



Newton YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym 2	4:30AM-10:00PM (Gym)	4:30AM-1:00PM (Gym) 3:00PM-10:00PM (Gym)	4:30AM-10:00PM (Gym)	4:30AM-1:00PM (Gym) 3:00PM-10:00PM (Gym)	4:30AM-9:00PM (Gym)	6:30AM-7:00PM (Gym)	6:30AM-3:30PM (Gym)
Open Gym Gym 1	4:30AM-9:30AM (Gym) 11:00AM-1:00PM (Gym) 3:00PM-10:00PM (Gym)	4:30AM-9:30AM (Gym) 11:00AM-1:00PM (Gym) 3:00PM-10:00PM (Gym)	4:30AM-9:30AM (Gym) 11:00AM-1:00PM (Gym) 3:00PM-10:00PM (Gym)	4:30AM-9:30AM (Gym) 11:00AM-1:00PM (Gym) 3:00PM-10:00PM (Gym)	4:30AM-9:30AM (Gym) 11:00AM-9:00PM (Gym)	6:30AM-10:00PM (Gym)	6:30AM-3:30PM (Gym)
Open Swim Family Pool	4:30AM-8:30AM (Pool) 10:45AM-5:30PM (Pool) 6:15PM-9:30PM (Pool)	4:30AM-8:30AM (Pool) 10:45AM-5:30PM (Pool) 6:15PM-9:30PM (Pool)	4:30AM-8:30AM (Pool) 10:45AM-9:30PM (Pool)	4:30AM-8:30AM (Pool) 10:45AM-5:30PM (Pool) 6:15PM-9:30PM (Pool)	4:30AM-8:30AM (Pool) 9:30AM-8:30PM (Pool)	6:30AM-8:15AM (Pool) 9:00AM-10:00AM (Pool) 10:45AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
6 Lanes Lap Pool	4:30AM-9:30PM (Pool)	4:30AM-6:30PM (Pool) 7:15PM-9:30PM (Pool)	4:30AM-9:30PM (Pool)	4:30AM-6:30PM (Pool) 7:15PM-9:30PM (Pool)	4:30AM-8:30PM (Pool)	6:30AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
HIIT 30 Studio D	5:30AM-6:00AM (Group Fitness) <i>Amanda Z.</i>			5:30PM-6:00PM (Group Fitness) <i>Amanda Z.</i>			
CORE Studio D	6:00AM-6:30AM (Group Fitness) <i>Amanda Z.</i>						
Zumba® Fitness Studio A	8:30AM-9:15AM (Group Fitness) <i>Jamie B.</i>				8:30AM-9:30AM (Group Fitness) <i>Jamie B.</i>		
STRONG Nation® Studio D	8:30AM-9:15AM (Group Fitness) <i>Cassie G.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shallow End Only Family Pool	8:45AM-10:45AM (Pool) 5:30PM-6:15PM (Pool)	8:30AM-10:45AM (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)	
Water Works Family Pool	9:15AM-10:00AM (Group Fitness) <i>Jamie B.</i>			8:30AM-9:30AM (Group Fitness) <i>Catherine W.</i>		8:15AM-9:00AM (Group Fitness) <i>Catherine W.</i>	
Fun Fit Gym 1	9:30AM-11:00AM (Gym)	9:30AM-11:00AM (Gym)	9:30AM-11:00AM (Gym)	9:30AM-11:00AM (Gym)	9:30AM-11:00AM (Gym)		
Boomer Bootcamp Studio A	9:30AM-10:15AM (Group Fitness) <i>Cassie G.</i>				9:30AM-10:15AM (Group Fitness) <i>Cassie G.</i>		
VIRTUAL Boomer Bootcamp InStudio B	10:30AM-11:05AM (Group Fitness) <i>YMCA 3.</i>						
Muscle Pump Studio D	5:30PM-6:30PM (Group Fitness) <i>Rebekah B.</i>		6:45PM-7:45PM (Group Fitness) <i>Renae S.</i>				
Water Tabata Family Pool	5:30PM-6:15PM (Group Fitness) <i>Cassie G.</i>	8:30AM-9:30AM (Group Fitness) <i>Catherine W.</i>	8:30AM-9:15AM (Group Fitness) <i>Karen J.</i>		8:30AM-9:15AM (Group Fitness) <i>Karen J.</i>		
Zumba® Fitness Studio D	6:30PM-7:30PM (Group Fitness) <i>Lynnette H.</i>	8:30AM-9:15AM (Group Fitness) <i>Lynnette H.</i>	5:30PM-6:30PM (Group Fitness) <i>Jamie B.</i>		5:30AM-6:15AM (Group Fitness) <i>Cassie G.</i>		
Cycle 45 Studio C	6:30PM-7:15PM (Group Fitness) <i>Katrina D.</i>	6:00PM-6:45PM (Group Fitness) <i>Michaela M.</i>	6:00AM-6:45AM (Group Fitness) <i>Michaela M.</i> 9:15AM-10:00AM (Group Fitness) <i>Katrina D.</i>				
Y Box Studio D		5:30AM-6:00AM (Group Fitness) <i>Cassie G.</i>					
LIFT 30-UPPER Studio D		6:00AM-6:30AM (Group Fitness) <i>Cassie G.</i> 6:30PM-7:00PM (Group Fitness) <i>Amanda Z.</i>	9:30AM-10:00AM (Group Fitness) <i>Rebekah B.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LIFT 30-LOWER Studio D		9:30AM-10:00AM (Group Fitness) <i>Rebekah B.</i>		5:30AM-6:00AM (Group Fitness) <i>Cassie G.</i> 6:00PM-6:30PM (Group Fitness) <i>Amanda Z.</i>			
SilverSneakers® Yoga Studio A		9:30AM-10:30AM (Group Fitness) <i>Lynnette H.</i>					
VIRTUAL-Circuit InStudio B		12:15PM-12:45PM (Group Fitness) <i>Virtual I.</i>		12:15PM-12:45PM (Group Fitness) <i>Virtual I.</i>			
Pickleball Gym 2		1:00PM-3:00PM (Gym)		1:00PM-3:00PM (Gym)			
Barre Studio D		5:30PM-6:30PM (Group Fitness) <i>Rebekah B.</i>			8:30AM-9:30AM (Group Fitness) <i>Rebekah B.</i>		
4 Lanes Lap Pool		6:30PM-7:15PM (Pool)		6:30PM-7:15PM (Pool)			
VIRTUAL-Yoga InStudio B		6:30PM-7:15PM (Group Fitness) <i>Virtual I.</i>					
Flow Fusion Studio D			5:30AM-6:15AM (Group Fitness) <i>Laurel B.</i>			9:00AM-10:00AM (Group Fitness) <i>Laurel B.</i>	
Body Design Studio D			8:30AM-9:30AM (Group Fitness) <i>Rebekah B.</i>				
Boomer Cardio Dance Studio A			9:15AM-10:00AM (Group Fitness) <i>Rose J.</i>				
SilverSneakers® Classic Studio A			10:00AM-11:00AM (Group Fitness) <i>Catherine W.</i>				
VIRTUAL-Cycle InStudio C			6:30PM-7:15PM (Group Fitness) <i>YMCA 3.</i>				
Pilates Studio D				6:00AM-6:30AM (Group Fitness) <i>Cassie G.</i> 8:30AM-9:30AM (Group Fitness) <i>Cassie G.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba® Fitness Studio B				8:30AM-9:30AM (Group Fitness) <i>Lynnette H.</i>			
Silver Sneakers® Stability Studio B				9:45AM-10:15AM (Group Fitness) <i>Lynnette H.</i>			
Personal Training InStudio B					12:30PM-1:00PM (Group Fitness) <i>Katelyn W.</i>		



Ken Shannon Northwest YMCA | July 21st - July 27th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Play Northwest Outdoor Sports Complex	6:30AM-7:00PM (Pickleball)	6:30AM-7:00PM (Pickleball)	6:30AM-7:00PM (Pickleball)	6:30AM-7:00PM (Pickleball)	6:30AM-7:00PM (Pickleball)	6:30AM-7:00PM (Pickleball)	6:30AM-7:00PM (Pickleball)
Yoga 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>	2:00PM-3:00PM (Group Fitness) <i>Liz C.</i>
Shallow End Only Family Pool	8:00AM-8:45AM (Pool) 12:00PM-12:45PM (Pool)		8:00AM-8:45AM (Pool) 12:00PM-12:45PM (Pool)		8:00AM-8:45AM (Pool) 10:45AM-11:30AM (Pool)	12:00PM-12:30PM (Pool)	
Boomer Water Works Family Pool	8:00AM-8:45AM (Group Fitness) <i>Judith W.</i>				8:00AM-8:45AM (Group Fitness) <i>Judith W.</i>		
Beginner Yoga Studio F	8:30AM-9:30AM (Group Fitness) <i>Ginger J.</i> 6:45PM-7:45PM (Group Fitness) <i>Hideki F.</i>	12:00PM-1:00PM (Group Fitness) <i>Kimberly C.</i>	9:30AM-10:30AM (Group Fitness) <i>Kat S.</i> 12:00PM-1:00PM (Group Fitness) <i>Sarah W.</i>		8:30AM-9:30AM (Group Fitness) <i>Karen P.</i>		12:00PM-1:00PM (Group Fitness) <i>Linda A.</i>
Body Blitz Studio C	8:30AM-9:00AM (Group Fitness) <i>Tiffany F.</i>	5:00AM-6:00AM (Group Fitness) <i>Christal P.</i>					
Cycle 45 Cycle	8:45AM-9:30AM (Group Fitness) <i>Tabitha G.</i>	6:00PM-6:45PM (Group Fitness) <i>Angie R.</i>	8:45AM-9:30AM (Group Fitness) <i>Rachel J.</i>	5:30AM-6:15AM (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>	8:45AM-9:30AM (Group Fitness) <i>Megan O.</i>		
Fun Fit Gym 1	9:00AM-11:00AM (Gym)		9:00AM-11:00AM (Gym)		9:00AM-11:00AM (Gym)		
Step Studio C	9:00AM-9:30AM (Group Fitness) <i>Amanda M.</i>	7:45AM-8:30AM (Group Fitness) <i>Tiffany F.</i> 5:45PM-6:30PM (Group Fitness) <i>Tiffany F.</i>		5:00AM-6:00AM (Group Fitness) <i>Amanda M.</i> 7:45AM-8:30AM (Group Fitness) <i>Tiffany F.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT 45 Tumble	9:00AM-9:45AM (Group Fitness) <i>Rachel J.</i>						
Water Works Outdoor Pool	10:00AM-11:00AM (Group Fitness) <i>Jandee N.</i>		7:00PM-8:00PM (Group Fitness) <i>Jandee N.</i>				
Walk & Talk Lazy River	10:00AM-10:30AM (Group Fitness) <i>Jandee N.</i>		10:00AM-10:30AM (Group Fitness) <i>Jandee N.</i>		10:00AM-10:30AM (Group Fitness) <i>Jandee N.</i>		
Boomer Cardio Dance Studio F	10:30AM-11:15AM (Group Fitness) <i>YMCA V.</i>				10:30AM-11:15AM (Group Fitness) <i>Katelyn L.</i>		
SilverSneakers® Circuit Studio C	10:30AM-11:30AM (Group Fitness) <i>Sherry H.</i>		10:30AM-11:30AM (Group Fitness) <i>Judith W.</i>				
Pickleball - Open Play Gym 1	11:00AM-3:00PM (Gym)	8:00AM-12:00PM (Gym)	11:00AM-3:00PM (Gym)	8:00AM-12:00PM (Gym)	11:00AM-3:00PM (Gym)		4:00PM-7:00PM (Gym)
Water Walk Lazy River	11:00AM-11:30AM (Group Fitness) <i>Jandee N.</i> 8:00PM-8:30PM (Group Fitness) <i>Janese R.</i>	11:00AM-11:30AM (Group Fitness) <i>Jeannie S.</i>	11:00AM-11:30AM (Group Fitness) <i>Janese R.</i> 8:00PM-8:30PM (Group Fitness) <i>Jandee N.</i>	8:00PM-8:30PM (Group Fitness) <i>Sheila H.</i>	11:00AM-11:30AM (Group Fitness) <i>Jeannie S.</i>	11:00AM-11:30AM (Group Fitness) <i>Janese R.</i>	
Silver Sneakers® Stability Studio C	11:30AM-12:00PM (Group Fitness) <i>Sherry H.</i>		11:30AM-12:00PM (Group Fitness) <i>Judith W.</i>				
Boomer Water Walk Lazy River	11:30AM-12:00PM (Group Fitness) <i>Janice S.</i>		11:30AM-12:00PM (Group Fitness) <i>Rhonda S.</i>		11:30AM-12:00PM (Group Fitness) <i>Judith W.</i>		
Arthritis Water Exercise Family Pool	12:00PM-12:45PM (Group Fitness) <i>Janice S.</i>		12:00PM-12:45PM (Group Fitness) <i>Rhonda S.</i>		10:45AM-11:30AM (Group Fitness) <i>Judith W.</i>		
