



Dennis Schoenebeck North YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Youth and Family Gym	4:30AM-4:30PM (Gym) 8:30PM-10:00PM (Gym)	4:30AM-6:00PM (Gym) 8:15PM-10:00PM (Gym)	4:30AM-10:00AM (Gym) 12:15PM-4:30PM (Gym) 8:45PM-10:00PM (Gym)	4:30AM-6:00PM (Gym) 8:15PM-10:00PM (Gym)	4:30AM-9:00PM (Gym)	6:30AM-9:30AM (Gym) 1:45PM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
3 Lanes Lap Pool	4:30AM-9:00AM (Pool) 10:00AM-9:30PM (Pool)	4:30AM-6:00PM (Pool) 7:00PM-9:30PM (Pool)	4:30AM-9:00AM (Pool) 10:00AM-6:00PM (Pool) 7:00PM-9:30PM (Pool)	4:30AM-6:00PM (Pool) 7:00PM-9:30PM (Pool)	4:30AM-9:00AM (Pool) 10:00AM-8:30PM (Pool)	6:30AM-10:00AM (Pool) 11:00AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
Open Gym Gym A	4:30AM-10:00PM (Gym)	4:30AM-7:00AM (Gym) 8:00PM-10:00PM (Gym)	4:30AM-5:00PM (Gym) 8:00PM-10:00PM (Gym)	4:30AM-7:00AM (Gym) 8:00PM-10:00PM (Gym)	4:30AM-9:00PM (Gym)	6:30AM-7:30AM (Gym) 1:00PM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
Open Gym Gym B	4:30AM-10:00PM (Gym)	4:30AM-1:00PM (Gym) 8:30PM-10:00PM (Gym)	8:30PM-10:00PM (Gym)	4:30AM-1:00PM (Gym) 8:30PM-10:00PM (Gym)	4:30AM-1:00PM (Gym) 3:00PM-9:00PM (Gym)	6:30AM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
Open Swim Family Pool	4:30AM-8:00AM (Pool) 9:00AM-10:30AM (Pool) 11:30AM-7:00PM (Pool) 8:00PM-9:30PM (Pool)	4:30AM-5:00PM (Pool) 8:00PM-9:30PM (Pool)	4:30AM-8:00AM (Pool) 9:00AM-11:00AM (Pool) 12:00PM-5:00PM (Pool) 8:00PM-9:30PM (Pool)	4:30AM-5:00PM (Pool) 8:00PM-9:30PM (Pool)	4:30AM-8:00AM (Pool) 9:00AM-11:00AM (Pool) 12:00PM-7:00PM (Pool) 8:00PM-8:30PM (Pool)	6:30AM-9:00AM (Pool) 1:00PM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
VIRTUAL-Powerkick Studio D	5:15AM-6:15AM (Group Fitness) YMCA 3.						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 45 Studio E	5:15AM-6:00AM (Group Fitness) <i>Tina Y.</i>		5:15AM-6:00AM (Group Fitness) <i>Jana B.</i> 5:30PM-6:15PM (Group Fitness) <i>Tabitha G.</i>		5:15AM-6:00AM (Group Fitness) <i>Tina Y.</i>	9:30AM-10:15AM (Group Fitness) <i>Tabitha G.</i>	
Water Works Family Pool	8:00AM-9:00AM (Group Fitness) <i>Dana F.</i> 10:30AM-11:15AM (Group Fitness) <i>Margie B.</i>		8:00AM-9:00AM (Group Fitness) <i>Dana F.</i>		8:00AM-9:00AM (Group Fitness) <i>Dana F.</i>		
Shallow End Only Family Pool	8:00AM-9:00AM (Pool) 10:30AM-11:30AM (Pool) 7:00PM-8:00PM (Pool)	7:00PM-8:00PM (Pool)	8:00AM-9:00AM (Pool) 11:00AM-12:00PM (Pool) 7:00PM-8:00PM (Pool)	7:00PM-8:00PM (Pool)	8:00AM-9:00AM (Pool) 11:00AM-11:45AM (Pool) 7:00PM-8:00PM (Pool)	12:00PM-1:00PM (Pool)	
Gentle Yoga Studio D	8:30AM-9:15AM (Group Fitness) <i>Cristy P.</i>		8:30AM-9:15AM (Group Fitness) <i>Cristy P.</i>		10:30AM-11:30AM (Group Fitness) <i>Gail B.</i>		12:30PM-1:30PM (Group Fitness) <i>Cristy P.</i>
Deep Water Lap Pool	9:00AM-10:00AM (Group Fitness) <i>Dana F.</i>		9:00AM-10:00AM (Group Fitness) <i>Dana F.</i>		9:00AM-10:00AM (Group Fitness) <i>Dana F.</i>		
1 Lane Lap Pool	9:00AM-10:00AM (Pool)	6:00PM-7:00PM (Pool)	9:00AM-10:00AM (Pool) 6:00PM-7:00PM (Pool)	6:00PM-7:00PM (Pool)	9:00AM-10:00AM (Pool)	10:00AM-11:00AM (Pool)	
Zumba® Fitness Studio C	9:30AM-10:30AM (Group Fitness) <i>Rose J.</i> 5:30PM-6:30PM (Group Fitness) <i>Alisha M.</i>	9:45AM-10:45AM (Group Fitness) <i>Alisha M.</i> 6:30PM-7:30PM (Group Fitness) <i>Sarah B.</i>	9:45AM-10:45AM (Group Fitness) <i>Rafaela R.</i> 6:30PM-7:30PM (Group Fitness) <i>Sarah B.</i>	6:30PM-7:30PM (Group Fitness) <i>Rose J.</i>	6:00PM-7:00PM (Group Fitness) <i>Jess M.</i>	9:30AM-10:30AM (Group Fitness) <i>Alisha M.</i>	
