



Ken Shannon Northwest YMCA | May 26th - June 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Play Northwest Outdoor Sports Complex	6:30AM-7:00PM (Pickleball)	6:30AM-7:00PM (Pickleball)	6:30AM-7:00PM (Pickleball)	6:30AM-7:00PM (Pickleball)	6:30AM-7:00PM (Pickleball)	6:30AM-7:00PM (Pickleball)	6:30AM-7:00PM (Pickleball)
8 Lanes Lap Pool	12:00PM-4:30PM (Pool)	4:30AM-9:00AM (Pool) 10:00AM-5:00PM (Pool) 8:30PM-9:30PM (Pool)	4:30AM-5:00PM (Pool) 8:30PM-9:30PM (Pool)	4:30AM-7:00AM (Pool) 10:00AM-5:00PM (Pool) 8:30PM-9:30PM (Pool)	4:30AM-5:00PM (Pool)	12:00PM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
Open Swim Family Pool	12:00PM-4:30PM (Pool)	4:30AM-9:00AM (Pool) 12:00PM-5:00PM (Pool) 6:45PM-9:30PM (Pool)	4:30AM-8:00AM (Pool) 12:45PM-5:00PM (Pool) 6:45PM-9:30PM (Pool)	4:30AM-9:00AM (Pool) 12:00PM-5:00PM (Pool) 6:45PM-9:30PM (Pool)	4:30AM-8:00AM (Pool) 8:45AM-10:45AM (Pool) 11:30AM-8:30PM (Pool)	6:30AM-9:00AM (Pool) 12:30PM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
Open Gym Gym 1	12:00PM-5:00PM (Gym)	4:30AM-8:00AM (Gym) 12:00PM-10:00PM (Gym)	4:30AM-11:00AM (Gym) 3:00PM-10:00PM (Gym)	4:30AM-8:00AM (Gym) 12:00PM-10:00PM (Gym)	4:30AM-11:00AM (Gym) 3:00PM-9:00PM (Gym)	6:30AM-7:00PM (Gym)	6:30AM-4:00PM (Gym)
Open Gym Gym 2	12:00PM-5:00PM (Gym)	4:30AM-10:00PM (Gym)	4:30AM-9:00AM (Gym) 11:00AM-10:00PM (Gym)	4:30AM-10:00PM (Gym)	4:30AM-9:00AM (Gym) 11:00AM-9:00PM (Gym)	6:30AM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
Open Gym Gym 3	12:00PM-5:00PM (Gym)	4:30AM-6:00AM (Gym) 5:30PM-10:00PM (Gym)	4:30AM-6:00AM (Gym) 5:30PM-10:00PM (Gym)	4:30AM-6:00AM (Gym) 5:30PM-10:00PM (Gym)	4:30AM-6:00AM (Gym) 5:30PM-9:00PM (Gym)	6:30AM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
SilverSneakers® Circuit Studio C	12:15PM-1:15PM (Group Fitness) <i>Sherry H.</i>		10:30AM-11:30AM (Group Fitness) <i>Judith W.</i>				
Cycle 60 Cycle	12:15PM-1:15PM (Group Fitness) <i>Andrea W.</i>		5:00AM-6:00AM (Group Fitness) <i>Christal P.</i>		5:00AM-6:00AM (Group Fitness) <i>Andrea W.</i>	8:00AM-9:00AM (Group Fitness) <i>Janice S.</i>	

