



Dr. Jim Farha Andover YMCA | July 28th - August 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)
Open Swim Family Pool	4:30AM-5:00PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-5:30PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-9:00AM (Pool) 10:00AM-5:30PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-5:30PM (Pool) 7:30PM-9:30PM (Pool)	4:30AM-9:30PM (Pool)	6:30AM-9:00AM (Pool) 1:00PM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
Private Event Court 3	6:00AM-6:00PM (Gym)	6:00AM-6:00PM (Gym)	6:00AM-6:00PM (Gym)	8:00AM-6:00PM (Gym)	8:00AM-6:00PM (Gym)		
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>						
Advanced Water Walk Andover Water Park Lazy River	8:30AM-9:30AM (Group Fitness) <i>Jackie S.</i>					8:30AM-9:15AM (Group Fitness) <i>Brandi B.</i>	
Beginner Cardio Dance Studio A	8:45AM-9:15AM (Group Fitness) <i>Shana C.</i>				8:30AM-9:15AM (Group Fitness) <i>Stacy M.</i>		
LIFT 30-UPPER Studio B	9:00AM-9:30AM (Group Fitness) <i>Stephanie B.</i>	10:30AM-11:00AM (Group Fitness) <i>Stephanie S.</i>					
Cardio Dance Studio B	9:30AM-10:15AM (Group Fitness) <i>Shana C.</i>		12:00PM-12:45PM (Group Fitness) <i>Katy W.</i>		9:30AM-10:30AM (Group Fitness) <i>Amanda C.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CORE Studio C	9:30AM-10:00AM (Group Fitness) <i>Stephanie B.</i>		9:30AM-10:00AM (Group Fitness) <i>Stephanie S.</i>				
Boomer Water Walk Andover Water Park Lazy River	9:30AM-10:30AM (Group Fitness) <i>Jackie S.</i>			10:00AM-10:45AM (Group Fitness) <i>Jackie S.</i>	9:30AM-10:15AM (Group Fitness) <i>Kristen D.</i>		
Gentle Yoga Studio A	9:30AM-10:30AM (Group Fitness) <i>Gail B.</i>						
Muscle Pump Studio B	10:30AM-11:30AM (Group Fitness) <i>Sherri P.</i> 4:30PM-5:30PM (Group Fitness) <i>Valerie J.</i>		10:30AM-11:30AM (Group Fitness) <i>Madeline W.</i>	4:30PM-5:30PM (Group Fitness) <i>Valerie J.</i>	8:30AM-9:30AM (Group Fitness) <i>Madeline W.</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>Ashley S.</i>	5:30PM-6:30PM (Group Fitness) <i>Ashley T.</i>			9:00AM-10:00AM (Group Fitness) <i>Eva W.</i>		12:00PM-1:00PM (Group Fitness) <i>Claire R.</i>
Beginner Yoga Studio C	5:30PM-6:30PM (Group Fitness) <i>Ashley S.</i>			5:30PM-6:30PM (Group Fitness) <i>Hideki F.</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>Tiffany R.</i>	
Water Walk Andover Water Park Lazy River	7:00PM-7:45PM (Group Fitness) <i>Jackie S.</i>	10:00AM-10:30AM (Group Fitness) <i>April J.</i>	9:00AM-9:30AM (Group Fitness) <i>Kristen D.</i> 7:00PM-7:45PM (Group Fitness) <i>Jackie S.</i>	9:15AM-10:00AM (Group Fitness) <i>Jackie S.</i>	8:30AM-9:15AM (Group Fitness) <i>Stephanie B.</i>	9:15AM-10:00AM (Group Fitness) <i>Brandi B.</i>	
Walk & Talk Andover Water Park Lazy River	7:45PM-8:15PM (Group Fitness) <i>Jackie S.</i>		9:30AM-10:00AM (Group Fitness) <i>Kristen D.</i> 7:45PM-8:15PM (Group Fitness) <i>Jackie S.</i>		10:30AM-11:00AM (Group Fitness) <i>Stephanie S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 30 Cycle		8:30AM-9:00AM (Group Fitness) <i>Kay S.</i>					
Body Design Studio B		8:30AM-9:30AM (Group Fitness) <i>Rachel 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>	