Boomer Bootcamp Loft	9:45AM-10:30AM (Group Fitness) <i>Zachary F.</i>		9:45AM-10:30AM (Group Fitness) <i>Zachary F.</i>				
Muscle Pump Studio C	4:30PM-5:30PM (Group Fitness) <i>Tabitha G.</i>		5:15AM-6:00AM (Group Fitness) <i>Bernadette G.</i> 4:30PM-5:30PM (Group Fitness) <i>Tabitha G.</i>		4:30PM-5:30PM (Group Fitness) <i>Tabitha G.</i>	8:30AM-9:30AM (Group Fitness) <i>Tabitha G.</i>	

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Pilates Studio D	5:30PM-6:15PM (Group Fitness) <i>Dayla J.</i>			5:30PM-6:15PM (Group Fitness) <i>Katie P.</i>			
Water Tabata Family Pool	7:15PM-8:00PM (Group Fitness) <i>Tammi R.</i>		11:00AM-11:45AM (Group Fitness) <i>Katie P.</i> 7:15PM-8:00PM (Group Fitness) <i>Charity C.</i>		7:15PM-8:00PM (Group Fitness) <i>Ginger H.</i>	12:15PM-1:00PM (Group Fitness) <i>Holly W.</i>	
Yoga Studio D	7:30PM-8:15PM (Group Fitness) <i>Ginger J.</i>	9:30AM-10:30AM (Group Fitness) <i>Charyl D.</i>		9:30AM-10:30AM (Group Fitness) <i>Charyl D.</i>		8:30AM-9:30AM (Group Fitness) <i>Susan P.</i>	
LIFT 30-LOWER Studio C		5:00AM-5:30AM (Group Fitness) <i>Bernadette G.</i>					
Upper Body Blitz Studio C		5:30AM-6:00AM (Group Fitness) <i>Bernadette G.</i>					
Barre Fusion- Barre/Pilates Studio C		9:00AM-9:45AM (Group Fitness) <i>Katie P.</i>					
Gentle Yoga Studio A		10:30AM-11:30AM (Group Fitness) <i>Marty H.</i>		10:30AM-11:30AM (Group Fitness) <i>Marty H.</i>			
Chair Yoga Studio C		10:45AM-11:45AM (Group Fitness) <i>Gail B.</i>		10:45AM-11:45AM (Group Fitness) <i>Suresh M.</i>		11:45AM-12:45PM (Group Fitness) <i>Suresh M.</i>	
Silver Sneakers® Stability Studio C		11:45AM-12:30PM (Group Fitness) <i>Gail B.</i>			11:45AM-12:30PM (Group Fitness) <i>Gail B.</i>		
Pickleball Gym A		1:00PM-3:00PM (Gym)		1:00PM-3:00PM (Gym)			
Pickleball Gym B		1:00PM-3:00PM (Gym)		1:00PM-3:00PM (Gym)	1:00PM-3:00PM (Gym)		
Beginner Yoga Studio D		5:30PM-6:30PM (Group Fitness) <i>Susan P.</i>				10:00AM-11:00AM (Group Fitness) <i>Cristy P.</i>	
STRONG® Studio C		5:30PM-6:30PM (Group Fitness) <i>Charity C.</i>					
Hydro HIIT Family Pool		7:15PM-8:00PM (Group Fitness) <i>Beverly A.</i>			11:00AM-11:45AM (Group Fitness) <i>Jana B.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Studio C			9:00AM-9:45AM (Group Fitness) <i>Tiffany F.</i>				
VIRTUAL-Flow Fusion Studio D				5:15AM-6:15AM (Group Fitness) <i>YMCA 3.</i>			
Beginner Step Studio C				9:00AM-9:45AM (Group Fitness) <i>Briana N.</i>			
Boomer Cardio Dance Studio C				9:45AM-10:30AM (Group Fitness) <i>Ramona G.</i>			
Bootcamp Loft				5:30PM-6:15PM (Group Fitness) <i>Zachary F.</i>		9:30AM-10:15AM (Group Fitness) <i>Zachary F.</i>	
Aqua Zumba® Family Pool				7:15PM-8:00PM (Group Fitness) <i>Charity C.</i>			
LIFT 30-UPPER Studio C					5:00AM-5:30AM (Group Fitness) <i>Bernadette G.</i>		
FIERCE Studio C					5:30AM-6:00AM (Group Fitness) <i>Bernadette G.</i>		
VIRTUAL-Pilates Studio D					8:30AM-9:30AM (Group Fitness) <i>YMCA 3.</i>		
Barre Studio C					9:00AM-9:45AM (Group Fitness) <i>Katie P.</i>		
Boomer Body Blitz Studio C					9:45AM-10:30AM (Group Fitness) <i>Katie P.</i>		