2 Lanes Lap Pool	5:00PM-8:30PM (Pool)	5:00PM-8:30PM (Pool)	5:00PM-8:30PM (Pool)	7:00AM-10:00AM (Pool) 5:00PM-8:30PM (Pool)	5:00PM-8:30PM (Pool)	6:30AM-9:30AM (Pool)	
Zumba® Fitness Studio C	5:30PM-6:30PM (Group Fitness) <i>Jandee N.</i>		6:30PM-7:30PM (Group Fitness) <i>Sydney L.</i>		9:30AM-10:30AM (Group Fitness) <i>Jandee N.</i>	10:00AM-11:00AM (Group Fitness) <i>Sydney L.</i>	
Private Event Gym 3	6:00PM-7:30PM (Gym)			6:00PM-7:30PM (Gym)			
Powerkick Studio F	6:00PM-6:45PM (Group Fitness) <i>Samantha K.</i>	9:15AM-10:00AM (Group Fitness) <i>Whitney H.</i>			9:30AM-10:15AM (Group Fitness) <i>Cam E.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydrobox Outdoor Pool	7:00PM-8:00PM (Group Fitness) <i>Janese R.</i>		10:00AM-11:00AM (Group Fitness) <i>Janese R.</i>				
VIRTUAL-CORE Studio F	8:45PM-9:15PM (Group Fitness) <i>YMCA360 V.</i>		8:00PM-8:45PM (Group Fitness) <i>YMCA360 V.</i>		5:00PM-5:45PM (Group Fitness) <i>YMCA360 V.</i>		
Cycle CORE Cycle		5:30AM-6:30AM (Group Fitness) <i>Lyndsey G.</i>					
Walk & Talk Club Northwest Outdoor Sports Complex Sidewalk		7:00AM-8:00AM (Group Fitness) <i>Jandee N.</i>	7:00AM-8:00AM (Group Fitness) <i>Jandee N.</i>	7:00AM-8:00AM (Group Fitness) <i>Jandee N.</i>			
Pop Up-Circuit Training with Shelby Northwest Outdoor Sports Complex		7:00AM-8:00AM (Group Fitness) <i>Shelby C.</i>					
Private Event Gym 2		8:00AM-11:30AM (Gym)	8:00AM-11:30AM (Gym)	8:00AM-11:30AM (Gym)			
Gentle Yoga Studio F		8:00AM-9:00AM (Group Fitness) <i>Sarah W.</i>		8:45AM-9:30AM (Group Fitness) <i>Stephanie M.</i>			
Bootcamp Northwest Outdoor Sports Complex		8:00AM-9:00AM (Group Fitness) <i>Jessica D.</i>					
Body Design Tumble		8:45AM-9:45AM (Group Fitness) <i>Heidi R.</i>					
Barre Fusion-Barre/HIIT Studio C		8:45AM-9:45AM (Group Fitness) <i>Janice S.</i>					
5 Lanes Lap Pool		9:00AM-10:00AM (Pool)					
Deep Water Lap Pool		9:00AM-10:00AM (Group Fitness) <i>Tabitha G.</i>					
LIFT 30-LOWER Studio C		9:45AM-10:15AM (Group Fitness) <i>Heidi R.</i>					
Water Tabata Outdoor Pool		10:00AM-11:00AM (Group Fitness) <i>Jeannie S.</i>		7:00PM-8:00PM (Group Fitness) <i>Sheila H.</i>	10:00AM-11:00AM (Group Fitness) <i>Jeannie S.</i>	10:00AM-11:00AM (Group Fitness) <i>Janese R.</i>	
SilverSneakers® Classic Studio C		10:30AM-11:30AM (Group Fitness) <i>Royce W.</i>		10:30AM-11:30AM (Group Fitness) <i>Royce W.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Y Box Studio C		6:30PM-7:30PM (Group Fitness) <i>Sandra B.</i>					
Pilates Studio F		7:00PM-8:00PM (Group Fitness) <i>Kat S.</i>					
Aqua Zumba® Outdoor Pool		7:00PM-8:00PM (Group Fitness) <i>Hideki F.</i>					
Family Water Walk Lazy River		7:00PM-7:45PM (Group Fitness) <i>Janice S.</i>					
Yoga Outdoor Pool Deck		8:15PM-9:00PM (Group Fitness) <i>Hideki F.</i>					
Cycle 60 Cycle			5:00AM-6:00AM (Group Fitness) <i>Christal P.</i>		5:00AM-6:00AM (Group Fitness) <i>Angie R.</i>	8:00AM-9:00AM (Group Fitness) <i>Janice S.</i>	
Boomer Water Tabata Family Pool			8:00AM-8:45AM (Group Fitness) <i>Judith W.</i>				
Beginner Step Studio C			8:00AM-8:30AM (Group Fitness) <i>Jeannie S.</i>				
Boomer Body Blitz Studio F			9:00AM-9:30AM (Group Fitness) <i>Marie W.</i>				
Boomer Cardio Dance Studio C			9:30AM-10:15AM (Group Fitness) <i>Marie W.</i>				
Flow Fusion Studio D			9:30AM-10:30AM (Group Fitness) <i>Sandra B.</i>				
Cardio Dance Studio F			10:30AM-11:30AM (Group Fitness) <i>Katelyn L.</i>				
Body Design Studio C				8:45AM-9:45AM (Group Fitness) <i>Sandra B.</i>			
Deep Water Outdoor Pool				9:00AM-10:00AM (Group Fitness) <i>Tabitha G.</i>			
LIFT 30-UPPER Studio C				9:45AM-10:15AM (Group Fitness) <i>Sandra B.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydro HIIT Outdoor Pool				10:00AM-11:00AM (Group Fitness) <i>Shelby C.</i>	7:00PM-8:00PM (Group Fitness) <i>Tabitha G.</i>		
CORE Studio F				10:15AM-10:45AM (Group Fitness) <i>Sandra B.</i>			
Stride & Slide Lazy River				11:00AM-11:30AM (Group Fitness) <i>Shelby C.</i>	8:00PM-8:30PM (Group Fitness) <i>Tabitha G.</i>		
Stretch & Roll Studio F				12:00PM-1:00PM (Group Fitness) <i>Shelby C.</i>			
Powerkick Studio C				6:00PM-6:45PM (Group Fitness) <i>Samantha K.</i>		9:00AM-10:00AM (Group Fitness) <i>Samantha K.</i>	
Chair Yoga Studio C					10:30AM-11:30AM (Group Fitness) <i>Kimberly C.</i>		
VIRTUAL-Pilates Studio F					12:00PM-1:00PM (Group Fitness) <i>YMCA360 V.</i>		
HIIT 60 Studio F						8:00AM-9:00AM (Group Fitness) <i>Linda A.</i>	
7 Lanes Lap Pool						9:30AM-12:00PM (Pool)	
Flow Fusion Studio F							1:00PM-2:00PM (Group Fitness) <i>Sandra B.</i>
Pop Up-Zumba® Fitness K-Pop Style Studio C							2:00PM-3:00PM (Group Fitness) <i>Sydney L.</i>



Richard A. Devore South YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym 1	4:30AM-6:45AM (Gym) 6:00PM-10:00PM (Gym)	4:30AM-6:45AM (Gym) 6:00PM-10:00PM (Gym)	4:30AM-6:45AM (Gym) 6:00PM-10:00PM (Gym)	4:30AM-6:45AM (Gym) 6:00PM-10:00PM (Gym)	4:30AM-6:45AM (Gym) 6:00PM-9:00PM (Gym)	6:30AM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
Open Gym Gym 2	4:30AM-10:00AM (Gym) 11:00AM-10:00PM (Gym)	4:30AM-10:00AM (Gym) 11:00AM-10:00PM (Gym)	4:30AM-10:00AM (Gym) 11:00AM-10:00PM (Gym)	4:30AM-10:00AM (Gym) 11:00AM-10:00PM (Gym)	4:30AM-10:00AM (Gym) 11:00AM-9:00PM (Gym)	6:30AM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
Open Swim Family Pool	4:30AM-5:15AM (Pool) 6:00AM-8:15AM (Pool) 1:15PM-5:00PM (Pool) 7:00PM-9:30PM (Pool)	4:30AM-5:15AM (Pool) 6:00AM-9:00AM (Pool) 1:15PM-5:00PM (Pool) 7:00PM-9:30PM (Pool)	4:30AM-5:15AM (Pool) 6:00AM-8:15AM (Pool) 1:15PM-5:00PM (Pool) 5:45PM-9:30PM (Pool)	4:30AM-5:15AM (Pool) 6:00AM-8:00AM (Pool) 1:15PM-5:00PM (Pool) 8:00PM-9:30PM (Pool)	4:30AM-8:00AM (Pool) 12:30PM-8:30PM (Pool)	6:30AM-9:00AM (Pool) 11:45AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
Water Tabata Family Pool	5:15AM-6:00AM (Group Fitness) <i>Michelle G.</i> 8:15AM-9:00AM (Group Fitness) <i>Shelly D.</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>Shelly D.</i>		
Arthritis Water Exercise Family Pool	9:00AM-10:00AM (Group Fitness) <i>Shelly D.</i> 11:30AM-12:30PM (Group Fitness) <i>Shelly D.</i>	11:30AM-12:30PM (Group Fitness) <i>Shelly D.</i>	9:00AM-10:00AM (Group Fitness) <i>Lindsey M.</i> 11:30AM-12:30PM (Group Fitness) <i>Shelly D.</i>	11:30AM-12:30PM (Group Fitness) <i>Shelly D.</i>	9:00AM-10:00AM (Group Fitness) <i>Lindsey M.</i> 11:30AM-12:30PM (Group Fitness) <i>Shelly D.</i>		
LIFT 30-UPPER Studio D	9:30AM-10:00AM (Group Fitness) <i>Lainie R.</i>						
Fun Fit Gym 2	10:00AM-11:00AM (Gym)	10:00AM-11:00AM (Gym)	10:00AM-11:00AM (Gym)	10:00AM-11:00AM (Gym)	10:00AM-11:00AM (Gym)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Tabata Outdoor Pool	10:00AM-10:45AM (Group Fitness) <i>Holly W.</i> 7:15PM-7:45PM (Group Fitness) <i>Shelly D.</i>		10:00AM-10:45AM (Group Fitness) <i>Shelly D.</i> 7:15PM-7:45PM (Group Fitness) <i>Shelly D.</i>				
CORE Studio D	10:00AM-10:30AM (Group Fitness) <i>Lainie R.</i>						
Water Works Family Pool	10:30AM-11:15AM (Group Fitness) <i>Shelly D.</i>		8:15AM-9:00AM (Group Fitness) <i>Lindsey M.</i>				
SilverSneakers® Yoga Studio A	10:30AM-11:30AM (Group Fitness) <i>Connie R.</i>		10:45AM-11:30AM (Group Fitness) <i>Connie R.</i>				
Water Walk Outdoor Pool	10:45AM-11:30AM (Group Fitness) <i>Holly W.</i> 7:45PM-8:30PM (Group Fitness) <i>Shelly D.</i>	10:45AM-11:30AM (Group Fitness) <i>Shelly D.</i>	10:45AM-11:30AM (Group Fitness) <i>Shelly D.</i> 7:45PM-8:30PM (Group Fitness) <i>Shelly D.</i>	10:45AM-11:30AM (Group Fitness) <i>Shelly D.</i>	10:45AM-11:30AM (Group Fitness) <i>Holly W.</i>		
LIVESTREAM-Silver Circuit Studio D	10:45AM-11:20AM (Group Fitness) <i>YMCA360 V.</i>						2:00PM-2:45PM (Group Fitness) <i>YMCA360 V.</i>
Walk & Talk Outdoor Pool	11:30AM-12:00PM (Group Fitness) <i>YMCA S.</i>	11:30AM-12:00PM (Group Fitness) <i>YMCA S.</i> 8:00PM-8:30PM (Group Fitness) <i>YMCA S.</i>	11:30AM-12:00PM (Group Fitness) <i>YMCA S.</i>	11:30AM-12:00PM (Group Fitness) <i>YMCA S.</i> 8:00PM-8:30PM (Group Fitness) <i>YMCA S.</i>	7:15PM-7:45PM (Group Fitness) <i>YMCA S.</i>	10:30AM-11:30AM (Group Fitness) <i>YMCA S.</i>	
Shallow End Only Family Pool	12:30PM-1:15PM (Pool)	10:00AM-11:30AM (Pool) 12:30PM-1:15PM (Pool) 5:00PM-6:00PM (Pool)	12:30PM-1:15PM (Pool) 5:00PM-5:45PM (Pool)	10:00AM-11:30AM (Pool) 12:30PM-1:15PM (Pool) 5:00PM-6:00PM (Pool)			
Body Blitz Studio C	5:00PM-5:45PM (Group Fitness) <i>Rachael B.</i>				5:15AM-6:00AM (Group Fitness) <i>Valerie L.</i>		
Step Studio C	5:45PM-6:30PM (Group Fitness) <i>Rachael B.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba® Fitness 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> 6:15PM-7:15PM (Group Fitness) <i>Holly W.</i>	10:30AM-11:30AM (Group Fitness) <i>Rafaela R.</i>	11:00AM-12:00PM (Group Fitness) <i>Melissa W.</i>	
