



Dennis Schoenebeck North YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)
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)
3 Lanes 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-6:30PM (Pool)	6:30AM-6:30PM (Pool)
Open Swim 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) 7:00PM-9:30PM (Pool)	4:30AM-8:00AM (Pool) 9:00AM-10:30AM (Pool) 3:00PM-8:30PM (Pool)	6:30AM-9:00AM (Pool) 12:00PM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
VIRTUAL-Powerkick Studio D	5:15AM-6:15AM (Group Fitness) YMCA 3.						
Cycle FORCE Studio E	5:15AM-6:00AM (Group Fitness) Tina Y.	9:00AM-9:45AM (Group Fitness) Martha R.	5:15AM-6:00AM (Group Fitness) Jana B.		5:15AM-6:00AM (Group Fitness) Tina Y.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shallow End Only 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)		8:00AM-9:00AM (Pool) 10:30AM-11:30AM (Pool)		
Water Works 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>				
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>	
1 Lane 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)	
Deep Water Lap Pool	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> 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>Charity C.</i>	9:45AM-10:45AM (Group Fitness) <i>Alisha M.</i> 6:30PM-7:30PM (Group Fitness) <i>Santalena C.</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>	
Boomer Bootcamp Loft	9:45AM-10:30AM (Group Fitness) <i>Zachary F.</i>		9:45AM-10:30AM (Group Fitness) <i>Faith H.</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>		4:30PM-5:30PM (Group Fitness) <i>Tabitha G.</i>	8:30AM-9:30AM (Group Fitness) <i>Tabitha G.</i>	
Pilates Studio D	5:30PM-6:15PM (Group Fitness) <i>Dayla J.</i>		5:30PM-6:15PM (Group Fitness) <i>Katie P.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Tabata Family Pool	7:15PM-8:00PM (Group Fitness) <i>Tammi R.</i>		7:15PM-8:00PM (Group Fitness) <i>Charity C.</i>				
Yoga 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>	
LIFT 30-LOWER Studio C		5:00AM-5:30AM (Group Fitness) <i>Bernadette G.</i>					
Upper Body Blitz Studio C		5:30AM-6:00AM (Group Fitness) <i>Bernadette G.</i>					
Barre Fusion- Barre/Pilates Studio C		9:00AM-9:45AM (Group Fitness) <i>Katie P.</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>			
LIFT 30-LOWER Loft		11:30AM-12:00PM (Group Fitness) <i>Madison R.</i>					
Silver Sneakers® Stability Studio C		11:45AM-12:30PM (Group Fitness) <i>Gail B.</i>			11:30AM-12:15PM (Group Fitness) <i>Gail B.</i>		
Boomer Muscle Pump Studio C		12:30PM-1:30PM (Group Fitness) <i>Dana F.</i>					
Pickleball Gym A		1:00PM-3:00PM (Gym)		1:00PM-3:00PM (Gym)			
Pickleball Gym B		1:00PM-3:00PM (Gym)		1:00PM-3:00PM (Gym)	1:00PM-3:00PM (Gym)		
Beginner Yoga Studio D		5:30PM-6:30PM (Group Fitness) <i>Susan P.</i>					
STRONG® Studio C		5:30PM-6:30PM (Group Fitness) <i>Charity C.</i>					
Aqua Zumba® Family Pool		7:15PM-8:00PM (Group Fitness) <i>Jess M.</i>		7:15PM-8:00PM (Group Fitness) <i>Charity C.</i>			
SilverSneakers® Classic Studio C			8:00AM-9:00AM (Group Fitness) <i>Jackie S.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Studio C			9:00AM-9:45AM (Group Fitness) <i>Tiffany F.</i>				
Hydro HIIT Family Pool			10:30AM-11:15AM (Group Fitness) <i>Jana B.</i>				
Cycle BEATS Studio E			5:30PM-6:15PM (Group Fitness) <i>Tabitha G.</i>			9:30AM-10:15AM (Group Fitness) <i>Tabitha G.</i>	
VIRTUAL-Flow Fusion Studio D				5:15AM-6:15AM (Group Fitness) <i>YMCA 3.</i>			
Beginner Step Studio C				9:00AM-9:45AM (Group Fitness) <i>Briana N.</i>			
Boomer Cardio Dance Studio C				9:45AM-10:30AM (Group Fitness) <i>Ramona G.</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>	
Private Event Studio D				6:15PM-7:30PM (Group Fitness) <i>Katie P.</i>			
LIFT 30-UPPER Studio C					5:00AM-5:30AM (Group Fitness) <i>Bernadette G.</i>		
FIERCE Studio C					5:30AM-6:00AM (Group Fitness) <i>Bernadette G.</i>		
Barre Studio C					9:00AM-9:45AM (Group Fitness) <i>Katie P.</i>		
Boomer Body Blitz Studio C					9:45AM-10:30AM (Group Fitness) <i>Katie P.</i>		
Gentle Yoga Studio C					10:30AM-11:30AM (Group Fitness) <i>Gail B.</i>		
Pop Up-Muscle Pump Studio C					12:30PM-1:30PM (Group Fitness) <i>Dana F.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Tabata Dive Well							11:00AM-11:45AM (Group Fitness) <i>Jackie S.</i>



