



Dennis Schoenebeck North YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL-Powerkick Studio D	5:15AM-6:15AM (Group Fitness) YMCA 3.						
Cycle 45 Studio E	5:15AM-6:00AM (Group Fitness) Tina Y.		5:15AM-6:00AM (Group Fitness) Jana B. 5:30PM-6:15PM (Group Fitness) Tabitha G.		5:15AM-6:00AM (Group Fitness) Tina Y.	9:30AM-10:15AM (Group Fitness) Jana B.	
Water Works Family Pool	8:00AM-8:45AM (Group Fitness) Dana F.		8:00AM-9:00AM (Group Fitness) Dana F.		8:00AM-8:45AM (Group Fitness) Dana F.		
Chair Yoga Studio C	8:30AM-9:30AM (Group Fitness) Sarah W.	10:45AM-11:45AM (Group Fitness) Gail B.		10:45AM-11:45AM (Group Fitness) Suresh M.		11:45AM-12:45PM (Group Fitness) Suresh M.	
Gentle Yoga Studio E	8:30AM-9:15AM (Group Fitness) Cristy P.		8:30AM-9:15AM (Group Fitness) Cristy P.				
Deep Water Dive Well	9:00AM-9:45AM (Group Fitness) Dana F.		9:00AM-10:00AM (Group Fitness) Dana F.		9:00AM-10:00AM (Group Fitness) Dana F.		
Zumba® Fitness Studio C	9:30AM-10:30AM (Group Fitness) Rose J. 5:30PM-6:30PM (Group Fitness) Alisha M.	9:30AM-10:30AM (Group Fitness) Alisha M. 6:30PM-7:30PM (Group Fitness) Sarah B.	9:45AM-10:45AM (Group Fitness) Rafaela R. 6:30PM-7:30PM (Group Fitness) Sarah B.	6:30PM-7:30PM (Group Fitness) Rose J.		9:30AM-10:30AM (Group Fitness) Alisha M.	
Hydro HIIT Dive Well	9:45AM-10:30AM (Group Fitness) Dana F.			9:00AM-9:45AM (Group Fitness) Jana B.			
Boomer Bootcamp Loft	9:45AM-10:30AM (Group Fitness) Zachary F.		9:45AM-10:30AM (Group Fitness) Zachary F.				
Water Works Wave Pool	10:30AM-11:15AM (Group Fitness) Margie B.						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>Katie P.</i>			8:30AM-9:30AM (Group Fitness) <i>Bernadette G.</i>	
Pilates Studio D	5:30PM-6:15PM (Group Fitness) <i>Dayla J.</i>						
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>			
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>Katie P.</i> 7:15PM-8:00PM (Group Fitness) <i>Beverly A.</i>		11:00AM-11:45AM (Group Fitness) <i>Jackie S.</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>Katie P.</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>		
LIFT 30-UPPER Studio C		4:30PM-5:00PM (Group Fitness) <i>Bernadette G.</i>			5:00AM-5:30AM (Group Fitness) <i>Bernadette G.</i>		
CORE Studio C		5:00PM-5:30PM (Group Fitness) <i>Bernadette 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>				
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>			
Water Tabata Dive Well				10:00AM-10:45AM (Group Fitness) <i>Jackie S.</i>		9:30AM-10:15AM (Group Fitness) <i>Holly W.</i>	11:00AM-11:45AM (Group Fitness) <i>Katie P.</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>		
Pack the Pools Event Wave Pool					6:00PM-8:00PM (Group Fitness) <i>Katie P.</i>		
Sunrise Yoga Pool Deck							7:30AM-8:30AM (Group Fitness) <i>Karma D.</i>