Cycle FUSION with CORE</b> Studio B					8:45AM-9:45AM (Group Fitness) <i>Janice S.</i>		
<b>Advanced Step</b> Studio C					9:30AM-10:15AM (Group Fitness) <i>Jackie S.</i>		
<b>Pilates</b> Studio B					10:00AM-11:00AM (Group Fitness) <i>Caroline P.</i>		
<b>Hydro HIIT</b> Family/Lap Pool					12:00PM-12:45PM (Group Fitness) <i>Lindsey M.</i>		
<b>Body Design</b> Studio B						8:00AM-9:00AM (Group Fitness) <i>Heidi R.</i>	
<b>Tournament</b> All Courts						8:00AM-5:00PM (Pickleball)	



## Dr. Jim Farha Andover YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Swim</b> Family Pool	4:30AM-5:00PM (Pool)  8:00PM-9:30PM (Pool)	4:30AM-5:30PM (Pool)  7:30PM-9:30PM (Pool)	4:30AM-5:30PM (Pool)  7:30PM-9:30PM (Pool)	4:30AM-9:00AM (Pool)  1:00PM-5:30PM (Pool)  7:30PM-9:30PM (Pool)	4:30AM-8:30PM (Pool)	6:30AM-9:00AM (Pool)  1:00PM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
<b>8 Lanes</b> Lap Pool	4:30AM-5:15AM (Pool)  9:30AM-4:00PM (Pool)  8:30PM-9:30PM (Pool)	4:30AM-8:30AM (Pool)  10:30AM-4:00PM (Pool)  8:30PM-9:30PM (Pool)	4:30AM-5:15AM (Pool)  12:00PM-4:00PM (Pool)  8:30PM-9:30PM (Pool)	4:30AM-8:30AM (Pool)  10:00AM-4:00PM (Pool)  8:30PM-9:30PM (Pool)	4:30AM-5:15AM (Pool)  9:30AM-4:00PM (Pool)	6:30AM-7:00AM (Pool)  11:00AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
<b>4 Lanes</b> Lap Pool	5:15AM-9:30AM (Pool)		5:15AM-12:00PM (Pool)		5:15AM-9:30AM (Pool)  4:00PM-8:30PM (Pool)		
<b>Step</b> Studio B	8:30AM-9:00AM (Group Fitness) <i>Stephanie B.</i>						
<b>Beginner Cardio Dance</b> Studio A	8:30AM-9:15AM (Group Fitness) <i>Shana C.</i>				8:30AM-9:15AM (Group Fitness) <i>Shana C.</i>		
<b>Hydro HIIT</b> Lap Pool	8:30AM-9:30AM (Group Fitness) <i>Stephanie S.</i>		8:30AM-9:30AM (Group Fitness) <i>Denna L.</i>				
<b>LIFT 30 MIX</b> Studio B	9:00AM-9:30AM (Group Fitness) <i>Stephanie B.</i>						
<b>Cardio Dance</b> Studio B	9:30AM-10:15AM (Group Fitness) <i>Shana C.</i>				9:30AM-10:30AM (Group Fitness) <i>Amanda C.</i>		
<b>Gentle Yoga</b> Studio A	9:30AM-10:30AM (Group Fitness) <i>Gail B.</i>						

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Boomer Water Works</b> Family Pool	9:30AM-10:30AM (Group Fitness) <i>Jackie S.</i>			11:15AM-12:00PM (Group Fitness) <i>Jackie S.</i>			
<b>CORE</b> Studio C	9:30AM-10:00AM (Group Fitness) <i>Stephanie B.</i>						
<b>Muscle Pump</b> Studio B	10:30AM-11:30AM (Group Fitness) <i>Liz A.</i>  4:30PM-5:30PM (Group Fitness) <i>Valerie J.</i>		10:00AM-11:00AM (Group Fitness) <i>Kay S.</i>	4:30PM-5:30PM (Group Fitness) <i>Jennifer B.</i>	8:30AM-9:30AM (Group Fitness) <i>Rachel B.</i>		
<b>Chair Yoga</b> Studio A	10:30AM-11:30AM (Group Fitness) <i>Gail B.</i>		10:30AM-11:30AM (Group Fitness) <i>Gail B.</i>				