El Dorado YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym 2	4:30AM-9:00AM (Gym)				4:30AM-9:00PM (Gym)	6:30AM-8:00AM (Gym)	6:30AM-7:00PM (Gym)
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)
3 Lanes 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)
Open Swim 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)
LIFT 30-UPPER Studio B	5:15AM-5:45AM (Group Fitness) <i>April J.</i>		10:00AM-10:30AM (Group Fitness) <i>Dakota C.</i>				
Cycle FORCE Studio B	5:45AM-6:15AM (Group Fitness) <i>April J.</i>		5:45AM-6:15AM (Group Fitness) <i>Cassie C.</i>				
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	10:00AM-11:00AM (Group Fitness) <i>Makaala L.</i>	9:00AM-10:00AM (Group Fitness) <i>Makaala L.</i>		9:00AM-10:00AM (Group Fitness) <i>Janice T.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Body Design Lap Pool	10:00AM-11:00AM (Group Fitness) <i>Alexandria E.</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>			
Cycle BEATS Studio B	6:30PM-7:15PM (Group Fitness) <i>Briley R.</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 Lap Pool		8:15AM-9:00AM (Group Fitness) <i>April J.</i>		8:15AM-9:00AM (Group Fitness) <i>Cassie C.</i>			
Bootcamp Gym 1		9:00AM-10:00AM (Group Fitness) <i>Kera B.</i>	6:00PM-7:00PM (Group Fitness) <i>Dakota C.</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>					
Pilates Studio A		5:30PM-6:30PM (Group Fitness) <i>Laela H.</i>		10:00AM-11:00AM (Group Fitness) <i>Janice T.</i>			
LIFT 30-LOWER Studio B			5:15AM-5:45AM (Group Fitness) <i>Cassie C.</i>		10:00AM-10:30AM (Group Fitness) <i>Dakota C.</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>				
Cardio Dance Studio B			10:30AM-11:00AM (Group Fitness) <i>Dakota C.</i>		10:30AM-11:00AM (Group Fitness) <i>Dakota C.</i>		
SilverSneakers® Classic Studio B				9:00AM-10:00AM (Group Fitness) <i>Julie W.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Studio B					9:00AM-10:00AM (Group Fitness) <i>Kera B.</i>		
Cycle FUSION with Strength 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>		
CORE Studio B					6:00PM-6:30PM (Group Fitness) <i>Alexandria E.</i>		
Beginner Yoga Studio B					6:30PM-7:15PM (Group Fitness) <i>Makaala L.</i>		
VIRTUAL-Beginner Yoga Gym 1						9:00AM-9:30AM (Group Fitness) <i>YMCA360</i>	
Hydro HIIT Lap Pool						10:00AM-11:00AM (Group Fitness) <i>Alexandria E.</i>	
Power Yoga Studio A						12:00PM-1:00PM (Group Fitness) <i>Makaala L.</i>	



East YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 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)
Open Gym 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)
Open Swim 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)
4 Lanes 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)
Cycle FORCE Studio C	5:30AM-6:15AM (Group Fitness) <i>Elisa P.</i> 5:30PM-6:15PM (Group Fitness) <i>Kelsey F.</i>					8:15AM-9:00AM (Group Fitness) <i>Toni T.</i>	
Boomer Body Blitz Studio B	8:15AM-9:00AM (Group Fitness) <i>Anne D.</i>						
Muscle Pump Studio B	9:00AM-10:00AM (Group Fitness) <i>Brenda S.</i> 5:30PM-6:15PM (Group Fitness) <i>Julie M.</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>		9:30AM-10:15AM (Group Fitness) <i>Stephanie N.</i>	9:15AM-10:00AM (Group Fitness) <i>Hannah R.</i>
Cycle BEATS Studio C	9:15AM-10:00AM (Group Fitness) <i>Alyssa C.</i>	9:15AM-10:00AM (Group Fitness) <i>LeaAnn M.</i>	5:30PM-6:15PM (Group Fitness) <i>Megan S.</i>	6:15PM-7:00PM (Group Fitness) <i>Alyssa C.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>		
Shallow End Only 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)	
Pickleball Gym East	1:00PM-3:00PM (Gym)				8:00AM-10:00AM (Gym)		
3 Lanes Lap Pool	5:30PM-6:15PM (Pool)						
Yoga Studio A	5:30PM-6:30PM (Group Fitness) <i>Rachel C.</i>	5:30PM-6:15PM (Group Fitness) <i>Sherrie H.</i>	9:00AM-10:00AM (Group Fitness) <i>Linda M.</i>	9:00AM-10:00AM (Group Fitness) <i>Claire R.</i> 5:30PM-6:30PM (Group Fitness) <i>Saovany C.</i>	9:00AM-10:00AM (Group Fitness) <i>Judy E.</i>		10:30AM-11:30AM (Group Fitness) <i>Charyl D.</i>
Zumba® Fitness Studio B	6:30PM-7:30PM (Group Fitness) <i>Aimee S.</i>			6:15PM-7:15PM (Group Fitness) <i>Jess M.</i>			
Body Design Studio B		5:15AM-6:00AM (Group Fitness) <i>Jescia S.</i>					
Lower Body Blitz Studio B		8:15AM-8:45AM (Group Fitness) <i>Julie M.</i>					
LIFT 30-UPPER Studio B		8:45AM-9:15AM (Group Fitness) <i>Julie M.</i>					
VIRTUAL-Yoga Studio A		9:00AM-10:00AM (Group Fitness) <i>Staff</i>					
Pilates Studio B		9:15AM-10:00AM (Group Fitness) <i>Julie M.</i>			9:15AM-10:00AM (Group Fitness) <i>Alyssa C.</i>		
SilverSneakers® Yoga Studio A		10:00AM-11:00AM (Group Fitness) <i>Linda M.</i>					
SilverSneakers® Circuit Studio B		10:30AM-11:30AM (Group Fitness) <i>Mary B.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Basketball Gym East		11:00AM-2:00PM (Gym)		11:00AM-2:00PM (Gym)			
Adult Basketball Gym West		11:00AM-2:00PM (Gym)		11:00AM-2:00PM (Gym)			
Barre Fusion Studio B		5:30PM-6:30PM (Group Fitness) <i>MICHAEL C.</i>			8:30AM-9:15AM (Group Fitness) <i>Julie M.</i>		
Tai Chi Studio A		6:30PM-7:30PM (Group Fitness) <i>David L.</i>					
VIRTUAL-Pilates Studio A		7:30PM-8:30PM (Group Fitness) <i>YMCA360 I.</i>		11:00AM-12:00PM (Group Fitness) <i>YMCA S.</i>			
Body Blitz Studio B			5:30AM-6:15AM (Group Fitness) <i>Frances E.</i>				
Barre Studio B			8:15AM-9:00AM (Group Fitness) <i>Alyssa C.</i>				
CORE Studio B			6:30PM-7:00PM (Group Fitness) <i>Theresa B.</i>				
Cycle FUSION with CORE Studio C				8:15AM-9:15AM (Group Fitness) <i>Brenda S.</i>			
LIFT 30-LOWER Studio B				8:30AM-9:00AM (Group Fitness) <i>Julie M.</i>			
Cardio Dance Studio B				9:00AM-10:00AM (Group Fitness) <i>Katy W.</i>			
SilverSneakers® Yoga Studio B				10:00AM-11:00AM (Group Fitness) <i>Linda M.</i>			
STRONG® Studio B				5:30PM-6:15PM (Group Fitness) <i>Aimee S.</i>			
Cycle FUSION with Strength Studio C					5:30AM-6:30AM (Group Fitness) <i>Kamri P.</i>		
Pickleball Gym West					8:00AM-10:00AM (Gym)		
Boomer Bootcamp Loft					10:00AM-10:45AM (Group Fitness) <i>Anne D.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL-Body Blitz Studio A					12:00PM-1:00PM (Group Fitness) <i>YMCA S.</i>		
1 Lane Lap Pool						9:30AM-10:30AM (Pool)	
Water Works Lap Pool						9:30AM-10:30AM (Group Fitness) <i>Asa L.</i>	
Yoga Studio B						10:30AM-11:30AM (Group Fitness) <i>Stephanie N.</i>	
VIRTUAL-Cardio Dance Studio A						12:00PM-1:00PM (Group Fitness) <i>YMCA S.</i>	
Powerkick Studio B							8:30AM-9:15AM (Group Fitness) <i>Cam E.</i>



