

Lake Community YMCA | October 20th - October 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Field House Court 3	5:00AM-12:00PM (Open Gym)	5:00AM-12:00PM (Open Gym)	5:00AM-12:00PM (Open Gym)	5:00AM-12:00PM (Open Gym)	5:00AM-12:00PM (Open Gym)	7:00AM-5:00PM (Open Gym)	10:00AM-12:00PM (Open Gym)
	2:15PM-10:00PM (Open Gym)	2:15PM-10:00PM (Open Gym)	2:15PM-10:00PM (Open Gym)	2:15PM-10:00PM (Open Gym)	2:15PM-10:00PM (Open Gym)		2:30PM-5:00PM (Open Gym)
Lap Swim 4 Lanes Pool	6:00AM-7:50AM (Lap Swim)	6:00AM-7:50AM (Lap Swim)	6:00AM-7:50AM (Lap Swim)	6:00AM-7:50AM (Lap Swim)	6:00AM-7:50AM (Lap Swim)	8:00AM-8:50AM (Lap Swim)	10:00AM-4:00PM (Lap Swim)
	10:50AM-5:00PM (Lap Swim)	12:15PM-5:00PM (Lap Swim)	11:30AM-5:00PM (Lap Swim)	9:45AM-5:00PM (Lap Swim)	11:20AM-5:15PM (Lap Swim)	12:30PM-4:30PM (Lap Swim)	
	7:30PM-9:30PM (Lap Swim)	7:30PM-9:30PM (Lap Swim)	7:30PM-9:30PM (Lap Swim)	8:00PM-9:30PM (Lap Swim)			
Water Fitness Pool	8:00AM-8:50AM (Water Aerobics)	8:00AM-8:45AM (Water Aerobics)	8:00AM-8:50AM (Water Aerobics)	8:00AM-8:45AM (Water Aerobics)	8:00AM-8:50AM (Water Aerobics)	9:00AM-9:50AM (Water Aerobics)	
	9:00AM-9:50AM (Water Aerobics)		9:00AM-9:50AM (Water Aerobics)		9:00AM-9:50AM (Water Aerobics)		
	7:15PM-8:00PM (Water Aerobics)						
Lap Swim 2 Lanes Pool	8:00AM-10:50AM (Lap Swim)	8:00AM-10:00AM (Lap Swim)	8:00AM-10:30AM (Lap Swim)	8:00AM-9:45AM (Lap Swim)	8:00AM-11:15AM (Lap Swim)	9:00AM-12:15PM (Lap Swim)	
Power Pump Studio C	8:30AM-9:15AM (Strength) Jennifer U.			8:30AM-9:30AM (Strength) Jennifer U.			
Yoga Studio A	8:45AM-9:45AM (Balance And Flexibility) Angela H.		8:00AM-9:00AM (Balance And Flexibility) <i>Kim K</i> .	10:15AM-11:15AM (Balance And Flexibility) Angela H.	8:00AM-9:00AM (Balance And Flexibility) <i>Kim K</i> .		
Cycling Studio B	9:15AM-10:15AM (Cycling) Debbie G.		5:15AM-6:00AM (Cycling) Jennifer R.		9:15AM-10:10AM (Cycling) <i>Tina S.</i>	7:45AM-8:45AM (Cycling) <i>Kim E</i> .	
	6:30PM-7:15PM (Cycling) <i>Kim E</i> .		6:30PM-7:15PM (Cycling) Debbie G.				
Strength Studio C	9:30AM-10:15AM (Strength) Andrea B.		10:15AM-11:00AM (Strength) Andrea B.	5:15AM-6:00AM (Strength) Jennifer R.	10:15AM-11:00AM (Strength) Andrea B.	9:00AM-9:45AM (Strength) <i>Kim E</i> .	
			5:30PM-6:15PM (Strength) Debbie G.				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
High Intensity Interval Training (HIIT) Field House 1	9:30AM-10:05AM (Cardio) <i>Nicole J.</i>						
Mindfulness Meditation Pool	10:00AM-10:45AM (Water Aerobics)						
Senior Fitness Studio A	10:00AM-10:45AM (Active Older Adults) Virginia C.				10:15AM-11:00AM (Active Older Adults) Jenny A.		
Open Swim Pool	10:50AM-5:00PM (Open Swim)	12:15PM-5:00PM (Open Swim)	11:30AM-5:00PM (Open Swim)	9:45AM-5:00PM (Open Swim)	11:20AM-5:15PM (Open Swim)	12:30PM-4:30PM (Open Swim)	10:00AM-4:00PM (Open Swim)
	8:00PM-9:30PM (Open Swim)	7:30PM-9:30PM (Open Swim)	7:30PM-9:30PM (Open Swim)	8:00PM-9:30PM (Open Swim)			
Senior Balance Studio A	10:50AM-11:20AM (Active Older Adults) Virginia C.			9:15AM-10:00AM (Active Older Adults) <i>Virginia C.</i>			
Pickleball Open Play Field House Court 3	12:00PM-2:15PM (Pickleball)	12:00PM-2:15PM (Pickleball)	12:00PM-2:15PM (Pickleball)	12:00PM-2:15PM (Pickleball)	12:00PM-2:15PM (Pickleball)		12:00PM-2:30PM (Pickleball)
Parkinson's & Multiple Sclerosis Exercise Studio A	1:00PM-2:00PM (Active Older Adults) Jennifer R.				1:00PM-2:00PM (Active Older Adults) Jennifer R.		
Dance Fitness Studio A	5:30PM-6:30PM (Dance) <i>Kim H.</i>		5:30PM-6:30PM (Dance) <i>Kim H.</i>				
Tabata Strength Studio C	5:30PM-6:15PM (Strength) Kim E.						
Yoga (Power) Studio C	6:30PM-7:30PM (Balance And Flexibility) Jamie L.		6:30PM-7:30PM (Balance And Flexibility) Martie K.				
Aqua Stretch Pool		9:00AM-9:30AM (Water Aerobics)	10:00AM-10:30AM (Water Aerobics)	9:00AM-9:30AM (Water Aerobics)	10:00AM-10:30AM (Water Aerobics)		
Drum Fit Studio C		9:15AM-10:00AM (Dance) Polly M.			9:15AM-10:00AM (Dance) Angela S.		1:00PM-2:00PM (Dance) Angela S.
		5:30PM-6:30PM (Dance) <i>Kim H.</i>					
Step/Strength Studio A		9:15AM-10:00AM (Strength) Jenny A.					
Lap Swim 3 Lanes		10:00AM-12:15PM (Lap Swim)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength Studio A		10:15AM-11:00AM (Strength) Jenny A.					
Silver Sneakers Studio C		10:15AM-11:00AM (Active Older Adults) Polly M.		10:05AM-10:50AM (Active Older Adults) Angela S.			
Yoga (Chair) Studio C		11:15AM-12:00PM (Active Older Adults) Martie K.					
