



## Lake Community YMCA | July 28th - August 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Field House Court 3	5:00AM-6:00AM (Open Gym)  6:00PM-10:00PM (Open Gym)	5:00AM-6:00AM (Open Gym)  6:00PM-10:00PM (Open Gym)	5:00AM-6:00AM (Open Gym)  6:00PM-10:00PM (Open Gym)	5:00AM-6:00AM (Open Gym)  6:00PM-10:00PM (Open Gym)	5:00AM-6:00AM (Open Gym)  6:00PM-10:00PM (Open Gym)	7:00AM-5:00PM (Open Gym)	10:00AM-12:00PM (Open Gym)  2:30PM-5:00PM (Open Gym)
<b>Lap Swim 4 Lanes</b> Pool	6:00AM-7:50AM (Lap Swim)  12:15PM-1:00PM (Lap Swim)  3:00PM-5:30PM (Lap Swim)  8:00PM-9:30PM (Lap Swim)	6:00AM-7:50AM (Lap Swim)  9:30AM-5:30PM (Lap Swim)  8:00PM-9:30PM (Lap Swim)	6:00AM-7:50AM (Lap Swim)  12:15PM-1:00PM (Lap Swim)  3:00PM-5:30PM (Lap Swim)  8:00PM-9:30PM (Lap Swim)	6:00AM-7:50AM (Lap Swim)  9:45AM-5:00PM (Lap Swim)  8:00PM-9:30PM (Lap Swim)	6:00AM-7:50AM (Lap Swim)  11:20AM-1:00PM (Lap Swim)  3:00PM-5:00PM (Lap Swim)	8:00AM-8:50AM (Lap Swim)  12:30PM-4:30PM (Lap Swim)	
<b>Lap Swim 2 Lanes</b> Pool	8:00AM-10:50AM (Lap Swim)	8:00AM-9:30AM (Lap Swim)	8:00AM-10:30AM (Lap Swim)  2:00PM-3:00PM (Lap Swim)	8:00AM-9:45AM (Lap Swim)	8:00AM-11:15AM (Lap Swim)  2:00PM-3:00PM (Lap Swim)	9:00AM-10:00AM (Lap Swim)	
<b>Water Fitness</b> Pool	8:00AM-8:50AM (Water Aerobics)  9:00AM-9:50AM (Water Aerobics)  7:15PM-8:00PM (Water Aerobics)	8:00AM-8:45AM (Water Aerobics)	8:00AM-8:50AM (Water Aerobics)  9:00AM-9:50AM (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)	
<b>Power Pump</b> Studio C	8:30AM-9:15AM (Strength) <i>Jennifer U.</i>			8:30AM-9:30AM (Strength) <i>Jennifer U.</i>			
<b>Yoga</b> Studio A	8:45AM-9:45AM (Balance And Flexibility) <i>Angela H.</i>		8:00AM-9:00AM (Balance And Flexibility) <i>Kim K.</i>	10:15AM-11:15AM (Balance And Flexibility) <i>Angela H.</i>	8:00AM-9:00AM (Balance And Flexibility) <i>Kim K.</i>		
<b>Cycling</b> Studio B	9:15AM-10:15AM (Cycling) <i>Debbie G.</i>  6:30PM-7:15PM (Cycling) <i>Kim E.</i>		5:15AM-6:00AM (Cycling) <i>Jennifer R.</i>  9:15AM-10:10AM (Cycling) <i>Debbie G.</i>		9:15AM-10:10AM (Cycling) <i>Tina S.</i>	7:45AM-8:45AM (Cycling) <i>Kim E.</i>	

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Drum Fit</b> Studio C		9:15AM-10:00AM (Dance) <i>Polly M.</i>  5:30PM-6:30PM (Dance) <i>Kim H.</i>			9:15AM-10:00AM (Dance) <i>Angela S.</i>		1:00PM-2:00PM (Dance) <i>Angela S.</i>
<b>Step/Strength</b> Studio A		9:15AM-10:00AM (Strength) <i>Jenny A.</i>					
<b>Strength</b> Studio A		10:15AM-11:00AM (Strength) <i>Jenny A.</i>					
<b>Silver Sneakers</b> Studio C		10:15AM-11:00AM (Active Older Adults) <i>Polly M.</i>		10:05AM-10:50AM (Active Older Adults) <i>Angela S.</i>			
<b>Yoga (Chair)</b> Studio C		11:15AM-12:00PM (Active Older Adults) <i>Martie K.</i>					
<b>Barre</b> Studio A		5:45PM-6:30PM (Balance And Flexibility) <i>Kim E.</i>					
<b>Kettlebell</b> Studio C			8:15AM-9:00AM (Strength) <i>Vincent L.</i>				
<b>Zumba</b> Studio C			9:15AM-10:00AM (Dance) <i>Andrea B.</i>				
<b>High Intensity Interval Training (HIIT)</b> Studio A			9:30AM-10:05AM (Cardio) <i>Nicole J.</i>				
<b>Tai Chi</b> Studio A			10:30AM-11:15AM (Balance And Flexibility) <i>Ralph L.</i>				
<b>Arthritis Water Exercise</b> Pool			10:30AM-11:15AM (Water Aerobics)		10:30AM-11:15AM (Water Aerobics)		
<b>Senior Cardio Drumming</b> Studio C			11:15AM-12:00PM (Active Older Adults) <i>Polly M.</i>	11:00AM-11:45AM (Active Older Adults) <i>Angela S.</i>			
<b>Zumba Step</b> Studio C				6:00PM-7:00PM (Dance) <i>Annika C.</i>			
<b>Pilates</b> Studio A				6:00PM-6:45PM (Balance And Flexibility)			
<b>Aqua Zumba</b> Pool				7:15PM-8:00PM (Water Aerobics)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Abs &amp; Glutes</b> Studio C					8:20AM-9:00AM (Balance And Flexibility) <i>Michelle V.</i>		
<b>Zumba</b> Studio A					9:15AM-10:00AM (Dance) <i>Andrea B.</i>		
<b>Cardio X</b> Field House 1					9:15AM-10:00AM (Cardio) <i>Michelle V.</i>	8:00AM-9:15AM (Cardio) <i>Jeremy M.</i>	
<b>POOL CLOSED</b> Pool					5:00PM-9:30PM (Pool Closed)		10:00AM-4:00PM (Pool Closed)
<b>Pickleball Open Play</b> Field House Court 3							12:00PM-2:30PM (Pickleball)