LIFT 30-LOWER Studio C		5:15AM-5:45AM (Group Fitness) <i>Philip L.</i>	10:00AM-10:30AM (Group Fitness) <i>Lainie R.</i>				
Aqua Body Design Family Pool		5:15AM-6:00AM (Group Fitness) <i>Michelle G.</i>					
Deep Water Lap Pool		8:00AM-8:45AM (Group Fitness) <i>Shelly D.</i>		8:00AM-8:45AM (Group Fitness) <i>Shelly D.</i>			
Cycle CORE Studio D		8:30AM-9:15AM (Group Fitness) <i>Heidi H.</i>					
SilverSneakers® Splash Family Pool		9:00AM-10:00AM (Group Fitness) <i>Shelly D.</i>		9:00AM-10:00AM (Group Fitness) <i>Shelly D.</i>			
Body Design Studio C		9:15AM-10:15AM (Group Fitness) <i>Heidi H.</i>					
VIRTUAL-Beginner Yoga Studio D		9:15AM-10:00AM (Group Fitness) <i>InStudio</i>					
Stride & Slide Outdoor Pool		9:30AM-10:00AM (Group Fitness) <i>Brandon R.</i>		9:30AM-10:00AM (Group Fitness) <i>Brandon R.</i>			
Water Works Outdoor Pool		10:00AM-10:45AM (Group Fitness) <i>Shelly D.</i>		10:00AM-10:45AM (Group Fitness) <i>Shelly D.</i>			
SilverSneakers® Classic Studio A		10:30AM-11:30AM (Group Fitness) <i>Cassey B.</i>		10:30AM-11:30AM (Group Fitness) <i>Susan K.</i>			
Muscle Pump Studio C		5:15PM-6:00PM (Group Fitness) <i>Lainie R.</i>		5:15PM-6:15PM (Group Fitness) <i>Holly W.</i>			1:00PM-2:00PM (Group Fitness) <i>Holly W.</i>
Cycle 45 Studio D		6:00PM-6:45PM (Group Fitness) <i>Lainie R.</i>		6:00PM-6:45PM (Group Fitness) <i>Jill E.</i>	6:15PM-7:00PM (Group Fitness) <i>Jescia S.</i>		
Aqua Zumba® Outdoor Pool		7:15PM-8:00PM (Group Fitness) <i>Melissa W.</i>		7:15PM-8:00PM (Group Fitness) <i>Brynden J.</i>			10:30AM-11:15AM (Group Fitness) <i>Melissa W.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FIERCE Studio C			5:15AM-6:00AM (Group Fitness) <i>Jill E.</i>				
Y Box Studio C			9:30AM-10:00AM (Group Fitness) <i>Lainie R.</i>				
SilverSneakers® Circuit Studio A			9:30AM-10:15AM (Group Fitness) <i>Susan K.</i>				
Silver Sneakers® Stability Studio A			10:15AM-10:45AM (Group Fitness) <i>Susan K.</i>				
Beginner Yoga Studio C			5:30PM-6:15PM (Group Fitness) <i>Hideki F.</i>				
STRONG 30® Studio D			6:00PM-6:30PM (Group Fitness) <i>Todd W.</i>				
Hydrobox Family Pool				5:15AM-6:00AM (Group Fitness) <i>Michelle G.</i>			
Yoga Studio A				9:00AM-10:00AM (Group Fitness) <i>Rachael B.</i>			
HIIT 45 Studio D				9:00AM-9:45AM (Group Fitness) <i>Heidi H.</i>			
Barre Fusion Studio C				9:45AM-10:30AM (Group Fitness) <i>Heidi H.</i>			
LIVESTREAM-Yoga Fusion Studio D				7:00PM-7:40PM (Group Fitness) <i>YMCA360 V.</i>			
LIVESTREAM-Barre Studio D				8:00PM-8:45PM (Group Fitness) <i>YMCA360 V.</i>			
Hydro HIIT Family Pool					8:15AM-9:00AM (Group Fitness) <i>Lindsey M.</i>		
Hydrobox Outdoor Pool					10:00AM-10:45AM (Group Fitness) <i>Holly W.</i>		
LIVESTREAM-Vinyasa Yoga Studio D					12:00PM-12:45PM (Group Fitness) <i>YMCA360 V.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LIVESTREAM-Bootcamp Studio D					5:30PM-6:15PM (Group Fitness) <i>YMCA360 V.</i>		
LIVESTREAM-Yoga Studio D						12:00PM-12:45PM (Group Fitness) <i>YMCA360 V.</i>	
3 Lanes Lap Pool							6:30AM-6:30PM (Pool)
CORE Studio C							2:00PM-2:30PM (Group Fitness) <i>Holly W.</i>



East YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym West	4:30AM-1:00PM (Gym) 3:00PM-10:00PM (Gym)	4:30AM-10:00PM (Gym)	4:30AM-5:00PM (Gym) 8:00PM-10:00PM (Gym)	4:30AM-10:00PM (Gym)	4:30AM-8:00AM (Gym) 10:00AM-9:00PM (Gym)	6:30AM-8:00AM (Gym) 12:00PM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
Open Gym Gym East	4:30AM-1:00PM (Gym) 3:00PM-10:00PM (Gym)	4:30AM-10:00PM (Gym)	4:30AM-5:00PM (Gym) 8:00PM-10:00PM (Gym)	4:30AM-10:00PM (Gym)	4:30AM-8:00AM (Gym) 10:00AM-9:00PM (Gym)	6:30AM-8:00AM (Gym) 12:00PM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
Open Swim Family Pool	4:30AM-9:00AM (Pool) 10:45AM-4:30PM (Pool) 7:15PM-9:30PM (Pool)	4:30AM-9:00AM (Pool) 10:45AM-9:30PM (Pool)	4:30AM-9:00AM (Pool) 10:45AM-9:30PM (Pool)	4:30AM-9:00AM (Pool) 10:45AM-4:30PM (Pool) 7:15PM-9:30PM (Pool)	4:30AM-9:45AM (Pool) 11:15AM-8:30PM (Pool)	6:30AM-8:30AM (Pool) 11:15AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
4 Lanes Lap Pool	4:30AM-5:30PM (Pool) 6:15PM-9:30PM (Pool)	4:30AM-9:30PM (Pool)	4:30AM-5:30PM (Pool) 6:30PM-9:30PM (Pool)	4:30AM-9:30PM (Pool)	4:30AM-8:30PM (Pool)	6:30AM-8:30AM (Pool) 9:30AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
Cycle Circuit Studio C	5:30AM-6:30AM (Group Fitness) <i>Kamri P.</i>			8:30AM-9:30AM (Group Fitness) <i>Alyssa C.</i>	5:30AM-6:30AM (Group Fitness) <i>Kamri P.</i>		
Boomer Body Blitz Studio B	8:15AM-9:00AM (Group Fitness) <i>Anne D.</i>						
Shallow End Only Family Pool	9:00AM-10:45AM (Pool) 4:30PM-7:15PM (Pool)	9:00AM-10:45AM (Pool)	9:00AM-10:45AM (Pool)	9:00AM-10:45AM (Pool) 4:30PM-7:15PM (Pool)	9:45AM-11:15AM (Pool)	8:30AM-11:15AM (Pool)	
Muscle Pump 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>			9:30AM-10:15AM (Group Fitness) <i>Stephanie N.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner Yoga Studio A	9:00AM-10:00AM (Group Fitness) <i>Molly V.</i>						
Cycle 45 Studio C	9:15AM-10:00AM (Group Fitness) <i>Katie E.</i>	5:30AM-6:15AM (Group Fitness) <i>Jescia S.</i>		6:15PM-7:00PM (Group Fitness) <i>Chawntel W.</i>	9:15AM-10:00AM (Group Fitness) <i>Brenda S.</i>	8:15AM-9:00AM (Group Fitness) <i>Anne D.</i>	
	5:30PM-6:15PM (Group Fitness) <i>Toni T.</i>	9:15AM-10:00AM (Group Fitness) <i>Brenda S.</i>					
Boomer Cardio Dance 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>		
SilverSneakers® Classic 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>		
LIFT 30-UPPER Studio B	4:30PM-5:00PM (Group Fitness) <i>Toni T.</i>	9:00AM-9:30AM (Group Fitness) <i>Alyssa C.</i>					
3 Lanes Lap Pool	5:30PM-6:15PM (Pool)		5:30PM-6:15PM (Pool)				
Zumba® Fitness Studio B	6:30PM-7:30PM (Group Fitness) <i>Aimee V.</i>			6:30PM-7:30PM (Group Fitness) <i>Aimee V.</i>			
Body Design Studio B		5:15AM-6:00AM (Group Fitness) <i>Sasha K.</i>		8:30AM-9:30AM (Group Fitness) <i>Mindy G.</i>			
Lower Body Blitz Studio B		8:30AM-9:00AM (Group Fitness) <i>Alyssa C.</i>					
Yoga Studio A		9:15AM-10:15AM (Group Fitness) <i>Molly V.</i>	9:00AM-10:00AM (Group Fitness) <i>Cori P.</i>	9:15AM-10:15AM (Group Fitness) <i>Molly V.</i>	9:00AM-10:00AM (Group Fitness) <i>Cori P.</i>		10:30AM-11:30AM (Group Fitness) <i>Charyl D.</i>
		5:30PM-6:30PM (Group Fitness) <i>Karma D.</i>	5:30PM-6:30PM (Group Fitness) <i>Trisha W.</i>	5:30PM-6:30PM (Group Fitness) <i>Saovany C.</i>			
Pilates Studio B		9:30AM-10:00AM (Group Fitness) <i>Alyssa C.</i>					
SilverSneakers® Circuit Studio B		10:30AM-11:30AM (Group Fitness) <i>Mary B.</i>					
VIRTUAL-Chair Yoga Studio A		10:30AM-11:30AM (Group Fitness) <i>YMCA360 V.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Flow Fusion Studio B		5:30PM-6:00PM (Group Fitness) <i>Cam E.</i>					
Powerkick Studio B		6:00PM-6:45PM (Group Fitness) <i>Cam E.</i>					8:30AM-9:15AM (Group Fitness) <i>Cam E.</i>
Tai Chi Studio A		6:30PM-7:30PM (Group Fitness) <i>David L.</i>					
Body Blitz Studio B			5:30AM-6:15AM (Group Fitness) <i>Frances E.</i>				9:15AM-9:45AM (Group Fitness) <i>Cam E.</i>
Pop Up-Sunrise Yoga East Turf			6:00AM-6:45AM (Group Fitness) <i>Molly V.</i>				
Barre Fusion Studio B			8:15AM-9:00AM (Group Fitness) <i>Alyssa C.</i>				
SilverSneakers® Yoga Studio B				10:30AM-11:30AM (Group Fitness) <i>Toni T.</i>			
LIFT 30-LOWER Studio B				5:30PM-6:00PM (Group Fitness) <i>Julie M.</i>	9:00AM-9:30AM (Group Fitness) <i>Alyssa C.</i>		
Upper Body Blitz Studio B				6:00PM-6:30PM (Group Fitness) <i>Julie M.</i>	8:30AM-9:00AM (Group Fitness) <i>Brenda S.</i>		
Boomer Bootcamp Loft					10:00AM-10:45AM (Group Fitness) <i>Anne D.</i>		
2 Lanes Lap Pool						8:30AM-9:30AM (Pool)	
Water Works Lap Pool						8:30AM-9:30AM (Group Fitness) <i>Asa L.</i>	
Yoga Studio B						10:30AM-11:30AM (Group Fitness) <i>Stephanie N.</i>	



Robert D. Love Downtown YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym East	4:30AM-6:30AM (Gym) 1:30PM-3:45PM (Gym) 5:45PM-10:00PM (Gym)	4:30AM-6:30AM (Gym) 1:30PM-3:45PM (Gym) 5:45PM-10:00PM (Gym)	4:30AM-6:30AM (Gym) 1:30PM-3:45PM (Gym) 5:45PM-10:00PM (Gym)	4:30AM-6:30AM (Gym) 1:30PM-3:45PM (Gym) 5:45PM-10:00PM (Gym)	4:30AM-6:30AM (Gym) 1:30PM-3:45PM (Gym) 5:45PM-9:00PM (Gym)	6:30AM-7:00PM (Gym)	6:30AM-5:00PM (Gym)
Open Gym Gym West	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)
