



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>VIRTUAL-Cycle</b> InStudio C	9:30AM-10:15AM (Group Fitness) YMCA360 V.			6:30PM-7:00PM (Group Fitness) YMCA360 V.	9:30AM-10:15AM (Group Fitness) YMCA360 V.  6:15PM-7:00PM (Group Fitness) YMCA360 V.		
<b>Boomer Bootcamp</b> Studio A	9:30AM-10:15AM (Group Fitness) Cassie G.						
<b>Shallow End Only</b> Family Pool	9:45AM-10:30AM (Pool)  5:30PM-6:15PM (Pool)	8:30AM-9:30AM (Pool)  5:30PM-6:15PM (Pool)	8:30AM-10:45AM (Pool)	8:30AM-10:45AM (Pool)  5:30PM-6:15PM (Pool)	8:30AM-9:30AM (Pool)	8:15AM-9:00AM (Pool)  10:00AM-10:45AM (Pool)	
<b>Water Works</b> Family Pool	9:45AM-10:30AM (Group Fitness) Jamie B.			8:30AM-9:30AM (Group Fitness) Catherine W.		8:15AM-9:00AM (Group Fitness) Catherine W.	
<b>Water Tabata</b> Family Pool	5:30PM-6:15PM (Group Fitness) Karen J.	8:30AM-9:30AM (Group Fitness) Raynbow G.	8:30AM-9:15AM (Group Fitness) Karen J.		8:30AM-9:15AM (Group Fitness) Karen J.		
<b>Muscle Pump</b> Studio D	5:30PM-6:30PM (Group Fitness) Renaë S.		6:45PM-7:45PM (Group Fitness) Renaë S.				
<b>Pilates</b> Studio D	6:30PM-7:30PM (Group Fitness) Amanda Z.			6:00AM-6:30AM (Group Fitness) Cassie G.  6:00PM-7:00PM (Group Fitness) Cassie G.			
<b>Cycle FORCE</b> Studio C	6:30PM-7:15PM (Group Fitness) Katrina D.		9:30AM-10:15AM (Group Fitness) Katrina D.  6:30PM-7:15PM (Group Fitness) Katrina D.				
<b>Zumba® Fitness</b> Studio B	6:30PM-7:15PM (Group Fitness) Santalena C.						
<b>LIFT 30-UPPER</b> Studio D		5:30AM-6:00AM (Group Fitness) Amanda Z.		8:30AM-9:00AM (Group Fitness) Cassie G.			

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<b>HIIT 30</b> Studio D		6:00AM-6:30AM (Group Fitness) <i>Amanda Z.</i>  5:30PM-6:00PM (Group Fitness) <i>Amanda Z.</i>					
<b>Aqua Zumba®</b> Family Pool		7:00AM-8:00AM (Group Fitness) <i>Raynbow G.</i>		7:00AM-8:00AM (Group Fitness) <i>Raynbow G.</i>			
<b>Zumba® Fitness</b> Studio D		8:30AM-9:15AM (Group Fitness) <i>Santarena C.</i>	5:30PM-6:30PM (Group Fitness) <i>Jamie B.</i>		5:30AM-6:15AM (Group Fitness) <i>Cassie G.</i>		
<b>Yoga</b> Studio A		9:30AM-10:30AM (Group Fitness) <i>Erin B.</i>			9:30AM-10:15AM (Group Fitness) <i>Hideki F.</i>		
<b>SilverSneakers® Yoga</b> Studio D		9:30AM-10:30AM (Group Fitness) <i>Cassie G.</i>					
<b>VIRTUAL-Circuit</b> InStudio B		12:15PM-12:45PM (Group Fitness) <i>YMCA360 V.</i>		12:15PM-12:45PM (Group Fitness) <i>YMCA360 V.</i>			
<b>Pickleball</b> Gym 2		1:00PM-3:00PM (Gym)		1:00PM-3:00PM (Gym)			
<b>4 Lanes</b> Lap Pool		6:30PM-7:15PM (Pool)		6:30PM-7:15PM (Pool)			
<b>Yoga</b> Studio D			5:30AM-6:15AM (Group Fitness) <i>Erin B.</i>				3:00PM-4:00PM (Group Fitness) <i>Erin B.</i>
<b>LIFT 30-LOWER</b> Studio D			8:30AM-9:00AM (Group Fitness) <i>Rebekah B.</i>	5:30AM-6:00AM (Group Fitness) <i>Cassie G.</i>			
<b>Body Design</b> Studio D			9:00AM-9:45AM (Group Fitness) <i>Rebekah B.</i>				
<b>Boomer Cardio Dance</b> Studio A			9:15AM-10:00AM (Group Fitness) <i>Rose J.</i>				
<b>SilverSneakers® Classic</b> Studio D			10:00AM-11:00AM (Group Fitness) <i>Catherine W.</i>				
<b>Yoga</b> Studio B			7:00PM-8:00PM (Group Fitness) <i>Erin B.</i>				

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<b>Pilates</b> Studio B				9:00AM-10:00AM (Group Fitness) <i>Cassie G.</i>			
<b>Silver Sneakers® Stability</b> Studio D				9:45AM-10:15AM (Group Fitness) <i>Lynnette H.</i>			
<b>Tai Chi</b> Studio B				6:00PM-6:45PM (Group Fitness) <i>John D.</i>			
<b>Barre</b> Studio D					8:30AM-9:30AM (Group Fitness) <i>Rebekah B.</i>		
<b>Boomer Bootcamp</b> Studio D					9:30AM-10:15AM (Group Fitness) <i>Rebekah B.</i>		