## North Canton Community Building YMCA | July 28th - August 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Adult Basketball</b> West 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)	5:00AM-9:00AM (Open Gym)  11:30AM-2:00PM (Open Gym)	11:30AM-2:00PM (Open Gym)	5:00AM-9:00AM (Open Gym)  11:45AM-2:00PM (Open Gym)		
<b>Open Gym</b> East Gym	5:00AM-9:00AM (Open Gym)  2:30PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym)  3:00PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym)  2:00PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym)  11:00AM-11:45AM (Open Gym)  2:30PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym)  11:00AM-12:00PM (Open Gym)  2:30PM-9:00PM (Open Gym)	6:00AM-6:00PM (Open Gym)	10:00AM-12:00PM (Open Gym)
<b>Lap Swim 6 Lanes</b> Large Pool	5:15AM-8:45AM (Lap Swim)	6:15AM-8:45AM (Lap Swim)	5:15AM-8:45AM (Lap Swim)	6:15AM-8:45AM (Lap Swim)  7:45PM-9:45PM (Lap Swim)	5:15AM-8:40AM (Lap Swim)  11:15AM-1:00PM (Lap Swim)	6:00AM-8:15AM (Lap Swim)	10:15AM-1:00PM (Lap Swim)
<b>POOL CLOSED</b> Small Pool	5:15AM-9:45PM (Pool Closed)	5:15AM-9:45PM (Pool Closed)	5:15AM-9:45PM (Pool Closed)	5:15AM-9:45PM (Pool Closed)	5:15AM-9:45PM (Pool Closed)	6:00AM-5:45PM (Pool Closed)	10:15AM-4:45PM (Pool Closed)
<b>Boot Camp Extreme</b> Exercise Studio	5:30AM-6:30AM (Strength) <i>Mark S.</i>						
<b>Yoga</b> Multi-Purpose Room	9:00AM-10:00AM (Balance And Flexibility)  6:00PM-7:00PM (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)	
<b>Open Gym</b> West Gym	9:00AM-11:30AM (Open Gym)  2:00PM-5:00PM (Open Gym)	9:00AM-11:30AM (Open Gym)  2:00PM-10:00PM (Open Gym)	9:00AM-11:30AM (Open Gym)  2:00PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym)  9:00AM-11:30AM (Open Gym)  2:00PM-10:00PM (Open Gym)	9:00AM-11:30AM (Open Gym)  2:00PM-9:00PM (Open Gym)	6:00AM-6:00PM (Open Gym)	10:00AM-5:00PM (Open Gym)
<b>Total Body Toning</b> East Gym	9:00AM-9:45AM (Strength)				9:00AM-9:45AM (Strength)		
<b>Cardio X</b> Exercise Studio	9:15AM-10:00AM (Cardio) <i>YMCA360 V.</i>		9:15AM-10:00AM (Cardio) <i>Virtual</i>				

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Tai Chi</b> Multi-Purpose Room		10:30AM-11:15AM (Balance And Flexibility) <i>Open P.</i>		10:30AM-11:15AM (Balance And Flexibility) <i>Open P.</i>			
<b>Power Pump</b> Exercise Studio		5:30PM-6:15PM (Strength)		5:30PM-6:15PM (Strength)		10:45AM-11:45AM (Strength)	
<b>Resist-A-Ball</b> Exercise Studio			8:00AM-9:00AM (Strength)				
<b>Chair Cardio</b> East Gym			9:15AM-10:00AM (Active Older Adults)				
<b>Yoga (Chair)</b> East Gym			11:05AM-11:50AM (Active Older Adults)				
<b>Parkinson's &amp; Multiple Sclerosis Exercise</b> East Gym			1:00PM-2:00PM (Active Older Adults)				
<b>Yoga (Gentle)</b> Multi-Purpose Room			4:15PM-5:15PM (Balance And Flexibility)				
<b>Yogalates</b> Exercise Studio			6:30PM-7:30PM (Balance And Flexibility)				
<b>Senior Cardio</b> East Gym				10:15AM-11:00AM (Active Older Adults)			
<b>Step Express</b> Exercise Studio					8:15AM-8:45AM (Cardio)		
<b>High Intensity Interval Training (HIIT)</b> Exercise Studio					9:15AM-10:00AM (Cardio) <i>Virtual</i>		
<b>Tai Chi</b> East Gym					10:15AM-11:00AM (Balance And Flexibility) <i>Open P.</i>		
<b>Pilates</b> Multi-Purpose Room					10:15AM-10:45AM (Balance And Flexibility) <i>Rachel W.</i>		
<b>Mix It Up</b> Exercise Studio						8:30AM-9:15AM (Cardio)	



