



Alliance Family YMCA | September 29th - October 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 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)		
Lap Swim 3 Lanes Pool	5:30AM-9:00AM (Lap Swim)	5:30AM-8:30AM (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)		
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)			
Forever Fit Studio B	8:30AM-9:15AM (Active Older Adults)						
Cycling 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)	
Water Fitness Pool	9:00AM-9:45AM (Water Aerobics)						
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) 5:00PM-5:45PM (Strength)	6:00AM-6:45AM (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)	
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)	6:00PM-8:30PM (Open Swim)					
Core 30 Studio A	6:30PM-7:00PM (Strength)						
Yoga Studio A		8:00AM-8:45AM (Balance And Flexibility)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)			
Open/Lap Swim Pool		10:40AM-5:30PM (Open Swim)	9:45AM-5:45PM (Open Swim) 6:15PM-8:30PM (Open Swim)				
Silver Sneakers Studio B		4:30PM-5:15PM (Active Older Adults)		4:30PM-5:15PM (Active Older Adults)			
Swim lessons Pool		5:30PM-6:30PM (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)				
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)			
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)		
Instructors Choice Pool					9:00AM-9:45AM (Water Aerobics)		
Yoga Third Floor						8:00AM-8:45AM (Balance And Flexibility)	



North Canton Community Building YMCA | September 29th - October 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Basketball 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)		
Open Gym 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-5:00PM (Open Gym) 8:30PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym) 11:00AM-11:45AM (Open Gym) 2:30PM-5:00PM (Open Gym) 6:30PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym) 11:00AM-12:00PM (Open Gym) 2:30PM-9:00PM (Open Gym)	6:00AM-8:00AM (Open Gym)	10:00AM-12:00PM (Open Gym)
Lap Swim 6 Lanes Large Pool	5:15AM-8:40AM (Lap Swim) 1:00PM-2:55PM (Lap Swim)	6:15AM-8:15AM (Lap Swim) 1:00PM-2:55PM (Lap Swim) 7:45PM-9:45PM (Lap Swim)	5:15AM-8:40AM (Lap Swim) 1:00PM-2:55PM (Lap Swim)	6:15AM-8:15AM (Lap Swim) 1:00PM-2:55PM (Lap Swim) 8:15PM-9:45PM (Lap Swim)	5:15AM-8:40AM (Lap Swim) 11:15AM-4:00PM (Lap Swim)	6:00AM-8:15AM (Lap Swim)	10:15AM-1:00PM (Lap Swim)
Boot Camp Extreme Exercise Studio	5:30AM-6:30AM (Strength) <i>Mark S.</i>						
Open Gym West Gym	9:00AM-11:30AM (Open Gym) 2:00PM-5:00PM (Open Gym) 9:00PM-10:00PM (Open 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) 9:00PM-10:00PM (Open Gym)	5:00AM-9:00AM (Open Gym) 9:00AM-11:30AM (Open Gym) 2:00PM-5:00PM (Open Gym)	9:00AM-11:30AM (Open Gym) 2:00PM-9:00PM (Open Gym)	6:00AM-8:00AM (Open Gym) 2:00PM-6:00PM (Open Gym)	10:00AM-5:00PM (Open Gym)
Yoga 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)	
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)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)		
Zumba Gold Exercise Studio	10:15AM-11:00AM (Dance)						
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)				
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/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) 7:15PM-8:15PM (Open Swim)		12:15PM-5:45PM (Open Swim)	1:15PM-4:45PM (Open Swim)
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) 6:45PM-8:15PM (Open Swim)			1:15PM-4:45PM (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) 5:30PM-6:15PM (Cardio)		5:30AM-6:30AM (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)						
Lap Swim 2 Lanes Large Pool	7:15PM-9:45PM (Lap Swim)	5:15AM-6:15AM (Lap Swim)	10:40AM-11:15AM (Lap Swim) 6:35PM-9:45PM (Lap Swim)	5:15AM-6:15AM (Lap Swim)			
Cycling Exercise Studio		5:30AM-6:30AM (Cycling) 9:30AM-10:15AM (Cycling)		9:30AM-10:15AM (Cycling) 4:30PM-5:15PM (Cycling)			12:00PM-12:45PM (Cycling)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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		9:45AM-11:15AM (Lap Swim) 7:15PM-7:45PM (Lap Swim)	11:15AM-11:50AM (Lap Swim)	9:45AM-11:15AM (Lap Swim) 7:15PM-8:15PM (Lap Swim)	4:00PM-8:45PM (Lap Swim)	10:15AM-5:45PM (Lap Swim)	1:00PM-4:45PM (Lap Swim)
Drum Fit Exercise Studio		10:30AM-11:15AM (Dance)		10:30AM-11:15AM (Dance)			
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)				
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)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
High Intensity Interval Training (HIIT) Exercise Studio					9:15AM-10:00AM (Cardio) <i>Virtual</i>		
Line Dancing Workshop Exercise Studio					10:15AM-11:00AM (Dance)		
Open Swim Large Pool					6:15PM-8:45PM (Open Swim)		
Mix It Up Exercise Studio						8:30AM-9:15AM (Cardio)	