Barre Studio A		5:45PM-6:30PM (Balance And Flexibility) Kim E.		11:45AM-12:30PM (Balance And Flexibility) Louis G.			
Kettlebell Studio C			8:15AM-9:00AM (Strength) Vincent L.				
Zumba Studio C			9:15AM-10:00AM (Dance) Andrea B.				
High Intensity Interval Training (HIIT) Studio A			9:30AM-10:05AM (Cardio) <i>Nicole J.</i>				
Tai Chi Studio A			10:30AM-11:15AM (Balance And Flexibility) Ralph L.				
Senior Cardio Drumming Studio C			11:15AM-12:00PM (Active Older Adults) Polly M.	11:00AM-11:45AM (Active Older Adults) Angela S.			
Pilates Studio A				6:00PM-6:45PM (Balance And Flexibility)			
Zumba Step Studio C				6:00PM-7:00PM (Dance) <i>Annika C.</i>			
Aqua Zumba Pool				7:15PM-8:00PM (Water Aerobics)			
Abs & Glutes Studio C					8:20AM-9:00AM (Balance And Flexibility) <i>Michelle V</i> .		
Zumba Studio A					9:15AM-10:00AM (Dance) Andrea B.		
Cardio X Field House 1					9:15AM-10:00AM (Cardio) Michelle V.	8:00AM-9:15AM (Cardio) Jeremy M.	



North Canton Community Building YMCA | October 20th - October 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Basketball West Gym	5:00AM-9:00AM (Open Gym)	5:00AM-9:00AM (Open Gym)	5:00AM-9:00AM (Open Gym)	11:30AM-2:00PM (Open Gym)	5:00AM-9:00AM (Open Gym)		
	11:30AM-2:00PM (Open Gym)	11:30AM-2:00PM (Open Gym)	11:30AM-2:00PM (Open Gym)		11:45AM-2:00PM (Open Gym)		
Open Gym East Gym	5:00AM-9:00AM (Open Gym)	5:00AM-9:00AM (Open Gym)	5:00AM-9:00AM (Open Gym)	5:00AM-9:00AM (Open Gym)	5:00AM-9:00AM (Open Gym)	6:00AM-8:00AM (Open Gym)	10:00AM-12:00PM (Open Gym)
	2:30PM-10:00PM (Open Gym)	3:00PM-5:00PM (Open Gym)	2:00PM-5:00PM (Open Gym)	11:00AM-11:45AM (Open Gym)	11:00AM-12:00PM (Open Gym)	2:00PM-6:00PM (Open Gym)	
			9:00PM-10:00PM (Open Gym)	2:30PM-5:00PM (Open Gym)	2:30PM-9:00PM (Open Gym)		
				9:00PM-10:00PM (Open Gym)			
ap Swim 6 Lanes arge Pool	5:15AM-8:40AM (Lap Swim)	6:15AM-8:15AM (Lap Swim)	5:15AM-8:40AM (Lap Swim)	6:15AM-8:15AM (Lap Swim)	5:15AM-8:40AM (Lap Swim)	6:00AM-8:15AM (Lap Swim)	10:15AM-1:00PM (Lap Swim)
	1:00PM-2:55PM (Lap Swim)	1:00PM-2:55PM (Lap Swim)	1:00PM-2:55PM (Lap Swim)	1:00PM-2:55PM (Lap Swim)	11:15AM-1:55PM (Lap Swim)		
		7:45PM-9:45PM (Lap Swim)		8:15PM-9:45PM (Lap Swim)			
soot Camp Extreme xercise Studio	5:30AM-6:30AM (Strength) <i>Mark S</i> .						
Prum Fit xercise Studio	8:00AM-8:45AM (Dance)	10:30AM-11:15AM (Dance)		10:30AM-11:15AM (Dance)		8:00AM-9:15AM (Dance)	
Ppen Gym Vest Gym	9:00AM-11:30AM (Open Gym)	9:00AM-11:30AM (Open Gym)	9:00AM-11:30AM (Open Gym)	5:00AM-9:00AM (Open Gym)	9:00AM-11:30AM (Open Gym)	6:00AM-8:00AM (Open Gym)	10:00AM-5:00PM (Open Gym)
	2:00PM-10:00PM (Open Gym)	2:00PM-10:00PM (Open Gym)	2:00PM-10:00PM (Open Gym)	9:00AM-11:30AM (Open Gym)	2:00PM-9:00PM (Open Gym)		
				2:00PM-6:00PM (Open Gym)			
				2:00PM-10:00PM (Open Gym)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Multi-Purpose Room	9:00AM-10:00AM (Balance And Flexibility)	6:00PM-7:00PM (Balance And Flexibility)		9:00AM-10:00AM (Balance And Flexibility)	9:00AM-10:00AM (Balance And Flexibility)	8:00AM-9:00AM (Balance And Flexibility)	
	6:00PM-7:00PM (Balance And Flexibility)						
Shallow Water Aerobics Large Pool	9:00AM-9:40AM (Water Aerobics)	8:40AM-9:25AM (Water Aerobics)		8:40AM-9:25AM (Water Aerobics)		9:15AM-10:00AM (Water Aerobics)	
Total Body Toning East Gym	9:15AM-10:00AM (Strength)				9:15AM-10:00AM (Strength)		
Arthritis Water Exercise Large Pool	9:50AM-10:30AM (Water Aerobics)		9:50AM-10:30AM (Water Aerobics)		9:50AM-10:30AM (Water Aerobics)		
Silver Sneakers East Gym	10:15AM-11:00AM (Active Older Adults)	10:15AM-11:00AM (Active Older Adults)	10:15AM-11:00AM (Active Older Adults)				
Zumba Gold Exercise Studio	10:15AM-11:00AM (Dance)						
Lap Swim 4 Lanes Large Pool	10:40AM-1:00PM (Lap Swim)	11:15AM-1:00PM (Lap Swim)	11:50AM-1:00PM (Lap Swim)	11:15AM-1:00PM (Lap Swim)	10:40AM-11:15AM (Lap Swim)		
Line Dancing Exercise Studio	11:15AM-12:00PM (Dance)		11:15AM-12:00PM (Dance)				
Open Swim Small Pool	11:30AM-1:00PM (Open Swim)	11:30AM-1:00PM (Open Swim)	12:00PM-1:00PM (Open Swim)	11:30AM-1:00PM (Open Swim)			1:15PM-4:45PM (Open Swim)
				6:45PM-8:15PM (Open Swim)			
Open/Lap Swim Large Pool	11:30AM-1:00PM (Open Swim)	11:30AM-1:00PM (Open Swim)	11:50AM-1:00PM (Open Swim)	11:30AM-1:00PM (Open Swim)	6:15PM-8:45PM (Open Swim)		1:15PM-4:45PM (Open Swim)
				7:15PM-8:15PM (Open Swim)			
Pickleball Open Play East Gym	12:00PM-2:30PM (Pickleball)	12:00PM-3:00PM (Pickleball)		12:00PM-2:30PM (Pickleball)	12:00PM-2:30PM (Pickleball)		12:00PM-4:00PM (Pickleball)