## Paul & Carol David YMCA | July 28th - August 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Rabbitt Gym	5:00AM-9:30AM (Open Gym)  12:00PM-5:00PM (Open Gym)  9:00PM-10:00PM (Open Gym)	5:00AM-9:30AM (Open Gym)  11:30AM-4:45PM (Open Gym)  9:00PM-10:00PM (Open Gym)	5:00AM-8:15AM (Open Gym)  9:30AM-5:15PM (Open Gym)  9:00PM-10:00PM (Open Gym)	5:00AM-10:15AM (Open Gym)	5:00AM-8:15AM (Open Gym)  11:45AM-5:00PM (Open Gym)	6:00AM-9:00AM (Open Gym)  10:00AM-5:00PM (Open Gym)	12:00PM-5:00PM (Open Gym)
<b>Lap Swim</b> 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)
<b>Power Hour</b> Sirpilla Gym	5:30AM-6:30AM (Strength) <i>John R.</i>		5:30AM-6:30AM (Strength)		5:30AM-6:30AM (Strength)		
<b>Open Gym</b> Sirpilla Gym	6:30AM-10:00AM (Open Gym)  2:00PM-10:00PM (Open Gym)	7:00AM-9:30AM (Open Gym)  2:00PM-10:00PM (Open Gym)	6:45AM-9:45AM (Open Gym)  2:00PM-10:00PM (Open Gym)	7:00AM-9:15AM (Open Gym)  2:00PM-10:00PM (Open Gym)	6:45AM-11:00AM (Open Gym)  2:00PM-9:00PM (Open Gym)	9:00AM-5:00PM (Open Gym)	9:00AM-5:00PM (Open Gym)
<b>Yoga</b> Bosworth Family Studio	7:15AM-8:15AM (Balance And Flexibility) <i>Samantha C.</i>		8:30AM-9:30AM (Balance And Flexibility) <i>Kaliopé B.</i>	10:00AM-11:00AM (Balance And Flexibility) <i>Bob B.</i>		9:00AM-10:00AM (Balance And Flexibility)	
<b>Shallow Water Aerobics</b> Pool	9:00AM-9:45AM (Water Aerobics)  11:00AM-11:45AM (Water Aerobics)		9:00AM-9:45AM (Water Aerobics)  11:00AM-11:45PM (Water Aerobics)		9:00AM-9:45AM (Water Aerobics)  11:00AM-11:45AM (Water Aerobics)		
<b>Pilates</b> Bosworth Family Studio	9:00AM-9:45AM (Balance And Flexibility) <i>Karissa W.</i>						
<b>Cycle/Strength</b> Kenan Studio	9:30AM-10:30AM (Cycling) <i>Kelly A.</i>						
<b>Strength</b> Rabbitt Gym	9:30AM-10:15AM (Strength) <i>Sara F.</i>						
<b>Forever Fit</b> Sirpilla Gym	10:00AM-10:45AM (Active Older Adults) <i>Anna F.</i>	9:30AM-10:20AM (Active Older Adults) <i>Christine H.</i>	10:00AM-10:45AM (Active Older Adults) <i>Anna F.</i>				
<b>Deep Water Aerobics</b> 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)		