Ken Shannon Northwest YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym 2	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)	6:30AM-7:00PM (Gym)
Open Gym Gym 3	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)
Open Gym 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)	6:30AM-4:00PM (Gym)
Open Swim 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)	3:00PM-8:30PM (Pool)	6:30AM-9:00AM (Pool) 12:30PM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
8 Lanes Lap Pool	4:30AM-5:00AM (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)		6:30AM-8:00AM (Pool) 9:30AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
4 Lanes 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)		8:00AM-9:30AM (Pool)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>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>	
Yoga Studio F	7:30AM-8:30AM (Group Fitness) <i>Ginger J.</i>		6:30PM-7:30PM (Group Fitness) <i>Hideki F.</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) 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)		12:00PM-12:30PM (Pool)	
Boomer Water Works Family Pool	8:00AM-8:45AM (Group Fitness) <i>Judi 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>	11:00AM-12:00PM (Group Fitness) <i>Maria S.</i>	9:30AM-10:30AM (Group Fitness) <i>Kat S.</i> 11:30AM-12:30PM (Group Fitness) <i>Sarah W.</i>		8:30AM-9:30AM (Group Fitness) <i>Maria S.</i>		12:00PM-1:00PM (Group Fitness) <i>Linda A.</i>
Body Blitz Studio C	8:30AM-9:00AM (Group Fitness) <i>Heidi R.</i>	5:00AM-6:00AM (Group Fitness) <i>Christal P.</i>					
Cycle BEATS Cycle	8:45AM-9:30AM (Group Fitness) <i>Tabitha G.</i>	6:00PM-6:45PM (Group Fitness) <i>Martha R.</i>		5:30AM-6:30AM (Group Fitness) <i>Lyndsey G.</i> 7:30AM-8:15AM (Group Fitness) <i>Tabitha G.</i> 6:00PM-6:45PM (Group Fitness) <i>Angie R.</i>			

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball - Open Play Gym 1		8:00AM-12:00PM (Gym)	8:00AM-12:00PM (Gym)	8:00AM-12:00PM (Gym)	8:00AM-12:00PM (Gym)		4:00PM-7:00PM (Gym)
Pickleball - Open Play Gym 2		8:00AM-12:00PM (Gym)	8:00AM-12:00PM (Gym)	8:00AM-12:00PM (Gym)	8:00AM-12:00PM (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 Studio C		8:45AM-9:45AM (Group Fitness) <i>Heidi R.</i> 7:00PM-7:45PM (Group Fitness) <i>Sandra B.</i>		8:45AM-9:45AM (Group Fitness) <i>Sandra B.</i>			
Barre Fusion- Barre/HIIT Studio D		8:45AM-9:45AM (Group Fitness) <i>Meg M.</i>					
LIFT 30-UPPER Studio C		9:45AM-10:15AM (Group Fitness) <i>Heidi R.</i>					
Water Tabata Lap Pool		10:00AM-11:00AM (Group Fitness) <i>Jeannie S.</i>				10:00AM-11:00AM (Group Fitness) <i>Molly D.</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>			
Y Box Studio C		6:00PM-7:00PM (Group Fitness) <i>Sandra B.</i>					
Flow Fusion Studio F		6:00PM-6:45PM (Group Fitness) <i>Caroline P.</i>					1:00PM-2:00PM (Group Fitness) <i>Sandra B.</i>
Pilates Studio F		7:00PM-8:00PM (Group Fitness) <i>Caroline P.</i>					
Cycle FORCE 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>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boomer Water Tabata Family Pool			8:00AM-8:45AM (Group Fitness) <i>Molly D.</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>				
Hydrobox Lap Pool			10:00AM-11:00AM (Group Fitness) <i>Jeannie S.</i>				
Cardio Dance Studio C			10:30AM-11:30AM (Group Fitness) <i>Tiffany P.</i>				
VIRTUAL-Pilates Studio F			10:30AM-11:30AM (Group Fitness) <i>YMCA360 V.</i>		12:00PM-1:00PM (Group Fitness) <i>YMCA360 V.</i>		
CORE Studio C			5:15PM-5:30PM (Group Fitness) <i>Dawn B.</i>				
VIRTUAL-CORE Studio F			8:00PM-8:45PM (Group Fitness) <i>YMCA360 V.</i>		5:00PM-5:45PM (Group Fitness) <i>YMCA360 V.</i>		
Walk & Talk Club Northwest Outdoor Sports Complex Sidewalk				7:00AM-7:45AM (Group Fitness) <i>Jandee N.</i>			
LIFT 30-LOWER Studio C				9:45AM-10:15AM (Group Fitness) <i>Sandra B.</i>			
Hydro HIIT Lap Pool				10:00AM-11:00AM (Group Fitness) <i>Molly D.</i>			
CORE Studio F				10:15AM-10:45AM (Group Fitness) <i>Sandra B.</i>			
Powerkick Studio C				6:00PM-6:45PM (Group Fitness) <i>Mary A.</i>		9:00AM-10:00AM (Group Fitness) <i>Mary A.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle FUSION with Strength Cycle					5:00AM-6:00AM (Group Fitness) <i>Andrea W.</i> 8:45AM-9:30AM (Group Fitness) <i>Stephanie S.</i>		
Beginner Step Studio C					9:00AM-9:30AM (Group Fitness) <i>Amanda M.</i>		
Chair Yoga Studio C					10:30AM-11:30AM (Group Fitness) <i>Kimberly C.</i>		
HIIT 60 Studio F						8:00AM-9:00AM (Group Fitness) <i>Linda A.</i>	
Pop Up-Zumba® Fitness K-Pop Style Studio C							2:00PM-3:00PM (Group Fitness) <i>Sydney L.</i>