Strength & Stretch Multi-Purpose Room	5:15PM-5:45PM (Balance And Flexibility)						
Boot Camp Exercise Studio	5:30PM-6:15PM (Cardio)		5:30AM-6:30AM (Cardio)		5:30AM-6:30AM (Cardio)		
			5:30PM-6:15PM (Cardio)				
Zumba Exercise Studio	6:30PM-7:30PM (Dance)	6:30PM-7:30PM (Dance)		6:30PM-7:30PM (Dance)		9:30AM-10:30AM (Dance)	
Lap Swim 1 Lane Large Pool	6:35PM-7:15PM (Lap Swim)						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 2 Lanes Large Pool	7:15PM-9:45PM (Lap Swim)	5:15AM-6:15AM (Lap Swim)	10:40AM-11:15AM (Lap Swim)	5:15AM-6:15PM (Lap Swim)			
		9:45AM-11:15AM (Lap Swim)	6:35PM-9:45PM (Lap Swim)				
High Intensity Interval Training (HIIT) Exercise Studio	7:45PM-8:30PM (Cardio)		7:45PM-8:30PM (Cardio)		9:15AM-10:00AM (Cardio) Virtual		
Cycling Exercise Studio		5:30AM-6:30AM (Cycling)		9:30AM-10:15AM (Cycling)			12:00PM-12:45PM (Cycling)
		9:30AM-10:15AM (Cycling)		4:30PM-5:15PM (Cycling)			
Step Intervals East Gym		9:00AM-9:45AM (Cardio)		9:00AM-9:45AM (Cardio)			
Restorative Yoga Multi-Purpose Room		9:00AM-10:00AM (Balance And Flexibility)					
Lap Swim 3 Lanes Large Pool		10:30AM-11:15AM (Lap Swim)	11:15AM-11:50AM (Lap Swim)	9:45AM-11:15AM (Lap Swim)	4:20PM-8:45PM (Lap Swim)	10:15AM-11:00AM (Lap Swim)	1:00PM-4:45PM (Lap Swim)
		7:15PM-7:45PM (Lap Swim)		7:15PM-8:15PM (Lap Swim)			
Ready, Fit and Able East Gym		11:15AM-12:00PM (Balance And Flexibility)					
Core & Stretch Multi-Purpose Room		11:30AM-12:00PM (Balance And Flexibility)		11:30AM-12:00PM (Balance And Flexibility)			
Power Pump Exercise Studio		5:30PM-6:15PM (Strength)		5:30PM-6:15PM (Strength)		10:45AM-11:45AM (Strength)	
Resist-A-Ball Exercise Studio			8:00AM-8:45AM (Strength)				
Deep Water Aerobics Large Pool			9:00AM-9:40AM (Water Aerobics)	5:30AM-6:00AM (Water Aerobics)	9:00AM-9:40AM (Water Aerobics)		
Chair Cardio East Gym			9:15AM-10:00AM (Active Older Adults)				
Yoga (Chair) East Gym			11:05AM-11:50AM (Active Older Adults)				
Parkinson's & Multiple Sclerosis Exercise East Gym			1:00PM-2:00PM (Active Older Adults)				
Yoga (Gentle) Multi-Purpose Room			4:15PM-5:15PM (Balance And Flexibility)				
Yogalates Exercise Studio			6:30PM-7:30PM (Balance And Flexibility)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Cardio East Gym				10:15AM-11:00AM (Active Older Adults)			
Barre Multi-Purpose Room				10:30AM-11:15AM (Balance And Flexibility)			
Yoga (Power) Multi-Purpose Room				6:30PM-7:30PM (Balance And Flexibility)			
Step Express Exercise Studio					8:15AM-8:45AM (Cardio)		
Line Dancing Workshop Exercise Studio					10:15AM-11:00AM (Dance)		
Swim Meet Small Pool						12:00PM-6:00PM (Pool Closed)	
Swim Meet Large Pool						12:00PM-6:00PM (Pool Closed)	



Paul & Carol David YMCA | October 20th - October 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Rabbitt Gym	5:00AM-9:30AM (Open Gym)	5:00AM-9:30AM (Open Gym)	5:00AM-8:15AM (Open Gym)	5:00AM-10:15AM (Open Gym)	5:00AM-8:15AM (Open Gym)	6:00AM-9:00AM (Open Gym)	12:00PM-5:00PM (Open Gym)
	12:00PM-5:00PM (Open Gym)	11:30AM-4:45PM (Open Gym)	9:30AM-5:15PM (Open Gym)		11:45AM-5:00PM (Open Gym)	10:00AM-5:00PM (Open Gym)	
	9:00PM-10:00PM (Open Gym)	9:00PM-10:00PM (Open Gym)	9:00PM-10:00PM (Open Gym)				
Lap Swim Pool	5:15AM-8:30AM (Lap Swim)	5:15AM-8:30AM (Lap Swim)	5:15AM-8:30AM (Lap Swim)	5:15AM-8:30AM (Lap Swim)	5:15AM-8:30AM (Lap Swim)	6:15AM-8:00AM (Lap Swim)	10:15AM-12:00PM (Lap Swim)
Power Hour Sirpilla Gym	5:30AM-6:30AM (Strength) John R.		5:30AM-6:30AM (Strength)		5:30AM-6:30AM (Strength)		
Open Gym Sirpilla Gym	6:30AM-10:00AM (Open Gym)	7:00AM-9:30AM (Open Gym)	6:45AM-9:45AM (Open Gym)	7:00AM-9:15AM (Open Gym)	6:45AM-11:00AM (Open Gym)	9:00AM-5:00PM (Open Gym)	9:00AM-5:00PM (Open Gym)
	2:00PM-10:00PM (Open Gym)	2:00PM-10:00PM (Open Gym)	2:00PM-10:00PM (Open Gym)	2:00PM-10:00PM (Open Gym)	2:00PM-9:00PM (Open Gym)		
Yoga Bosworth Family Studio	7:15AM-8:15AM (Balance And Flexibility) Samantha C.		8:30AM-9:30AM (Balance And Flexibility) <i>Kaliope B.</i>	10:00AM-11:00AM (Balance And Flexibility)			
Shallow Water Aerobics Pool	9:00AM-9:45AM (Water Aerobics)		9:00AM-9:45AM (Water Aerobics)		9:00AM-9:45AM (Water Aerobics)		
	11:00AM-11:45AM (Water Aerobics)		11:00AM-11:45PM (Water Aerobics)		11:00AM-11:45AM (Water Aerobics)		
Pilates Bosworth Family Studio	9:00AM-9:45AM (Balance And Flexibility) <i>Karissa W.</i>						
Cycle/Strength Kenan Studio	9:30AM-10:30AM (Cycling) <i>Kelly A</i> .						