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Barre</b> Bosworth Family Studio	10:00AM-10:45AM (Balance And Flexibility) <i>Louis G.</i>						
<b>Zumba</b> 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) <i>Maren C.</i>	10:00AM-11:00AM (Dance) <i>Maren C.</i>	12:15PM-1:15PM (Dance) <i>Christina C.</i>
<b>Pickleball Open Play</b> 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)		
<b>Silver Sneakers</b> Bosworth Family Studio	11:00AM-12:00PM (Active Older Adults) <i>Christine H.</i>	8:30AM-9:30AM (Active Older Adults) <i>Cheryl M.</i>		8:30AM-9:30AM (Active Older Adults) <i>Cheryl M.</i>			
<b>Open/Lap Swim</b> Pool	12:00PM-12:55PM (Open Swim)	12:00PM-12:55PM (Open Swim)	12:00PM-7:00PM (Open Swim)	12:00PM-12:55PM (Open Swim)	12:00PM-12:55PM (Open Swim)	11:30AM-3:00PM (Open Swim)	12:00PM-4:30PM (Open Swim)
	3:00PM-5:55PM (Open Swim)	3:00PM-5:55PM (Open Swim)	8:00PM-9:30PM (Open Swim)	3:00PM-5:55PM (Open Swim)	3:00PM-8:00PM (Open Swim)		
	8:30PM-9:30PM (Open Swim)	8:00PM-9:30PM (Open Swim)					
<b>Parkinson's &amp; Multiple Sclerosis Exercise</b> Bosworth Family Studio	1:00PM-1:45PM (Active Older Adults) <i>Christine H.</i>						
<b>Core</b> Rabbitt Gym	5:15PM-5:30PM (Strength) <i>Kelly A.</i>						
<b>Power Pump</b> 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) <i>Natalie W.</i>		
<b>Cycling</b> Kenan Studio	6:15PM-7:00PM (Cycling) <i>Sara F.</i>	5:40AM-6:25AM (Cycling) <i>Jean C.</i>	9:30AM-10:15AM (Cycling) <i>Sara F.</i>	5:40AM-6:25AM (Cycling) <i>Kelly A.</i>	9:15AM-9:50AM (Cycling) <i>Lyndsey A.</i>	8:30AM-9:15AM (Cycling) <i>Jessica B.</i>	
			6:15PM-7:00PM (Cycling)				
<b>Barre Toning</b> Bosworth Family Studio	6:30PM-7:15PM (Balance And Flexibility) <i>Allison G.</i>			5:00PM-5:45PM (Balance And Flexibility)			
<b>Masters Swimming</b> Pool	7:30PM-8:30PM (Water Aerobics)		7:00PM-8:00PM (Water Aerobics)				
<b>Line Dancing</b> Kenan Studio		8:30AM-9:15AM (Dance) <i>Diana J.</i>		8:30AM-9:15AM (Dance) <i>Diana J.</i>			
<b>Aqua Pilates</b> Pool		9:00AM-9:45AM (Water Aerobics)		9:00AM-9:45AM (Water Aerobics)			
<b>Dance Fitness</b> Kenan Studio		9:30AM-10:15AM (Dance) <i>Karissa W.</i>					

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cardio X</b> Sirpilla Gym				9:30AM-10:15AM (Cardio) <i>Lyndsey A.</i>			
<b>Forever Fit Core Strength</b> Kenan Studio				9:30AM-10:20AM (Active Older Adults) <i>Christine H.</i>			
<b>Forever Fit</b> Kenan Studio				10:30AM-11:20AM (Active Older Adults) <i>Christine H.</i>			
<b>Circuit Training</b> Functional Training Room				5:45PM-6:30PM (Strength) <i>Katie J.</i>	9:30AM-10:30AM (Strength)		
<b>Yoga (Gentle)</b> Bosworth Family Studio				6:00PM-7:00PM (Balance And Flexibility)			
<b>POOL CLOSED</b> Pool				8:00PM-9:30PM (Pool Closed)			
<b>Mix It Up</b> Rabbitt Gym					8:30AM-9:15AM (Cardio) <i>Carly T.</i>		
<b>Senior Fitness</b> Bosworth Family Studio					10:30AM-11:30AM (Active Older Adults) <i>Kathrin T.</i>		
<b>Tai Chi</b> Rabbitt Gym					10:50AM-11:30AM (Balance And Flexibility)		
<b>Aqua Zumba</b> Pool						8:00AM-8:45AM (Water Aerobics)	
<b>Saturday Sweat</b> Rabbitt Gym						9:00AM-9:45AM (Cardio)	