<b>Silver Sneakers®</b> <b>Stability</b> Studio A	11:30AM-12:15PM (Group Fitness) <i>Gail B.</i>		11:30AM-12:15PM (Group Fitness) <i>Gail B.</i>				
<b>Pickleball - Open Play</b> Court 1	1:00PM-3:00PM (Gym)	1:00PM-3:00PM (Gym)	1:00PM-3:00PM (Gym)	1:00PM-3:00PM (Gym)			
<b>3 Lanes</b> Lap Pool	4:00PM-8:30PM (Pool)	4:00PM-8:30PM (Pool)	4:00PM-8:30PM (Pool)	4:00PM-8:30PM (Pool)			
<b>Yoga</b> Studio C	4:30PM-5:15PM (Group Fitness) <i>Sherrie H.</i>	5:30PM-6:30PM (Group Fitness) <i>Ashley T.</i>		10:00AM-11:00AM (Group Fitness) <i>Lisa C.</i>		7:30AM-8:30AM (Group Fitness) <i>Lisa C.</i>	10:30AM-11:30AM (Group Fitness) <i>Ashley S.</i>
<b>Beginner Yoga</b> Studio C	5:30PM-6:30PM (Group Fitness) <i>Ashley S.</i>			5:30PM-6:30PM (Group Fitness) <i>Ashley S.</i>			
<b>Powerkick</b> Studio B	5:30PM-6:30PM (Group Fitness) <i>Sherrie H.</i>						
<b>Zumba® Fitness</b> Studio B	6:30PM-7:30PM (Group Fitness) <i>Mandy H.</i>	9:30AM-10:30AM (Group Fitness) <i>Tiffany R.</i>		9:30AM-10:30AM (Group Fitness) <i>Amanda C.</i>		9:30AM-10:30AM (Group Fitness) <i>Sarah B.</i>	
<b>5 Lanes</b> Lap Pool		8:30AM-10:30AM (Pool)		8:30AM-10:00AM (Pool)			
<b>Body Design</b> Studio B		8:30AM-9:30AM (Group Fitness) <i>Stephanie B.</i>  5:30PM-6:30PM (Group Fitness) <i>Jennifer B.</i>	8:30AM-9:30AM (Group Fitness) <i>Stephanie S.</i>  5:30PM-6:30PM (Group Fitness) <i>Jennifer B.</i>			8:30AM-9:30AM (Group Fitness) <i>Mindy G.</i>	
<b>Hydrobox</b> Lap Pool		8:30AM-9:30AM (Group Fitness) <i>Stephanie S.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle FORCE</b> Cycle		8:30AM-9:00AM (Group Fitness) <i>Kay S.</i>	9:15AM-10:15AM (Group Fitness) <i>Alina S.</i>	9:15AM-10:00AM (Group Fitness) <i>Kelsey F.</i>		9:30AM-10:15AM (Group Fitness) <i>Denna L.</i>	9:00AM-9:45AM (Group Fitness) <i>Tina Y.</i>
<b>Stretch &amp; Roll</b> Studio A		9:15AM-10:00AM (Group Fitness) <i>Kay S.</i>	4:30PM-5:15PM (Group Fitness) <i>Mindy G.</i>				
<b>Cycle FUSION with CORE</b> Cycle		9:15AM-10:00AM (Group Fitness) <i>Kelsey F.</i>					
<b>Boomer Bootcamp</b> LOFT		10:00AM-11:00AM (Group Fitness) <i>Jennifer B.</i>					
<b>Barre Fusion- Barre/Pilates</b> Studio A		10:00AM-11:00AM (Group Fitness) <i>Kay S.</i>		10:00AM-10:45AM (Group Fitness) <i>Kristen D.</i>			
<b>Body Blitz</b> Studio B		10:30AM-11:30AM (Group Fitness) <i>Denna L.</i>	4:30PM-5:30PM (Group Fitness) <i>Valerie J.</i>	8:30AM-9:00AM (Group Fitness) <i>Stephanie S.</i>  10:30AM-11:30AM (Group Fitness) <i>Denna L.</i>			
<b>SilverSneakers® Classic</b> Studio A		11:00AM-11:45AM (Group Fitness) <i>Maria B.</i>		11:00AM-11:45AM (Group Fitness) <i>Maria B.</i>			
