



East YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Family Pool				7:15PM-9:30PM (Pool)	4:30AM-9:45AM (Pool) 11:15AM-8:30PM (Pool)	6:30AM-8:30AM (Pool) 11:15AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
Open Gym Gym East					4:30AM-8:00AM (Gym) 10:00AM-9:00PM (Gym)	6:30AM-8:00AM (Gym) 12:00PM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
Open Gym Gym West					4:30AM-8:00AM (Gym) 10:00AM-9:00PM (Gym)	6:30AM-8:00AM (Gym) 12:00PM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
4 Lanes Lap Pool					4:30AM-8:30PM (Pool)	6:30AM-8:30AM (Pool) 9:30AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
Cycle Circuit Studio C					5:30AM-6:30AM (Group Fitness) <i>Kamri P.</i>		
Upper Body Blitz Studio B					8:30AM-9:00AM (Group Fitness) <i>Julie M.</i>		
LIFT 30-LOWER Studio B					9:00AM-9:30AM (Group Fitness) <i>Julie M.</i>		
Yoga Studio A					9:00AM-10:00AM (Group Fitness) <i>Cori P.</i>		10:30AM-11:30AM (Group Fitness) <i>Charyl D.</i>
Cycle 45 Studio C					9:15AM-10:00AM (Group Fitness) <i>Mindy G.</i>	8:15AM-9:00AM (Group Fitness) <i>Anne D.</i>	
Shallow End Only Family Pool					9:45AM-11:15AM (Pool)	8:30AM-11:15AM (Pool)	
Boomer Cardio Dance Studio B					10:00AM-10:30AM (Group Fitness) <i>Mary B.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boomer Bootcamp Loft					10:00AM-10:45AM (Group Fitness) <i>Anne D.</i>		
SilverSneakers® Classic Studio B					10:30AM-11:30AM (Group Fitness) <i>Mary B.</i>		
Water Works Lap Pool						8:30AM-9:30AM (Group Fitness) <i>Asa L.</i>	
2 Lanes Lap Pool						8:30AM-9:30AM (Pool)	
Muscle Pump Studio B						9:30AM-10:15AM (Group Fitness) <i>Stephanie N.</i>	
Yoga Studio B						10:30AM-11:30AM (Group Fitness) <i>Stephanie N.</i>	
Powerkick Studio B							8:30AM-9:15AM (Group Fitness) <i>Cam E.</i>
Body Blitz Studio B							9:15AM-9:45AM (Group Fitness) <i>Cam E.</i>