## Alliance Family YMCA | July 28th - August 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Large Gym	5:00AM-8:30AM (Open Gym)  12:00PM-4:00PM (Open Gym)  4:00PM-9:00PM (Open Gym)	8:00AM-8:30AM (Open Gym)  12:30PM-4:00PM (Open Gym)  4:00PM-9:00PM (Open Gym)	5:00AM-8:30AM (Open Gym)  12:00PM-4:00PM (Open Gym)  4:00PM-9:00PM (Open Gym)	5:00AM-8:30AM (Open Gym)  12:30PM-4:00PM (Open Gym)  4:00PM-9:00PM (Open Gym)	5:00AM-8:30AM (Open Gym)  8:30AM-5:00PM (Open Gym)  5:00PM-7:00PM (Open Gym)		
<b>Lap Swim 3 Lanes</b> Pool	5:30AM-9:00AM (Lap Swim)	5:30AM-8:30AM (Lap Swim)					
<b>Tabata Strength</b> Studio A	6:00AM-6:45AM (Strength)		6:00AM-6:45AM (Strength)	5:30PM-6:30PM (Strength)	6:00AM-6:45AM (Strength)		
<b>Walking Club</b> 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)			
<b>Forever Fit</b> Studio B	8:30AM-9:15AM (Active Older Adults)						
<b>Cycling</b> Cycling Room	9:00AM-9:45AM (Cycling)  6:00PM-6:30PM (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)	
<b>Water Fitness</b> Pool	9:00AM-9:45AM (Water Aerobics)						
<b>Silver Sneakers</b> Large Gym - Half	10:00AM-11:00AM (Active Older Adults)		10:00AM-11:00AM (Active Older Adults)		10:00AM-10:45AM (Active Older Adults)		
<b>Strength</b> Studio A	10:00AM-10:45AM (Strength)  5:00PM-5:45PM (Strength)	6:00AM-6:45AM (Strength)  5:30PM-6:30PM (Strength)	10:00AM-10:45AM (Strength)	6:00AM-6:45AM (Strength)  9:30AM-10:15AM (Strength)	10:00AM-10:45AM (Strength)	8:00AM-8:45AM (Strength)	
<b>Open/Lap Swim</b> Pool	10:00AM-12:55PM (Open Swim)	10:40AM-4:45PM (Open Swim)	9:45AM-5:45PM (Open Swim)  6:15PM-8:30PM (Open Swim)		9:45AM-12:45PM (Open Swim)  3:00PM-6:30PM (Open Swim)		
<b>Pool Closed</b> Pool	1:00PM-3:00PM (Open Swim)						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim Pool	1:00PM-3:00PM (Lap Swim)  10:00PM-1:00PM (Open Swim)		5:30AM-9:00AM (Open Swim)	5:30AM-9:00AM (Lap Swim)	5:30AM-9:00AM (Lap Swim)  1:00PM-3:00PM (Lap Swim)	7:00AM-9:00AM (Lap Swim)	
Dance Fitness Studio B	4:30PM-5:15PM (Dance)						
Aqua Tabata Pool	5:30PM-6:30PM (Water Aerobics)	9:00AM-9:45AM (Water Aerobics)		9:00AM-9:45AM (Water Aerobics)			
Core 30 Studio A	6:30PM-7:00PM (Strength)						
Family Swim Pool	6:30PM-8:30PM (Open Swim)	6:00PM-8:30PM (Open Swim)					
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 Studio B		9:00AM-10:00AM (Active Older Adults)					
Pickleball Open Play Large Gym		9:30AM-12:30PM (Pickleball)		9:30AM-12:30PM (Pickleball)			
Poolates Pool		9:50AM-10:30AM (Water Aerobics)	5:30PM-6:15PM (Water Aerobics)	9:50AM-10:30AM (Water Aerobics)			
Silver Sneakers Studio B		4:30PM-5:15PM (Active Older Adults)		4:30PM-5:15PM (Active Older Adults)			
Swim Lessons Pool		4:45PM-6:00PM (Open Swim)		5:30PM-6:35PM (Open Swim)		9:00AM-10:15AM (Open Swim)	
Core Pole Studio B			8:30AM-9:15AM (Strength)				
Walk This Way Pool			9:00AM-9:45AM (Water Aerobics)				
Strength & Stamina Circuit Keiser Room			4:30PM-5:15PM (Strength)				
Cycle/Strength Cycling Room				9:00AM-9:30AM (Cycling)			
Open Swim Pool				10:40AM-5:30PM (Open Swim)  6:35PM-8:30PM (Open Swim)	9:45AM-12:55PM (Open Swim)	10:15AM-12:30PM (Open Swim)	1:00PM-3:30PM (Open Swim)
Rapid Results Keiser Room					8:30AM-9:15AM (Active Older Adults)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Instructors Choice Pool					9:00AM-9:45AM (Water Aerobics)		
Yoga Third Floor						8:00AM-8:45AM (Balance And Flexibility)	



## Louisville Area YMCA | July 28th - August 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning Mix</b> Multi-Purpose Room	5:30AM-6:15AM (Cardio) <i>Jody J.</i>						
<b>Lap Swim 5 Lanes</b> 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)		
<b>Pickleball Open Play- Half Gym</b> Gym- Court 1	8:00AM-12:00PM (Pickleball)	7:30PM-8:30PM (Pickleball)			8:00AM-12:00PM (Pickleball)		
<b>Power Pump</b> Multi-Purpose Room	8:30AM-9:30AM (Strength) <i>Melissa M.</i>			8:30AM-9:30AM (Strength) <i>Virtual</i>			
<b>Water Fitness</b> 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)		
<b>Silver Sneakers</b> Foltz Center (Offsite)	9:00AM-9:45AM (Active Older Adults) <i>Sue H.</i>		9:00AM-9:45AM (Active Older Adults) <i>Sue H.</i>		9:00AM-9:45AM (Active Older Adults) <i>Sue H.</i>		
<b>Pilates</b> Multi-Purpose Room	9:45AM-10:30AM (Balance And Flexibility) <i>Melissa M.</i>	7:00AM-7:50AM (Balance And Flexibility) <i>Virtual</i>		7:00AM-7:50AM (Balance And Flexibility) <i>Virtual</i>			
<b>Open/Lap Swim</b> Pool	10:00AM-1:00PM (Open Swim)  3:00PM-5:45PM (Open Swim)  7:50PM-8:30PM (Open Swim)	11:05AM-1:00PM (Open Swim)  2:00PM-5:45PM (Open Swim)  7:50PM-8:30PM (Open Swim)	10:00AM-1:00PM (Open Swim)  3:00PM-8:30PM (Open Swim)	11:05AM-1:00PM (Open Swim)  3:00PM-5:45PM (Open Swim)  7:50PM-8:30PM (Open Swim)	10:00AM-1:00PM (Open Swim)	1:00PM-4:30PM (Open Swim)	11:00AM-3:30PM (Open Swim)
<b>Dance Fitness</b> Multi-Purpose Room	10:55AM-11:55AM (Dance) <i>Virtual</i>		10:45AM-11:45AM (Dance) <i>Virtual</i>				
<b>Lap Swim 2 Lanes</b> Pool	1:00PM-3:00PM (Lap Swim)	1:00PM-2:00PM (Lap Swim)	1:00PM-3:00PM (Lap Swim)	1:00PM-3:00PM (Lap Swim)  6:00PM-7:50PM (Lap Swim)			
<b>POUND</b> Multi-Purpose Room	4:30PM-5:00PM (Dance) <i>Rachel B.</i>						