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Gentle Yoga Studio F	1:00PM-1:45PM (Group Fitness) <i>Stephanie M.</i>	8:00AM-9:00AM (Group Fitness) <i>Sarah W.</i>		8:45AM-9:30AM (Group Fitness) <i>Stephanie M.</i>			
Step Studio C	1:15PM-2:00PM (Group Fitness) <i>Tiffany F.</i>	7:45AM-8:30AM (Group Fitness) <i>Tiffany F.</i> 5:45PM-6:30PM (Group Fitness) <i>Tiffany F.</i>		5:00AM-5:45AM (Group Fitness) <i>Amanda M.</i> 7:45AM-8:30AM (Group Fitness) <i>Tiffany F.</i>			
Muscle Pump Studio C	2:00PM-3:00PM (Group Fitness) <i>Sandra B.</i>		8:30AM-9:30AM (Group Fitness) <i>Jeannie S.</i> 5:30PM-6:30PM (Group Fitness) <i>Dawn B.</i>		8:00AM-9:00AM (Group Fitness) <i>Sandra B.</i>	8:00AM-9:00AM (Group Fitness) <i>Jeannie S.</i>	
Yoga Studio F	2:00PM-3:00PM (Group Fitness) <i>Maria S.</i>		6:30PM-7:30PM (Group Fitness) <i>Andrea J.</i>	11:00AM-12:00PM (Group Fitness) <i>Maria S.</i> 6:30PM-7:30PM (Group Fitness) <i>Fred P.</i>		9:15AM-10:15AM (Group Fitness) <i>Janice S.</i>	2:00PM-3:00PM (Group Fitness) <i>Liz C.</i>
Zumba® Fitness Studio C	3:00PM-4:00PM (Group Fitness) <i>Sydney L.</i>		6:30PM-7:30PM (Group Fitness) <i>Virginia P.</i>		9:30AM-10:30AM (Group Fitness) <i>Jessy R.</i>	10:00AM-11:00AM (Group Fitness) <i>Sydney L.</i>	
Body Blitz Studio C		5:00AM-6:00AM (Group Fitness) <i>Christal P.</i>					
Cycle CORE Cycle		5:30AM-6:30AM (Group Fitness) <i>Lyndsey G.</i>					
Open Play Gym 1		8:00AM-12:00PM (Pickleball)	8:00AM-12:00PM (Pickleball)	8:00AM-12:00PM (Pickleball)	8:00AM-12:00PM (Pickleball)		
Open Play Gym 2		8:00AM-12:00PM (Pickleball)	8:00AM-12:00PM (Pickleball)	8:00AM-12:00PM (Pickleball)	8:00AM-12:00PM (Pickleball)		
Bootcamp Northwest Outdoor Sports Complex		8:00AM-9:00AM (Group Fitness) <i>Jessica D.</i>					
Pickleball - Open Play Gym 1		8:00AM-12:00PM (Gym)	11:00AM-3:00PM (Gym)	8:00AM-12:00PM (Gym)	11:00AM-3:00PM (Gym)		4:00PM-7:00PM (Gym)
Barre Fusion-Barre/HIIT Studio C		8:45AM-9:45AM (Group Fitness) <i>Janice S.</i>					
Body Design Tumble		8:45AM-9:45AM (Group Fitness) <i>Heidi R.</i>					

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5 Lanes Lap Pool		9:00AM-10:00AM (Pool)					
Deep Water Lap Pool		9:00AM-10:00AM (Group Fitness) <i>Tabitha G.</i>		9:00AM-10:00AM (Group Fitness) <i>Tabitha G.</i>			
Powerkick Studio F		9:15AM-10:00AM (Group Fitness) <i>Whitney H.</i>			9:30AM-10:15AM (Group Fitness) <i>Cam E.</i>		
LIFT 30-LOWER Studio C		9:45AM-10:15AM (Group Fitness) <i>Heidi R.</i>					
Water Tabata Lap Pool		10:00AM-11:00AM (Group Fitness) <i>Jeannie S.</i>			10:00AM-11:00AM (Group Fitness) <i>Janese R.</i>	10:00AM-11:00AM (Group Fitness) <i>Jeannie S.</i>	
CORE Studio F		10:15AM-10:45AM (Group Fitness) <i>Heidi R.</i>		10:15AM-10:45AM (Group Fitness) <i>Sandra B.</i>			
SilverSneakers® Classic Studio C		10:30AM-11:30AM (Group Fitness) <i>Royce W.</i>		10:30AM-11:30AM (Group Fitness) <i>Royce W.</i>			
Chair Yoga Studio C		11:30AM-12:30PM (Group Fitness) <i>Kat S.</i>			10:30AM-11:30AM (Group Fitness) <i>Kimberly C.</i>		
Beginner Yoga Studio F		12:00PM-1:00PM (Group Fitness) <i>Kimberly C.</i>	9:30AM-10:30AM (Group Fitness) <i>Sarah W.</i> 12:00PM-1:00PM (Group Fitness) <i>Sarah W.</i>		8:30AM-9:30AM (Group Fitness) <i>Sarah W.</i>		12:00PM-1:00PM (Group Fitness) <i>Linda A.</i>
2 Lanes Lap Pool		5:00PM-8:30PM (Pool)	5:00PM-8:30PM (Pool)	7:00AM-10:00AM (Pool) 5:00PM-8:30PM (Pool)	5:00PM-8:30PM (Pool)	6:30AM-9:30AM (Pool)	
Cycle 45 Cycle		6:00PM-6:45PM (Group Fitness) <i>Angie R.</i>	8:45AM-9:30AM (Group Fitness) <i>Rachel J.</i>	5:30AM-6:15AM (Group Fitness) <i>Lyndsey G.</i> 7:30AM-8:15AM (Group Fitness) <i>Tabitha G.</i> 6:00PM-6:45PM (Group Fitness) <i>Angie R.</i>	8:45AM-9:30AM (Group Fitness) <i>Megan O.</i>		