<b>Boomer Water Tabata</b> Family Pool		11:15AM-12:00PM (Group Fitness) <i>Jackie S.</i>					
<b>VIRTUAL-Pilates</b> Studio A		4:30PM-5:15PM (Group Fitness) <i>YMCA 3.</i>					
<b>Private Event</b> Studio C		6:45PM-7:45PM (Group Fitness) <i>Jackie S.</i>	6:45PM-7:45PM (Group Fitness) <i>Jackie S.</i>				
<b>Pilates</b> Studio A			9:30AM-10:30AM (Group Fitness) <i>Kristen D.</i>				
<b>Water Tabata</b> Lap Pool			9:30AM-10:30AM (Group Fitness) <i>Shana C.</i>			9:00AM-10:00AM (Group Fitness) <i>Jackie S.</i>	
<b>CORE</b> Studio B			9:30AM-10:00AM (Group Fitness) <i>Stephanie S.</i>	9:00AM-9:30AM (Group Fitness) <i>Stephanie S.</i>  5:30PM-6:00PM (Group Fitness) <i>Jennifer B.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Beginner Yoga</b> Studio A			5:30PM-6:30PM (Group Fitness) <i>Jackie S.</i>				
<b>Deep Water</b> Lap Pool				8:30AM-9:15AM (Group Fitness) <i>Jackie S.</i>			
<b>Water Works</b> Lap Pool				9:15AM-10:00AM (Group Fitness) <i>Jackie S.</i>			
<b>VIRTUAL-Barre</b> Studio A				4:30PM-5:15PM (Group Fitness) <i>YMCA 3.</i>			
<b>Private Event</b> Studio A				7:15PM-8:00PM (Group Fitness) <i>YMCA S.</i>			
<b>Water Bootcamp</b> Lap Pool					8:30AM-9:30AM (Group Fitness) <i>Jackie S.</i>		
<b>Cycle FUSION with Strength</b> Cycle					9:15AM-10:15AM (Group Fitness) <i>Alina S.</i>		
<b>Step</b> Studio A					9:30AM-10:15AM (Group Fitness) <i>Stephanie S.</i>		
<b>Barre</b> Studio A					10:30AM-11:15AM (Group Fitness) <i>Stephanie S.</i>		
<b>2 Lanes</b> Lap Pool						7:00AM-11:00AM (Pool)	
<b>Bootcamp</b> LOFT							10:00AM-11:00AM (Group Fitness) <i>Jennifer B.</i>



## McPherson YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gym 1 - West Gym	5:00AM-8:00AM (Gym)  1:00PM-5:30PM (Gym)	5:00AM-8:00AM (Gym)  1:00PM-5:30PM (Gym)	5:00AM-8:00AM (Gym)  1:00PM-5:00PM (Gym)	5:00AM-8:00AM (Gym)  1:00PM-5:00PM (Gym)	5:00AM-8:00AM (Gym)  1:00PM-5:00PM (Gym)	7:00AM-8:00AM (Gym)	7:00AM-5:00PM (Gym)
<b>Open Gym</b> Gym 2 - East Gym	5:00AM-6:00AM (Gym)  1:00PM-5:30PM (Gym)	5:00AM-8:00AM (Gym)  1:00PM-5:30PM (Gym)	5:00AM-6:00AM (Gym)  1:00PM-5:00PM (Gym)	5:00AM-8:00AM (Gym)  1:00PM-5:00PM (Gym)	5:00AM-6:00AM (Gym)  1:00PM-5:00PM (Gym)	7:00AM-8:00AM (Gym)	7:00AM-5:00PM (Gym)
<b>Barre</b> Studio A	5:30AM-6:15AM (Group Fitness) <i>Courtney R.</i>			12:00PM-12:45PM (Group Fitness) <i>Courtney R.</i>			
<b>Pick Up Basketball</b> Gym 2 - East Gym	6:00AM-8:00AM (Gym)		6:00AM-8:00AM (Gym)		6:00AM-8:00AM (Gym)		
<b>4 Lanes</b> Lap Pool	6:00AM-8:00AM (Pool)  12:00PM-1:00PM (Pool)	6:00AM-7:30AM (Pool)	6:00AM-8:00AM (Pool)  12:00PM-1:00PM (Pool)	6:00AM-7:30AM (Pool)	6:00AM-8:00AM (Pool)  12:00PM-1:00PM (Pool)  6:00PM-8:00PM (Pool)	11:00AM-3:00PM (Pool)	