Open Swim Family Pool	4:30AM-10:00AM (Pool) 12:45PM-5:30PM (Pool) 7:00PM-9:00PM (Pool)	4:30AM-8:00AM (Pool) 11:00AM-5:30PM (Pool) 6:30PM-9:00PM (Pool)	4:30AM-10:00AM (Pool) 12:45PM-9:00PM (Pool)	4:30AM-8:00AM (Pool) 11:00AM-5:00PM (Pool) 7:00PM-9:00PM (Pool)	4:30AM-10:00AM (Pool) 10:45AM-5:30PM (Pool) 6:15PM-8:30PM (Pool)	6:30AM-10:00AM (Pool) 11:45AM-6:30PM (Pool)	6:30AM-3:00PM (Pool) 3:45PM-6:00PM (Pool)
8 Lanes Lap Pool	4:30AM-9:00PM (Pool)	4:30AM-9:00PM (Pool)	4:30AM-9:30PM (Pool)	4:30AM-9:00PM (Pool)	4:30AM-8:00PM (Pool)	6:30AM-6:30PM (Pool)	6:30AM-6:00PM (Pool)
Cycle 45 Studio C	5:15AM-6:00AM (Group Fitness) <i>Jill E.</i> 12:00PM-12:45PM (Group Fitness) <i>Monita M.</i>		7:00AM-7:45AM (Group Fitness) <i>Tamara C.</i> 12:00PM-12:45PM (Group Fitness) <i>Monita M.</i> 5:30PM-6:15PM (Group Fitness) <i>Jescia S.</i>	5:15AM-6:00AM (Group Fitness) <i>Jescia S.</i> 12:00PM-12:45PM (Group Fitness) <i>Valerie L.</i> 6:30PM-7:15PM (Group Fitness) <i>Tamara C.</i>		9:00AM-9:45AM (Group Fitness) <i>Monita M.</i>	1:30PM-2:15PM (Group Fitness) <i>Stephanie M.</i>
Body Blitz Studio A	6:00AM-6:45AM (Group Fitness) <i>Monita M.</i>						
Zumba® Fitness Studio A	9:15AM-10:15AM (Group Fitness) <i>Erica T.</i> 6:00PM-7:00PM (Group Fitness) <i>Sarah B.</i>	9:30AM-10:30AM (Group Fitness) <i>Erica T.</i> 6:30PM-7:30PM (Group Fitness) <i>Virginia P.</i>	10:00AM-10:45AM (Group Fitness) <i>Alisha M.</i> 7:15PM-8:00PM (Group Fitness) <i>Melissa W.</i>	9:15AM-10:00AM (Group Fitness) <i>Alisha M.</i> 6:30PM-7:30PM (Group Fitness) <i>Erica T.</i>	9:15AM-10:00AM (Group Fitness) <i>Erica T.</i> 5:30PM-6:30PM (Group Fitness) <i>Erica T.</i>	11:00AM-12:00PM (Group Fitness) <i>Rose J.</i>	12:30PM-1:30PM (Group Fitness) <i>Jessie S.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers® Classic Studio B	10:00AM-11:00AM (Group Fitness) <i>Collette B.</i>				10:00AM-11:00AM (Group Fitness) <i>Janice T.</i>		
Water Works 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>		10:00AM-10:45AM (Group Fitness) <i>Melanie J.</i>	10:00AM-10:45AM (Group Fitness) <i>Melanie J.</i>	
Bootcamp Studio A	10:15AM-11:15AM (Group Fitness) <i>Joanna W.</i>						
Pick Up Basketball 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)		
Pick Up Basketball 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)		
Gentle Yoga Studio B	11:00AM-12:00PM (Group Fitness) <i>Collette B.</i>				11:00AM-12:00PM (Group Fitness) <i>Janice T.</i>		
Hydro HIIT Family Pool	12:00PM-12:45PM (Group Fitness) <i>Margie B.</i>						
Lower Body Blitz Studio A	5:00PM-5:30PM (Group Fitness) <i>Valerie L.</i>						
Water Tabata Family Pool	5:30PM-6:15PM (Group Fitness) <i>Bethany J.</i>		12:00PM-12:45PM (Group Fitness) <i>Margie B.</i>		12:00PM-12:45PM (Group Fitness) <i>Jenny O.</i> 5:30PM-6:15PM (Group Fitness) <i>Sabrina H.</i>		3:00PM-3:45PM (Group Fitness) <i>Sabrina H.</i>
LIFT 30-UPPER Studio A	5:30PM-6:00PM (Group Fitness) <i>Valerie L.</i>	6:00AM-6:30AM (Group Fitness) <i>Monita M.</i>					
Yoga Studio B	5:30PM-6:30PM (Group Fitness) <i>Jescia S.</i>		9:00AM-10:00AM (Group Fitness) <i>Monica M.</i> 6:00PM-7:00PM (Group Fitness) <i>Liz C.</i>	7:30AM-8:30AM (Group Fitness) <i>Ginger J.</i> 5:30PM-6:30PM (Group Fitness) <i>Jescia S.</i>		10:00AM-11:00AM (Group Fitness) <i>Ginger J.</i>	8:30AM-9:30AM (Group Fitness) <i>Monica M.</i>
VIRTUAL-Cycle Studio C		5:30AM-6:15AM (Group Fitness) <i>YMCA360 V.</i>					
Barre Studio A		6:30AM-7:00AM (Group Fitness) <i>Monita M.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boomer Muscle Pump Studio B		9:30AM-10:15AM (Group Fitness) <i>Margie B.</i>					
Arthritis Water Exercise Family Pool		10:00AM-10:45AM (Group Fitness) <i>Melanie J.</i>		10:00AM-10:45AM (Group Fitness) <i>Melanie J.</i>			
Fun Fit Gym East		10:00AM-11:00AM (Group Fitness) <i>Abby S.</i>		10:00AM-11:00AM (Group Fitness) <i>Abby S.</i>			
Tai Chi Studio A		10:30AM-11:30AM (Group Fitness) <i>David L.</i>		10:30AM-11:30AM (Group Fitness) <i>David L.</i>			
Beginner Zumba® Fitness Studio A		11:30AM-12:15PM (Group Fitness) <i>Ere S.</i>					
VIRTUAL-Cycle HIIT Studio C		12:00PM-1:00PM (Group Fitness) <i>YMCA360 V.</i>			12:00PM-1:00PM (Group Fitness) <i>YMCA360 V.</i>		
Muscle Pump Studio A		5:30PM-6:30PM (Group Fitness) <i>Jescia S.</i>		5:30PM-6:30PM (Group Fitness) <i>Monita M.</i>	7:00AM-8:00AM (Group Fitness) <i>Tamara C.</i> 6:30PM-7:30PM (Group Fitness) <i>Frances E.</i>	10:00AM-11:00AM (Group Fitness) <i>Ramona G.</i>	11:30AM-12:30PM (Group Fitness) <i>Jessie S.</i>
Flow Fusion Studio B		5:30PM-6:30PM (Group Fitness) <i>Heather J.</i>					
STRONG Nation® Studio A			9:00AM-10:00AM (Group Fitness) <i>Diana M.</i>				
VIRTUAL-Muscle Pump Studio A			10:45AM-11:45AM (Group Fitness) <i>YMCA360 V.</i>				
LIFT 30-LOWER Studio A			5:30PM-6:00PM (Group Fitness) <i>Jessie S.</i>	6:00AM-6:30AM (Group Fitness) <i>Monita M.</i>			
Y Box Studio A			6:00PM-7:00PM (Group Fitness) <i>Monita M.</i>			9:00AM-9:45AM (Group Fitness) <i>Ramona G.</i>	
Pilates Studio A				6:30AM-7:00AM (Group Fitness) <i>Monita M.</i>			
VIRTUAL-Water Fitness In-Studio Water Fitness & Lobby				8:00AM-9:00AM (Group Fitness) <i>YMCA360 V.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner Yoga Studio B				8:30AM-9:30AM (Group Fitness) <i>Ginger J.</i>		9:00AM-10:00AM (Group Fitness) <i>Ginger J.</i>	
Shallow End Only Family Pool				9:00AM-10:15AM (Pool)			
VIRTUAL-LIFT 30 UPPPER Studio A				10:00AM-10:30AM (Group Fitness) <i>YMCA360 V.</i>			
Hydrobox Family Pool				5:30PM-6:15PM (Group Fitness) <i>Bethany J.</i>			
Cycle 30 Studio C					8:00AM-8:30AM (Group Fitness) <i>Tamara C.</i>		
VIRTUAL-LIFT 30 LOWER Studio A					10:00AM-10:30AM (Group Fitness) <i>YMCA360 V.</i>		
VIRTUAL-YBox Studio A					10:30AM-11:00AM (Group Fitness) <i>YMCA360 V.</i>		
Flow Fusion Studio A					11:00AM-12:00PM (Group Fitness) <i>Heather J.</i>		
Riverside Yoga EXPLORATION PLACE Wichita Foundation Amphitheater						7:00AM-8:00AM (Group Fitness) <i>Liz C.</i>	



Dennis Schoenebeck North YMCA | July 21st - July 27th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shallow End Only Family Pool	8:00AM-8:45AM (Pool)		8:00AM-8:45AM (Pool)		8:00AM-8:45AM (Pool) 11:00AM-11:45AM (Pool)		
Water Works Family Pool	8:00AM-8:45AM (Group Fitness) <i>Dana F.</i>		8:00AM-9:00AM (Group Fitness) <i>Dana F.</i>		8:00AM-8:45AM (Group Fitness) <i>Dana F.</i>		
Chair Yoga 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>	
Gentle Yoga Studio E	8:30AM-9:15AM (Group Fitness) <i>Judy E.</i>		8:30AM-9:15AM (Group Fitness) <i>Molly V.</i>				
Deep Water Dive Well	9:00AM-9:45AM (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>		
Zumba® Fitness Studio C	9:30AM-10:30AM (Group Fitness) <i>Rose J.</i>	9:30AM-10:30AM (Group Fitness) <i>Alisha M.</i>	9:45AM-10:45AM (Group Fitness) <i>Rafaela R.</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>	
	5:30PM-6:30PM (Group Fitness) <i>Alisha M.</i>	6:30PM-7:30PM (Group Fitness) <i>Sarah B.</i>	6:30PM-7:30PM (Group Fitness) <i>Sarah B.</i>				
Boomer Bootcamp Loft	9:45AM-10:30AM (Group Fitness) <i>Madison R.</i>		9:45AM-10:30AM (Group Fitness) <i>Zachary F.</i>				
Hydro HIIT Dive Well	9:45AM-10:30AM (Group Fitness) <i>Dana F.</i>			9:00AM-9:45AM (Group Fitness) <i>Jana B.</i>			
Water Works Wave Pool	10:30AM-11:15AM (Group Fitness) <i>Margie B.</i>						
Muscle Pump 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>	8:30AM-9:30AM (Group Fitness) <i>Tabitha G.</i>	
			4:30PM-5:30PM (Group Fitness) <i>Tabitha G.</i>				
Pilates Studio D	5:30PM-6:15PM (Group Fitness) <i>Dayla J.</i>						
Water Tabata Dive Well	7:15PM-8:00PM (Group Fitness) <i>Tammi R.</i>			10:00AM-10:45AM (Group Fitness) <i>Katie P.</i>	7:15PM-8:00PM (Group Fitness) <i>Ginger H.</i>	9:30AM-10:15AM (Group Fitness) <i>Holly W.</i>	11:00AM-11:45AM (Group Fitness) <i>Katie P.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Studio D	7:30PM-8:15PM (Group Fitness) <i>Ginger J.</i>					8:30AM-9:30AM (Group Fitness) <i>Susan P.</i>	
LIFT 30-LOWER Studio C		5:00AM-5:30AM (Group Fitness) <i>Bernadette G.</i>		4:30PM-5:00PM (Group Fitness) <i>Tabitha G.</i>			
Upper Body Blitz Studio C		5:30AM-6:00AM (Group Fitness) <i>Bernadette G.</i>		5:00PM-5:30PM (Group Fitness) <i>Tabitha G.</i>			
Hydrobox Dive Well		9:00AM-9:45AM (Group Fitness) <i>Holly W.</i>					
Yoga Studio A		9:15AM-10:15AM (Group Fitness) <i>Charyl D.</i>	12:00PM-1:00PM (Group Fitness) <i>Karma D.</i>	9:15AM-10:15AM (Group Fitness) <i>Charyl D.</i>			
Wave Running Wave Pool		10:00AM-10:45AM (Group Fitness) <i>Holly W.</i> 7:15PM-8:00PM (Group Fitness) <i>Beverly A.</i>		11:00AM-11:45AM (Group Fitness) <i>Katie P.</i>		10:30AM-11:15AM (Group Fitness) <i>Holly W.</i>	
