



## Steve Clark YMCA | May 5th - May 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> 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)
<b>Open Gym</b> Gym 2	5:30AM-10:00PM (Gym)	5:30AM-10:00PM (Gym)	5:30AM-10:00PM (Gym)	5:30AM-10:00PM (Gym)	5:30AM-9:00PM (Gym)	8:00AM-7:00PM (Gym)	8:00AM-7:00PM (Gym)
<b>STRONG 30®</b> Studio B	8:30AM-9:00AM (Group Fitness) <i>Kelley R.</i>						
<b>Barre</b> Studio B	9:00AM-9:30AM (Group Fitness) <i>Kelley R.</i>						
<b>LIFT 30-UPPER</b> Studio A	9:30AM-10:00AM (Group Fitness) <i>Kelley R.</i>	6:45PM-7:15PM (Group Fitness) <i>Charis W.</i>					
<b>Flow Fusion</b> Studio A	10:00AM-10:30AM (Group Fitness) <i>Kelley R.</i>					9:15AM-10:00AM (Group Fitness) <i>Cam E.</i>	
<b>Chair Yoga</b> Studio B	10:00AM-10:45AM (Group Fitness) <i>Connie R.</i>				10:00AM-10:45AM (Group Fitness) <i>Sarah W.</i>		
<b>VIRTUAL-Cycle</b> 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>	
<b>Zumba® Fitness</b> 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>Jess M.</i>	2:00PM-3:00PM (Group Fitness) <i>Sarah B.</i>

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

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