



Dr. Jim Farha Andover YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 Lanes Lap Pool	4:30AM-5:15AM (Pool) 9:30AM-4:00PM (Pool) 8:30PM-9:30PM (Pool)	4:30AM-8:30AM (Pool) 10:30AM-4:00PM (Pool) 8:30PM-9:30PM (Pool)	4:30AM-5:15AM (Pool) 12:00PM-4:00PM (Pool) 8:30PM-9:30PM (Pool)	4:30AM-8:30AM (Pool) 10:00AM-4:00PM (Pool) 8:30PM-9:30PM (Pool)	4:30AM-5:15AM (Pool) 9:30AM-4:00PM (Pool)	6:30AM-7:00AM (Pool) 11:00AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
Open Swim Family Pool	4:30AM-5:00PM (Pool) 8:00PM-9:30PM (Pool)	4:30AM-5:30PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-5:30PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-9:00AM (Pool) 1:00PM-5:30PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-8:30PM (Pool)	6:30AM-9:00AM (Pool) 1:00PM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
4 Lanes Lap Pool	5:15AM-9:30AM (Pool)		5:15AM-12:00PM (Pool)		5:15AM-9:30AM (Pool) 4:00PM-8:30PM (Pool)		
Hydro HIIT Lap Pool	8:30AM-9:30AM (Group Fitness) <i>Stephanie S.</i>		8:30AM-9:30AM (Group Fitness) <i>Denna L.</i>				
Beginner Cardio Dance Studio A	8:30AM-9:15AM (Group Fitness) <i>Shana C.</i>				8:30AM-9:15AM (Group Fitness) <i>Shana C.</i>		
Step Studio B	8:30AM-9:00AM (Group Fitness) <i>Stephanie B.</i>						
LIFT 30 MIX 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>						
CORE Studio C	9:30AM-10:00AM (Group Fitness) <i>Stephanie B.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boomer Water Works Family Pool	9:30AM-10:30AM (Group Fitness) <i>Jackie S.</i>			11:15AM-12:00PM (Group Fitness) <i>Jackie S.</i>			
Cardio Dance Studio B	9:30AM-10:15AM (Group Fitness) <i>Shana C.</i>				9:30AM-10:30AM (Group Fitness) <i>Amanda C.</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>				
Muscle Pump Studio B	10:30AM-11:30AM (Group Fitness) <i>Liz A.</i> 4:30PM-5:30PM (Group Fitness) <i>Valerie J.</i>		10:00AM-11:00AM (Group Fitness) <i>Kay S.</i>	4:30PM-5:30PM (Group Fitness) <i>Jennifer B.</i>	8:30AM-9:30AM (Group Fitness) <i>Rachel 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)			
3 Lanes Lap Pool	4:00PM-8:30PM (Pool)	4:00PM-8:30PM (Pool)	4:00PM-8:30PM (Pool)	4:00PM-8:30PM (Pool)			
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>	10:30AM-11:30AM (Group Fitness) <i>Ashley S.</i>
Powerkick Studio B	5:30PM-6:30PM (Group Fitness) <i>Sherrie H.</i>						
Beginner Yoga Studio C	5:30PM-6:30PM (Group Fitness) <i>Ashley S.</i>			5:30PM-6:30PM (Group Fitness) <i>Ashley S.</i>			
Zumba® Fitness Studio B	6:30PM-7:30PM (Group Fitness) <i>Mandy H.</i>	9:30AM-10:30AM (Group Fitness) <i>Tiffany R.</i>		9:30AM-10:30AM (Group Fitness) <i>Amanda C.</i>		9:30AM-10:30AM (Group Fitness) <i>Sarah B.</i>	
5 Lanes Lap Pool		8:30AM-10:30AM (Pool)		8:30AM-10:00AM (Pool)			
Body Design Studio B		8:30AM-9:30AM (Group Fitness) <i>Stephanie B.</i> 5:30PM-6:30PM (Group Fitness) <i>Jennifer B.</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>	
Cycle FORCE Cycle		8:30AM-9:00AM (Group Fitness) <i>Kay S.</i>	9:15AM-10:15AM (Group Fitness) <i>Alina S.</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>Tina Y.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydrobox Lap Pool		8:30AM-9:30AM (Group Fitness) <i>Stephanie S.</i>					
Stretch & Roll Studio A		9:15AM-10:00AM (Group Fitness) <i>Kay S.</i>	4:30PM-5:15PM (Group Fitness) <i>Mindy G.</i>				
Cycle FUSION with CORE Cycle		9:15AM-10:00AM (Group Fitness) <i>Kelsey F.</i>					
Boomer Bootcamp LOFT		10:00AM-11:00AM (Group Fitness) <i>Jennifer B.</i>					
Barre Fusion- Barre/Pilates Studio A		10:00AM-11:00AM (Group Fitness) <i>Kay S.</i>		10:00AM-10:45AM (Group Fitness) <i>Kristen D.</i>			
Body Blitz Studio B		10:30AM-11:30AM (Group Fitness) <i>Denna L.</i>	4:30PM-5:30PM (Group Fitness) <i>Valerie J.</i>	8:30AM-9:00AM (Group Fitness) <i>Stephanie S.</i> 10:30AM-11:30AM (Group Fitness) <i>Denna L.</i>			
SilverSneakers® Classic Studio A		11:00AM-11:45AM (Group Fitness) <i>Maria B.</i>		11:00AM-11:45AM (Group Fitness) <i>Maria B.</i>			
Boomer Water Tabata Family Pool		11:15AM-12:00PM (Group Fitness) <i>Jackie S.</i>					
VIRTUAL-Pilates Studio A		4:30PM-5:15PM (Group Fitness) YMCA 3.					
Private Event Studio C		6:45PM-7:45PM (Group Fitness) <i>Jackie S.</i>	6:45PM-7:45PM (Group Fitness) <i>Jackie S.</i>				
Pilates Studio A			9:30AM-10:30AM (Group Fitness) <i>Kristen D.</i>				
CORE Studio B			9:30AM-10:00AM (Group Fitness) <i>Stephanie S.</i>	9:00AM-9:30AM (Group Fitness) <i>Stephanie S.</i> 5:30PM-6:00PM (Group Fitness) <i>Jennifer B.</i>			
Water Tabata Lap Pool			9:30AM-10:30AM (Group Fitness) <i>Shana C.</i>			9:00AM-10:00AM (Group Fitness) <i>Jackie S.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner Yoga Studio A			5:30PM-6:30PM (Group Fitness) <i>Jackie S.</i>				
Deep Water Lap Pool				8:30AM-9:15AM (Group Fitness) <i>Jackie S.</i>			
Water Works Lap Pool				9:15AM-10:00AM (Group Fitness) <i>Jackie S.</i>			
VIRTUAL-Barre Studio A				4:30PM-5:15PM (Group Fitness) <i>YMCA 3.</i>			
Private Event Studio A				7:15PM-8:00PM (Group Fitness) <i>YMCA S.</i>			
Water Bootcamp Lap Pool					8:30AM-9:30AM (Group Fitness) <i>Jackie S.</i>		
Cycle FUSION with Strength Cycle					9:15AM-10:15AM (Group Fitness) <i>Alina S.</i>		
Step Studio A					9:30AM-10:15AM (Group Fitness) <i>Stephanie S.</i>		
Barre Studio A					10:30AM-11:15AM (Group Fitness) <i>Stephanie S.</i>		
2 Lanes Lap Pool						7:00AM-11:00AM (Pool)	
Bootcamp LOFT							10:00AM-11:00AM (Group Fitness) <i>Jennifer B.</i>