Strength Rabbitt Gym	9:30AM-10:15AM (Strength) Sara F.						
Deep Water Aerobics Pool	10:00AM-10:45AM (Water Aerobics)	6:05PM-6:50PM (Water Aerobics)	10:00AM-10:45AM (Water Aerobics)	6:05PM-6:50PM (Water Aerobics)	10:00AM-10:45AM (Water Aerobics)		
Barre Bosworth Family Studio	10:00AM-10:45AM (Balance And Flexibility) Louis G.						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Forever Fit Sirpilla Gym	10:00AM-10:45AM (Active Older Adults) Anna F.	9:30AM-10:20AM (Active Older Adults) <i>Christine H.</i>	10:00AM-10:45AM (Active Older Adults) Anna F.				
Zumba Kenan Studio	11:00AM-12:00PM (Dance) <i>Louis G</i> .	6:35PM-7:35PM (Dance) <i>Kelly D</i> .	11:05AM-12:05PM (Dance) <i>Louis G.</i>	6:35PM-7:35PM (Dance)	11:00AM-12:00PM (Dance) Maren C.	10:00AM-11:00AM (Dance) <i>Maren C.</i>	12:15PM-2:15PM (Dance) Christina C.
Pickleball Open Play Sirpilla Gym	11:00AM-2:00PM (Pickleball)	11:00AM-2:00PM (Pickleball)	11:00AM-2:00PM (Pickleball)	11:00AM-2:00PM (Pickleball)	11:00AM-2:00PM (Pickleball)		
Silver Sneakers Bosworth Family Studio	11:00AM-12:00PM (Active Older Adults) Christine H.	8:30AM-9:30AM (Active Older Adults) Cheryl M.		8:30AM-9:30AM (Active Older Adults) Cheryl M.			
Open/Lap Swim Pool	12:00PM-3:00PM (Open Swim)	12:00PM-3:00PM (Open Swim)	12:00PM-3:00PM (Open Swim)	11:30AM-3:00PM (Open Swim)	12:00PM-3:00PM (Open Swim)	11:30AM-3:00PM (Open Swim)	12:00PM-4:30PM (Open Swim)
	8:30PM-9:30PM (Open Swim)	8:00PM-9:30PM (Open Swim)	8:00PM-9:30PM (Open Swim)	8:00PM-9:30PM (Open Swim)	7:00PM-8:00PM (Open Swim)		
Parkinson's & Multiple Sclerosis Exercise Bosworth Family Studio	1:00PM-1:45PM (Active Older Adults)						
YMCA Swim Team Practice Pool	3:00PM-6:00PM (Pool Closed)	3:00PM-6:00PM (Pool Closed)	3:00PM-7:00PM (Pool Closed)	3:00PM-6:00PM (Pool Closed)	5:00PM-7:00PM (Pool Closed)		
Core Rabbitt Gym	5:15PM-5:30PM (Strength) <i>Kelly A</i> .						
Power Pump Rabbitt Gym	5:30PM-6:15PM (Strength) <i>Kelly A</i> .	10:30AM-11:25AM (Strength) <i>Karissa W.</i>			9:30AM-10:15AM (Strength) Natalie W.		
Cycling Kenan Studio	6:15PM-7:00PM (Cycling) Sara F.	5:40AM-6:25AM (Cycling) Jean C.	9:30AM-10:15AM (Cycling) Sara F.	5:40AM-6:25AM (Cycling) <i>Kelly A</i> .	9:15AM-9:50AM (Cycling) <i>Lyndsey A</i> .	8:30AM-9:15AM (Cycling) Jessica B.	
			6:15PM-7:00PM (Cycling)				
Barre Toning Bosworth Family Studio	6:30PM-7:15PM (Balance And Flexibility) Allison G.						
Masters Swimming Pool	7:30PM-8:30PM (Water Aerobics)		7:00PM-8:00PM (Water Aerobics)				
Line Dancing Kenan Studio		8:30AM-9:15AM (Dance) Diana J.		8:30AM-9:15AM (Dance) Diana J.			
Aqua Pilates Pool		9:00AM-9:45AM (Water Aerobics)		9:00AM-9:45AM (Water Aerobics)			
				9:00AM-9:45AM (Water Aerobics)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance Fitness Kenan Studio		9:30AM-10:15AM (Dance) <i>Karissa W.</i>					
Cardio X Rabbitt Gym		9:30AM-10:15AM (Cardio) <i>Sara F</i> .					
		6:00PM-6:45PM (Cardio)					
Zumba Gold Kenan Studio		10:30AM-11:30AM (Dance) <i>Louis G.</i>					
Floor Stretch Bosworth Family Studio		10:40AM-11:30AM (Balance And Flexibility) Christine H.					
Silver Sneakers Express Bosworth Family Studio		11:50AM-12:30PM (Active Older Adults) Christine H.					
Core/Cycling Kenan Studio		5:30PM-6:30PM (Cycling) Tammie P.		5:30PM-6:30PM (Cycling) Tammie P.			
Core Kenan Studio			6:30AM-7:00AM (Strength) Kelly A.				
Fotal Body Toning Rabbitt Gym			8:30AM-9:15AM (Strength)				
			5:30PM-6:15PM (Strength) <i>Tammie P.</i>				
POUND Rabbitt Gym			9:30AM-10:15AM (Dance) <i>Micki D.</i>				
Pilates Kenan Studio			10:25AM-10:55AM (Balance And Flexibility) <i>Karissa W.</i>				
Yoga (Chair) Bosworth Family Studio			11:00AM-12:00PM (Active Older Adults) Christine H.				
Drum Fit Kenan Studio			5:15PM-6:00PM (Dance) Carly T.		6:00AM-6:45AM (Dance)	11:15AM-12:00PM (Dance)	11:00AM-11:45AM (Dance) <i>Kelly D</i> .
Strength Flow Bosworth Family Studio			5:30PM-6:15PM (Strength) Jessica B.				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio X Sirpilla Gym				9:30AM-10:15AM (Cardio) <i>Lyndsey A</i> .			
Forever Fit Core Strength Kenan Studio				9:30AM-10:20AM (Active Older Adults) <i>Christine H.</i>			
Forever Fit Kenan Studio				10:30AM-11:20AM (Active Older Adults) Christine H.			
REFIT Kenan Studio				11:30AM-12:15PM (Dance)			
Circuit Training Functional Training Room				5:45PM-6:30PM (Strength) <i>Katie J.</i>	9:30AM-10:30AM (Strength)		
Yoga (Restorative) Bosworth Family Studio				6:00PM-7:00PM (Balance And Flexibility)			
Drum and Tone Rabbitt Gym					8:30AM-9:15AM (Dance) Carly T.		