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



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Resist-A-Ball</b> Multi-Purpose Room			5:00PM-5:45PM (Strength) <i>Jody J.</i>				
<b>Strength</b> Multi-Purpose Room				5:15AM-6:15AM (Strength) <i>Mark S.</i>  6:00PM-6:45PM (Strength) <i>Donald M.</i>			
<b>Yoga</b> Multi-Purpose Room				9:50AM-10:35AM (Balance And Flexibility) <i>Melissa M.</i>		8:30AM-9:15AM (Balance And Flexibility) <i>Laura S.</i>	
<b>Senior Cardio Drumming</b> Multi-Purpose Room				10:55AM-11:25AM (Active Older Adults) <i>Barb K.</i>			
<b>Open Gym</b> Gym- Court 1				5:00PM-9:00PM (Open Gym)  5:00PM-9:00PM (Open Gym)			
<b>Cardio X</b> Multi-Purpose Room				5:00PM-5:45PM (Cardio) <i>Donald M.</i>			
<b>Movement &amp; Meditation</b> Multi-Purpose Room					8:00AM-8:45AM (Balance And Flexibility) <i>Donald M.</i>		
<b>Pop Up Class</b> Multi-Purpose Room					9:00AM-9:30AM (Strength) <i>Andrea F.</i>		
<b>Barre</b> Multi-Purpose Room					11:00AM-11:45AM (Balance And Flexibility) <i>Louis G.</i>		
<b>Parkinson's &amp; Multiple Sclerosis Exercise</b> Multi-Purpose Room					12:30PM-1:30PM (Active Older Adults) <i>Barb K.</i>		
<b>POOL CLOSED</b> Pool					1:00PM-3:00PM (Pool Closed)  3:05PM-7:30PM (Pool Closed)	11:00AM-1:00PM (Pool Closed)	
<b>Xtreme Burn</b> Multi-Purpose Room						10:00AM-10:45AM (Cardio) <i>Amanda M.</i>	
<b>Barre Toning</b> Multi-Purpose Room							11:15AM-12:00PM (Balance And Flexibility) <i>Virtual</i>





