



Newton YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Family 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)
Open Gym Gym 1				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)
Open Gym Gym 2				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)
6 Lanes Lap 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)
LIFT 30-LOWER Studio D				5:30AM-6:00AM (Group Fitness) <i>Cassie G.</i> 6:00PM-6:30PM (Group Fitness) <i>Amanda Z.</i>			
Pilates Studio D				6:00AM-6:30AM (Group Fitness) <i>Cassie G.</i> 8:30AM-9:30AM (Group Fitness) <i>Cassie G.</i>			
Zumba® Fitness Studio B				8:30AM-9:30AM (Group Fitness) <i>Lynnette H.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shallow End Only Family 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)	
Water Works Family Pool				8:30AM-9:30AM (Group Fitness) <i>Catherine W.</i>		8:15AM-9:00AM (Group Fitness) <i>Catherine W.</i>	
Fun Fit Gym 1				9:30AM-11:00AM (Gym)	9:30AM-11:00AM (Gym)		
Silver Sneakers® Stability Studio B				9:45AM-10:15AM (Group Fitness) <i>Lynnette H.</i>			
VIRTUAL-Circuit InStudio B				12:15PM-12:45PM (Group Fitness) <i>Virtual I.</i>			
Pickleball Gym 2				1:00PM-3:00PM (Gym)			
HIIT 30 Studio D				5:30PM-6:00PM (Group Fitness) <i>Amanda Z.</i>			
4 Lanes Lap Pool				6:30PM-7:15PM (Pool)			
Zumba® Fitness Studio D					5:30AM-6:15AM (Group Fitness) <i>Cassie G.</i>		
Zumba® Fitness Studio A					8:30AM-9:30AM (Group Fitness) <i>Jamie B.</i>		
Barre Studio D					8:30AM-9:30AM (Group Fitness) <i>Rebekah B.</i>		
Water Tabata Family Pool					8:30AM-9:15AM (Group Fitness) <i>Karen J.</i>		
Boomer Bootcamp Studio A					9:30AM-10:15AM (Group Fitness) <i>Katelyn W.</i>		
Personal Training InStudio B					12:30PM-1:00PM (Group Fitness) <i>Katelyn W.</i>		
Flow Fusion Studio D						9:00AM-10:00AM (Group Fitness) <i>Laurel B.</i>	