



Dr. Jim Farha Andover YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Family Pool	4:30AM-9:30AM (Pool) 10:30AM-9:30PM (Pool)	4:30AM-5:30PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-9:00AM (Pool) 11:00AM-1:00PM (Pool) 2:00PM-5:30PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-5:30PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-9:30AM (Pool) 10:30AM-9:30PM (Pool)	6:30AM-9:00AM (Pool) 1:00PM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
8 Lanes Lap Pool	4:30AM-7:00AM (Pool) 9:00AM-4:00PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-7:00AM (Pool) 9:00AM-4:00PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-7:00AM (Pool) 9:30AM-4:00PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-7:00AM (Pool) 9:30AM-4:00PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-7:00AM (Pool) 9:00AM-6:30PM (Pool) 7:30PM-8:30PM (Pool)	6:30AM-7:00AM (Pool) 10:00AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
5 Lanes Lap Pool	7:00AM-9:00AM (Pool) 4:00PM-7:30PM (Pool)	4:00PM-7:30PM (Pool)	7:00AM-9:30AM (Pool) 4:00PM-7:30PM (Pool)	7:00AM-9:00AM (Pool) 4:00PM-7:30PM (Pool)	7:00AM-9:00AM (Pool) 6:30PM-7:30PM (Pool)	7:00AM-10:00AM (Pool)	
Step Studio B	8:30AM-9:00AM (Group Fitness) <i>Stephanie B.</i> 5:30PM-6:15PM (Group Fitness) <i>Stephanie S.</i>						
Aqua Body Design Lap Pool	8:30AM-9:30AM (Group Fitness) <i>Jackie S.</i>						
Beginner Cardio Dance Studio A	8:45AM-9:15AM (Group Fitness) <i>Stacy M.</i>						
LIFT 30-UPPER Studio B	9:00AM-9:30AM (Group Fitness) <i>Stephanie B.</i>						
Gentle Yoga Studio A	9:30AM-10:30AM (Group Fitness) <i>Gail B.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CORE Studio C	9:30AM-10:00AM (Group Fitness) <i>Stephanie B.</i>	10:00AM-10:30AM (Group Fitness) <i>Kelsey F.</i>					
Cardio Dance Studio B	9:30AM-10:15AM (Group Fitness) <i>Stacy M.</i>		12:00PM-12:45PM (Group Fitness) <i>Stacy M.</i>		9:30AM-10:30AM (Group Fitness) <i>Amanda C.</i>		
Muscle Pump Studio B	10:30AM-11:30AM (Group Fitness) <i>Madeline W.</i> 4:30PM-5:30PM (Group Fitness) <i>Valerie J.</i>	10:30AM-11:30AM (Group Fitness) <i>Stacy M.</i>	10:30AM-11:30AM (Group Fitness) <i>Madeline W.</i>	10:30AM-11:30AM (Group Fitness) <i>Sherri P.</i> 4:30PM-5:30PM (Group Fitness) <i>Valerie J.</i>	8:30AM-9:30AM (Group Fitness) <i>Rachel B.</i>		
Chair Yoga Studio A	10:30AM-11:30AM (Group Fitness) <i>Gail B.</i>		10:30AM-11:30AM (Group Fitness) <i>Gail B.</i>				
Silver Sneakers® Stability Studio A	11:30AM-12:15PM (Group Fitness) <i>Gail B.</i>		11:30AM-12:15PM (Group Fitness) <i>Gail B.</i>				
Pickleball - Open Play Court 1	1:00PM-3:00PM (Gym)	1:00PM-3:00PM (Gym)	1:00PM-3:00PM (Gym)	1:00PM-3:00PM (Gym)			
Yoga Studio C	4:30PM-5:15PM (Group Fitness) <i>Sherrie H.</i>	5:30PM-6:30PM (Group Fitness) <i>Ashley T.</i>		10:00AM-11:00AM (Group Fitness) <i>Lisa C.</i>		7:30AM-8:30AM (Group Fitness) <i>Lisa C.</i>	12:00PM-1:00PM (Group Fitness) <i>Claire R.</i>
Beginner Yoga Studio C	5:30PM-6:30PM (Group Fitness) <i>Ashley T.</i>			5:30PM-6:30PM (Group Fitness) <i>Ashley S.</i>			
