



## Newton YMCA | June 16th - June 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Swim</b> Family 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)
<b>Zumba® Fitness</b> 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>		
<b>Cycle 45</b> 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>				
<b>Open Gym</b> 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-9:00PM (Gym)	6:30AM-10:00PM (Gym)	6:30AM-3:30PM (Gym)
<b>6 Lanes</b> Lap 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)
<b>Open Gym</b> Gym 2		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)
<b>Y Box</b> Studio D		5:30AM-6:00AM (Group Fitness) <i>Cassie G.</i>			8:30AM-9:15AM (Group Fitness) <i>Cassie G.</i>		

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<b>LIFT 30-UPPER</b> 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>				
<b>Water Tabata</b> Family Pool		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>		
<b>Shallow End Only</b> Family 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)	
<b>SilverSneakers® Yoga</b> Studio A		9:30AM-10:30AM (Group Fitness) <i>Lynnette H.</i>					
<b>Fun Fit</b> Gym 1		9:30AM-11:00AM (Gym)	9:30AM-11:00AM (Gym)	9:30AM-11:00AM (Gym)	9:30AM-11:00AM (Gym)		
<b>LIFT 30-LOWER</b> 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>Cassie G.</i>			
<b>VIRTUAL-Circuit</b> InStudio B		12:15PM-12:45PM (Group Fitness) <i>Virtual I.</i>		12:15PM-12:45PM (Group Fitness) <i>Virtual I.</i>			
<b>Pickleball</b> Gym 2		1:00PM-3:00PM (Gym)		1:00PM-3:00PM (Gym)			
<b>Barre</b> Studio D		5:30PM-6:30PM (Group Fitness) <i>Rebekah B.</i>					
<b>4 Lanes</b> Lap Pool		6:30PM-7:15PM (Pool)		6:30PM-7:15PM (Pool)			
<b>VIRTUAL-Yoga</b> InStudio B		6:30PM-7:15PM (Group Fitness) <i>Virtual I.</i>					
<b>Flow Fusion</b> Studio D			5:30AM-6:15AM (Group Fitness) <i>Laurel B.</i>			9:00AM-10:00AM (Group Fitness) <i>Laurel B.</i>	
<b>Body Design</b> Studio D			8:30AM-9:30AM (Group Fitness) <i>Rebekah B.</i>				

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<b>Boomer Cardio Dance</b> Studio A			9:15AM-10:00AM (Group Fitness) <i>Rose J.</i>				
<b>SilverSneakers® Classic</b> Studio A			10:00AM-11:00AM (Group Fitness) <i>Catherine W.</i>				
<b>VIRTUAL-Cycle</b> InStudio C			6:30PM-7:15PM (Group Fitness) <i>YMCA 3.</i>				
<b>Muscle Pump</b> Studio D			6:45PM-7:45PM (Group Fitness) <i>Renae S.</i>				
<b>Pilates</b> Studio D				6:00AM-6:30AM (Group Fitness) <i>Cassie G.</i>  8:30AM-9:30AM (Group Fitness) <i>Cassie G.</i>			
<b>Water Works</b> Family Pool				8:30AM-9:30AM (Group Fitness) <i>Catherine W.</i>		8:15AM-9:00AM (Group Fitness) <i>Margie B.</i>	
<b>Zumba® Fitness</b> Studio B				8:30AM-9:30AM (Group Fitness) <i>Lynnette H.</i>			
<b>Silver Sneakers® Stability</b> Studio B				9:45AM-10:15AM (Group Fitness) <i>Lynnette H.</i>			
<b>HIIT 30</b> Studio D				5:30PM-6:00PM (Group Fitness) <i>Cassie G.</i>			
<b>Zumba® Fitness</b> Studio A					8:30AM-9:30AM (Group Fitness) <i>Jamie B.</i>		
<b>Boomer Bootcamp</b> Studio A					9:30AM-10:15AM (Group Fitness) <i>Katelyn W.</i>		
<b>Personal Training</b> InStudio B					12:30PM-1:00PM (Group Fitness) <i>Katelyn W.</i>		