<b>Pickleball</b> Gym 1 - West Gym	8:00AM-1:00PM (Gym)	8:00AM-1:00PM (Gym)	8:00AM-1:00PM (Gym)  6:30PM-7:30PM (Gym)	8:00AM-1:00PM (Gym)	8:00AM-1:00PM (Gym)		
<b>Pickleball</b> Gym 2 - East Gym	8:00AM-1:00PM (Gym)	8:00AM-1:00PM (Gym)	8:00AM-1:00PM (Gym)  6:30PM-7:30PM (Gym)	8:00AM-1:00PM (Gym)	8:00AM-1:00PM (Gym)		
<b>Water Works</b> Lap Pool	8:00AM-9:00AM (Group Fitness) <i>Mitzi E.</i>		8:00AM-9:00AM (Group Fitness) <i>Mitzi E.</i>		8:00AM-9:00AM (Group Fitness) <i>Mitzi E.</i>		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Cycle FORCE</b> Studio C	8:00AM-8:50AM (Group Fitness) <i>Robin W.</i>  4:00PM-4:45PM (Group Fitness) <i>Stan S.</i>						
<b>Body Blitz</b> Studio A	8:15AM-9:00AM (Group Fitness) <i>Johanna N.</i>  4:15PM-5:15PM (Group Fitness) <i>Linda S.</i>	5:45AM-6:30AM (Group Fitness) <i>Linda S.</i>	4:15PM-5:15PM (Group Fitness) <i>Linda S.</i>		8:15AM-9:00AM (Group Fitness) <i>Johanna N.</i>		
<b>2 Lanes</b> Lap Pool	9:00AM-11:00AM (Pool)  2:00PM-4:00PM (Pool)	3:00PM-4:00PM (Pool)	9:00AM-11:00AM (Pool)  2:00PM-4:00PM (Pool)  6:00PM-8:30PM (Pool)	3:00PM-4:00PM (Pool)	9:00AM-11:00AM (Pool)  2:00PM-4:00PM (Pool)	7:00AM-9:00AM (Pool)	1:00PM-4:00PM (Pool)
<b>Arthritis Water Exercise</b> Family Pool	9:00AM-9:45AM (Group Fitness) <i>Mitzi E.</i>				9:00AM-9:45AM (Group Fitness) <i>Mitzi E.</i>		
<b>Yoga</b> Studio B	9:15AM-10:00AM (Group Fitness) <i>Leanna P.</i>		9:15AM-10:00AM (Group Fitness) <i>Leanna P.</i>  6:00PM-6:45PM (Group Fitness) <i>Kathy M.</i>		9:15AM-10:15AM (Group Fitness) <i>Linda G.</i>		
<b>SilverSneakers® Classic</b> Studio A	10:00AM-10:45AM (Group Fitness) <i>Johanna N.</i>		10:00AM-10:45AM (Group Fitness) <i>Johanna N.</i>				
<b>Body Design</b> Studio A	12:00PM-12:45PM (Group Fitness) <i>Chelsea A.</i>		8:15AM-9:00AM (Group Fitness) <i>Chelsea A.</i>				
<b>Open Swim</b> Family Pool	4:00PM-7:00PM (Pool)	4:00PM-7:00PM (Pool)	4:00PM-7:00PM (Pool)	4:00PM-7:00PM (Pool)	4:00PM-7:00PM (Pool)		
<b>1 Lane</b> Lap Pool	4:00PM-8:30PM (Pool)	4:00PM-8:30PM (Pool)	4:00PM-6:00PM (Pool)	4:00PM-8:30PM (Pool)	1:00PM-2:00PM (Pool)  4:00PM-6:00PM (Pool)		
<b>Pilates</b> Studio B	4:00PM-5:00PM (Group Fitness) <i>Leanna P.</i>						

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Cardio Dance</b> Studio A	6:45PM-7:30PM (Group Fitness) <i>Amy B.</i>	9:45AM-10:35AM (Group Fitness) <i>Linda G.</i>  6:45PM-7:30PM (Group Fitness) <i>Kayla S.</i>	6:45PM-7:30PM (Group Fitness) <i>Amy B.</i>	9:45AM-10:35AM (Group Fitness) <i>Linda G.</i>			
<b>Bootcamp</b> Functional Strength Room		8:00AM-9:00AM (Group Fitness) <i>Emily K.</i>	4:00PM-5:00PM (Group Fitness) <i>Emily K.</i>				
