



Newton YMCA | May 5th - May 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 Lanes Lap Pool	4:30AM-3:30PM (Pool) 5:30PM-9:30PM (Pool)	4:30PM-6:30PM (Pool) 7:15PM-9:30PM (Pool)	4:30AM-3:30PM (Pool) 5:30PM-9:30PM (Pool)	4:30AM-6:30PM (Pool) 7:15PM-9:30PM (Pool)	5:30PM-8:30PM (Pool)	6:30AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
Open Gym Court 1	4:30AM-10:00PM (Gym)	4:30AM-12:00PM (Gym)	4:30AM-5:00PM (Gym) 6:30PM-10:00PM (Gym)	4:30AM-12:00PM (Gym) 3:00PM-10:00PM (Gym)	4:30AM-9:00PM (Gym)	6:30AM-7:45AM (Gym) 3:00PM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
Open Gym Court 2	4:30AM-12:00PM (Gym) 3:00PM-10:00PM (Gym)	4:30AM-12:00PM (Gym) 3:00PM-10:00PM (Gym)	4:30AM-12:00PM (Gym) 5:00PM-10:00PM (Gym)	4:30AM-12:00PM (Gym) 3:00PM-10:00PM (Gym)	4:30AM-9:00PM (Gym)	6:30AM-7:45AM (Gym) 3:00PM-7:00PM (Gym)	6:30AM-7:00PM (Gym)
Open Swim Family Pool	4:30AM-9:45AM (Pool) 10:30AM-5:30PM (Pool) 6:15PM-9:30PM (Pool)	4:30AM-8:30AM (Pool) 9:30AM-5:30PM (Pool) 6:15PM-9:30PM (Pool)	4:30AM-9:30PM (Pool)	4:30AM-8:30AM (Pool) 9:30AM-5:30PM (Pool) 6:15PM-9:30PM (Pool)	4:30AM-12:30PM (Pool) 2:30PM-8:30PM (Pool)	6:30AM-8:15AM (Pool) 9:15AM-10:00AM (Pool) 11:30AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
HIIT 30 Studio D	5:30AM-6:00AM (Group Fitness) <i>Amanda Z.</i>						
CORE Studio D	6:00AM-6:30AM (Group Fitness) <i>Amanda Z.</i>			6:00AM-6:30AM (Group Fitness) <i>Lonnie M.</i>			
Zumba® Fitness Studio A	8:30AM-9:15AM (Group Fitness) <i>Jamie B.</i>			8:30AM-9:30AM (Group Fitness) <i>Lynnette H.</i>	8:30AM-9:30AM (Group Fitness) <i>Jamie B.</i>		
LIFT 30-LOWER Studio D	8:30AM-9:00AM (Group Fitness) <i>Rebekah B.</i>			5:30AM-6:00AM (Group Fitness) <i>Lonnie M.</i>			
STRONG Nation® Studio D	9:00AM-9:30AM (Group Fitness) <i>Cassie G.</i>						
Boomer Bootcamp Studio A	9:30AM-10:15AM (Group Fitness) <i>Rebekah B.</i>				9:30AM-10:15AM (Group Fitness) <i>Katelyn W.</i>		

