



East YMCA | September 15th - September 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga</b> Studio B						10:30AM-11:30AM (Group Fitness) <i>Stephanie N.</i>	
<b>Open Gym</b> Gym East						12:00PM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
<b>Open Gym</b> Gym West						12:00PM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
<b>Powerkick</b> Studio B							8:30AM-9:15AM (Group Fitness) <i>Mary A.</i>
<b>Body Blitz</b> Studio B							9:15AM-9:45AM (Group Fitness) <i>Mary A.</i>
<b>Yoga</b> Studio A							10:30AM-11:30AM (Group Fitness) <i>Charyl D.</i>



## Hutchinson YMCA | September 15th - September 21st

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## Newton YMCA | September 15th - September 21st

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## Dennis Schoenebeck North YMCA | September 15th - September 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>3 Lanes</b> Lap Pool						11:00AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
<b>Chair Yoga</b> Studio C						11:45AM-12:45PM (Group Fitness) <i>Suresh M.</i>	
<b>Shallow End Only</b> Family Pool						12:00PM-1:00PM (Pool)	
<b>Water Tabata</b> Family Pool						12:15PM-1:00PM (Group Fitness) <i>Jana B.</i>	
<b>Open Gym</b> Gym A						1:00PM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
<b>Open Swim</b> Family Pool						1:00PM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
<b>Open Gym</b> Youth and Family Gym						1:45PM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
<b>Open Gym</b> Gym B							6:30AM-7:00PM (Gym)
<b>Gentle Yoga</b> Studio D							12:30PM-1:30PM (Group Fitness) <i>Cristy P.</i>



## Ken Shannon Northwest YMCA | September 15th - September 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8 Lanes</b> Lap Pool						11:00AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
<b>Shallow End Only</b> Family Pool						12:00PM-12:30PM (Pool)	
<b>VIRTUAL-Latin Dance</b> Studio F						12:00PM-12:30PM (Group Fitness) YMCA360 V.	
<b>Open Swim</b> Family Pool						12:30PM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
<b>Open Gym</b> Gym 3						4:00PM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
<b>Open Gym</b> Gym 2						4:00PM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
<b>Open Gym</b> Gym 1							6:30AM-4:00PM (Gym)
<b>Open Play</b> Northwest Outdoor Sports Complex							7:00AM-6:30PM (Pickleball)
<b>Pilates</b> Studio F							8:00AM-8:45AM (Group Fitness) <i>Shelby C.</i>
<b>Beginner Yoga</b> Studio F							12:00PM-1:00PM (Group Fitness) <i>Linda A.</i>
<b>Flow Fusion</b> Studio F							1:00PM-2:00PM (Group Fitness) <i>Hideki F.</i>
<b>Yoga</b> Studio F							2:00PM-3:00PM (Group Fitness) <i>Hideki F.</i>
<b>Pickleball - Open Play</b> Gym 1							4:00PM-7:00PM (Gym)
<b>Open Play</b> Court 1							4:00PM-7:00PM (Pickleball)  4:00PM-7:00PM (Pickleball)





## Robert D. Love Downtown YMCA | September 15th - September 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Zumba® Fitness</b> Studio A						11:00AM-12:00PM (Group Fitness) <i>Rose J.</i>	12:30PM-1:30PM (Group Fitness) <i>Jessie S.</i>
<b>Open Swim</b> Family Pool						11:45AM-6:30PM (Pool)	6:30AM-3:00PM (Pool)  3:45PM-6:00PM (Pool)
<b>Pop Up-English Pops Cardio Dance</b> Studio A						3:00PM-4:00PM (Group Fitness) <i>Ere S.</i>	
<b>Open Gym</b> Gym East							6:30AM-5:00PM (Gym)
<b>Open Gym</b> Gym West							6:30AM-5:00PM (Gym)
<b>8 Lanes</b> Lap Pool							6:30AM-6:00PM (Pool)
<b>Yoga</b> Studio B							8:30AM-9:30AM (Group Fitness) <i>Monica M.</i>
<b>Cycle 45</b> Studio C							10:00AM-10:45AM (Group Fitness) <i>Stephanie M.</i>
<b>Muscle Pump</b> Studio A							11:30AM-12:30PM (Group Fitness) <i>Jessie S.</i>
<b>Water Tabata</b> Family Pool							3:00PM-3:45PM (Group Fitness) <i>Sabrina H.</i>