<b>Pilates</b> Studio A		8:15AM-9:00AM (Group Fitness) <i>Johanna N.</i>		8:15AM-9:00AM (Group Fitness) <i>Johanna N.</i>			
<b>Stretch &amp; Roll</b> Studio B		9:00AM-9:30AM (Group Fitness) <i>Emily K.</i>					
<b>Bootcamp</b> Studio A		5:30PM-6:15PM (Group Fitness) <i>Stan S.</i>		5:30PM-6:15PM (Group Fitness) <i>Stan S.</i>			
<b>Beginner Yoga</b> Studio B		6:00PM-6:45PM (Group Fitness) <i>Raquel R.</i>					
<b>Cycle FUSION with Strength</b> Studio C			8:00AM-8:50AM (Group Fitness) <i>Emily K.</i>				
<b>Muscle Pump</b> Studio A			12:00PM-12:45PM (Group Fitness) <i>Johanna N.</i>	5:45AM-6:30AM (Group Fitness) <i>Elizabeth P.</i>			
<b>Restorative Yoga</b> Studio A				9:00AM-9:30AM (Group Fitness) <i>Linda G.</i>			



## Hutchinson YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pick Up Basketball</b> Gym 1	5:00AM-7:30AM (Gym)	5:00AM-7:30AM (Gym)	5:00AM-7:30AM (Gym)	5:00AM-7:30AM (Gym)			
<b>Open Swim</b> Family Pool	5:30AM-6:00AM (Pool)  6:45AM-9:00AM (Pool)  12:15PM-4:45PM (Pool)  6:30PM-8:30PM (Pool)	5:30AM-6:00AM (Pool)  6:45AM-9:00AM (Pool)  10:45AM-1:00PM (Pool)  2:00PM-4:45PM (Pool)  6:30PM-8:30PM (Pool)	5:00AM-6:00AM (Pool)  6:45AM-9:00AM (Pool)  12:30PM-8:30PM (Pool)	5:00AM-9:00AM (Pool)  2:00PM-8:30PM (Pool)	5:00AM-9:00AM (Pool)  10:00AM-8:30PM (Pool)	7:00AM-9:00AM (Pool)  10:00AM-4:30PM (Pool)	7:00AM-4:30PM (Pool)
<b>6 Lanes</b> Lap Pool	5:30AM-7:00AM (Pool)  10:00AM-3:30PM (Pool)	5:30AM-7:00AM (Pool)  8:00AM-9:00AM (Pool)  10:00AM-3:30PM (Pool)	5:00AM-9:00AM (Pool)  10:00AM-3:30PM (Pool)	5:00AM-7:00AM (Pool)  8:00AM-3:30PM (Pool)	5:00AM-7:00AM (Pool)  10:00AM-3:30PM (Pool)	7:00AM-4:30PM (Pool)	7:00AM-4:30PM (Pool)
<b>Yoga</b> Studio B	5:30AM-6:30AM (Group Fitness) <i>Kathy V.</i>  7:00PM-8:00PM (Group Fitness) <i>Kathy V.</i>	7:00PM-8:00PM (Group Fitness) <i>Kathy V.</i>	5:30AM-6:30AM (Group Fitness) <i>Kathy V.</i>  7:00PM-8:00PM (Group Fitness) <i>Kathy V.</i>				
<b>Aqua Zumba®</b> Family Pool	6:00AM-6:45AM (Group Fitness) <i>Carla J.</i>	6:00AM-6:45AM (Group Fitness) <i>Carla J.</i>	6:00AM-6:45AM (Group Fitness) <i>Carla J.</i>				
<b>Zumba® Fitness</b> Studio A	6:30AM-7:15AM (Group Fitness) <i>Santalena C.</i>  8:30AM-9:30AM (Group Fitness) <i>Jill P.</i>	12:00PM-1:00PM (Group Fitness) <i>Santalena C.</i>	8:30AM-9:30AM (Group Fitness) <i>Jill P.</i>	12:00PM-1:00PM (Group Fitness) <i>Santalena C.</i>	5:30AM-6:30AM (Group Fitness) <i>Santalena C.</i>	9:15AM-10:00AM (Group Fitness) <i>Santalena C.</i>	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>3 Lanes</b> Lap Pool	7:00AM-9:30AM (Pool)	7:00AM-8:00AM (Pool)  9:00AM-10:00AM (Pool)	9:00AM-10:00AM (Pool)  6:00PM-8:30PM (Pool)	7:00AM-8:00AM (Pool)  6:00PM-8:30PM (Pool)	7:00AM-10:00AM (Pool)		