Robert D. Love Downtown YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 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)
Open Gym 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)
Open Swim 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-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-6:30PM (Pool)	6:30AM-10:00AM (Pool) 3:45PM-6:00PM (Pool)
8 Lanes 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-6:30PM (Pool)	6:30AM-6:30PM (Pool)
Cycle Circuit Studio C	5:15AM-6:00AM (Group Fitness) <i>Stephanie M.</i>						
Body Blitz Studio A	6:00AM-6:45AM (Group Fitness) <i>Monita M.</i>			12:00PM-1:00PM (Group Fitness) <i>ymca</i>			
Zumba® Fitness 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>	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>		11:15AM-12:00PM (Group Fitness) <i>Melanie J.</i>		10:00AM-11:00AM (Group Fitness) <i>Collette B.</i>		
Water Works Family Pool	10:00AM-10:45AM (Group Fitness) <i>Bethany J.</i>	8:00AM-8:45AM (Group Fitness) <i>Margie B.</i>	10:00AM-10:45AM (Group Fitness) <i>Bethany J.</i>	8:00AM-8:45AM (Group Fitness) <i>Margie B.</i>		10:00AM-10:45AM (Group Fitness) <i>Melanie J.</i>	
Bootcamp Studio A	10:30AM-11:30AM (Group Fitness) <i>Joanna W.</i>		12:00PM-12:45PM (Group Fitness) <i>Rachael R.</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>Collette B.</i>		
Hydro HIIT Family Pool	12:00PM-12:45PM (Group Fitness) <i>Margie B.</i>						
Cycle FORCE Studio C	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>	12:00PM-12:45PM (Group Fitness) <i>Martha R.</i>			
VIRTUAL-YBox Studio B	4:30PM-5:30PM (Group Fitness) <i>YMCA360 V.</i>						
Muscle Pump 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>Meg M.</i>	5:30PM-6:30PM (Group Fitness) <i>Meg M.</i>	6:30PM-7:30PM (Group Fitness) <i>Stephanie M.</i>	10:00AM-11:00AM (Group Fitness) <i>MICHAEL C.</i>	11:30AM-12:30PM (Group Fitness) <i>Jessie S.</i>
Yoga Studio B	5:30PM-6:30PM (Group Fitness) <i>Jescia S.</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>	5:30AM-6:15AM (Group Fitness) <i>Mayra J.</i>	10:00AM-11:00AM (Group Fitness) <i>Ginger J.</i>	
Hydrobox Family Pool	5:30PM-6:15PM (Group Fitness) <i>Bethany J.</i>						
Cycle BEATS Studio C	5:30PM-6:15PM (Group Fitness) <i>Stephanie M.</i>	5:45PM-6:30PM (Group Fitness) <i>Diana M.</i>	5:15AM-6:00AM (Group Fitness) <i>Sherrie H.</i>	5:45PM-6:30PM (Group Fitness) <i>Diana M.</i>		9:00AM-9:45AM (Group Fitness) <i>Diana M.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL-Pilates Studio B	7:00PM-7:45PM (Group Fitness) YMCA 3.	4:30PM-5:30PM (Group Fitness) YMCA 3.					
LIFT 30-UPPER Studio A		6:00AM-6:30AM (Group Fitness) Monita M.		10:00AM-10:30AM (Group Fitness) Jessie S.			
Barre Studio A		6:30AM-7:00AM (Group Fitness) Monita M.					
Boomer Muscle Pump Studio B		9:15AM-10:15AM (Group Fitness) Margie B.					
Arthritis Water Exercise Family Pool		10:00AM-10:45AM (Group Fitness) Bethany J.		10:00AM-10:45AM (Group Fitness) Margie B.			
Tai Chi Studio A		10:30AM-11:30AM (Group Fitness) David L.		10:30AM-11:30AM (Group Fitness) David L.			
Pop Up-Step into Summer Studio B		10:30AM-11:15AM (Group Fitness) Meg M.					
VIRTUAL-Yoga Studio B		12:00PM-1:00PM (Group Fitness) YMCA360 V.	7:30AM-8:30AM (Group Fitness) YMCA 3.		6:30PM-7:30PM (Group Fitness) YMCA 3.		
Water Tabata Family Pool		5:30PM-6:15PM (Group Fitness) Jenny O.	12:00PM-12:45PM (Group Fitness) Margie B.		5:30PM-6:15PM (Group Fitness) Bethany J.		3:00PM-3:45PM (Group Fitness) Bethany J.
Flow Fusion Studio B		5:30PM-6:30PM (Group Fitness) Heather J.					
Step Studio A			8:30AM-9:15AM (Group Fitness) Meg M.				
Beginner Zumba® Fitness Studio A			9:30AM-10:30AM (Group Fitness) Ere C.				
Y Box Studio A			6:00PM-7:00PM (Group Fitness) Baylana M.				
LIFT 30-LOWER Studio A				6:00AM-6:30AM (Group Fitness) MICHAEL C.	10:00AM-10:30AM (Group Fitness) Jessie S.		
Pilates Studio A				6:30AM-7:00AM (Group Fitness) MICHAEL C.			