Gentle Yoga Studio A		10:30AM-11:30AM (Group Fitness) <i>Marty H.</i>		10:30AM-11:30AM (Group Fitness) <i>Marty H.</i>			
Stride & Tides Wave Pool		11:00AM-11:30AM (Group Fitness) <i>Katie P.</i>		7:15PM-8:00PM (Group Fitness) <i>Jackie S.</i>			
LIFT 30-LOWER Loft		11:30AM-12:00PM (Group Fitness) <i>Zachary F.</i>					
Silver Sneakers® Stability Studio C		11:45AM-12:30PM (Group Fitness) <i>Gail B.</i>			11:45AM-12:30PM (Group Fitness) <i>Gail B.</i>		
Pickleball Gym B		1:00PM-3:00PM (Gym)		1:00PM-3:00PM (Gym)	1:00PM-3:00PM (Gym)		
Pickleball Gym A		1:00PM-3:00PM (Gym)		1:00PM-3:00PM (Gym)			
LIFT 30-UPPER Studio C		4:30PM-5:00PM (Group Fitness) <i>Tabitha G.</i>			5:00AM-5:30AM (Group Fitness) <i>Bernadette G.</i>		
CORE Studio C		5:00PM-5:30PM (Group Fitness) <i>Tabitha G.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner Yoga Studio D		5:30PM-6:30PM (Group Fitness) <i>Susan P.</i>				10:00AM-11:00AM (Group Fitness) <i>Cristy P.</i>	
Barre Studio C			9:00AM-9:45AM (Group Fitness) <i>Katie P.</i>		9:00AM-9:45AM (Group Fitness) <i>Katie P.</i>		
Water Works Dive Well			10:00AM-10:45AM (Group Fitness) <i>Beverly A.</i>				
Water Tabata Family Pool			11:00AM-11:45AM (Group Fitness) <i>Katie P.</i>				
1 Lane Lap Pool			6:00PM-7:00PM (Pool)		9:00AM-10:00AM (Pool)	10:00AM-11:00AM (Pool)	
Aqua Zumba® Dive Well			7:15PM-8:00PM (Group Fitness) <i>Jess M.</i>				
VIRTUAL-Flow Fusion Studio D				5:15AM-6:15AM (Group Fitness) <i>YMCA 3.</i>			
Boomer Cardio Dance Studio C				9:00AM-9:45AM (Group Fitness) <i>Ramona G.</i>			
Beginner Step Studio C				9:45AM-10:30AM (Group Fitness) <i>Briana N.</i>			
LIFT 30-UPPER Loft				11:30AM-12:00PM (Group Fitness) <i>Zachary F.</i>			
Bootcamp Loft				5:30PM-6:15PM (Group Fitness) <i>Zachary F.</i>		9:30AM-10:15AM (Group Fitness) <i>Zachary F.</i>	
FIERCE Studio C					5:30AM-6:00AM (Group Fitness) <i>Bernadette G.</i>		
VIRTUAL-Pilates Studio D					8:30AM-9:30AM (Group Fitness) <i>YMCA 3.</i>		
Boomer Body Blitz Studio C					9:45AM-10:30AM (Group Fitness) <i>Katie P.</i>		
Gentle Yoga Studio D					10:30AM-11:30AM (Group Fitness) <i>Gail B.</i>		12:30PM-1:30PM (Group Fitness) <i>Cristy P.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydro HIIT Family Pool					11:00AM-11:45AM (Group Fitness) <i>Jana B.</i>		
Sunrise Yoga Pool Deck							7:30AM-8:30AM (Group Fitness) <i>Karma D.</i>



El Dorado YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 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)
Open Gym Gym 2	4:30AM-9:00AM (Gym)				4:30AM-9:00PM (Gym)	6:30AM-8:00AM (Gym)	6:30AM-7:00PM (Gym)
3 Lanes Lap Pool	4:30AM-8:30AM (Pool) 10:45AM-6:45PM (Pool) 7:45PM-9:30PM (Pool)	4:30AM-8:00AM (Pool) 10:45AM-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)
Open Swim Family 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) 11:45AM-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)
Pick Up Basketball Gym 3	6:00AM-8:00AM (Gym)		6:00AM-8:00AM (Gym)		6:00AM-8:00AM (Gym)		
Pickleball Gym 2	9:00AM-11:00AM (Gym)						
Muscle Pump Studio B	9:00AM-10:00AM (Group Fitness) <i>April J.</i>						
Yoga Studio A	9:00AM-10:00AM (Group Fitness) <i>Laela H.</i> 5:15PM-6:15PM (Group Fitness) <i>Janice T.</i>	9:00AM-10:00AM (Group Fitness) <i>Janice T.</i>	6:15PM-7:15PM (Group Fitness) <i>Laela H.</i>	9:00AM-10:00AM (Group Fitness) <i>Janice T.</i>			
Aqua Body Design Lap Pool	10:00AM-11:00AM (Group Fitness) <i>Alexandria E.</i>			9:00AM-10:00AM (Group Fitness) <i>Alexandria E.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretch & Roll Studio A	10:00AM-10:45AM (Group Fitness) <i>Laela H.</i>		5:30PM-6:15PM (Group Fitness) <i>Laela H.</i>				
Silver Sneakers® Stability Studio B	10:00AM-10:45AM (Group Fitness) <i>Julie W.</i>			10:15AM-11:00AM (Group Fitness) <i>Julie W.</i>			
Water Tabata 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>			
Arthritis Water Exercise Family Pool		8:00AM-8:45AM (Group Fitness) <i>Alexandria E.</i>		8:00AM-8:45AM (Group Fitness) <i>Alexandria E.</i>			
Bootcamp Gym 1		9:00AM-10:00AM (Group Fitness) <i>Kera B.</i>	6:00PM-7:00PM (Group Fitness) <i>Dakota C.</i>				
Hydro HIIT Lap Pool		9:00AM-10:00AM (Group Fitness) <i>Alexandria E.</i>				10:00AM-11:00AM (Group Fitness) <i>Alexandria E.</i>	
Pilates Studio A		10:00AM-11:00AM (Group Fitness) <i>Janice T.</i>		10:00AM-11:00AM (Group Fitness) <i>Janice T.</i>			
SilverSneakers® Circuit Studio B		10:00AM-11:00AM (Group Fitness) <i>Collette B.</i>					
Chair Yoga Studio B		11:00AM-12:00PM (Group Fitness) <i>Collette B.</i>					
Cycle 30 Studio B			5:45AM-6:15AM (Group Fitness) <i>Haylee M.</i>				
Body Design Studio A			9:00AM-10:00AM (Group Fitness) <i>April J.</i>				
Water Works Lap Pool			10:00AM-10:45AM (Group Fitness) <i>Alexandria E.</i>				
LIFT 30-UPPER Studio B			10:00AM-10:30AM (Group Fitness) <i>Dakota C.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Dance Studio B			10:30AM-11:00AM (Group Fitness) <i>Dakota C.</i>		10:30AM-11:00AM (Group Fitness) <i>Dakota C.</i> 6:00PM-6:30PM (Group Fitness) <i>Dakota C.</i>		
SilverSneakers® Classic Studio B				9:00AM-10:00AM (Group Fitness) <i>Julie W.</i>			
Pilates Studio B					9:00AM-10:00AM (Group Fitness) <i>Kera B.</i>		
Cycle Circuit Studio A					9:00AM-9:45AM (Group Fitness) <i>April J.</i>		
Water Bootcamp Lap Pool					10:00AM-11:00AM (Group Fitness) <i>April J.</i>		
LIFT 30-LOWER Studio B					10:00AM-10:30AM (Group Fitness) <i>Dakota C.</i>		
VIRTUAL-Beginner Yoga Gym 1						9:00AM-9:30AM (Group Fitness) <i>YMCA360</i>	



Dr. Jim Farha Andover YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Family Pool	4:30AM-5:00PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-5:30PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-9:00AM (Pool) 10:00AM-5:30PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-5:30PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-9:30PM (Pool)	6:30AM-9:00AM (Pool) 1:00PM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
8 Lanes Lap Pool	4:30AM-7:00AM (Pool) 9:00AM-4:00PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-7:00AM (Pool) 9:00AM-4:00PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-7:00AM (Pool) 9:30AM-4:00PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-7:00AM (Pool) 9:30AM-4:00PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-7:00AM (Pool) 9:00AM-6:30PM (Pool) 7:30PM-8:30PM (Pool)	6:30AM-7:00AM (Pool) 10:00AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
Private Event Court 3	6:00AM-6:00PM (Gym)	6:00AM-6:00PM (Gym)	6:00AM-6:00PM (Gym)	6:00AM-6:00PM (Gym)	6:00AM-6:00PM (Gym)		
5 Lanes Lap Pool	7:00AM-9:00AM (Pool) 4:00PM-7:30PM (Pool)	4:00PM-7:30PM (Pool)	7:00AM-9:30AM (Pool) 4:00PM-7:30PM (Pool)	7:00AM-9:00AM (Pool) 4:00PM-7:30PM (Pool)	7:00AM-9:00AM (Pool) 6:30PM-7:30PM (Pool)	7:00AM-10:00AM (Pool)	
Step Studio B	8:30AM-9:00AM (Group Fitness) <i>Kristen D.</i> 5:30PM-6:15PM (Group Fitness) <i>Kristen D.</i>						
Advanced Water Walk Andover Water Park Lazy River	8:30AM-9:30AM (Group Fitness) <i>Jackie S.</i>					8:30AM-9:15AM (Group Fitness) <i>Brandi B.</i>	
Beginner Cardio Dance Studio A	8:45AM-9:15AM (Group Fitness) <i>Shana C.</i>				8:30AM-9:15AM (Group Fitness) <i>Shana C.</i>		
LIFT 30-UPPER Studio B	9:00AM-9:30AM (Group Fitness) <i>Kristen D.</i>	10:30AM-11:00AM (Group Fitness) <i>Stephanie S.</i>					
Cardio Dance Studio B	9:30AM-10:15AM (Group Fitness) <i>Shana C.</i>		12:00PM-12:45PM (Group Fitness) <i>Stacy M.</i>		9:30AM-10:30AM (Group Fitness) <i>Amanda C.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gentle Yoga Studio A	9:30AM-10:30AM (Group Fitness) <i>Gail B.</i>						
CORE Studio C	9:30AM-10:00AM (Group Fitness) <i>Kristen D.</i>		9:30AM-10:00AM (Group Fitness) <i>Stephanie S.</i>				
Boomer Water Walk Andover Water Park Lazy River	9:30AM-10:30AM (Group Fitness) <i>Jackie S.</i>			10:00AM-10:45AM (Group Fitness) <i>Jackie S.</i>	9:30AM-10:15AM (Group Fitness) <i>Kristen D.</i>		
Muscle Pump Studio B	10:30AM-11:30AM (Group Fitness) <i>Sherri P.</i> 4:30PM-5:30PM (Group Fitness) <i>Valerie J.</i>		10:30AM-11:30AM (Group Fitness) <i>Madeline W.</i>	4:30PM-5:30PM (Group Fitness) <i>Valerie J.</i>	8:30AM-9:30AM (Group Fitness) <i>Rachel B.</i>		
Chair Yoga Studio A	10:30AM-11:30AM (Group Fitness) <i>Gail B.</i>		10:30AM-11:30AM (Group Fitness) <i>Gail B.</i>				
Silver Sneakers® Stability Studio A	11:30AM-12:15PM (Group Fitness) <i>Gail B.</i>		11:30AM-12:15PM (Group Fitness) <i>Gail B.</i>				
Pickleball - Open Play Court 1	1:00PM-3:00PM (Gym)	1:00PM-3:00PM (Gym)	1:00PM-3:00PM (Gym)	1:00PM-3:00PM (Gym)			