<b>Aqua Body Design</b> Lap Pool	7:00AM-8:00AM (Group Fitness) <i>Mindy G.</i>		9:00AM-10:00AM (Group Fitness) <i>Haley W.</i>				
<b>Deep Water</b> Lap Pool	8:00AM-8:45AM (Group Fitness) <i>Mindy G.</i>				9:00AM-10:00AM (Group Fitness) <i>Joni A.</i>		
<b>Water Works</b> Family Pool	9:00AM-10:00AM (Group Fitness) <i>Vickie W.</i>  5:30PM-6:30PM (Group Fitness) <i>Joni A.</i>		9:00AM-10:00AM (Group Fitness) <i>Vickie W.</i>			9:00AM-10:00AM (Group Fitness) <i>Joni A.</i>	
<b>SilverSneakers® Classic</b> Studio A	9:45AM-10:30AM (Group Fitness) <i>Teresa W.</i>		9:45AM-10:30AM (Group Fitness) <i>Teresa W.</i>		9:45AM-10:30AM (Group Fitness) <i>Teresa W.</i>		
<b>VIRTUAL-Beginner Yoga</b> Mobile Studio Cart	10:30AM-11:15AM (Group Fitness) <i>YMCA 3.</i>						
<b>Open Gym</b> Gym 1	12:00PM-5:00PM (Gym)	12:00PM-9:00PM (Gym)	1:00PM-6:00PM (Gym)  8:00PM-9:00PM (Gym)	12:00PM-9:00PM (Gym)	5:00AM-9:30AM (Gym)  12:00PM-6:00PM (Gym)  8:00PM-9:00PM (Gym)		7:00AM-5:00PM (Gym)
<b>Cycle FORCE</b> Studio C	12:15PM-12:45PM (Group Fitness) <i>Mindy G.</i>				12:15PM-12:45PM (Group Fitness) <i>Eddie A.</i>		
<b>1 Lane</b> Lap Pool	3:30PM-5:30PM (Pool)		3:30PM-6:00PM (Pool)	3:30PM-6:00PM (Pool)	3:30PM-6:00PM (Pool)		
<b>Bootcamp</b> Studio A	5:30PM-6:30PM (Group Fitness) <i>Kelly H.</i>		5:30PM-6:30PM (Group Fitness) <i>Kelly H.</i>				
<b>2 Lanes</b> Lap Pool	6:45PM-8:30PM (Pool)						
<b>Barre</b> Studio B		6:00AM-6:45AM (Group Fitness) <i>Kathy V.</i>		6:00AM-6:45AM (Group Fitness) <i>Kathy V.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Water Tabata</b> Lap Pool		7:00AM-8:00AM (Group Fitness) <i>Jill P.</i>  5:30PM-6:30PM (Group Fitness) <i>Jill P.</i>		7:00AM-8:00AM (Group Fitness) <i>Jill P.</i>			
<b>Hydro HIIT</b> Lap Pool		8:00AM-8:45AM (Group Fitness) <i>Jill P.</i>			7:00AM-7:45AM (Group Fitness) <i>Jill P.</i>		
<b>LIFT 30-UPPER</b> Studio A		8:30AM-9:00AM (Group Fitness) <i>Damarcus M.</i>					
<b>Pickleball</b> Gym 2		9:00AM-11:00AM (Gym)		9:00AM-11:00AM (Gym)			
<b>Aqua Body Design</b> Family Pool		9:00AM-9:45AM (Group Fitness) <i>Haley W.</i>		9:00AM-9:45AM (Group Fitness) <i>Vickie W.</i>	9:00AM-10:00AM (Group Fitness) <i>Haley W.</i>		
<b>HIIT 30</b> Studio A		9:00AM-9:30AM (Group Fitness) <i>Damarcus M.</i>					
<b>Beginner Yoga</b> Studio A		9:30AM-10:15AM (Group Fitness) <i>Shaley S.</i>		9:30AM-10:15AM (Group Fitness) <i>Shaley S.</i>			
<b>Arthritis Water Exercise</b> Family Pool		9:45AM-10:30AM (Group Fitness) <i>Haley W.</i>		9:45AM-10:30AM (Group Fitness) <i>Vickie W.</i>			