	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>	
Boomer Bootcamp Studio B				10:00AM-10:30AM (Group Fitness) <i>Daniella H.</i>			
VIRTUAL-Barre Studio B				4:30PM-5:30PM (Group Fitness) <i>YMCA 3.</i>			
Aqua Zumba® Family Pool				5:30PM-6:15PM (Group Fitness) <i>Hideki F.</i>			
Step Studio B				6:45PM-7:30PM (Group Fitness) <i>Meg M.</i>			
Flow Fusion Studio A					11:00AM-12:00PM (Group Fitness) <i>Heather J.</i>		
VIRTUAL-Cycle Studio C					12:00PM-1:00PM (Group Fitness) <i>YMCA 3.</i>		
Riverside Yoga EXPLORATION PLACE Wichita Foundation Amphitheater						9:00AM-9:45AM (Group Fitness) <i>Liz C.</i>	
STRONG® Studio A						9:00AM-10:00AM (Group Fitness) <i>Charity C.</i>	
Riverside Zumba® Fitness EXPLORATION PLACE Wichita Foundation Amphitheater						10:00AM-10:45AM (Group Fitness) <i>Ere C.</i>	

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Studio A		9:30AM-10:30AM (Group Fitness) <i>Erin B.</i>					
SilverSneakers® Yoga Studio D		9:30AM-10:30AM (Group Fitness) <i>Lynnette H.</i>					
VIRTUAL-Circuit InStudio B		12:15PM-12:45PM (Group Fitness) <i>YMCA360 V.</i>		12:15PM-12:45PM (Group Fitness) <i>YMCA360 V.</i>			
Pickleball Gym 2		1:00PM-3:00PM (Gym)		1:00PM-3:00PM (Gym)			
Step Studio D		5:30PM-6:15PM (Group Fitness) <i>Lynnette H.</i>					
4 Lanes Lap Pool		6:30PM-7:15PM (Pool)		6:30PM-7:15PM (Pool)			
Yoga Studio B		7:00PM-8:00PM (Group Fitness) <i>Erin B.</i>			9:30AM-10:15AM (Group Fitness) <i>Crystal G.</i>		
Yoga Studio D			5:30AM-6:15AM (Group Fitness) <i>Erin B.</i>				3:00PM-4:00PM (Group Fitness) <i>Erin B.</i>
LIFT 30-LOWER Studio D			8:30AM-9:00AM (Group Fitness) <i>Rebekah B.</i>	5:30AM-6:00AM (Group Fitness) <i>Cassie G.</i>			
Body Design Studio D			9:00AM-9:45AM (Group Fitness) <i>Rebekah B.</i>				
Boomer Cardio Dance Studio A			9:15AM-10:00AM (Group Fitness) <i>Rose J.</i>				
Cycle FORCE Studio C			9:30AM-10:15AM (Group Fitness) <i>Katrina D.</i> 6:30PM-7:15PM (Group Fitness) <i>Katrina D.</i>				
SilverSneakers® Classic Studio D			10:00AM-11:00AM (Group Fitness) <i>Catherine W.</i>				
Pilates Studio B				9:00AM-10:00AM (Group Fitness) <i>Cassie G.</i>			

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



Richard A. Devore South YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym 1	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)
Open Gym 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)
3 Lanes 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)		6:30AM-10:00AM (Pool) 11:45AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
Open Swim 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)	3:00PM-8:30PM (Pool)	6:30AM-9:30AM (Pool) 11:45AM-6:30PM (Pool)	6:30AM-10:30AM (Pool) 11:15AM-6:30PM (Pool)
Water Tabata 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>				
Cycle FORCE 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>Matthew W.</i>		9:30AM-10:15AM (Group Fitness) <i>Matthew W.</i>	
Pilates Studio A	8:30AM-9:15AM (Group Fitness) <i>Jerri C.</i>	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>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Arthritis Water Exercise Family Pool	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>	11:30AM-12:30PM (Group Fitness) <i>Shelly D.</i>			
Muscle Pump Studio C	9:30AM-10:15AM (Group Fitness) <i>Sarah S.</i>	12:00PM-1:00PM (Group Fitness) <i>Meg M.</i> 5:15PM-6:00PM (Group Fitness) <i>Rachel M.</i>		5:00PM-6:00PM (Group Fitness) <i>Holly W.</i>		8:30AM-9:15AM (Group Fitness) <i>Sarah S.</i>	1:00PM-2:00PM (Group Fitness) <i>Holly W.</i>
Step Studio C	10:15AM-11:00AM (Group Fitness) <i>Sarah S.</i> 5:45PM-6:30PM (Group Fitness) <i>Rachael B.</i>				9:30AM-10:15AM (Group Fitness) <i>Tiffany F.</i>		12:00PM-12:45PM (Group Fitness) <i>Sarah S.</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>Lindsey M.</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>
Shallow End Only Family Pool	12:30PM-1:15PM (Pool)	6:00PM-8:00PM (Pool)	12:30PM-1:15PM (Pool)	7:00PM-8:00PM (Pool)			
Body Blitz Studio C	5:00PM-5:45PM (Group Fitness) <i>Rachael B.</i>				5:15AM-6:00AM (Group Fitness) <i>Frances E.</i>		
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> 6:00PM-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>	
Aqua Body Design Family Pool		5:15AM-6:00AM (Group Fitness) <i>Michelle G.</i>					
1 Lane Lap Pool		8:00AM-8:45AM (Pool)		8:00AM-8:45AM (Pool)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 FUSION with CORE Studio B		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>					
SilverSneakers® Classic Studio A		10:30AM-11:30AM (Group Fitness) <i>Cassey B.</i>					
Beginner Yoga Studio A		5:45PM-6:30PM (Group Fitness) <i>Hideki F.</i>					
Cycle BEATS Studio D		6:00PM-6:45PM (Group Fitness) <i>Janette O.</i>					
Aqua Zumba® Family 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>Brynden J.</i>
LIVESTREAM-Barre Studio D			7:00AM-7:45AM (Group Fitness) <i>Livestream</i>	8:00PM-8:45PM (Group Fitness) <i>YMCA360 V.</i>			
LIFT 30 MIX Studio C			9:15AM-9:45AM (Group Fitness) <i>Leah G.</i>				
CORE Studio C			9:45AM-10:15AM (Group Fitness) <i>Leah G.</i>				2:00PM-2:30PM (Group Fitness) <i>Holly W.</i>
LIVESTREAM-Bootcamp Studio D			12:00PM-12:45PM (Group Fitness) <i>Livestream</i>		5:30PM-6:15PM (Group Fitness) <i>YMCA360 V.</i>		
STRONG 30® Studio C			6:00PM-6:30PM (Group Fitness) <i>Todd W.</i>				
Hydrobox Family Pool				5:15AM-6:00AM (Group Fitness) <i>Michelle G.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp Studio D				9:00AM-9:45AM (Group Fitness) <i>Heidi H.</i>			
Yoga Studio A				9:15AM-10:15AM (Group Fitness) <i>Rachael B.</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>			
Beginner Pilates Studio A					10:30AM-11:15AM (Group Fitness) <i>Leah G.</i>		
LIVESTREAM-Vinyasa Yoga Studio D					12:00PM-12:45PM (Group Fitness) <i>YMCA360 V.</i>		
2 Lanes Lap Pool						10:00AM-11:45AM (Pool)	
LIVESTREAM-Yoga Studio D						12:00PM-12:45PM (Group Fitness) <i>YMCA360 V.</i>	