Pilates/Barre Fusion Kenan Studio					10:05AM-10:50AM (Balance And Flexibility) Sara F.		
Senior Fitness Bosworth Family Studio					10:30AM-11:30AM (Active Older Adults) Kathrin T.		
Tai Chi MAC Studio					10:50AM-11:30AM (Balance And Flexibility)		
HS Swim Team Practice- Hot Tub Closed Pool					3:00PM-5:00PM (Pool Closed)		
Aqua Zumba Pool						8:00AM-8:45AM (Water Aerobics)	
Saturday Sweat Rabbitt Gym						9:00AM-9:45AM (Cardio)	



Alliance Family YMCA | October 20th - October 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Large Gym	5:00AM-8:30AM (Open Gym)	8:00AM-8:30AM (Open Gym)	5:00AM-8:30AM (Open Gym)	5:00AM-8:30AM (Open Gym)	5:00AM-8:30AM (Open Gym)		
	12:00PM-4:00PM (Open Gym)	1:00PM-4:00PM (Open Gym)	12:00PM-4:00PM (Open Gym)	1:00PM-6:00PM (Open Gym)	8:30AM-5:00PM (Open Gym)		
	4:00PM-9:00PM (Open Gym)	4:00PM-9:00PM (Open Gym)	4:00PM-9:00PM (Open Gym)		5:00PM-7:00PM (Open Gym)		
Lap Swim 3 Lanes Pool	5:30AM-9:00AM (Lap Swim)	5:30AM-8:30AM (Lap Swim)					
		10:40AM-4:30PM (Lap Swim)					
Tabata Strength Studio A	6:00AM-6:45AM (Strength)		6:00AM-6:45AM (Strength)	5:30PM-6:30PM (Strength)	6:00AM-6:45AM (Strength)		
Forever Fit Studio B	8:30AM-9:15AM (Active Older Adults)						
Walking Club Large Gym	8:30AM-9:30AM (Open Gym)	8:30AM-9:30AM (Open Gym)	8:30AM-9:30AM (Open Gym)	8:30AM-9:30AM (Open Gym)			
Water Fitness Pool	9:00AM-9:45AM (Water Aerobics)						
Cycling Cycling Room	9:00AM-9:45AM (Cycling)	7:00AM-7:30AM (Cycling)	9:00AM-9:45AM (Cycling)	7:00AM-7:30AM (Cycling)	9:00AM-9:45AM (Cycling)	9:00AM-9:45AM (Cycling)	
	6:00PM-6:30PM (Cycling)						
Silver Sneakers Large Gym - Half	10:00AM-11:00AM (Active Older Adults)		10:00AM-11:00AM (Active Older Adults)		10:00AM-10:45AM (Active Older Adults)		
Strength Studio A	10:00AM-10:45AM (Strength)	6:00AM-6:45AM (Strength)	10:00AM-10:45AM (Strength)	6:00AM-6:45AM (Strength)	10:00AM-10:45AM (Strength)	8:00AM-8:45AM (Strength)	
	5:00PM-5:45PM (Strength)			9:30AM-10:15AM (Strength)			
Aqua Tabata Pool	5:30PM-6:30PM (Water Aerobics)	9:00AM-9:45AM (Water Aerobics)		9:00AM-9:45AM (Water Aerobics)			
Family Swim Pool	6:30PM-8:30PM (Open Swim)	7:30PM-8:30PM (Open Swim)					
Core 30 Studio A	6:30PM-7:00PM (Strength)						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Studio A		8:00AM-8:45AM (Balance And Flexibility)					
Power Pump Studio A		9:00AM-9:45AM (Strength)			8:00AM-8:45AM (Strength)		
Chair Cardio Large Gym - Half		9:00AM-9:45AM (Active Older Adults)					
Poolates Pool		9:50AM-10:30AM (Water Aerobics)	5:30PM-6:15PM (Water Aerobics)	9:50AM-10:30AM (Water Aerobics)			
Pickleball Open Play Large Gym		10:00AM-1:00PM (Pickleball)		10:00AM-1:00PM (Pickleball)			
Open Swim Pool		11:30AM-4:30PM (Open Swim)		10:40AM-4:30PM (Open Swim)	9:45AM-12:55PM (Open Swim)	10:15AM-12:30PM (Open Swim)	1:00PM-3:30PM (Open Swim)
				6:35PM-8:30PM (Open Swim)			
Silver Sneakers Studio B		4:30PM-5:15PM (Active Older Adults)		4:30PM-5:15PM (Active Older Adults)			
HS Swim Team Practice- Hot Tub Closed Pool		4:30PM-5:30PM (Pool Closed)		4:30PM-5:30PM (Pool Closed)			
Swim lessons Pool		5:30PM-7:30PM (Pool Closed)		5:30PM-6:30PM (Pool Closed)		9:00AM-10:15PM (Pool Closed)	
Lap Swim Pool			5:30AM-9:00AM (Open Swim)	5:30AM-9:00AM (Lap Swim)	5:30AM-9:00AM (Lap Swim)	7:00AM-9:00AM (Lap Swim)	1:00PM-3:30PM (Lap Swim)
Core Pole Studio B			8:30AM-9:15AM (Strength)				
Walk This Way Pool			9:00AM-9:45AM (Water Aerobics)				
Open/Lap Swim Pool			9:45AM-5:45PM (Open Swim)				
			6:15PM-8:30PM (Open Swim)				
Strength & Stamina Circuit Keiser Room			4:30PM-5:15PM (Strength)				
Body Revolution Studio A			6:00PM-6:45PM (Strength)				
Cycle/Strength Cycling Room				9:00AM-9:30AM (Cycling)			
Pickleball League Large Gym				6:00PM-8:00PM (Pickleball)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rapid Results Keiser Room					8:30AM-9:15AM (Active Older Adults)		
Instructors Choice Pool					9:00AM-9:45AM (Water Aerobics)		
Yoga Third Floor						8:00AM-8:45AM (Balance And Flexibility)	
POOL CLOSED Pool						10:15AM-12:30PM (Pool Closed)	



Minerva Area YMCA | October 20th - October 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym	5:30AM-8:45AM (Open Gym)	5:30AM-10:15AM (Open Gym)	5:30AM-8:45AM (Open Gym)	5:30AM-8:45AM (Open Gym)	5:30AM-10:15AM (Open Gym)	8:00AM-8:45AM (Open Gym)	
	12:30PM-5:00PM (Open Gym)	2:15PM-5:00PM (Open Gym)	12:30PM-3:30PM (Open Gym)	11:15AM-7:45PM (Open Gym)	11:30AM-7:45PM (Open Gym)	11:15AM-5:45PM (Open Gym)	
Step Intervals Gym	9:00AM-9:45AM (Cardio)		9:00AM-9:45AM (Cardio)				
Silver Sneakers Gym	10:00AM-11:00AM (Active Older Adults)		10:00AM-11:00AM (Active Older Adults)				
Line Dancing Gym	11:15AM-12:15PM (Dance)		11:15AM-12:15PM (Dance)				
Power Hour Group Exercise Studio	5:45PM-6:45PM (Strength)			5:45PM-6:45PM (Strength)			
Cardio X Group Exercise Studio		9:15AM-10:15AM (Cardio)		9:15AM-10:15AM (Cardio)			
Forever Fit Gym		10:30AM-11:30AM (Active Older Adults)					
Pickleball Open Play Gym		11:45AM-2:00PM (Pickleball)		9:00AM-11:00AM (Pickleball)		9:00AM-11:00AM (Pickleball)	
Strength Group Exercise Studio			8:15AM-9:00AM (Strength)				
			9:00AM-10:00AM (Strength)				
Yoga Group Exercise Studio			5:00PM-6:00PM (Balance And Flexibility)				
Forever Fit Group Exercise Studio					10:30AM-11:30AM (Active Older Adults) Theresa R.		