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Shallow End Only Family Pool	9:45AM-10:30AM (Pool) 5:30PM-6:15PM (Pool)	8:30AM-9:30AM (Pool) 5:30PM-6:15PM (Pool)		8:30AM-9:30AM (Pool) 5:30PM-6:15PM (Pool)	12:30PM-2:30PM (Pool)	8:15AM-9:15AM (Pool) 10:00AM-11:30AM (Pool)	
Water Works Family Pool	9:45AM-10:30AM (Group Fitness) <i>Jamie B.</i> 5:30PM-6:15PM (Group Fitness) <i>Catherine W.</i>			8:30AM-9:15AM (Group Fitness) <i>Catherine W.</i>		8:15AM-9:00AM (Group Fitness) <i>Catherine W.</i>	
VIRTUAL Boomer Bootcamp InStudio B	10:30AM-11:05AM (Group Fitness) <i>YMCA 3.</i>						
Pickleball Court 2	12:00PM-3:00PM (Gym)	12:00PM-3:00PM (Gym)	12:00PM-3:00PM (Gym)	12:00PM-3:00PM (Gym)			
2 Lanes Lap Pool	3:30PM-5:30PM (Pool)		3:30PM-5:30PM (Pool)		3:30PM-5:30PM (Pool)		
Muscle Pump Studio D	5:30PM-6:30PM (Group Fitness) <i>Rebekah B.</i>		6:45PM-7:45PM (Group Fitness) <i>Renae S.</i>	5:30PM-6:30PM (Group Fitness) <i>Amanda Z.</i>			
Cycle 45 Studio C	6:30PM-7:15PM (Group Fitness) <i>Jesus R.</i>		9:15AM-10:00AM (Group Fitness) <i>Katrina D.</i>				
Zumba® Fitness Studio D	6:30PM-7:30PM (Group Fitness) <i>Lynnette H.</i>	8:30AM-9:15AM (Group Fitness) <i>Lynnette H.</i>	5:30PM-6:30PM (Group Fitness) <i>Jamie B.</i>		5:30AM-6:15AM (Group Fitness) <i>Cassie G.</i>		
LIFT 30-UPPER Studio D		5:30AM-6:00AM (Group Fitness) <i>Lonnie M.</i>	8:30AM-9:00AM (Group Fitness) <i>Rebekah B.</i>				
Bootcamp Studio D		6:00AM-6:30AM (Group Fitness) <i>Lonnie M.</i>					
Water Tabata Family Pool		8:30AM-9:30AM (Group Fitness) <i>Catherine W.</i>					
SilverSneakers® Yoga Studio A		9:30AM-10:30AM (Group Fitness) <i>Lynnette H.</i>					
Pickleball Court 1		12:00PM-3:00PM (Gym)		12:00PM-3:00PM (Gym)			
VIRTUAL-Circuit InStudio B		12:15PM-12:45PM (Group Fitness) <i>Virtual I.</i>		12:15PM-12:45PM (Group Fitness) <i>Virtual I.</i>			

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Barre Studio D		5:30PM-6:30PM (Group Fitness) <i>Rebekah B.</i>			8:30AM-9:30AM (Group Fitness) <i>Rebekah B.</i>		
VIRTUAL-Cycle InStudio C		6:30PM-7:15PM (Group Fitness) <i>Virtual I.</i>	6:30PM-7:15PM (Group Fitness) <i>YMCA 3.</i>				
VIRTUAL-Yoga InStudio B		6:30PM-7:15PM (Group Fitness) <i>Virtual I.</i>					
4 Lanes Lap Pool		6:30PM-7:15PM (Pool)		6:30PM-7:15PM (Pool)			
Flow Fusion Studio D			5:30AM-6:15AM (Group Fitness) <i>Laurel B.</i>			9:00AM-10:00AM (Group Fitness) <i>Laurel B.</i>	
Body Design Studio D			9:00AM-10:00AM (Group Fitness) <i>Rebekah B.</i>				
Boomer Cardio Dance Studio A			9:15AM-10:00AM (Group Fitness) <i>Rose J.</i>				
SilverSneakers® Classic Studio A			10:00AM-11:00AM (Group Fitness) <i>Catherine W.</i>				
Youth Basketball Court 2			3:00PM-5:00PM (Gym)			7:45AM-3:00PM (Gym)	
Youth Basketball Court 1			5:00PM-6:30PM (Gym)			7:45AM-3:00PM (Gym)	
Silver Sneakers® Stability Studio A				9:45AM-10:15AM (Group Fitness) <i>Lynnette H.</i>			
Personal Training InStudio B					12:30PM-1:00PM (Group Fitness) <i>Katelyn W.</i>		