Dr. Jim Farha Andover YMCA | May 18th - May 24th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boomer Water Works Family Pool	9:30AM-10:30AM (Group Fitness) <i>Jackie S.</i>			11:15AM-12:00PM (Group Fitness) <i>Jackie S.</i>			
CORE Studio C	9:30AM-10:00AM (Group Fitness) <i>Stephanie B.</i>						
Muscle Pump Studio B	10:30AM-11:30AM (Group Fitness) <i>Hannah R.</i> 4:30PM-5:30PM (Group Fitness) <i>Valerie J.</i>		10:00AM-11:00AM (Group Fitness) <i>Liz A.</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)			
3 Lanes Lap Pool	4:00PM-8:30PM (Pool)	4:00PM-8:30PM (Pool)	4:00PM-8:30PM (Pool)	4:00PM-8:30PM (Pool)			
Yoga 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>Claire R.</i>
Beginner Yoga Studio C	5:30PM-6:30PM (Group Fitness) <i>Ashley S.</i>			5:30PM-6:30PM (Group Fitness) <i>Ashley S.</i>			
Powerkick Studio B	5:30PM-6:30PM (Group Fitness) <i>Sherrie H.</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>Angie R.</i>		9:30AM-10:30AM (Group Fitness) <i>Sarah B.</i>	
5 Lanes Lap Pool		8:30AM-10:30AM (Pool)		8:30AM-10:00AM (Pool)			
Body Design Studio B		8:30AM-9:30AM (Group Fitness) <i>Stephanie B.</i> 5:30PM-6:30PM (Group Fitness) <i>Rachel 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>	

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

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



West YMCA | May 18th - May 24th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Arthritis Water Exercise Family Pool	9:00AM-10:00AM (Group Fitness) <i>Shelly D.</i> 5:00PM-5:45PM (Group Fitness) <i>Rhonda S.</i>		9:00AM-10:00AM (Group Fitness) <i>Sarah S.</i> 5:00PM-5:45PM (Group Fitness) <i>Rhonda S.</i>			12:15PM-1:00PM (Group Fitness) <i>Rhonda S.</i>	
Powerkick Studio C	9:00AM-9:45AM (Group Fitness) <i>Cam E.</i>						
Flow Fusion Studio A	9:30AM-10:30AM (Group Fitness) <i>Caroline P.</i>		6:00AM-6:45AM (Group Fitness) <i>Megan O.</i>				
Body Blitz Studio C	9:45AM-10:15AM (Group Fitness) <i>Cam E.</i>				10:15AM-11:00AM (Group Fitness) <i>Sheila H.</i>		
Open Play Court 1	10:00AM-12:30PM (Pickleball) 4:30PM-6:00PM (Pickleball)	8:30AM-10:00AM (Pickleball) 5:30PM-6:00PM (Pickleball)			4:30PM-6:00PM (Pickleball)		4:00PM-7:00PM (Pickleball)
Open Play Court 2	10:00AM-12:30PM (Pickleball) 4:30PM-6:00PM (Pickleball)	8:30AM-10:00AM (Pickleball) 5:30PM-6:00PM (Pickleball)			4:30PM-6:00PM (Pickleball)		4:00PM-7:00PM (Pickleball)
Advanced Point Play (3.5-5.0) Court 4	10:00AM-12:30PM (Pickleball)						
Advanced Point Play (3.5-5.0) Court 3	10:00AM-12:30PM (Pickleball)						
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> 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>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Muscle Pump 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>		12:00PM-1:00PM (Group Fitness) <i>Sarah W.</i>
Water Works Family/Lap Pool	12:00PM-12:45PM (Group Fitness) <i>Lindsey M.</i>						
Intermediate Open Play Court 4	12:30PM-1:30PM (Pickleball)				10:00AM-12:00PM (Pickleball)	10:00AM-1:00PM (Pickleball)	
Intermediate Open Play Court 1	12:30PM-2:30PM (Pickleball)			8:30AM-10:00AM (Pickleball)	10:00AM-12:00PM (Pickleball)	10:00AM-1:00PM (Pickleball)	
Intermediate Open Play Court 2	12:30PM-2:30PM (Pickleball)			8:30AM-10:00AM (Pickleball)	10:00AM-12:00PM (Pickleball)	10:00AM-1:00PM (Pickleball)	
Intermediate Open Play Court 3	12:30PM-2:30PM (Pickleball)			8:30AM-10:00AM (Pickleball)	10:00AM-12:00PM (Pickleball)	10:00AM-1:00PM (Pickleball)	
Special Event Court 4	2:30PM-4:30PM (Pickleball)				2:30PM-4:30PM (Pickleball)		
Special Event Court 1	2:30PM-4:30PM (Pickleball)				2:30PM-4:30PM (Pickleball)		
Special Event Court 2	2:30PM-4:30PM (Pickleball)				2:30PM-4:30PM (Pickleball)		
Special Event Court 3	2:30PM-4:30PM (Pickleball)				2:30PM-4:30PM (Pickleball)		
Open Play Court 3	4:30PM-6:00PM (Pickleball)	8:30AM-10:00AM (Pickleball)					4:00PM-7:00PM (Pickleball)
Open Play Court 4	4:30PM-6:00PM (Pickleball)	8:30AM-10:00AM (Pickleball)					4:00PM-7:00PM (Pickleball)
Cycle FORCE Studio B	5:30PM-6:15PM (Group Fitness) <i>Stacey P.</i>	8:30AM-9:00AM (Group Fitness) <i>Rachel J.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Tabata 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>	8:15AM-9:00AM (Group Fitness) <i>Sarah 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>			
Open Play All Courts	6:00PM-9:00PM (Pickleball)		8:30AM-12:00PM (Pickleball) 6:00PM-10:00PM (Pickleball)			3:30PM-7:00PM (Pickleball)	11:00AM-2:00PM (Pickleball)
Zumba® Fitness Studio A	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>Melissa W.</i>	5:30PM-6:30PM (Group Fitness) <i>Todd W.</i>		12:00PM-1:00PM (Group Fitness) <i>Todd W.</i>
VIRTUAL-Cycle Studio B	7:00PM-8:00PM (Group Fitness) <i>Y.</i>						
Powerkick Studio A		6:00AM-6:45AM (Group Fitness) <i>Megan O.</i>				7:15AM-8:00AM (Group Fitness) <i>Megan O.</i>	
Cardio Dance Studio A		8:30AM-9:15AM (Group Fitness) <i>Tiffany P.</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>Lee A.</i>					
Zumba® Fitness Studio B		10:00AM-11:00AM (Group Fitness) <i>Lindsey M.</i>					
Step Studio C		10:00AM-10:45AM (Group Fitness) <i>Tiffany F.</i>		6:00AM-6:45AM (Group Fitness) <i>Megan O.</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>Sheila H.</i>	1:15PM-2:00PM (Group Fitness) <i>Tiffany F.</i>
Pilates Studio A		10:00AM-11:00AM (Group Fitness) <i>Lee A.</i>	5:00AM-5:45AM (Group Fitness) <i>Jerri C.</i>				