## Richard A. Devore South YMCA | September 15th - September 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Zumba® Fitness</b> Studio C						11:00AM-12:00PM (Group Fitness) <i>Todd W.</i>	
<b>3 Lanes</b> Lap Pool						11:45AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
<b>Open Swim</b> Family Pool						11:45AM-6:30PM (Pool)	6:30AM-10:30AM (Pool)  11:15AM-6:30PM (Pool)
<b>LIVESTREAM-Yoga</b> Studio D						12:00PM-12:45PM (Group Fitness) <i>YMCA360 V.</i>	
<b>Open Gym</b> Gym 1						4:00PM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
<b>Open Gym</b> Gym 2							6:30AM-7:00PM (Gym)
<b>Aqua Zumba®</b> Family Pool							10:30AM-11:15AM (Group Fitness) <i>Brynden J.</i>
<b>Muscle Pump</b> Studio C							1:00PM-2:00PM (Group Fitness) <i>Ramona G.</i>
<b>LIVESTREAM-Silver Circuit</b> Studio D							2:00PM-2:45PM (Group Fitness) <i>YMCA360 V.</i>
<b>STRONG 30®</b> Studio C							2:00PM-2:30PM (Group Fitness) <i>Ramona G.</i>





## West YMCA | September 15th - September 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pickleball - Call to Reserve Court</b> Court 1						12:00PM-1:00PM (Gym)  2:00PM-3:00PM (Gym)  3:00PM-4:00PM (Gym)  4:00PM-5:00PM (Gym)  5:00PM-6:00PM (Gym)  6:00PM-7:00PM (Gym)	10:00AM-11:00AM (Gym)  11:00AM-12:00PM (Gym)  12:00PM-1:00PM (Gym)  1:00PM-2:00PM (Gym)  2:00PM-3:00PM (Gym)  3:00PM-4:00PM (Gym)
<b>Pickleball - Call to Reserve Court</b> Court 2						12:00PM-1:00PM (Gym)  2:00PM-3:00PM (Gym)  3:00PM-4:00PM (Gym)  4:00PM-5:00PM (Gym)  5:00PM-6:00PM (Gym)  6:00PM-7:00PM (Gym)	10:00AM-4:00PM (Gym)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pickleball - Call to Reserve Court</b> Court 3						12:00PM-1:00PM (Gym)  2:00PM-3:00PM (Gym)  3:00PM-4:00PM (Gym)  4:00PM-5:00PM (Gym)  5:00PM-6:00PM (Gym)  6:00PM-7:00PM (Gym)	10:00AM-1:00PM (Gym)
<b>Pickleball - Call to Reserve Court</b> Court 4						12:00PM-1:00PM (Gym)  2:00PM-3:00PM (Gym)  3:00PM-4:00PM (Gym)  4:00PM-5:00PM (Gym)  5:00PM-6:00PM (Gym)  6:00PM-7:00PM (Gym)	10:00AM-1:00PM (Gym)
<b>Reserve a Court</b> Court 2						12:00PM-5:00PM (Pickleball)	6:30AM-8:00AM (Pickleball)  12:00PM-2:00PM (Pickleball)
<b>Reserve a Court</b> Court 4						12:00PM-2:30PM (Pickleball)  3:30PM-5:00PM (Pickleball)	6:30AM-8:00AM (Pickleball)  12:00PM-2:00PM (Pickleball)
<b>Reserve a Court</b> Court 3						12:00PM-5:00PM (Pickleball)	6:30AM-8:00AM (Pickleball)  12:00PM-2:00PM (Pickleball)
<b>Reserve a Court</b> Court 1						12:00PM-5:00PM (Pickleball)	6:30AM-8:00AM (Pickleball)  12:00PM-2:00PM (Pickleball)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Arthritis Water Exercise</b> Family Pool						12:15PM-1:00PM (Group Fitness) <i>Rhonda S.</i>	
<b>Introduction to Pickleball</b> Court 4						2:30PM-3:30PM (Pickleball)	
<b>Open Play</b> Court 1						5:00PM-7:00PM (Pickleball)	4:00PM-7:00PM (Pickleball)
<b>Open Play</b> Court 2						5:00PM-7:00PM (Pickleball)	4:00PM-7:00PM (Pickleball)