## Minerva Area YMCA | July 28th - August 3rd

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



## Meyers Lake YMCA | July 28th - August 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open/Lap Swim</b> Pool	5:30AM-9:00AM (Open Swim)  10:00AM-11:00AM (Open Swim)  12:00PM-8:45PM (Open Swim)	5:30AM-11:00AM (Open Swim)  3:00PM-5:30PM (Open Swim)  8:00PM-8:45PM (Open Swim)	5:30AM-9:00AM (Open Swim)  12:00PM-8:45PM (Open Swim)	5:30AM-9:00AM (Open Swim)  1:00PM-4:00PM (Open Swim)  8:00PM-8:45PM (Open Swim)	5:30AM-11:00AM (Open Swim)  12:00PM-1:00PM (Open Swim)  3:00PM-6:45PM (Open Swim)	7:00AM-9:00AM (Open Swim)  11:00AM-2:45PM (Open Swim)	11:00AM-2:45PM (Open Swim)
<b>Open Gym</b> Gym	5:30AM-9:00AM (Open Gym)  10:00AM-9:00PM (Open Gym)	5:30AM-9:00AM (Open Gym)  11:00AM-6:15PM (Open Gym)  7:15PM-9:00PM (Open Gym)	5:30AM-9:00AM (Open Gym)  10:00AM-5:45PM (Open Gym)  8:00PM-9:00PM (Open Gym)	5:30AM-9:00AM (Open Gym)  11:00AM-6:15PM (Open Gym)  7:30PM-9:00PM (Open Gym)	5:30AM-9:00AM (Open Gym)  10:00AM-7:00PM (Open Gym)	7:00AM-9:00AM (Open Gym)  11:00AM-3:00PM (Open Gym)	11:00AM-3:00PM (Open Gym)
<b>Deep Water Aerobics</b> Pool	9:00AM-10:00AM (Water Aerobics)		9:00AM-10:00AM (Water Aerobics)				
<b>Forever Fit</b> Gym	9:00AM-10:00AM (Active Older Adults) <i>Krysten W.</i>				9:00AM-10:00AM (Active Older Adults)		
<b>Silver Sneakers</b> Fred E. Silk Group Exercise Studio	10:30AM-11:15AM (Active Older Adults)		10:30AM-11:15AM (Active Older Adults)				
<b>Aqua Zumba</b> Pool	11:00AM-12:00PM (Water Aerobics)		11:00AM-12:00PM (Water Aerobics)		11:00AM-12:00PM (Water Aerobics)		
<b>Power Pump</b> Fred E. Silk Group Exercise Studio		9:00AM-10:00AM (Strength)					
<b>Pickleball Open Play</b> Gym		9:00AM-11:00AM (Pickleball)	6:00PM-8:00PM (Pickleball)	9:00AM-11:00AM (Pickleball)		9:00AM-11:00AM (Pickleball)	
<b>Yoga (Chair)</b> Fred E. Silk Group Exercise Studio		10:30AM-11:15AM (Active Older Adults)			10:30AM-11:15AM (Active Older Adults)		
<b>Arthritis Water Exercise</b> Pool		11:00AM-11:45AM (Water Aerobics)		11:00AM-11:45AM (Water Aerobics)			
<b>Stretch</b> Fred E. Silk Group Exercise Studio		12:00PM-12:45PM (Balance And Flexibility) <i>Krysten W.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua Pilates</b> Pool		12:00PM-1:00PM (Water Aerobics)		12:00PM-1:00PM (Water Aerobics)			
<b>Parkinson's &amp; Multiple Sclerosis Exercise</b> Fred E. Silk Group Exercise Studio		1:00PM-2:00PM (Active Older Adults)					
<b>Zumba</b> Fred E. Silk Group Exercise Studio		5:30PM-6:15PM (Dance) <i>Louis G.</i>					
<b>Open Gym-Half Gym</b> Gym		6:15PM-7:15PM (Open Gym)					
<b>Aqua Strength</b> Pool		7:00PM-8:00PM (Water Aerobics)		7:00PM-8:00PM (Water Aerobics)			
<b>Forever Fit</b> Fred E. Silk Group Exercise Studio			9:00AM-10:00AM (Active Older Adults)				
<b>Lap Swim 2 Lanes</b> Pool			10:00AM-11:00AM (Lap Swim)				
<b>Tai Chi</b> Fred E. Silk Group Exercise Studio			11:30AM-12:15PM (Balance And Flexibility)		9:00AM-10:15AM (Balance And Flexibility)		
<b>Yoga</b> Fred E. Silk Group Exercise Studio			5:00PM-6:00PM (Balance And Flexibility)			9:00AM-10:00AM (Balance And Flexibility)	
<b>Barre</b> Fred E. Silk Group Exercise Studio				9:00AM-10:00AM (Balance And Flexibility) <i>Louis G.</i>			
<b>Senior Balance</b> Fred E. Silk Group Exercise Studio				10:30AM-11:00AM (Active Older Adults) <i>Krysten W.</i>			
<b>Circuit Training</b> Fred E. Silk Group Exercise Studio				12:00PM-1:00PM (Strength)			
<b>Yogalates</b> Fred E. Silk Group Exercise Studio				6:00PM-6:45PM (Balance And Flexibility)			



## Eric Snow Family YMCA | July 28th - August 3rd

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pilates</b> Group Exercise Studio			5:00PM-6:00PM (Balance And Flexibility) <i>Tiffany D.</i>				
<b>Xtreme Hip Hop Step</b> Group Exercise Studio				12:00PM-1:00PM (Dance)			
<b>Core</b> Group Exercise Studio				5:00PM-6:00PM (Strength) <i>Tiffany D.</i>			
<b>High Intensity Interval Training (HIIT)</b> Group Exercise Studio					5:00PM-6:00PM (Cardio) <i>Shameem A.</i>		