Meyers Lake YMCA | October 20th - October 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open/Lap Swim Pool	5:30AM-9:00AM (Open Swim)	5:30AM-11:00AM (Open Swim)	5:30AM-9:00AM (Open Swim)	5:30AM-11:00AM (Open Swim)	5:30AM-1:00PM (Open Swim)	7:00AM-9:00AM (Open Swim)	11:00AM-2:45PM (Open Swim)
	10:00AM-11:00AM (Open Swim)	1:00PM-6:00PM (Open Swim)	12:00PM-5:30PM (Open Swim)	1:00PM-6:00PM (Open Swim)	3:00PM-6:45PM (Open Swim)	11:00AM-2:45PM (Open Swim)	
	12:00PM-6:00PM (Open Swim)	8:00PM-8:45PM (Open Swim)	7:05PM-8:45PM (Open Swim)	8:00PM-8:45PM (Open Swim)			
Open Gym Gym	5:30AM-9:00AM (Open Gym)	5:30AM-9:00AM (Open Gym)	5:30AM-9:00AM (Open Gym)	5:30AM-9:00AM (Open Gym)	5:30AM-9:00AM (Open Gym)	5:30AM-9:00AM (Open Gym)	5:30AM-9:00AM (Open Gym)
	11:00AM-9:00PM (Open Gym)	11:00AM-9:00PM (Open Gym)	11:00AM-9:00PM (Open Gym)	11:00AM-9:00PM (Open Gym)	11:00AM-9:00PM (Open Gym)	7:00AM-9:00AM (Open Gym)	11:00AM-3:00PM (Open Gym)
						11:00AM-3:00AM (Open Gym)	11:00AM-9:00PM (Open Gym)
						11:00AM-9:00PM (Open Gym)	
Forever Fit Gym	9:00AM-10:00AM (Active Older Adults) <i>Krysten W.</i>				9:00AM-10:00AM (Active Older Adults)		
Deep Water Aerobics Pool	9:00AM-10:00AM (Water Aerobics)		9:00AM-10:00AM (Water Aerobics)				
Silver Sneakers Fred E. Silk Group Exercise Studio	10:30AM-11:15AM (Active Older Adults)		10:30AM-11:15AM (Active Older Adults)				
Aqua Zumba Pool	11:00AM-12:00PM (Water Aerobics)		11:00AM-12:00PM (Water Aerobics)				
Core Fred E. Silk Group Exercise Studio	5:30PM-6:15PM (Strength) Tiffany D.						
Power Pump Fred E. Silk Group Exercise Studio		9:00AM-10:00AM (Strength)					
Pickleball Open Play Gym		9:00AM-11:00AM (Pickleball)		9:00AM-11:00AM (Pickleball)		9:00AM-11:00AM (Pickleball)	
Yoga (Chair) Fred E. Silk Group Exercise Studio		10:30AM-11:15AM (Active Older Adults)			10:30AM-11:15AM (Active Older Adults)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Arthritis Water Exercise Pool		11:00AM-11:45AM (Water Aerobics)		11:00AM-11:45AM (Water Aerobics)			
Stretch Fred E. Silk Group Exercise Studio		12:00PM-12:45PM (Balance And Flexibility) Krysten W.					
Aqua Pilates Pool		12:00PM-1:00PM (Water Aerobics)		12:00PM-1:00PM (Water Aerobics)			
Parkinson's & Multiple Sclerosis Exercise Fred E. Silk Group Exercise Studio		1:00PM-2:00PM (Active Older Adults)					
Zumba Fred E. Silk Group Exercise Studio		5:30PM-6:15PM (Dance) Louis G.					
Forever Fit Fred E. Silk Group Exercise Studio			9:00AM-10:00AM (Active Older Adults)				
Lap Swim 2 Lanes Pool			10:00AM-11:00AM (Lap Swim)				
Tai Chi Fred E. Silk Group Exercise Studio			11:30AM-12:15PM (Balance And Flexibility)		9:00AM-10:15AM (Balance And Flexibility)		
Yoga Fred E. Silk Group Exercise Studio			5:00PM-6:00PM (Balance And Flexibility)			9:00AM-10:00AM (Balance And Flexibility)	
Barre Fred E. Silk Group Exercise Studio				9:00AM-10:00AM (Balance And Flexibility) Louis G.			
Senior Balance Fred E. Silk Group Exercise Studio				10:30AM-11:00AM (Active Older Adults) Krysten W.			
Circuit Training Fred E. Silk Group Exercise Studio				12:00PM-1:00PM (Strength)			
Pilates Fred E. Silk Group Exercise Studio					5:00PM-6:00PM (Balance And Flexibility) Tiffany D.		
Aqua Strength Pool						8:00AM-9:00AM (Water Aerobics)	



Louisville Area YMCA | October 20th - October 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Mix Multi-Purpose Room	5:30AM-6:15AM (Cardio) Jody J.						
Lap Swim 5 Lanes Pool	5:30AM-9:00AM (Lap Swim)	5:30AM-9:00AM (Lap Swim)	5:30AM-9:00AM (Lap Swim)	5:30AM-9:00AM (Lap Swim)	5:30AM-9:00AM (Lap Swim)		
Pickleball Open Play- Half Gym Gym- Court 1	8:00AM-12:00PM (Pickleball)	7:30PM-8:30PM (Pickleball)			8:00AM-12:00PM (Pickleball)		
Power Pump Multi-Purpose Room	8:30AM-9:30AM (Strength) <i>Melissa M</i> .			8:30AM-9:30AM (Strength) <i>Melissa M</i> .			
Silver Sneakers Foltz Center (Offsite)	9:00AM-9:45AM (Active Older Adults) Sue H.		9:00AM-9:45AM (Active Older Adults) Sue H.		9:00AM-9:45AM (Active Older Adults) Sue H.		