<b>Open Play</b> Court 3						5:00PM-7:00PM (Pickleball)	4:00PM-7:00PM (Pickleball)
<b>Open Play</b> Court 4						5:00PM-7:00PM (Pickleball)	4:00PM-7:00PM (Pickleball)
<b>Point Play 3.0-4.0</b> Court 3							8:00AM-10:30AM (Pickleball)
<b>Point Play 3.0-4.0</b> Court 4							8:00AM-10:30AM (Pickleball)
<b>Point Play 3.0-4.0</b> Court 1							8:00AM-10:30AM (Pickleball)
<b>Point Play 3.0-4.0</b> Court 2							8:00AM-10:30AM (Pickleball)
<b>Advanced Open Play</b> Court 4							10:30AM-12:00PM (Pickleball)
<b>Advanced Open Play</b> Court 1							10:30AM-12:00PM (Pickleball)
<b>Advanced Open Play</b> Court 2							10:30AM-12:00PM (Pickleball)
<b>Advanced Open Play</b> Court 3							10:30AM-12:00PM (Pickleball)
<b>Zumba® Fitness</b> Studio A							12:00PM-1:00PM (Group Fitness) <i>Todd W.</i>
<b>Muscle Pump</b> Studio C							12:00PM-1:00PM (Group Fitness) <i>Tabitha G.</i>
<b>Pickleball - Lessons</b> Court 3							1:00PM-2:00PM (Gym)  2:00PM-3:00PM (Gym)  3:00PM-4:00PM (Gym)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Step</b> Studio C							1:00PM-1:45PM (Group Fitness) <i>Kayla S.</i>
<b>STRONG 30®</b> Studio B							1:00PM-1:30PM (Group Fitness) <i>Todd W.</i>
<b>Yoga</b> Studio A							1:15PM-2:15PM (Group Fitness) <i>Lauren M.</i>
<b>Beginner Drills</b> Court 2							2:00PM-3:00PM (Pickleball)
<b>Beginner Drills</b> Court 3							2:00PM-3:00PM (Pickleball)
<b>Beginner Drills</b> Court 1							2:00PM-3:00PM (Pickleball)
<b>Beginner Drills</b> Court 4							2:00PM-3:00PM (Pickleball)
<b>Drills</b> Court 4							3:00PM-4:00PM (Pickleball)
<b>Drills</b> Court 3							3:00PM-4:00PM (Pickleball)
<b>Intermediate Drills</b> Court 1							3:00PM-4:00PM (Pickleball)
<b>Intermediate Drills</b> Court 2							3:00PM-4:00PM (Pickleball)



Steve Clark YMCA | September 15th - September 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>VIRTUAL-Cycle</b> Multipurpose_Room						12:00PM-12:45PM (Group Fitness) <i>Staff</i>	
<b>VIRTUAL-Body Design</b> Lobby						1:00PM-2:00PM (Group Fitness) YMCA360 V.	
<b>Open Gym</b> Gym 2							8:00AM-7:00PM (Gym)
<b>Open Gym</b> Gym 1							8:00AM-7:00PM (Gym)
<b>VIRTUAL-Latin Dance</b> Multipurpose_Room							11:00AM-12:00PM (Group Fitness) <i>staff</i>
<b>Zumba® Fitness</b> Studio B							2:00PM-3:00PM (Group Fitness) <i>Sarah B.</i>



Dr. Jim Farha Andover YMCA | September 15th - September 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Family Pool						1:00PM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
8 Lanes Lap Pool							6:30AM-6:30PM (Pool)
Cycle 45 Cycle							9:00AM-9:45AM (Group Fitness) Tina Y.
Bootcamp LOFT							10:00AM-11:00AM (Group Fitness) Jennifer B.
Yoga Studio C							12:00PM-1:00PM (Group Fitness) Claire R.



## El Dorado YMCA | September 15th - September 21st

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