## Schalmo Family YMCA | July 28th - August 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gym	5:35AM-8:50AM (Open Gym)  12:45PM-5:30PM (Open Gym)  6:45PM-8:50PM (Open Gym)	5:35AM-5:50AM (Open Gym)  7:15AM-8:50AM (Open Gym)  11:30AM-5:30PM (Open Gym)  6:45PM-8:50PM (Open Gym)	5:35AM-8:50AM (Open Gym)  12:45PM-5:30PM (Open Gym)  7:50PM-8:50PM (Open Gym)	5:35AM-5:50AM (Open Gym)  7:15AM-8:50PM (Open Gym)  10:00AM-10:30AM (Open Gym)  12:00PM-5:15PM (Open Gym)  6:30PM-8:50PM (Open Gym)	5:35AM-8:50AM (Open Gym)  10:45AM-7:50PM (Open Gym)	7:05AM-7:50AM (Open Gym)  9:00AM-2:50PM (Open Gym)	11:05AM-1:45PM (Open Gym)
<b>Lap Swim</b> Pool	6:00AM-11:00AM (Lap Swim)  1:00PM-5:30PM (Lap Swim)  7:10PM-8:45PM (Lap Swim)	6:00AM-11:00AM (Lap Swim)  2:00PM-8:45PM (Lap Swim)	6:00AM-11:00AM (Lap Swim)  1:00PM-6:00PM (Lap Swim)  7:10PM-8:45PM (Lap Swim)	6:00AM-11:00AM (Lap Swim)  2:00PM-8:45PM (Lap Swim)	6:00AM-11:00AM (Lap Swim)  1:00PM-7:45PM (Lap Swim)	7:15AM-10:00AM (Open Swim)  11:20AM-2:45PM (Lap Swim)	
<b>Open Swim</b> Pool	6:00AM-9:00AM (Open Swim)  1:00PM-5:30PM (Open Swim)  7:10PM-8:45PM (Open Swim)	6:00AM-9:30AM (Open Swim)  2:00PM-5:45PM (Open Swim)  6:30PM-8:45PM (Open Swim)	6:00AM-9:00AM (Open Swim)  10:00AM-11:00AM (Open Swim)  1:00PM-6:00PM (Open Swim)  7:10PM-8:45PM (Open Swim)	6:00AM-10:00AM (Open Swim)  2:00PM-5:45PM (Open Swim)  6:30PM-8:45PM (Open Swim)	6:00AM-9:00AM (Open Swim)  10:00AM-11:00AM (Open Swim)  1:00PM-4:30PM (Open Swim)  5:30PM-7:45PM (Open Swim)	7:15AM-8:00AM (Open Swim)  9:00AM-10:00AM (Open Swim)  11:20AM-2:45PM (Open Swim)	
<b>Pilates, Push Ups &amp; Planks</b> Multi-Purpose Room	8:00AM-8:45AM (Balance And Flexibility)		8:00AM-8:45AM (Balance And Flexibility)				
<b>Boot Camp</b> Gym	9:00AM-9:45AM (Cardio)						
<b>Silver Sneakers</b> Multi-Purpose Room	9:00AM-9:45AM (Active Older Adults)  9:55AM-10:40AM (Active Older Adults)	9:30AM-10:15AM (Active Older Adults)		9:30AM-10:30AM (Active Older Adults)	9:00AM-9:45AM (Active Older Adults)		



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Water Fitness</b> Pool	9:00AM-10:00AM (Water Aerobics)	5:45PM-6:30PM (Water Aerobics)	9:00AM-10:00AM (Water Aerobics)	5:45PM-6:30PM (Water Aerobics)	9:00AM-10:00AM (Water Aerobics)	8:00AM-9:00AM (Water Aerobics)	
<b>Arthritis Water Exercise</b> Pool	10:00AM-11:00AM (Water Aerobics)			10:00AM-11:00AM (Water Aerobics)			
<b>Silver Stretch</b> Multi-Purpose Room	10:50AM-11:20AM (Active Older Adults)						
<b>POOL CLOSED</b> Pool	11:00AM-1:00PM (Pool Closed)	11:00AM-2:00PM (Pool Closed)	11:00AM-1:00PM (Pool Closed)	11:00AM-2:00PM (Pool Closed)	11:00AM-1:00PM (Pool Closed)		
<b>Pickleball Open Play</b> Gym	11:15AM-12:30PM (Pickleball)		11:15AM-12:30PM (Pickleball)				
<b>Adaptive Fitness</b> Multi-Purpose Room	4:45PM-5:30PM (Balance And Flexibility)						
<b>Swim Lessons</b> Pool	5:30PM-7:10PM (Open Swim)	9:30AM-10:35AM (Open Swim)	6:00PM-7:10PM (Open Swim)	10:00AM-11:00AM (Open Swim)	4:30PM-5:30PM (Open Swim)	10:00AM-11:20AM (Open Swim)	
<b>Total Body Toning</b> Gym	5:45PM-6:30PM (Strength)	9:00AM-9:45AM (Strength)		9:00AM-9:45AM (Strength)  5:30PM-6:15PM (Strength)			
<b>Zumba</b> Multi-Purpose Room	6:30PM-7:15PM (Dance)						
<b>Power Hour</b> Gym		6:00AM-7:00AM (Strength)		6:00AM-7:00AM (Strength)			
<b>Yoga (Chair)</b> Multi-Purpose Room		1:00PM-1:45PM (Active Older Adults)	9:30AM-10:15AM (Active Older Adults)				
<b>Cardio X</b> Gym		5:45PM-6:30PM (Cardio)					
<b>POUND</b> Multi-Purpose Room		6:00PM-6:45PM (Dance)					
<b>Yoga</b> Multi-Purpose Room		7:00PM-8:00PM (Balance And Flexibility) <i>alyssa c.</i>				10:00AM-11:00AM (Balance And Flexibility)	
<b>Strength</b> Gym			9:00AM-9:45AM (Strength)				
<b>Mix It Up</b> Gym			5:45PM-6:30PM (Cardio)				
<b>Pilates</b> Multi-Purpose Room				10:30AM-11:15AM (Balance And Flexibility) <i>Jennifer M.</i>			
<b>Parkinson's &amp; Multiple Sclerosis Exercise</b> Gym				10:45AM-11:45AM (Active Older Adults)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30/30</b> Gym					9:00AM-10:00AM (Cardio)		
<b>Saturday Sweat</b> Gym						8:00AM-8:45AM (Cardio)	
<b>Open/Lap Swim</b> Pool							11:15AM-2:45PM (Open Swim)