Water Fitness Pool	9:00AM-9:45AM (Water Aerobics)	9:00AM-9:45AM (Water Aerobics)	9:00AM-9:45AM (Water Aerobics)	9:00AM-9:45AM (Water Aerobics)	9:00AM-9:45AM (Water Aerobics)		
Pilates Multi-Purpose Room	9:45AM-10:30AM (Balance And Flexibility) <i>Melissa M.</i>	7:00AM-7:50AM (Balance And Flexibility) Virtual		7:00AM-7:50AM (Balance And Flexibility) <i>Virtual</i>			
Open/Lap Swim Pool	10:00AM-1:00PM (Open Swim) 4:00PM-4:20PM (Open Swim) 7:50PM-8:30PM (Open Swim)	11:05AM-3:00PM (Open Swim) 4:00PM-4:20PM (Open Swim) 7:50PM-8:30PM (Open Swim)	10:00AM-11:05AM (Open Swim) 11:05AM-4:20PM (Open Swim) 6:30PM-8:30PM (Open Swim)	11:05AM-3:00PM (Open Swim) 4:00PM-4:20PM (Open Swim) 7:50PM-8:30PM (Open Swim)	11:05AM-1:00PM (Open Swim) 3:00PM-7:30PM (Open Swim)	8:00AM-11:45AM (Open Swim)	11:00AM-1:00PM (Open Swim)
Dance Fitness Multi-Purpose Room	10:45AM-11:45AM (Dance) Virtual		10:45AM-11:35AM (Dance) Virtual				
POOL CLOSED Pool	1:00PM-4:00PM (Pool Closed)	3:00PM-4:00PM (Pool Closed)		3:00PM-4:00PM (Pool Closed)	1:00PM-3:00PM (Pool Closed)		
YMCA Swim Team Practice Pool	4:20PM-6:00PM (Pool Closed)	4:20PM-6:00PM (Pool Closed)	4:20PM-6:30PM (Pool Closed)	4:20PM-6:00PM (Pool Closed)			
POUND Multi-Purpose Room	4:30PM-5:00PM (Dance) Rachel B.						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
High Intensity Interval Training (HIIT) Multi-Purpose Room	5:05PM-5:50PM (Cardio) Rachel B.						
Zumba Multi-Purpose Room	6:00PM-6:45PM (Dance) <i>Daria B.</i>	8:00AM-8:45AM (Dance) Louis G.	6:00PM-6:45PM (Dance) <i>Daria B</i> .				
Swim lessons Pool	6:00PM-6:45PM (Pool Closed)	6:00PM-6:45PM (Pool Closed)		6:00PM-6:45PM (Pool Closed)			
Xtreme Hip Hop Step Gym- Court 1	6:30PM-7:30PM (Dance) Amanda M.		6:30PM-7:30PM (Dance) Amanda M.				
Lap Swim 2 Lanes	6:45PM-7:50PM (Lap Swim)			6:45PM-7:50PM (Lap Swim)			
Cycling Multi-Purpose Room		5:30AM-6:15AM (Cycling) <i>Virtual</i>	9:00AM-9:45AM (Cycling) <i>Melissa M</i> .				
Total Body Toning Multi-Purpose Room		9:00AM-9:45AM (Strength) Andrea F.					
Yoga (Chair) Multi-Purpose Room		10:00AM-10:45AM (Active Older Adults) Barb K.					
Lap Swim 3 Lanes		10:00AM-11:05AM (Lap Swim)		10:00AM-11:05AM (Lap Swim)	10:00AM-11:05AM (Lap Swim)	7:00AM-8:00PM (Lap Swim)	
Silver Sneakers Multi-Purpose Room		11:00AM-11:45AM (Active Older Adults) Chris K.		11:30AM-12:15PM (Active Older Adults) Chris K.			
Adult Pick Up Basketball Gym- Court 1		12:00PM-2:00PM (Open Gym)		12:00PM-2:00PM (Open Gym)			
Cycle/Strength Multi-Purpose Room		5:00PM-5:45PM (Cycling) Daria B.					
Yoga (Strength) Multi-Purpose Room		6:00PM-6:45PM (Balance And Flexibility) Karin K.		6:00PM-6:45PM (Balance And Flexibility) <i>Karin K</i> .			
Lap Swim 1 Lane Pool		6:45PM-7:50PM (Lap Swim)					
Boot Camp Multi-Purpose Room			5:15AM-6:15AM (Cardio) <i>Mark S</i> .	5:00PM-5:50PM (Cardio) Virtual	5:15AM-6:15AM (Cardio) <i>Mark S.</i>		
Open Gym-Half Gym Gym- Court 1			5:30AM-12:00PM (Open Gym)	5:30AM-12:00PM (Open Gym)			
Pickleball Open Play Gym- Court 1			8:00AM-12:00PM (Pickleball)	7:30PM-8:30PM (Pickleball)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretch Multi-Purpose Room			8:00AM-8:50AM (Balance And Flexibility) Virtual		8:00AM-8:55AM (Balance And Flexibility) Virtual		
Resist-A-Ball Multi-Purpose Room			5:00PM-5:45PM (Strength) Jody J.				
Strength Multi-Purpose Room				5:15AM-6:15AM (Strength) Carolee V.			
Yoga Multi-Purpose Room				9:50AM-10:35AM (Balance And Flexibility) <i>Melissa M.</i>		8:30AM-9:15AM (Balance And Flexibility) Laura S.	
Senior Cardio Drumming Multi-Purpose Room				10:55AM-11:25AM (Active Older Adults) Barb K.			
Open Gym Gym- Court 1				5:00PM-9:00PM (Open Gym) 5:00PM-9:00PM			
				(Open Gym)			
Core Multi-Purpose Room					9:15AM-9:50AM (Strength) Virtual		
Barre Multi-Purpose Room					11:00AM-11:45AM (Balance And Flexibility) Louis G.		