Zumba® Fitness Studio B	6:30PM-7:30PM (Group Fitness) <i>Sarah B.</i>	9:30AM-10:30AM (Group Fitness) <i>Tiffany R.</i> 6:30PM-7:30PM (Group Fitness) <i>Amanda C.</i>		9:30AM-10:30AM (Group Fitness) <i>Amanda C.</i>		9:30AM-10:30AM (Group Fitness) <i>Sarah B.</i>	
Deep Water Lap Pool		8:30AM-9:15AM (Group Fitness) <i>Jackie S.</i>					
Cycle 30 Cycle		8:30AM-9:00AM (Group Fitness) <i>Kay S.</i>					
Body Design Studio B		8:30AM-9:30AM (Group Fitness) <i>Stephanie B.</i> 5:30PM-6:30PM (Group Fitness) <i>Stephanie S.</i>	8:30AM-9:30AM (Group Fitness) <i>Stephanie S.</i> 5:30PM-6:30PM (Group Fitness) <i>Jennifer B.</i>			8:30AM-9:30AM (Group Fitness) <i>Mindy G.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretch & Roll Studio A		9:15AM-10:00AM (Group Fitness) <i>Kay S.</i>	4:30PM-5:30PM (Group Fitness) <i>Mindy G.</i>				
Cycle CORE Cycle		9:15AM-10:30AM (Group Fitness) <i>Kelsey F.</i>					
Barre Fusion- Barre/Pilates Studio A		10:00AM-11:00AM (Group Fitness) <i>Kay S.</i>			10:30AM-11:30AM (Group Fitness) <i>Stephanie S.</i>		
Boomer Bootcamp LOFT		10:00AM-10:45AM (Group Fitness) <i>Jennifer B.</i>			11:00AM-12:00PM (Group Fitness) <i>Jake F.</i>		
SilverSneakers® Classic Studio A		11:00AM-12:00PM (Group Fitness) <i>Maria B.</i>		10:00AM-10:45AM (Group Fitness) <i>Jackie S.</i>			
Boomer Water Tabata Family Pool		11:15AM-12:00PM (Group Fitness) <i>Jackie S.</i>					
HIIT 30 Studio B		4:30PM-5:00PM (Group Fitness) <i>Stephanie S.</i>					
CORE Studio B		5:00PM-5:30PM (Group Fitness) <i>Stephanie S.</i>		9:00AM-9:30AM (Group Fitness) <i>Stephanie S.</i> 5:30PM-6:00PM (Group Fitness) <i>Valerie J.</i>			
Private Event Studio C		6:30PM-8:00PM (Group Fitness) <i>Stephanie S.</i>	5:30PM-6:30PM (Group Fitness) <i>Stephanie S.</i>				
Private Event Studio B			6:00AM-7:15AM (Group Fitness) <i>Stephanie S.</i>				
Water Tabata Lap Pool			8:30AM-9:15AM (Group Fitness) <i>Jackie S.</i>			9:00AM-10:00AM (Group Fitness) <i>Brandi B.</i>	
Cycle 60 Cycle			9:15AM-10:15AM (Group Fitness) <i>Kelsey F.</i>				
CORE Studio A			9:30AM-10:00AM (Group Fitness) <i>Stephanie S.</i>				
LIFT 30-LOWER Studio B			9:30AM-10:00AM (Group Fitness) <i>Jennifer B.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner Yoga Studio A			5:30PM-6:30PM (Group Fitness) <i>Jackie S.</i>				
Cycle 45 Cycle			5:45PM-6:30PM (Group Fitness) <i>Denna L.</i>	9:15AM-10:00AM (Group Fitness) <i>Kelsey F.</i>		9:30AM-10:15AM (Group Fitness) <i>Denna L.</i>	9:00AM-9:45AM (Group Fitness) <i>Mindy G.</i>
Water Works Lap Pool				8:30AM-9:15AM (Group Fitness) <i>Jackie S.</i>			
Body Blitz Studio B				8:30AM-9:00AM (Group Fitness) <i>Stephanie S.</i>			
Boomer Water Works Family Pool				11:15AM-12:00PM (Group Fitness) <i>Jackie S.</i>			
Water Bootcamp Lap Pool					8:30AM-9:30AM (Group Fitness) <i>Jackie S.</i>		
Step Studio A					9:30AM-10:15AM (Group Fitness) <i>Stephanie S.</i>		
Bootcamp LOFT							10:00AM-11:00AM (Group Fitness) <i>Jennifer B.</i>