Yoga Studio C	4:30PM-5:15PM (Group Fitness) <i>Sherrie H.</i>	5:30PM-6:30PM (Group Fitness) <i>Sherrie H.</i>		10:00AM-11:00AM (Group Fitness) <i>Lisa C.</i>	9:00AM-10:00AM (Group Fitness) <i>Molly V.</i>		12:00PM-1:00PM (Group Fitness) <i>Claire R.</i>
Beginner Yoga Studio C	5:30PM-6:30PM (Group Fitness) <i>Sherrie H.</i>			5:30PM-6:30PM (Group Fitness) <i>Ashley S.</i>			
Zumba® Fitness 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>	
Water Walk Andover Water Park Lazy River	7:00PM-7:45PM (Group Fitness) <i>Jackie S.</i>	10:00AM-10:30AM (Group Fitness) <i>Kristen D.</i>	9:00AM-9:30AM (Group Fitness) <i>Kristen D.</i> 7:00PM-7:45PM (Group Fitness) <i>Jackie S.</i>	9:15AM-10:00AM (Group Fitness) <i>Jackie S.</i> 7:30PM-8:00PM (Group Fitness) <i>Tammi R.</i>	8:30AM-9:15AM (Group Fitness) <i>Stephanie B.</i>	9:15AM-10:00AM (Group Fitness) <i>Brandi B.</i>	
Walk & Talk Andover Water Park Lazy River	7:45PM-8:15PM (Group Fitness) <i>Jackie S.</i>		9:30AM-10:00AM (Group Fitness) <i>Kristen D.</i> 7:45PM-8:15PM (Group Fitness) <i>Jackie S.</i>		10:30AM-11:00AM (Group Fitness) <i>Stephanie S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 30 Cycle		8:30AM-9:00AM (Group Fitness) <i>Kay S.</i>					
Body Design Studio B		8:30AM-9:30AM (Group Fitness) <i>Jennifer B.</i> 5:30PM-6:30PM (Group Fitness) <i>Stephanie S.</i>	8:30AM-9:30AM (Group Fitness) <i>Jennifer B.</i> 5:30PM-6:30PM (Group Fitness) <i>Jennifer B.</i>			8:30AM-9:30AM (Group Fitness) <i>Mindy G.</i>	
Hydro HIIT Andover Waterpark - Main		9:00AM-10:00AM (Group Fitness) <i>April J.</i> 7:30PM-8:00PM (Group Fitness) <i>Jennifer B.</i>		8:30AM-9:15AM (Group Fitness) <i>Jackie S.</i> 7:30PM-8:00PM (Group Fitness) <i>Mandy H.</i>	9:30AM-10:15AM (Group Fitness) <i>Stephanie B.</i>	9:00AM-10:00AM (Group Fitness) <i>April J.</i>	
Cycle 45 Cycle		9:15AM-10:00AM (Group Fitness) <i>Kelsey F.</i>		9:15AM-10:00AM (Group Fitness) <i>Kelsey F.</i>		9:15AM-10:00AM (Group Fitness) <i>Toni T.</i>	9:00AM-9:45AM (Group Fitness) <i>Tina Y.</i>
Stretch & Roll Studio A		9:15AM-10:00AM (Group Fitness) <i>Kay S.</i>					
Boomer Bootcamp LOFT		10:00AM-10:45AM (Group Fitness) <i>Jennifer B.</i>			11:00AM-12:00PM (Group Fitness) <i>Amanda S.</i>		
Barre Fusion- Barre/Pilates Studio A		10:00AM-11:00AM (Group Fitness) <i>Kay S.</i>			10:30AM-11:15AM (Group Fitness) <i>Kay S.</i>		
Stride & Slide Andover Water Park Lazy River		10:30AM-11:00AM (Group Fitness) <i>Kristen D.</i> 7:00PM-7:30PM (Group Fitness) <i>Jennifer B.</i> 7:30PM-8:00PM (Group Fitness) <i>Jackie S.</i>	10:30AM-11:00AM (Group Fitness) <i>Kristen D.</i>	7:00PM-7:30PM (Group Fitness) <i>Mandy H.</i>		10:00AM-10:30AM (Group Fitness) <i>April J.</i>	
SilverSneakers® Classic Studio A		11:00AM-12:00PM (Group Fitness) <i>Maria B.</i>		11:00AM-11:45AM (Group Fitness) <i>Maria B.</i>			
Lower Body Blitz Studio B		11:00AM-11:30AM (Group Fitness) <i>Stephanie S.</i>					
Private Event Studio A		5:15PM-6:00PM (Group Fitness) <i>Stephanie S.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Tabata Andover Waterpark - Main		7:00PM-7:30PM (Group Fitness) <i>Jackie S.</i>	8:30AM-9:00AM (Group Fitness) <i>Kristen D.</i>	7:00PM-7:30PM (Group Fitness) <i>Tammi R.</i>			
Private Event Studio C		7:00PM-7:30PM (Group Fitness) <i>Stephanie S.</i>					
Cycle 60 Cycle			9:15AM-10:15AM (Group Fitness) <i>Mindy G.</i>				
LIFT 30-LOWER Studio B			9:30AM-10:00AM (Group Fitness) <i>Jennifer B.</i>	10:30AM-11:00AM (Group Fitness) <i>Stephanie S.</i>			
Upper Body Blitz Studio B			10:00AM-10:30AM (Group Fitness) <i>Jennifer B.</i>				
Walk, Talk & Slide Andover Water Park Lazy River			10:00AM-10:30AM (Group Fitness) <i>Kristen D.</i>				
Stretch & Roll Studio C			10:30AM-11:15AM (Group Fitness) <i>Mindy G.</i>				
Beginner Yoga Studio A			5:30PM-6:30PM (Group Fitness) <i>Jackie S.</i>				
Body Blitz Studio B				8:30AM-9:00AM (Group Fitness) <i>Stephanie S.</i>			
CORE Studio B				9:00AM-9:30AM (Group Fitness) <i>Stephanie S.</i> 11:00AM-11:30AM (Group Fitness) <i>Stephanie S.</i> 5:30PM-6:00PM (Group Fitness) <i>Valerie J.</i>			
Water Bootcamp Lap Pool					8:30AM-9:30AM (Group Fitness) <i>Jackie S.</i>		
Step Studio A					9:30AM-10:15AM (Group Fitness) <i>Stephanie S.</i>		
Pickleball Court 1					12:00PM-3:00PM (Gym)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sunrise Yoga Andover Waterpark						7:15AM-8:15AM (Group Fitness) <i>Lisa C.</i>	
Bootcamp LOFT							10:00AM-11:00AM (Group Fitness) <i>Jennifer B.</i>



West YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reserve a Court Court 2	4:30AM-7:30AM (Pickleball) 3:00PM-6:00PM (Pickleball)	4:30AM-7:30AM (Pickleball) 4:30PM-5:30PM (Pickleball)	4:30AM-7:30AM (Pickleball)	4:30AM-7:30AM (Pickleball) 2:30PM-5:30PM (Pickleball)	4:30AM-7:00AM (Pickleball) 2:30PM-5:30PM (Pickleball)	6:30AM-8:30AM (Pickleball) 12:00PM-5:30PM (Pickleball)	6:30AM-8:00AM (Pickleball) 12:00PM-2:00PM (Pickleball)
Reserve a Court Court 3	4:30AM-6:30AM (Pickleball) 3:00PM-4:00PM (Pickleball)	4:30AM-6:30AM (Pickleball)	4:30AM-6:30AM (Pickleball)	4:30AM-6:00AM (Pickleball) 2:30PM-4:00PM (Pickleball)	4:30AM-6:00AM (Pickleball) 2:30PM-4:00PM (Pickleball)	6:30AM-8:30AM (Pickleball) 12:00PM-5:30PM (Pickleball)	6:30AM-8:00AM (Pickleball) 12:00PM-2:00PM (Pickleball)
Reserve a Court Court 4	4:30AM-6:30AM (Pickleball) 3:00PM-4:00PM (Pickleball)	4:30AM-6:30AM (Pickleball)	4:30AM-6:30AM (Pickleball)	4:30AM-6:00AM (Pickleball)	4:30AM-6:00AM (Pickleball) 2:30PM-4:00PM (Pickleball)	6:30AM-8:30AM (Pickleball) 12:00PM-2:30PM (Pickleball) 3:30PM-5:30PM (Pickleball)	6:30AM-8:00AM (Pickleball) 12:00PM-2:00PM (Pickleball)
Reserve a Court Court 1	4:30AM-7:30AM (Pickleball) 3:00PM-6:00PM (Pickleball)	4:30AM-7:30AM (Pickleball) 4:30PM-5:30PM (Pickleball)	4:30AM-7:30AM (Pickleball)	4:30AM-7:30AM (Pickleball) 2:30PM-5:30PM (Pickleball)	4:30AM-7:00AM (Pickleball) 2:30PM-5:30PM (Pickleball)	6:30AM-8:30AM (Pickleball) 12:00PM-5:30PM (Pickleball)	6:30AM-8:00AM (Pickleball) 12:00PM-2:00PM (Pickleball)
Pickleball - Call to Reserve Court Court 1	5:00AM-6:00AM (Gym) 6:00AM-7:00AM (Gym) 7:00AM-8:00AM (Gym) 5:00PM-6:00PM (Gym) 6:00PM-7:00PM (Gym) 9:00PM-10:00PM (Gym)	5:00AM-6:00AM (Gym) 2:00PM-3:00PM (Gym) 3:00PM-4:00PM (Gym) 4:00PM-5:00PM (Gym)	2:00PM-5:00PM (Gym)			12:00PM-1:00PM (Gym) 2:00PM-3:00PM (Gym) 3:00PM-4:00PM (Gym) 4:00PM-5:00PM (Gym) 5:00PM-6:00PM (Gym) 6:00PM-7:00PM (Gym)	10:00AM-11:00AM (Gym) 11:00AM-12:00PM (Gym) 12:00PM-1:00PM (Gym) 1:00PM-2:00PM (Gym) 2:00PM-3:00PM (Gym) 3:00PM-4:00PM (Gym)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball - Call to Reserve Court Court 2	5:00AM-6:00AM (Gym) 6:00AM-7:00AM (Gym) 7:00AM-8:00AM (Gym) 5:00PM-6:00PM (Gym) 6:00PM-7:00PM (Gym) 9:00PM-10:00PM (Gym)	2:00PM-3:00PM (Gym) 3:00PM-4:00PM (Gym) 4:00PM-5:00PM (Gym)	2:00PM-5:00PM (Gym)			12:00PM-1:00PM (Gym) 2:00PM-3:00PM (Gym) 3:00PM-4:00PM (Gym) 4:00PM-5:00PM (Gym) 5:00PM-6:00PM (Gym) 6:00PM-7:00PM (Gym)	10:00AM-4:00PM (Gym)
Pickleball - Call to Reserve Court Court 4	5:00AM-6:00AM (Gym) 6:00AM-7:00AM (Gym) 7:00AM-8:00AM (Gym) 9:00PM-10:00PM (Gym)		2:00PM-4:00PM (Gym)		6:00AM-7:00AM (Gym) 2:00PM-5:00PM (Gym)	12:00PM-1:00PM (Gym) 2:00PM-3:00PM (Gym) 3:00PM-4:00PM (Gym) 4:00PM-5:00PM (Gym) 5:00PM-6:00PM (Gym) 6:00PM-7:00PM (Gym)	10:00AM-1:00PM (Gym)
Cycle Circuit Studio B	5:00AM-6:00AM (Group Fitness) <i>Tralaine B.</i>					9:00AM-10:00AM (Group Fitness) <i>Andrea W.</i>	
Private Court 3	6:30AM-8:30AM (Pickleball) 4:00PM-6:00PM (Pickleball)	6:30AM-10:00AM (Pickleball) 6:30AM-8:30AM (Pickleball) 4:00PM-5:30PM (Pickleball)	6:30AM-8:00AM (Pickleball) 4:00PM-5:30PM (Pickleball)	6:30AM-8:00AM (Pickleball) 4:00PM-5:30PM (Pickleball)	6:30AM-8:00AM (Pickleball) 4:00PM-5:30PM (Pickleball)		
Private Court 4	6:30AM-8:30AM (Pickleball) 4:00PM-6:00PM (Pickleball)	6:30AM-8:30AM (Pickleball) 6:30AM-10:00AM (Pickleball) 4:00PM-5:30PM (Pickleball)	6:30AM-8:00AM (Pickleball) 4:00PM-5:30PM (Pickleball)	6:30AM-8:00AM (Pickleball) 4:00PM-5:30PM (Pickleball)	6:30AM-8:30AM (Pickleball) 4:00PM-5:30PM (Pickleball)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball - Call to Reserve Court Court 3	7:00AM-8:00AM (Gym) 9:00PM-10:00PM (Gym)				2:00PM-5:00PM (Gym)	12:00PM-1:00PM (Gym) 2:00PM-3:00PM (Gym) 3:00PM-4:00PM (Gym) 4:00PM-5:00PM (Gym) 5:00PM-6:00PM (Gym) 6:00PM-7:00PM (Gym)	10:00AM-1:00PM (Gym)
Beginner Open Play Court 1	7:30AM-10:30AM (Pickleball)	7:30AM-10:00AM (Pickleball)	4:00PM-7:00PM (Pickleball)		8:30AM-10:00AM (Pickleball)	10:00AM-12:00PM (Pickleball)	
Beginner Open Play Court 2	7:30AM-10:30AM (Pickleball)	7:30AM-10:00AM (Pickleball)	4:00PM-7:00PM (Pickleball)		8:30AM-10:00AM (Pickleball)	10:00AM-12:00PM (Pickleball)	