Hydro HIIT Andover Waterpark - Main		9:00AM-10:00AM (Group Fitness) <i>April J.</i> 7:30PM-8:00PM (Group Fitness) <i>Jennifer B.</i>		8:30AM-9:15AM (Group Fitness) <i>Jackie S.</i> 7:30PM-8:00PM (Group Fitness) <i>Tammi R.</i>	9:30AM-10:15AM (Group Fitness) <i>Stephanie B.</i>	9:00AM-10:00AM (Group Fitness) <i>April J.</i>	
Stretch & Roll Studio A		9:15AM-10:00AM (Group Fitness) <i>Kay S.</i>					
Cycle 45 Cycle		9:15AM-10:00AM (Group Fitness) <i>Kelsey F.</i>				9:15AM-10:00AM (Group Fitness) <i>Sherrie H.</i>	9:00AM-9:45AM (Group Fitness) <i>Tina Y.</i>
Boomer Bootcamp LOFT		10:00AM-10:45AM (Group Fitness) <i>Jennifer B.</i>			11:00AM-12:00PM (Group Fitness) <i>Amanda S.</i>		
Barre Fusion- Barre/Pilates Studio A		10:00AM-11:00AM (Group Fitness) <i>Kay S.</i>			10:30AM-11:15AM (Group Fitness) <i>Kristen D.</i>		
Stride & Slide Andover Water Park Lazy River		10:30AM-11:00AM (Group Fitness) <i>April J.</i> 7:00PM-7:30PM (Group Fitness) <i>Jennifer B.</i> 7:30PM-8:00PM (Group Fitness) <i>Brandi B.</i>	10:30AM-11:00AM (Group Fitness) <i>Stephanie S.</i>	7:00PM-7:30PM (Group Fitness) <i>Tammi R.</i> 7:30PM-8:00PM (Group Fitness) <i>Jennifer B.</i>		10:00AM-10:30AM (Group Fitness) <i>Stephanie S.</i>	
SilverSneakers® Classic Studio A		11:00AM-12:00PM (Group Fitness) <i>Maria B.</i>		11:00AM-11:45AM (Group Fitness) <i>Maria B.</i>			
Lower Body Blitz Studio B		11:00AM-11:30AM (Group Fitness) <i>Stephanie S.</i>					
Private Event Studio A		5:15PM-6:00PM (Group Fitness) <i>Stephanie S.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Private Event Studio C		7:00PM-7:30PM (Group Fitness) <i>Stephanie S.</i>					
Water Tabata Andover Waterpark - Main		7:00PM-7:30PM (Group Fitness) <i>Brandi B.</i>	8:30AM-9:00AM (Group Fitness) <i>Kristen D.</i>	7:00PM-7:30PM (Group Fitness) <i>Jennifer B.</i>			
Cycle 60 Cycle			9:15AM-10:15AM (Group Fitness) <i>Mindy G.</i>				
LIFT 30-LOWER Studio B			9:30AM-10:00AM (Group Fitness) <i>Jennifer B.</i>	10:30AM-11:00AM (Group Fitness) <i>Stephanie S.</i>			
Upper Body Blitz Studio B			10:00AM-10:30AM (Group Fitness) <i>Jennifer B.</i>				
Walk, Talk & Slide Andover Water Park Lazy River			10:00AM-10:30AM (Group Fitness) <i>Stephanie S.</i>				
Stretch & Roll Studio C			10:30AM-11:15AM (Group Fitness) <i>Mindy G.</i>				
Beginner Yoga Studio A			5:30PM-6:30PM (Group Fitness) <i>Jackie S.</i>				
Private Event Court 2				8:00AM-3:00PM (Gym)	8:00AM-1:00PM (Gym)		
Body Blitz Studio B				8:30AM-9:00AM (Group Fitness) <i>Stephanie S.</i>			
CORE Studio B				9:00AM-9:30AM (Group Fitness) <i>Stephanie S.</i> 11:00AM-11:30AM (Group Fitness) <i>Stephanie S.</i> 5:30PM-6:00PM (Group Fitness) <i>Valerie J.</i>			
Yoga Studio A				10:00AM-11:00AM (Group Fitness) <i>Lisa C.</i>			
Water Bootcamp Lap Pool					8:30AM-9:30AM (Group Fitness) <i>Jackie S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Studio A					9:30AM-10:15AM (Group Fitness) <i>Stephanie S.</i>		
Pop Up-Muscle Pump-EDU Studio B					10:30AM-11:45AM (Group Fitness) <i>Brenda S.</i>		
Pickleball Court 1					12:00PM-3:00PM (Gym)		
Sunrise Yoga Andover Waterpark						7:15AM-8:15AM (Group Fitness) <i>Lisa C.</i>	
Bootcamp LOFT							10:00AM-11:00AM (Group Fitness) <i>Jennifer B.</i>