



Dennis Schoenebeck North YMCA | June 16th - June 22nd

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|---|---|--|--|
| Water Tabata Dive Well | 7:15PM-8:00PM (Group Fitness) <i>Tammi R.</i> | | | 10:00AM-10:45AM (Group Fitness) <i>Jackie S.</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>Jackie S.</i> |
| Yoga Studio D | 7:30PM-8:15PM (Group Fitness) <i>Ginger J.</i> | | | | | 8:30AM-9:30AM (Group Fitness) <i>Susan P.</i> | |
| Open Gym Youth and Family 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) |
| 3 Lanes Lap 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 Gym Gym A | | 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-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 Swim Family 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) |
| 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> | | | |

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|---|--------|--|---|--|--|--|--------|
| 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> | | | |
| Zumba® Fitness Studio C | | 9:30AM-10:30AM (Group Fitness) <i>Jessy R.</i> | 9:45AM-10:45AM (Group Fitness) <i>Rafaela R.</i> 6:30PM-7:30PM (Group Fitness) <i>Sarah B.</i> | 6:30PM-7:30PM (Group Fitness) <i>Rose J.</i> | 6:00PM-7:00PM (Group Fitness) <i>Jess M.</i> | 9:30AM-10:30AM (Group Fitness) <i>Alisha M.</i> | |
| Gentle Yoga Studio A | | 10:30AM-11:30AM (Group Fitness) <i>Marty H.</i> | | 10:30AM-11:30AM (Group Fitness) <i>Marty H.</i> | | | |
| Chair Yoga Studio C | | 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> | |
| 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 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) | | |
| 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> | | | 9:15AM-9:45AM (Group Fitness) <i>Tabitha G.</i> | | |
| VIRTUAL-Cardio Dance Studio D | | 6:30PM-7:30PM (Group Fitness) <i>Virtual Y.</i> | | | | | |
| Muscle Pump Studio C | | | 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> | |

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|--|--------|---------|---|--|--|--|--------|
| Cycle 45 Studio E | | | 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> | |
| Water Works Family Pool | | | 8:00AM-9:00AM (Group Fitness) <i>Dana F.</i> | | 8:00AM-8:45AM (Group Fitness) <i>Jana B.</i> | | |
| Shallow End Only Family Pool | | | 8:00AM-8:45AM (Pool) | | 8:00AM-8:45AM (Pool) 11:00AM-11:45AM (Pool) | | |
| Gentle Yoga Studio E | | | 8:30AM-9:15AM (Group Fitness) <i>Cristy P.</i> | | | | |
| Barre Studio C | | | 9:00AM-9:45AM (Group Fitness) <i>Katie P.</i> | | | | |
| Deep Water Dive Well | | | 9:00AM-10:00AM (Group Fitness) <i>Dana F.</i> | | 9:00AM-10:00AM (Group Fitness) <i>Beverly A.</i> | | |
| Boomer Bootcamp Loft | | | 9:45AM-10:30AM (Group Fitness) <i>Zachary F.</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> | | | |
| Hydro HIIT Dive Well | | | | 9:00AM-9:45AM (Group Fitness) <i>Jana B.</i> | | | |

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|--|--------|---------|-----------|---|--|--|---|
| Beginner Step Studio C | | | | 9:45AM-10:30AM (Group Fitness) <i>Tiffany F.</i> | | | |
| Wave Running Wave Pool | | | | 11:00AM-11:45AM (Group Fitness) <i>Jackie S.</i> | | 10:30AM-11:15AM (Group Fitness) <i>Holly W.</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> | |
| Stride & Tides Wave Pool | | | | 7:15PM-8:00PM (Group Fitness) <i>Jackie S.</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>Tabitha G.</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> |
| Hydro HIIT Family Pool | | | | | 11:00AM-11:45AM (Group Fitness) <i>Jana B.</i> | | |
| Beginner Yoga Studio D | | | | | | 10:00AM-11:00AM (Group Fitness) <i>Cristy P.</i> | |
| Sunrise Yoga Pool Deck | | | | | | | 7:30AM-8:30AM (Group Fitness) <i>Karma D.</i> |