Cardio Kickboxing Multi-Purpose Room						10:00AM-10:45AM (Cardio) Virtual	
Swim Meet Pool						11:45AM-4:30PM (Pool Closed)	
1/2 Gym Closed for Swim Meet Gym- Court 2						12:00PM-4:00PM (Open Gym)	
Barre Toning Multi-Purpose Room							11:15AM-12:00PM (Balance And Flexibility) Virtual
Special Event Pool							1:00PM-3:30PM (Pool Closed)



Eric Snow Family YMCA | October 20th - October 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim Pool	5:30AM-3:00PM (Lap Swim)	5:30AM-3:00PM (Lap Swim)	5:30AM-3:00PM (Lap Swim)	5:30AM-3:00PM (Lap Swim)	5:30AM-3:00PM (Lap Swim)	7:00AM-1:00PM (Lap Swim)	
	4:30PM-8:00PM (Lap Swim)	4:30PM-8:00PM (Open Swim)	4:30PM-8:00PM (Lap Swim)	4:30PM-8:00PM (Lap Swim)	3:00PM-6:00PM (Lap Swim)		
Open/Lap Swim Pool	5:30AM-12:00PM (Open Swim)	5:30AM-12:00PM (Open Swim)	5:30AM-3:00PM (Open Swim)	5:30AM-8:45AM (Open Swim)	5:30AM-12:00PM (Open Swim)	7:00AM-12:45PM (Open Swim)	
				6:30PM-7:45PM (Open Swim)			
Boot Camp Extreme Group Exercise Studio	7:00AM-7:45AM (Strength)						
Silver Sneakers Group Exercise Studio	8:45AM-9:30AM (Active Older Adults)		8:45AM-9:30AM (Active Older Adults)	8:45AM-9:30AM (Active Older Adults)	8:00AM-9:30AM (Active Older Adults)		
Yoga (Chair) Group Exercise Studio	10:00AM-10:45AM (Active Older Adults)		10:00AM-10:45AM (Active Older Adults)		10:00AM-10:45AM (Active Older Adults)		
Family Swim Pool	10:00AM-11:45AM (Open Swim)	12:00PM-3:00PM (Open Swim)	4:30PM-7:45PM (Open Swim)				
		4:30PM-7:45PM (Open Swim)					
Open Swim Pool	4:30PM-8:00PM (Open Swim)			10:15AM-3:00PM (Open Swim)	3:00PM-5:45PM (Open Swim)		
				4:30PM-5:15PM (Open Swim)			
Aqua Jogging Pool	5:30PM-6:30PM (Water Aerobics)			5:30PM-6:30PM (Water Aerobics)			
Zumba Group Exercise Studio	6:00PM-7:00PM (Dance)		6:00PM-7:00PM (Dance)				
Shallow Water Aerobics Pool		9:00AM-10:00AM (Water Aerobics)					
Power Pump Group Exercise Studio		5:00PM-6:00PM (Strength) <i>Tiffany D</i> .					
Yoga Group Exercise Studio		6:00PM-7:00PM (Balance And Flexibility)	7:00AM-7:30AM (Balance And Flexibility)	6:00PM-7:00PM (Balance And Flexibility)		8:00AM-9:00AM (Balance And Flexibility)	
Water Fitness Pool			12:15PM-12:45PM (Water Aerobics)	9:00AM-10:00AM (Water Aerobics)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parkinson's & Multiple Sclerosis Exercise Group Exercise Studio			1:00PM-2:00PM (Active Older Adults)				
Pilates Group Exercise Studio			5:00PM-6:00PM (Balance And Flexibility) <i>Tiffany D.</i>				
Ktreme Hip Hop Step Group Exercise Studio				12:00PM-1:00PM (Dance)			
Core Group Exercise Studio				5:00PM-6:00PM (Strength) Tiffany D.			
Core 30 Group Exercise Studio					6:00AM-6:30AM (Strength)		



Schalmo Family YMCA | October 20th - October 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym	5:35AM-8:50AM (Open Gym)	7:00AM-8:45AM (Open Gym)	5:35AM-8:50AM (Open Gym)	7:00AM-8:45AM (Open Gym)	5:35AM-8:50AM (Open Gym)	7:05AM-7:50AM (Open Gym)	11:05AM-2:50PM (Open Gym)
	12:45PM-5:30PM (Open Gym)	10:00AM-5:30PM (Open Gym)	12:45PM-5:30PM (Open Gym)	10:00AM-10:30AM (Open Gym)	10:00AM-7:50PM (Open Gym)	10:30AM-2:50PM (Open Gym)	
	6:45PM-8:50PM (Open Gym)	6:45PM-8:50PM (Open Gym)	6:45PM-8:50PM (Open Gym)	12:00PM-5:15PM (Open Gym)			
				6:30PM-8:50PM (Open Gym)			
POOL CLOSED Pool	6:00AM-9:00PM (Pool Closed)	6:00AM-9:00PM (Pool Closed)	6:00AM-9:00PM (Pool Closed)	6:00AM-9:00PM (Pool Closed)	6:00AM-8:00PM (Pool Closed)		
Pilates, Push Ups & Planks Multi-Purpose Room	8:00AM-8:45AM (Balance And Flexibility)		8:00AM-8:45AM (Balance And Flexibility)				
Silver Sneakers Multi-Purpose Room	9:00AM-9:45AM (Active Older Adults)	9:30AM-10:15AM (Active Older Adults)		9:30AM-10:30AM (Active Older Adults)	9:00AM-9:45AM (Active Older Adults)		
	9:55AM-10:40AM (Active Older Adults)						
Boot Camp Gym	9:00AM-9:45AM (Cardio)						
Silver Stretch Multi-Purpose Room	10:50AM-11:20AM (Active Older Adults)						
Pickleball Open Play Gym	11:15AM-12:30PM (Pickleball)		11:15AM-12:30PM (Pickleball)				
Beginner Strength Multi-Purpose Room	4:45PM-5:30PM (Strength)						
Total Body Toning Gym	5:45PM-6:30PM (Strength)	9:00AM-9:45AM (Strength)		9:00AM-9:45AM (Strength)			
				5:30PM-6:15PM (Strength)			
Zumba Multi-Purpose Room	6:30PM-7:15PM (Dance)						
Power Hour Gym		5:45AM-6:45AM (Strength)		5:45AM-6:45AM (Strength)			
Yoga (Chair) Multi-Purpose Room		1:00PM-1:45PM (Active Older Adults)	9:30AM-10:15AM (Active Older Adults)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio X Gym		5:45PM-6:30PM (Cardio)					
POUND Multi-Purpose Room		6:00PM-6:45PM (Dance)					
Yoga Multi-Purpose Room		7:00PM-8:00PM (Balance And Flexibility)				10:00AM-11:00AM (Balance And Flexibility)	
Strength Gym			9:00AM-9:45AM (Strength)				
Mix It Up Gym			5:45PM-6:30PM (Cardio)				
Pilates Multi-Purpose Room				10:30AM-11:15AM (Balance And Flexibility) Jennifer M.			
Parkinson's & Multiple Sclerosis Exercise Gym				10:45AM-11:45AM (Active Older Adults)			
30/30 Gym					9:00AM-10:00AM (Cardio)		
Lap Swim Pool						7:15AM-8:00AM (Lap Swim)	
						11:30AM-2:45PM (Lap Swim)	
Saturday Sweat Gym						8:00AM-8:45AM (Cardio)	
Water Fitness Pool						8:00AM-9:00AM (Water Aerobics)	
Open Swim Pool						9:00AM-9:45AM (Open Swim)	
						11:30AM-2:45PM (Open Swim)	
Swim lessons Pool						10:00AM-11:15AM (Pool Closed)	
Open/Lap Swim Pool							11:15AM-2:45PM (Open Swim)