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Y Box Studio C		6:30PM-7:30PM (Group Fitness) <i>Sandra B.</i>					
Pilates Studio F		7:00PM-8:00PM (Group Fitness) <i>Caroline P.</i>					
Yoga Outdoor Pool Deck		8:15PM-9:00PM (Group Fitness) <i>Hideki F.</i>					
Shallow End Only Family Pool			8:00AM-8:45AM (Pool) 12:00PM-12:45PM (Pool)		8:00AM-8:45AM (Pool) 10:45AM-11:30AM (Pool)	12:00PM-12:30PM (Pool)	
Boomer Water Tabata Family Pool			8:00AM-8:45AM (Group Fitness) <i>Judith W.</i>				
Beginner Step Studio C			8:00AM-8:30AM (Group Fitness) <i>Jeannie S.</i>				
Boomer Body Blitz Studio F			9:00AM-9:30AM (Group Fitness) <i>Marie W.</i>				
Fun Fit Gym 2			9:00AM-11:00AM (Gym)		9:00AM-11:00AM (Gym)		
Boomer Cardio Dance Studio C			9:30AM-10:15AM (Group Fitness) <i>Marie W.</i>				
Flow Fusion Studio D			9:30AM-10:30AM (Group Fitness) <i>Sandra B.</i>				
Hydrobox Lap Pool			10:00AM-11:00AM (Group Fitness) <i>Janese R.</i>				
Cardio Dance Studio F			10:30AM-11:30AM (Group Fitness) <i>Tiffany P.</i>				
Arthritis Water Exercise Family Pool			10:45AM-11:30AM (Group Fitness) <i>Janice S.</i>		10:45AM-11:30AM (Group Fitness) <i>Rhonda S.</i>		
Silver Sneakers® Stability Studio C			11:30AM-12:00PM (Group Fitness) <i>Judith W.</i>				
VIRTUAL-CORE Studio F			8:00PM-8:45PM (Group Fitness) <i>YMCA360 V.</i>		5:00PM-5:45PM (Group Fitness) <i>YMCA360 V.</i>		

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Body Design Studio C				8:45AM-9:45AM (Group Fitness) <i>Sandra B.</i>			
LIFT 30-UPPER Studio C				9:45AM-10:15AM (Group Fitness) <i>Sandra B.</i>			
Hydro HIIT Lap Pool				10:00AM-11:00AM (Group Fitness) <i>Shelby C.</i>			
Stretch & Roll Studio F				12:00PM-1:00PM (Group Fitness) <i>Shelby C.</i>			
Cardio Dance Studio C				5:00PM-6:00PM (Group Fitness) <i>Tammy O.</i>			
Powerkick Studio C				6:00PM-6:45PM (Group Fitness) <i>Mary A.</i>		9:00AM-10:00AM (Group Fitness) <i>Mary A.</i>	
Boomer Water Works Family Pool					8:00AM-8:45AM (Group Fitness) <i>Judith W.</i>		
Boomer Cardio Dance Studio F					10:30AM-11:15AM (Group Fitness) <i>Katelyn L.</i>		
VIRTUAL-Pilates Studio F					12:00PM-1:00PM (Group Fitness) <i>YMCA360 V.</i>		
HIIT 60 Studio F						8:00AM-9:00AM (Group Fitness) <i>Linda A.</i>	
7 Lanes Lap Pool						9:30AM-12:00PM (Pool)	
Flow Fusion Studio F							1:00PM-2:00PM (Group Fitness) <i>Hideki F.</i>