<b>Boomer Cardio Dance</b> Studio A		10:30AM-11:15AM (Group Fitness) <i>Santalena C.</i>		10:30AM-11:15AM (Group Fitness) <i>Santalena C.</i>			
<b>SilverSneakers® Splash</b> Family Pool		1:00PM-2:00PM (Group Fitness) <i>Vickie W.</i>	11:30AM-12:30PM (Group Fitness) <i>Teresa W.</i>	1:00PM-2:00PM (Group Fitness) <i>Vickie W.</i>			
<b>VIRTUAL-Pilates</b> Mobile Studio Cart		5:00PM-6:00PM (Group Fitness) <i>YMCA 3.</i>	9:30AM-10:15AM (Group Fitness) <i>YMCA 3.</i>	5:00PM-6:00PM (Group Fitness) <i>YMCA 3.</i>			
<b>HIIT 45</b> Gym 1		5:30PM-6:15PM (Group Fitness) <i>Jana D.</i>					
<b>VIRTUAL-Cycle</b> Mobile Studio Cart			12:15PM-12:45PM (Group Fitness) <i>YMCA 3.</i>				
<b>Body Design</b> Studio A				8:30AM-9:30AM (Group Fitness) <i>Justin B.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>FIERCE</b> Gym 1				5:30PM-6:15PM (Group Fitness) <i>Jana D.</i>			
<b>Pick Up Basketball</b> Gym 2					5:00AM-8:00AM (Gym)		
<b>LIFT 30-LOWER</b> Studio A					8:30AM-9:00AM (Group Fitness) <i>Damarcus M.</i>		
<b>CORE</b> Studio A					9:00AM-9:30AM (Group Fitness) <i>Damarcus M.</i>		
<b>LIFT 30-UPPER</b> Studio C					1:00PM-1:30PM (Group Fitness) <i>Eddie A.</i>		
<b>Private Event</b> Gym 1					6:00PM-8:00PM (Gym)		
<b>Pilates</b> Studio B						8:30AM-9:15AM (Group Fitness) <i>Kathy V.</i>	
<b>HIIT 60</b> Studio A						10:00AM-11:00AM (Group Fitness) <i>Kelly H.</i>	



## Steve Clark YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gym 1	5:30AM-10:00PM (Gym)	5:30AM-12:00PM (Gym)  1:30PM-7:15PM (Gym) YMCA S.  8:30PM-10:00PM (Gym)	5:30AM-10:00PM (Gym)	5:30AM-7:15PM (Gym)  8:30PM-10:00PM (Gym)	5:30AM-9:00PM (Gym)	8:00AM-7:00PM (Gym)	8:00AM-7:00PM (Gym)
<b>Open Gym</b> Gym 2	5:30AM-10:00PM (Gym)	5:30AM-10:00PM (Gym)	5:30AM-10:00PM (Gym)	5:30AM-10:00PM (Gym)	5:30AM-9:00PM (Gym)	8:00AM-7:00PM (Gym)	8:00AM-7:00PM (Gym)
<b>Cycle BEATS</b> Multipurpose_Room	6:00AM-6:45AM (Group Fitness) Frances E.	5:30PM-6:15PM (Group Fitness) Kelley R.			8:30AM-9:15AM (Group Fitness) Kelley R.		
<b>STRONG 30®</b> Studio A	8:30AM-9:00AM (Group Fitness) Kelley R.						
<b>Barre</b> Studio B	9:00AM-9:30AM (Group Fitness) Kelley R.						
<b>LIFT 30 MIX</b> Studio A	9:30AM-10:00AM (Group Fitness) Kelley R.						
<b>Chair Yoga</b> Studio B	10:00AM-10:45AM (Group Fitness) Sarah W.				10:00AM-10:45AM (Group Fitness) Sarah W.		
<b>Zumba® Fitness</b> Studio B	11:00AM-12:00PM (Group Fitness) Rose J.		6:30PM-7:30PM (Group Fitness) Rose J.			9:00AM-10:00AM (Group Fitness) Melissa W.	
<b>VIRTUAL-Yoga</b> Multipurpose_Room	11:00AM-11:45AM (Group Fitness) staff						
<b>Pop Up-Yoga</b> RSC Lawn	12:00PM-1:00PM (Group Fitness) Ashley P.						