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>				
Beginner Step Circuit 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> 5:30PM-6:30PM (Group Fitness) <i>Ramona G.</i>			9:00AM-10:00AM (Group Fitness) <i>Ramona G.</i>	
Flow Fusion Studio B			11:00AM-12:00PM (Group Fitness) <i>Caroline P.</i>				
Beginner Point Play (2.0-3.0) Court 2			1:00PM-3:30PM (Pickleball)			1:00PM-3:30PM (Pickleball)	
Beginner Point Play (2.0-3.0) Court 3			1:00PM-3:30PM (Pickleball)			1:00PM-3:30PM (Pickleball)	
Beginner Point Play (2.0-3.0) Court 1			1:00PM-3:30PM (Pickleball)			1:00PM-3:30PM (Pickleball)	
Beginner Point Play (2.0-3.0) Court 4			1:00PM-3:30PM (Pickleball)			1:00PM-3:30PM (Pickleball)	
Bootcamp Turf Area			6:00PM-6:45PM (Group Fitness) <i>Josh J.</i>				
Silver Sneakers® Stability Studio B			6:30PM-7:30PM (Group Fitness) <i>Joyce U.</i>				
VIRTUAL-Step Studio B			8:00PM-9:00PM (Group Fitness) <i>Y.</i>				
Advanced Open Play Court 4				8:30AM-10:00AM (Pickleball)			9:00AM-11:00AM (Pickleball)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barre Fusion Studio A				8:45AM-9:45AM (Group Fitness) <i>Meg M.</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>Joyce U.</i>			
LIFT 30 MIX Turf Area				10:00AM-10:30AM (Group Fitness) <i>Kat S.</i>			
Mixed League All Courts				10:00AM-1:00PM (Pickleball)			
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>		
VIRTUAL-Cardio Dance Studio B				1:00PM-2:00PM (Group Fitness) <i>Y.</i>			
Women's Point Play Court 3				1:00PM-3:30PM (Pickleball)			
Women's Point Play Court 4				1:00PM-3:30PM (Pickleball)			
Women's Point Play Court 1				1:00PM-3:30PM (Pickleball)			
Women's Point Play Court 2				1:00PM-3:30PM (Pickleball)			
Gentle Yoga Studio A				5:30PM-6:15PM (Group Fitness) <i>Stephanie M.</i>			
Bootcamp Gym East and West					7:30AM-8:30AM (Group Fitness) <i>Joyce U.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle FUSION with CORE Studio B					8:45AM-9:45AM (Group Fitness) <i>Janice S.</i>		
Advanced Step Studio C					9:30AM-10:15AM (Group Fitness) <i>Jackie S.</i>		
Pilates Studio B					10:00AM-11:00AM (Group Fitness) <i>Caroline P.</i>		
Body Design Studio B						8:00AM-9:00AM (Group Fitness) <i>Cam E.</i>	
Advanced Open Play Court 1							9:00AM-11:00AM (Pickleball)
Advanced Open Play Court 2							9:00AM-11:00AM (Pickleball)
Advanced Open Play Court 3							9:00AM-11:00AM (Pickleball)



McPherson YMCA | May 18th - May 24th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Blitz 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>Linda S.</i>		
2 Lanes 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)
Arthritis Water Exercise Family Pool	9:00AM-9:45AM (Group Fitness) <i>Mitzi E.</i>						
Yoga 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>Kate M.</i>		9:15AM-10:15AM (Group Fitness) <i>Linda G.</i>		
Body Design Studio A	12:00PM-12:45PM (Group Fitness) <i>Chelsea A.</i>		8:15AM-9:00AM (Group Fitness) <i>Chelsea A.</i>				
Open Swim 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)		
1 Lane 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)		
Cycle FORCE Studio C	4:00PM-4:45PM (Group Fitness) <i>Stan S.</i>						
Bootcamp Functional Strength Room		8:00AM-9:00AM (Group Fitness) <i>Emily K.</i>	4:00PM-5:00PM (Group Fitness) <i>Emily K.</i>				
Pilates Studio A		8:15AM-9:00AM (Group Fitness) <i>Johanna N.</i>		8:15AM-9:00AM (Group Fitness) <i>Johanna N.</i>			
Stretch & Roll Studio B		9:00AM-9:30AM (Group Fitness) <i>Emily K.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Dance Studio A		9:45AM-10:35AM (Group Fitness) <i>Linda G.</i>	6:45PM-7:30PM (Group Fitness) <i>Kayla S.</i>	9:45AM-10:35AM (Group Fitness) <i>Linda G.</i>			
Bootcamp Studio A		5:30PM-6:15PM (Group Fitness) <i>Emily K.</i>		5:30PM-6:15PM (Group Fitness) <i>Stan S.</i>			1:15PM-2:15PM (Group Fitness) <i>Stan S.</i>
Beginner Yoga Studio B		6:00PM-6:45PM (Group Fitness) <i>Raquel R.</i>					
Cycle FUSION with Strength Studio C			8:00AM-8:50AM (Group Fitness) <i>Emily K.</i>				
Muscle Pump Studio A			12:00PM-12:45PM (Group Fitness) <i>Johanna N.</i>	5:45AM-6:30AM (Group Fitness) <i>Elizabeth P.</i>			
Restorative Yoga Studio A				9:00AM-9:30AM (Group Fitness) <i>Linda G.</i>			



