



## El Dorado YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>3 Lanes</b> Lap Pool	4:30AM-8:30AM (Pool)  10:45AM-6:45PM (Pool)  7:45PM-9:30PM (Pool)	4:30AM-8:00AM (Pool)  10:45AM-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)
<b>Open Swim</b> Family 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)  11:45AM-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)
<b>Open Gym</b> Gym 2	4:30AM-9:00AM (Gym)				4:30AM-9:00PM (Gym)	6:30AM-8:00AM (Gym)	6:30AM-7:00PM (Gym)
<b>Open Gym</b> 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)
<b>Cycle 30</b> Studio B	5:45AM-6:15AM (Group Fitness) <i>Cassie C.</i>		5:45AM-6:15AM (Group Fitness) <i>Haylee M.</i>				
<b>Pick Up Basketball</b> Gym 3	6:00AM-8:00AM (Gym)		6:00AM-8:00AM (Gym)		6:00AM-8:00AM (Gym)		
<b>Pickleball</b> Gym 2	9:00AM-11:00AM (Gym)						
<b>Muscle Pump</b> Studio B	9:00AM-10:00AM (Group Fitness) <i>April J.</i>						
<b>Yoga</b> Studio A	9:00AM-10:00AM (Group Fitness) <i>Laela H.</i>  5:15PM-6:15PM (Group Fitness) <i>Laela H.</i>	9:00AM-10:00AM (Group Fitness) <i>Janice T.</i>	6:15PM-7:15PM (Group Fitness) <i>Laela H.</i>	9:00AM-10:00AM (Group Fitness) <i>Janice T.</i>			

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<b>Aqua Body Design</b> Lap Pool	10:00AM-11:00AM (Group Fitness) <i>Alexandria E.</i>			9:00AM-10:00AM (Group Fitness) <i>Alexandria E.</i>			
<b>Stretch &amp; Roll</b> Studio A	10:00AM-10:45AM (Group Fitness) <i>Laela H.</i>		5:30PM-6:15PM (Group Fitness) <i>Laela H.</i>				
<b>Silver Sneakers® Stability</b> Studio B	10:00AM-10:45AM (Group Fitness) <i>Cassie C.</i>						
<b>Cycle 45</b> Studio B	6:30PM-7:15PM (Group Fitness) <i>Briley R.</i>						
<b>Water Tabata</b> 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>			
<b>Arthritis Water Exercise</b> Family Pool		8:00AM-8:45AM (Group Fitness) <i>Alexandria E.</i>		8:00AM-8:45AM (Group Fitness) <i>Alexandria E.</i>			
<b>Bootcamp</b> Gym 1		9:00AM-10:00AM (Group Fitness) <i>Kera B.</i>	6:00PM-7:00PM (Group Fitness) <i>Dakota C.</i>				
<b>Hydro HIIT</b> Lap Pool		9:00AM-10:00AM (Group Fitness) <i>Alexandria E.</i>				10:00AM-11:00AM (Group Fitness) <i>Alexandria E.</i>	
<b>SilverSneakers® Circuit</b> Studio B		10:00AM-11:00AM (Group Fitness) <i>Collette B.</i>					
<b>Pilates</b> Studio A		10:00AM-11:00AM (Group Fitness) <i>Janice T.</i>		10:00AM-11:00AM (Group Fitness) <i>Janice T.</i>			
<b>Chair Yoga</b> Studio B		11:00AM-12:00PM (Group Fitness) <i>Collette B.</i>					
<b>Zumba® Fitness</b> Studio B		6:00PM-7:00PM (Group Fitness) <i>Cassie C.</i>					
<b>Body Design</b> Studio A			9:00AM-10:00AM (Group Fitness) <i>April J.</i>				
<b>LIFT 30-UPPER</b> Studio B			10:00AM-10:30AM (Group Fitness) <i>Dakota C.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Water Works</b> Lap Pool			10:00AM-10:45AM (Group Fitness) <i>Alexandria E.</i>				
<b>Cardio Dance</b> Studio B			10:30AM-11:00AM (Group Fitness) <i>Dakota C.</i>		10:30AM-11:00AM (Group Fitness) <i>Dakota C.</i>		
<b>Cycle Circuit</b> Studio A					9:00AM-9:45AM (Group Fitness) <i>April J.</i>		
<b>Pilates</b> Studio B					9:00AM-10:00AM (Group Fitness) <i>Janice T.</i>		
<b>LIFT 30-LOWER</b> Studio B					10:00AM-10:30AM (Group Fitness) <i>Dakota C.</i>		
<b>Water Bootcamp</b> Lap Pool					10:00AM-11:00AM (Group Fitness) <i>April J.</i>		
<b>Pack the Pools Event</b> Andover YMCA Water Park					6:00PM-8:00PM (Group Fitness) <i>YMCA S.</i>		
<b>VIRTUAL-Beginner Yoga</b> Gym 1						9:00AM-9:30AM (Group Fitness) <i>YMCA360</i>	