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>VIRTUAL-Cycle</b> Multipurpose_Room	1:00PM-2:00PM (Group Fitness) <i>staff</i>  6:30PM-7:15PM (Group Fitness) <i>staff</i>  8:00PM-9:00PM (Group Fitness) <i>staff</i>			8:00PM-9:00PM (Group Fitness) <i>Staff</i>		12:00PM-12:45PM (Group Fitness) <i>Staff</i>	
<b>VIRTUAL-Body Blitz</b> Lobby	2:00PM-3:00PM (Group Fitness) <i>staff</i>						
<b>Muscle Pump</b> Studio A	5:30PM-6:15PM (Group Fitness) <i>Charis W.</i>		8:30AM-9:30AM (Group Fitness) <i>Stephanie B.</i>		9:30AM-10:15AM (Group Fitness) <i>Kelley R.</i>		
<b>Beginner Yoga</b> Studio B	5:30PM-6:25PM (Group Fitness) <i>Judy E.</i>	12:00PM-1:00PM (Group Fitness) <i>Dayla J.</i>	5:30PM-6:25PM (Group Fitness) <i>Judy E.</i>		12:00PM-1:00PM (Group Fitness) <i>Dayla J.</i>		
<b>Cardio Dance</b> Studio B	6:30PM-7:15PM (Group Fitness) <i>Charis W.</i>						
<b>Pilates</b> Studio A	6:30PM-7:15PM (Group Fitness) <i>Britney M.</i>			8:30AM-9:15AM (Group Fitness) <i>Kristen D.</i>  5:30PM-6:15PM (Group Fitness) <i>Britney M.</i>			
<b>Powerkick</b> Studio A		8:30AM-9:15AM (Group Fitness) <i>Kelley R.</i>				8:30AM-9:10AM (Group Fitness) <i>Kelley R.</i>	
<b>Pilates/Yoga Fusion</b> Studio B		9:00AM-10:00AM (Group Fitness) <i>Dayla J.</i>					
<b>Body Blitz</b> Studio A		9:15AM-10:00AM (Group Fitness) <i>Shalen S.</i>					
<b>SilverSneakers® Circuit</b> Studio B		10:30AM-11:30AM (Group Fitness) <i>Shalen S.</i>		10:30AM-11:30AM (Group Fitness) <i>Shalen S.</i>			
<b>Gentle Yoga</b> Studio B		5:30PM-6:30PM (Group Fitness) <i>Sarah W.</i>					
<b>LIFT 30-UPPER</b> Studio A		6:45PM-7:15PM (Group Fitness) <i>Charis W.</i>					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Cardio Dance</b> Gym 1		7:30PM-8:15PM (Group Fitness) <i>Charis W.</i>		7:30PM-8:15PM (Group Fitness) <i>Charis W.</i>			
<b>CORE</b> Studio A			9:30AM-10:00AM (Group Fitness) <i>Stephanie B.</i>				
<b>VIRTUAL-Silver Strength</b> Multipurpose_Room			10:00AM-10:45AM (Group Fitness) <i>YMCA360 V.</i>				
<b>LIVESTREAM-Barre</b> Multipurpose_Room			11:00AM-11:45AM (Group Fitness) <i>YMCA360 V.</i>				
<b>LIVESTREAM-Yoga</b> Multipurpose_Room			12:00PM-12:45PM (Group Fitness) <i>YMCA360 V.</i>				
<b>Yoga</b> Studio B				9:00AM-10:00AM (Group Fitness) <i>Judy E.</i>  6:30PM-7:25PM (Group Fitness) <i>Susan P.</i>			
<b>Body Design</b> Studio A				9:15AM-10:15AM (Group Fitness) <i>Stephanie B.</i>			
<b>Pilates</b> Studio B				12:00PM-1:00PM (Group Fitness) <i>Dayla J.</i>			
<b>Cycle FORCE</b> Multipurpose_Room				5:30PM-6:15PM (Group Fitness) <i>Martha R.</i>			
<b>LIFT 30-LOWER</b> Studio A				6:45PM-7:15PM (Group Fitness) <i>Charis W.</i>			
<b>Flow Fusion</b> Studio A						9:15AM-10:00AM (Group Fitness) <i>Kelley R.</i>	
<b>VIRTUAL-Body Design</b> Lobby						1:00PM-2:00PM (Group Fitness) <i>YMCA360 V.</i>	