Hutchinson YMCA | May 18th - May 24th

	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	5:00AM-6:00AM (Pool) 6:45AM-9:00AM (Pool) 10:45AM-4:30PM (Pool) 6:30PM-8:30PM (Pool)	5:00AM-6:00AM (Pool) 6:45AM-9:00AM (Pool) 10:30AM-1:00PM (Pool) 2:00PM-4:30PM (Pool) 6:30PM-8:30PM (Pool)	5:00AM-6:00AM (Pool) 6:45AM-9:00AM (Pool) 10:00AM-11:00AM (Pool) 12:00PM-8:30PM (Pool)	5:00AM-9:00AM (Pool) 10:30AM-1:00PM (Pool) 2:00PM-8:30PM (Pool)	3:00PM-8:30PM (Pool)	7:00AM-9:00AM (Pool) 10:00AM-4:30PM (Pool)	7:00AM-4:30PM (Pool)
6 Lanes Lap Pool	5:00AM-7:00AM (Pool) 8:45AM-3:30PM (Pool)	5:00AM-7:00AM (Pool) 8:45AM-9:00AM (Pool)	5:00AM-9:00AM (Pool) 10:00AM-3:30PM (Pool)	5:00AM-7:00AM (Pool) 8:00AM-9:00AM (Pool) 10:00AM-3:30PM (Pool)	3:00PM-8:30PM (Pool)	7:00AM-4:30PM (Pool)	7:00AM-4:30PM (Pool)
Beginner 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>				
Zumba® Fitness 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>	

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

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pick Up Basketball Gym 2					5:00AM-8:00AM (Gym)		
LIFT 30-UPPER Studio A					8:30AM-9:00AM (Group Fitness) <i>Damarcus M.</i>		
HIIT 30 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>		
Pilates Studio B						8:30AM-9:15AM (Group Fitness) <i>Kathy V.</i>	
HIIT 60 Studio A						10:00AM-11:00AM (Group Fitness) <i>Kelly H.</i>	



Steve Clark YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 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)
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)
Cycle BEATS Multipurpose_Room	6:00AM-6:45AM (Group Fitness) Frances E.	5:30PM-6:15PM (Group Fitness) Anna R.			8:30AM-9:15AM (Group Fitness) Kelley R.		
STRONG 30® Studio A	8:30AM-9:00AM (Group Fitness) Kelley R.						
Barre Studio B	9:00AM-9:30AM (Group Fitness) Kelley R.						
LIFT 30 MIX Studio A	9:30AM-10:00AM (Group Fitness) Kelley R.						
Chair Yoga Studio B	10:00AM-10:45AM (Group Fitness) Sarah W.				10:00AM-10:45AM (Group Fitness) Sarah W.		
Zumba® Fitness 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.	2:00PM-3:00PM (Group Fitness) Sarah B.
VIRTUAL-Yoga Multipurpose_Room	11:00AM-11:45AM (Group Fitness) staff						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL-Cycle 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>		2:30PM-5:20PM (Group Fitness) <i>YMCA360 V.</i>	8:00PM-9:00PM (Group Fitness) <i>Staff</i>		12:00PM-12:45PM (Group Fitness) <i>Staff</i>	
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>		9:30AM-10:15AM (Group Fitness) <i>Kelley R.</i>		
Beginner Yoga 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>		
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 M.</i>			8:30AM-9:15AM (Group Fitness) <i>Kristen D.</i> 5:30PM-6:15PM (Group Fitness) <i>Britney M.</i>			
Powerkick Studio A		8:30AM-9:15AM (Group Fitness) <i>Kelley R.</i>				8:30AM-9:10AM (Group Fitness) <i>Kelley R.</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>Shalen S.</i>					
SilverSneakers® Circuit Studio B		10:30AM-11:30AM (Group Fitness) <i>Shalen S.</i>		10:30AM-11:30AM (Group Fitness) <i>Kelley R.</i>			
Gentle Yoga Studio B		5:30PM-6:30PM (Group Fitness) <i>Sarah W.</i>					
LIFT 30-UPPER Studio A		6:45PM-7:15PM (Group Fitness) <i>Charis W.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>				
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>				
Virtual - Fitness Floor Tutorials Lobby			2:45PM-5:00PM (Group Fitness) <i>YMCA360 V.</i>				
Yoga Studio B				9:00AM-10:00AM (Group Fitness) <i>Linda M.</i> 6:30PM-7:25PM (Group Fitness) <i>Susan P.</i>			9:00AM-9:45AM (Group Fitness) <i>Ashley P.</i>
Body Design Studio A				9:15AM-10:15AM (Group Fitness) <i>Stephanie B.</i>			
Pilates Studio B				12:00PM-1:00PM (Group Fitness) <i>Dayla J.</i>			
Cycle FORCE Multipurpose_Room				5:30PM-6:15PM (Group Fitness) <i>Martha R.</i>			
LIFT 30-LOWER Studio A				6:45PM-7:15PM (Group Fitness) <i>Charis W.</i>			
Flow Fusion Studio A						9:15AM-10:00AM (Group Fitness) <i>Kelley R.</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>