Yoga 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>Karen P.</i>	1:15PM-2:15PM (Group Fitness) <i>Lauren M.</i>
Beginner Open Play Court 3	8:30AM-10:30AM (Pickleball)		5:30PM-7:00PM (Pickleball)		8:30AM-10:00AM (Pickleball)	10:00AM-12:00PM (Pickleball)	
Beginner Open Play Court 4	8:30AM-10:30AM (Pickleball)		5:30PM-7:00PM (Pickleball)		8:30AM-10:00AM (Pickleball)	10:00AM-12:00PM (Pickleball)	
Pickleball - Open Play Court 2	9:00AM-12:00PM (Gym)	6:00PM-10:00PM (Gym)	6:00PM-10:00PM (Gym)				
Pickleball - Open Play Court 1	9:00AM-12:00PM (Gym)	6:00PM-10:00PM (Gym)					
Pickleball - Open Play Court 3	9:00AM-12:00PM (Gym)	6:00PM-10:00PM (Gym)	6:30PM-10:00PM (Gym)	6:00PM-8:00PM (Gym)			
Pickleball - Open Play Court 4	9:00AM-12:00PM (Gym)	6:00PM-10:00PM (Gym)	6:30PM-10:00PM (Gym)		9:00AM-12:00PM (Gym)		
Powerkick Studio C	9:00AM-9:45AM (Group Fitness) <i>Janefer S.</i>						
Zumba® Fitness Studio A	9:30AM-10:30AM (Group Fitness) <i>Jessy R.</i> 6:30PM-7:30PM (Group Fitness) <i>Virginia P.</i>	6:30PM-7:30PM (Group Fitness) <i>Brynden J.</i>	6:30PM-7:30PM (Group Fitness) <i>Ching B.</i>	6:30PM-7:30PM (Group Fitness) <i>Melissa W.</i>	5:30PM-6:30PM (Group Fitness) <i>Todd W.</i>		12:00PM-1:00PM (Group Fitness) <i>Todd W.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Flow Fusion Studio B	9:30AM-10:30AM (Group Fitness) <i>Caroline P.</i>		11:00AM-12:00PM (Group Fitness) <i>Caroline P.</i>				
Body Blitz Studio C	9:45AM-10:15AM (Group Fitness) <i>Janefer S.</i>				10:30AM-11:15AM (Group Fitness) <i>Sheila H.</i>		
Cardio Dance Studio C	10:15AM-11:00AM (Group Fitness) <i>Kayla S.</i>			8:30AM-9:15AM (Group Fitness) <i>Kayla S.</i>			
SilverSneakers® Classic Studio A	10:30AM-11:30AM (Group Fitness) <i>Joyce U.</i>		10:30AM-11:30AM (Group Fitness) <i>Sherry H.</i>				
	11:30AM-12:30PM (Group Fitness) <i>Joyce U.</i>		11:30AM-12:30PM (Group Fitness) <i>Sherry H.</i>				
Advanced Point Play 3.5-5.0 Court 1	10:30AM-1:00PM (Pickleball)						
Advanced Point Play 3.5-5.0 Court 4	10:30AM-1:00PM (Pickleball)						
Advanced Point Play 3.5-5.0 Court 2	10:30AM-1:00PM (Pickleball)						
Advanced Point Play 3.5-5.0 Court 3	10:30AM-1:00PM (Pickleball)						
Boomer Step Studio C	11:00AM-11:30AM (Group Fitness) <i>Tiffany F.</i>						
Silver Sneakers® Stability Studio C	11:30AM-12:00PM (Group Fitness) <i>Tiffany F.</i>						
Muscle Pump Studio C	12:00PM-1:00PM (Group Fitness) <i>Jackie S.</i>	5:00AM-6:00AM (Group Fitness) <i>Kiley N.</i>	12:00PM-1:00PM (Group Fitness) <i>Stacey P.</i>	5:00AM-6:00AM (Group Fitness) <i>Tralaine B.</i>	12:00PM-1:00PM (Group Fitness) <i>Dawn B.</i>		12:00PM-1:00PM (Group Fitness) <i>Sarah W.</i>
		9:00AM-10:00AM (Group Fitness) <i>Sherry H.</i>	4:30PM-5:15PM (Group Fitness) <i>Christin E.</i>	9:30AM-10:15AM (Group Fitness) <i>Kayla S.</i>			
		5:30PM-6:30PM (Group Fitness) <i>Stacey P.</i>		5:30PM-6:30PM (Group Fitness) <i>Kiley N.</i>			
Water Works Family/Lap Pool	12:00PM-12:45PM (Group Fitness) <i>Rhonda S.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Intermediate Open Play Court 1	1:00PM-3:00PM (Pickleball)	10:00AM-12:00PM (Pickleball)	10:00AM-12:00PM (Pickleball)	10:00AM-12:00PM (Pickleball)	10:00AM-12:00PM (Pickleball)		
Intermediate Open Play Court 2	1:00PM-3:00PM (Pickleball)	10:00AM-12:00PM (Pickleball)	10:00AM-12:00PM (Pickleball)	10:00AM-12:00PM (Pickleball)	10:00AM-12:00PM (Pickleball)		
Intermediate Open Play Court 3	1:00PM-3:00PM (Pickleball)	10:00AM-12:00PM (Pickleball)	10:00AM-12:00PM (Pickleball)	10:00AM-12:00PM (Pickleball)	10:00AM-12:00PM (Pickleball)		
Intermediate Open Play Court 4	1:00PM-3:00PM (Pickleball)	10:00AM-12:00PM (Pickleball)	10:00AM-12:00PM (Pickleball)	10:00AM-12:00PM (Pickleball)	10:00AM-12:00PM (Pickleball)		
Arthritis Water Exercise Family Pool	5:00PM-5:45PM (Group Fitness) <i>Janice S.</i>					12:15PM-1:00PM (Group Fitness) <i>Rhonda S.</i>	
Pickleball - Lessons Court 3	5:30PM-6:30PM (Gym)						1:00PM-2:00PM (Gym) 2:00PM-3:00PM (Gym) 3:00PM-4:00PM (Gym)
Cycle 45 Studio B	5:30PM-6:15PM (Group Fitness) <i>Stacey P.</i>						
Water Tabata Family/Lap Pool	5:45PM-6:30PM (Group Fitness) <i>Janice S.</i>	9:00AM-9:45AM (Group Fitness) <i>Lindsey M.</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>			
Pickleball - Beginner Point for Play Court 4	7:00PM-9:00PM (Gym)						
Pickleball - Beginner Point for Play Court 1	7:00PM-9:00PM (Gym)						
Pickleball - Beginner Point for Play Court 2	7:00PM-9:00PM (Gym)						
Pickleball - Beginner Point for Play Court 3	7:00PM-9:00PM (Gym)						
VIRTUAL-Cycle Studio B	8:00PM-9:00PM (Group Fitness) Y.						
Powerkick Studio A		6:00AM-6:45AM (Group Fitness) <i>Megan O.</i>		6:00AM-6:45AM (Group Fitness) <i>Summer G.</i>		7:15AM-8:00AM (Group Fitness) <i>Megan O.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Dance Studio A		8:30AM-9:15AM (Group Fitness) <i>Kayla S.</i>	5:30PM-6:15PM (Group Fitness) <i>Kayla S.</i>				
Cycle 30 Studio B		8:30AM-9:00AM (Group Fitness) <i>Rachel J.</i>					
LIFT 30-UPPER Studio B		9:00AM-9:30AM (Group Fitness) <i>Rachel J.</i>					
Stretch & Roll Studio A		9:30AM-10:00AM (Group Fitness) <i>Caroline P.</i>					
Pickleball - Beginner Open Play Court 1		10:00AM-12:00PM (Gym)					
Zumba® Fitness Studio B		10:00AM-11:00AM (Group Fitness) <i>Lindsey M.</i>					
Pilates Studio A		10:00AM-11:00AM (Group Fitness) <i>Caroline P.</i>					
Chair Yoga Studio A		11:30AM-12:30PM (Group Fitness) <i>Sherry H.</i>		11:30AM-12:30PM (Group Fitness) <i>Collette B.</i>			
Intermediate Point Play 3.0-4.0 Court 2		12:00PM-2:30PM (Pickleball)			12:00PM-2:30PM (Pickleball)		
Intermediate Point Play 3.0-4.0 Court 3		12:00PM-2:30PM (Pickleball)			12:00PM-2:30PM (Pickleball)		
Intermediate Point Play 3.0-4.0 Court 1		12:00PM-2:30PM (Pickleball)			12:00PM-2:30PM (Pickleball)		
Intermediate Point Play 3.0-4.0 Court 4		12:00PM-2:30PM (Pickleball)			12:00PM-2:30PM (Pickleball)		
Pickleball - Lessons Court 4		2:00PM-3:00PM (Gym) 4:00PM-5:00PM (Gym)					
Beginner Drills Court 1		2:30PM-3:30PM (Pickleball)					2:00PM-3:00PM (Pickleball)
Beginner Drills Court 2		2:30PM-3:30PM (Pickleball)					2:00PM-3:00PM (Pickleball)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball - Drills Court 3		3:00PM-4:00PM (Gym)					
Intermediate Drills Court 4		3:30PM-4:30PM (Pickleball)					
Intermediate Drills Court 2		3:30PM-4:30PM (Pickleball)					3:00PM-4:00PM (Pickleball)
Step Studio B		5:30PM-6:15PM (Group Fitness) <i>Kayla S.</i>					
Open Play Court 4		5:30PM-10:00PM (Pickleball)	7:00PM-10:00PM (Pickleball)	5:30PM-7:30PM (Pickleball)	5:30PM-9:00PM (Pickleball)	5:30PM-7:00PM (Pickleball)	4:00PM-7:00PM (Pickleball)
Open Play Court 1		5:30PM-10:00PM (Pickleball)	7:00PM-10:00PM (Pickleball)	5:30PM-7:30PM (Pickleball)	5:30PM-9:00PM (Pickleball)	5:30PM-7:00PM (Pickleball)	4:00PM-7:00PM (Pickleball)
Open Play Court 3		5:30PM-10:00PM (Pickleball)	7:00PM-10:00PM (Pickleball)	5:30PM-7:30PM (Pickleball)	5:30PM-9:00PM (Pickleball)	5:30PM-7:00PM (Pickleball)	4:00PM-7:00PM (Pickleball)
Open Play Court 2		5:30PM-10:00PM (Pickleball)	7:00PM-10:00PM (Pickleball)	5:30PM-7:30PM (Pickleball)	5:30PM-9:00PM (Pickleball)	5:30PM-7:00PM (Pickleball)	4:00PM-7:00PM (Pickleball)
Flow Fusion Studio A			6:00AM-6:45AM (Group Fitness) <i>Megan O.</i>				
Advanced Open Play Court 1			7:30AM-10:00AM (Pickleball)	7:30AM-10:00AM (Pickleball)		8:30AM-10:00AM (Pickleball)	10:30AM-12:00PM (Pickleball)
Advanced Open Play Court 2			7:30AM-10:00AM (Pickleball)	7:30AM-10:00AM (Pickleball)		8:30AM-10:00AM (Pickleball)	10:30AM-12:00PM (Pickleball)
Advanced Open Play Court 3			8:30AM-10:00AM (Pickleball)	8:00AM-10:00AM (Pickleball)		8:30AM-10:00AM (Pickleball)	10:30AM-12:00PM (Pickleball)
Advanced Open Play Court 4			8:30AM-10:00AM (Pickleball)	8:00AM-10:00AM (Pickleball)		8:30AM-10:00AM (Pickleball)	10:30AM-12:00PM (Pickleball)
Beginner Step Studio C			9:30AM-10:00AM (Group Fitness) <i>Sheila H.</i>				
Silver Sneakers® Stability Studio A			9:45AM-10:15AM (Group Fitness) <i>Sherry H.</i>				
Y Box Studio C			10:00AM-10:30AM (Group Fitness) <i>Sheila H.</i>				
Zumba® Fitness Studio C			10:30AM-11:30AM (Group Fitness) <i>Jessy R.</i>			9:00AM-10:00AM (Group Fitness) <i>Aimee V.</i>	
Beginner Point Play 2.0-3.0 Court 1			12:00PM-2:30PM (Pickleball)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner Point Play 2.0-3.0 Court 2			12:00PM-2:30PM (Pickleball)				
Beginner Point Play 2.0-3.0 Court 3			12:00PM-2:30PM (Pickleball)				
Beginner Point Play 2.0-3.0 Court 4			12:00PM-2:30PM (Pickleball)				
CORE Studio B			2:00PM-2:30PM (Group Fitness) Y.				
60+ Point Play Court 1			2:30PM-4:00PM (Pickleball)				
60+ Point Play Court 3			2:30PM-4:00PM (Pickleball)				
60+ Point Play Court 2			2:30PM-4:00PM (Pickleball)				
60+ Point Play Court 4			2:30PM-4:00PM (Pickleball)				
Open Gym Court 1			6:00PM-10:00PM (Gym)				
Silver Sneakers® Stability Studio B			6:30PM-7:30PM (Group Fitness) <i>Joyce U.</i>				
Barre Fusion Studio A				8:45AM-9:45AM (Group Fitness) <i>Janice S.</i>			
Beginner Pilates Studio B				9:00AM-9:45AM (Group Fitness) <i>Jerri C.</i>			
Beginner HIIT 30 Turf Area				9:30AM-10:00AM (Group Fitness) <i>Kat S.</i>			
Boomer Bootcamp Studio B				10:00AM-11:00AM (Group Fitness) <i>Rachel J.</i>			
LIFT 30-LOWER Turf Area				10:00AM-10:30AM (Group Fitness) <i>Kat S.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Studio C				10:15AM-11:00AM (Group Fitness) <i>Kayla S.</i>	9:30AM-10:30AM (Group Fitness) <i>Jackie S.</i>	8:15AM-9:00AM (Group Fitness) <i>Sheila H.</i> 10:00AM-10:45AM (Group Fitness) <i>Kayla S.</i>	1:00PM-1:45PM (Group Fitness) <i>Kayla S.</i>
SilverSneakers® Circuit 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>		
Women’s Point Play Court 1				12:00PM-2:30PM (Pickleball)			
Women’s Point Play Court 2				12:00PM-2:30PM (Pickleball)			
Women’s Point Play Court 3				12:00PM-2:30PM (Pickleball)			
Women’s Point Play Court 4				12:00PM-2:30PM (Pickleball)			
Gentle Yoga Studio A				5:15PM-6:15PM (Group Fitness) <i>Stephanie M.</i>			
Bootcamp Turf Area				6:00PM-6:45PM (Group Fitness) <i>Nathan D.</i>			
Super Competitive Point Play 4.0-5.0 Court 1				7:30PM-10:00PM (Pickleball)			
Super Competitive Point Play 4.0-5.0 Court 2				7:30PM-10:00PM (Pickleball)			
Super Competitive Point Play 4.0-5.0 Court 3				7:30PM-10:00PM (Pickleball)			
Super Competitive Point Play 4.0-5.0 Court 4				7:30PM-10:00PM (Pickleball)			
Bootcamp Gym East and West					7:30AM-8:30AM (Group Fitness) <i>Joyce U.</i>		
Cycle CORE Studio B					8:45AM-9:45AM (Group Fitness) <i>Janice S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Studio B					10:00AM-11:00AM (Group Fitness) <i>Caroline P.</i>		
Hydro HIIT Family/Lap Pool					12:00PM-12:45PM (Group Fitness) <i>Lindsey M.</i>		
Body Design Studio B						8:00AM-9:00AM (Group Fitness) <i>Heidi R.</i>	
Pickleball - Tournament Court 3						9:00AM-12:00PM (Gym)	
Introduction to Pickleball Court 4						2:30PM-3:30PM (Pickleball)	
Point Play 3.0-4.0 Court 1							8:00AM-10:30AM (Pickleball)
Point Play 3.0-4.0 Court 2							8:00AM-10:30AM (Pickleball)
Point Play 3.0-4.0 Court 3							8:00AM-10:30AM (Pickleball)
Point Play 3.0-4.0 Court 4							8:00AM-10:30AM (Pickleball)
STRONG 30® Studio B							1:00PM-1:30PM (Group Fitness) <i>Todd W.</i>
Beginner Drills Court 4							2:00PM-3:00PM (Pickleball)
Beginner Drills Court 3							2:00PM-3:00PM (Pickleball)
Drills Court 4							3:00PM-4:00PM (Pickleball)
Drills Court 3							3:00PM-4:00PM (Pickleball)
Intermediate Drills Court 1							3:00PM-4:00PM (Pickleball)



Hutchinson YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pick Up Basketball Gym 1	5:00AM-7:30AM (Gym)	5:00AM-7:30AM (Gym)	5:00AM-7:30AM (Gym)	5:00AM-7:30AM (Gym)			
Open Swim Family Pool	5:30AM-6:00AM (Pool) 6:45AM-9:00AM (Pool) 10:00AM-12:15PM (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)	5:30AM-6:00AM (Pool) 6:45AM-9:00AM (Pool) 12:00PM-1:00PM (Pool) 2:15PM-8:30PM (Pool)	5:30AM-9:00AM (Pool) 10:45AM-1:00PM (Pool) 2:00PM-4:45PM (Pool) 6:30PM-8:30PM (Pool)	5:30AM-9:00AM (Pool) 10:00AM-12:15PM (Pool) 2:00PM-8:30PM (Pool)	8:00AM-9:00AM (Pool) 10:45AM-4:30PM (Pool)	1:00PM-4:30PM (Pool)
6 Lanes Lap Pool	5:30AM-9:00AM (Pool) 10:00AM-3:30PM (Pool) 6:15PM-6:45PM (Pool)	5:30AM-7:00AM (Pool) 8:00AM-3:30PM (Pool)	5:30AM-9:00AM (Pool) 10:00AM-3:30PM (Pool) 6:15PM-6:45PM (Pool)	5:30AM-7:00AM (Pool) 8:00AM-3:30PM (Pool)	5:30AM-9:00AM (Pool) 10:00AM-3:30PM (Pool) 6:15PM-6:45PM (Pool) 7:45PM-8:30PM (Pool)	12:00PM-4:30PM (Pool)	1:00PM-4:30PM (Pool)
Yoga 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>				
Aqua Zumba® 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>				
Water Tabata Lap Pool	7:00AM-8:00AM (Group Fitness) <i>Mindy G.</i>	7:00AM-8:00AM (Group Fitness) <i>Laura M.</i>		7:00AM-8:00AM (Group Fitness) <i>Laura M.</i>			
Deep Water Lap Pool	8:30AM-9:30AM (Group Fitness) <i>Mindy G.</i>				9:00AM-10:00AM (Group Fitness) <i>Joni A.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LIFT 30-UPPER Studio A	8:30AM-9:00AM (Group Fitness) <i>Damarcus M.</i>						
3 Lanes Lap Pool	9:00AM-10:00AM (Pool)	7:00AM-8:00AM (Pool)	9:00AM-10:00AM (Pool)	7:00AM-8:00AM (Pool)	9:00AM-10:00AM (Pool)		
Water Works 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>Vickie W.</i>	9:00AM-10:00AM (Group Fitness) <i>Joni A.</i>	
HIIT 30 Studio A	9:00AM-9:30AM (Group Fitness) <i>Damarcus M.</i>						
SilverSneakers® Classic 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>		
Open Gym 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) 11:00AM-9:00PM (Gym)		1:00PM-5:00PM (Gym)
Cycle 30 Studio C	12:15PM-12:45PM (Group Fitness) <i>Mindy G.</i>		12:15PM-12:45PM (Group Fitness) <i>Eddie A.</i>		12:15PM-12:45PM (Group Fitness) <i>Eddie A.</i>		
LIFT 30-LOWER Studio C	1:00PM-1:30PM (Group Fitness) <i>Mindy G.</i>						
Body Design Studio A	5:30PM-6:30PM (Group Fitness) <i>Kelly H.</i>		5:30PM-6:30PM (Group Fitness) <i>Kelly H.</i>	8:30AM-9:30AM (Group Fitness) <i>Justin B.</i>			
2 Lanes Lap Pool	6:45PM-8:30PM (Pool)	6:45PM-8:30PM (Pool)	6:45PM-8:30PM (Pool)	6:45PM-8:30PM (Pool)	6:45PM-7:45PM (Pool)		
Barre Studio B		6:00AM-6:45AM (Group Fitness) <i>Kathy V.</i>		6:00AM-6:45AM (Group Fitness) <i>Kathy V.</i>			
Pickleball Gym 2		9:00AM-11:00AM (Gym)		9:00AM-11:00AM (Gym)			
Aqua Body Design Family Pool		9:00AM-9:45AM (Group Fitness) <i>Vickie W.</i>	1:15PM-2:00PM (Group Fitness) <i>Mindy G.</i>	9:00AM-9:45AM (Group Fitness) <i>Vickie W.</i>			
Hydro HIIT Lap Pool		9:00AM-9:45AM (Group Fitness) <i>Caitlyn D.</i>		9:00AM-9:45AM (Group Fitness) <i>Caitlyn D.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner Yoga Studio C		9:30AM-10:15AM (Group Fitness) <i>Shaley S.</i>					
Arthritis Water Exercise Family Pool		9:45AM-10:30AM (Group Fitness) <i>Vickie W.</i>		9:45AM-10:30AM (Group Fitness) <i>Vickie W.</i>			
SilverSneakers® Splash Family Pool		1:00PM-2:00PM (Group Fitness) <i>Vickie W.</i>	11:00AM-12:00PM (Group Fitness) <i>Teresa W.</i>	1:00PM-2:00PM (Group Fitness) <i>Vickie W.</i>			
Powerkick Gym 1		5:30PM-6:15PM (Group Fitness) <i>Jana D.</i>		5:30PM-6:15PM (Group Fitness) <i>Jana D.</i>			
1 Lane Lap Pool		6:15PM-6:45PM (Pool)		6:15PM-6:45PM (Pool)			
Zumba® Fitness Studio A			8:30AM-9:30AM (Group Fitness) <i>Jill P.</i>				
Flow Fusion Studio A				9:30AM-10:15AM (Group Fitness) <i>Kathy V.</i>			
Pick Up Basketball Gym 2					5:00AM-8:00AM (Gym)		
LIFT 30-LOWER Studio A					8:30AM-9:00AM (Group Fitness) <i>Damarcus M.</i>		
CORE Studio A					9:00AM-9:30AM (Group Fitness) <i>Damarcus M.</i>		
LIFT 30-UPPER Studio C					1:00PM-1:30PM (Group Fitness) <i>Eddie A.</i>		
Muscle Pump Studio A						8:15AM-9:15AM (Group Fitness) <i>Justin B.</i>	
Pilates Studio B						8:30AM-9:15AM (Group Fitness) <i>Kathy V.</i>	
HIIT 60 Studio A						10:00AM-11:00AM (Group Fitness) <i>Jana D.</i>	



Steve Clark YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym 1	5:30AM-10:00PM (Gym)	5:30AM-7:15PM (Gym) 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)
Open Gym 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)
STRONG 30® Studio B	8:30AM-9:00AM (Group Fitness) <i>Kelley R.</i>						
Barre Studio B	9:00AM-9:30AM (Group Fitness) <i>Kelley R.</i>						
LIFT 30-UPPER Studio A	9:30AM-10:00AM (Group Fitness) <i>Kelley R.</i>	6:45PM-7:15PM (Group Fitness) <i>Charis W.</i>					
Chair Yoga Studio B	10:00AM-10:45AM (Group Fitness) <i>Sarah W.</i>				10:00AM-10:45AM (Group Fitness) <i>Sarah W.</i>		
VIRTUAL-Cycle Multipurpose_Room	10:00AM-10:45AM (Group Fitness) <i>staff</i> 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>	
Zumba® Fitness Studio B	11:00AM-12:00PM (Group Fitness) <i>Rose J.</i>		6:30PM-7:30PM (Group Fitness) <i>Rose J.</i>			9:00AM-10:00AM (Group Fitness) <i>Melissa W.</i>	2:00PM-3:30PM (Group Fitness) <i>Sarah B.</i>
VIRTUAL-Yoga Multipurpose_Room	11:00AM-11:45AM (Group Fitness) <i>staff</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL-Body Blitz Lobby	2:00PM-3:00PM (Group Fitness) <i>staff</i>						
Muscle Pump Studio A	5:30PM-6:15PM (Group Fitness) <i>Charis W.</i>		8:30AM-9:30AM (Group Fitness) <i>Stephanie B.</i> 5:30PM-6:15PM (Group Fitness) <i>Britney G.</i>		9:15AM-10:00AM (Group Fitness) <i>Kelley R.</i>		
Yoga Studio B	5:30PM-6:25PM (Group Fitness) <i>Judy E.</i>			9:00AM-10:00AM (Group Fitness) <i>Linda M.</i> 6:30PM-7:25PM (Group Fitness) <i>Susan P.</i>			
Cardio Dance Studio B	6:30PM-7:15PM (Group Fitness) <i>Charis W.</i>						
Pilates Studio A	6:30PM-7:15PM (Group Fitness) <i>Britney G.</i>			9:00AM-9:30AM (Group Fitness) <i>Kristen D.</i>			
Powerkick Studio A		8:30AM-9:15AM (Group Fitness) <i>Kelley R.</i>				8:30AM-9:10AM (Group Fitness) <i>Megan O.</i>	
Pilates/Yoga Fusion Studio B		9:00AM-10:00AM (Group Fitness) <i>Linda M.</i>					
Body Blitz Studio A		9:15AM-10:00AM (Group Fitness) <i>Kelley R.</i>					
SilverSneakers® Circuit Studio B		10:30AM-11:30AM (Group Fitness) <i>Kelley R.</i>		10:30AM-11:30AM (Group Fitness) <i>Shalen S.</i>			
Beginner Yoga Studio B		12:00PM-1:00PM (Group Fitness) <i>Dayla J.</i>	5:30PM-6:25PM (Group Fitness) <i>Judy E.</i>				9:00AM-9:45AM (Group Fitness) <i>Lauren A.</i>
Cycle 45 Multipurpose_Room		5:30PM-6:15PM (Group Fitness) <i>Anna R.</i>			8:30AM-9:15AM (Group Fitness) <i>Toni T.</i>	8:30AM-9:15AM (Group Fitness) <i>Frances E.</i>	
Cardio Dance Gym 1		7:30PM-8:15PM (Group Fitness) <i>Charis W.</i>		7:30PM-8:15PM (Group Fitness) <i>Charis W.</i>			
CORE Studio A			9:30AM-10:00AM (Group Fitness) <i>Stephanie B.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LIVESTREAM-Silver Circuit Lobby			10:00AM-10:45AM (Group Fitness) <i>YMCA360 V.</i>				
LIVESTREAM-Barre Multipurpose_Room			11:00AM-11:45AM (Group Fitness) <i>YMCA360 V.</i>				
LIVESTREAM-Yoga Multipurpose_Room			12:00PM-12:45PM (Group Fitness) <i>YMCA360 V.</i>				
LIFT 30-LOWER Studio A				8:30AM-9:00AM (Group Fitness) <i>Kristen D.</i> 6:45PM-7:15PM (Group Fitness) <i>Charis W.</i>			
Body Design Studio A				9:30AM-10:30AM (Group Fitness) <i>Stephanie B.</i>			
Pilates Studio B				12:00PM-1:00PM (Group Fitness) <i>Dayla J.</i>			
LIVESTREAM-Silver Circuit Multipurpose_Room					1:00PM-1:45PM (Group Fitness) <i>YMCA360 V.</i>		
Flow Fusion Studio A						9:15AM-10:00AM (Group Fitness) <i>Stephanie B.</i>	
VIRTUAL-Body Design Lobby						1:00PM-2:00PM (Group Fitness) <i>YMCA360 V.</i>	
VIRTUAL-Latin Dance Multipurpose_Room							11:00AM-12:00PM (Group Fitness) <i>staff</i>