Paul & Carol David YMCA | September 29th - October 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 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)
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)	6:15AM-8:00AM (Lap Swim)	10:15AM-12:00PM (Lap Swim)
Power Hour Sirpilla Gym	5:30AM-6:30AM (Strength) <i>John R.</i>		5:30AM-6:30AM (Strength)		5:30AM-6:30AM (Strength)		
Open Gym 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)
Yoga 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)		9:00AM-10:00AM (Balance And Flexibility)	
Pilates Bosworth Family Studio	9:00AM-9:45AM (Balance And Flexibility) <i>Karissa W.</i>						
Shallow Water Aerobics 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)		
Strength Rabbitt Gym	9:30AM-10:15AM (Strength) <i>Sara F.</i>						
Cycle/Strength Kenan Studio	9:30AM-10:30AM (Cycling) <i>Kelly A.</i>						
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)		
Forever Fit 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>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barre Bosworth Family Studio	10:00AM-10:45AM (Balance And Flexibility) <i>Louis G.</i>						
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) <i>Maren C.</i>	10:00AM-11:00AM (Dance) <i>Maren C.</i>	12:15PM-1:15PM (Dance) <i>Christina C.</i>
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) <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>			
Open/Lap Swim Pool	12:00PM-3:00PM (Open Swim)	12:00PM-3:00PM (Open Swim) 8:00PM-9:30PM (Open Swim)	12:00PM-3:00PM (Open Swim)	11:30AM-3:00PM (Open Swim) 8:00PM-9:30PM (Open Swim)	12:00PM-3:00PM (Open Swim) 7:00PM-8:00PM (Open Swim)	11:30AM-3:00PM (Open Swim)	12:00PM-4:30PM (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)	3:00PM-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) <i>Natalie W.</i>		
Cycling 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> 6:15PM-7:00PM (Cycling)	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>	
Barre Toning Bosworth Family Studio	6:30PM-7:15PM (Balance And Flexibility) <i>Allison G.</i>			5:00PM-5:45PM (Balance And Flexibility)			
Masters Swimming Pool	7:30PM-8:30PM (Water Aerobics)		7:00PM-8:00PM (Water Aerobics)				
POOL CLOSED Pool	8:30PM-9:30PM (Pool Closed)		8:00PM-9:30PM (Pool Closed)				
Line Dancing Kenan Studio		8:30AM-9:15AM (Dance) <i>Diana J.</i>		8:30AM-9:15AM (Dance) <i>Diana J.</i>			
Aqua Pilates Pool		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) <i>Christine H.</i>					
Silver Sneakers Express Bosworth Family Studio		11:50AM-12:30PM (Active Older Adults) <i>Christine H.</i>					
Core/Cycling Kenan Studio		5:30PM-6:30PM (Cycling) <i>Tammie P.</i>		5:30PM-6:30PM (Cycling) <i>Tammie P.</i>			
Core Kenan Studio			6:30AM-7:00AM (Strength) <i>Kelly A.</i>				
Total 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>				
Fall Prevention/Osteoporosis Bosworth Family Studio			10:00AM-10:45AM (Active Older Adults) <i>Christine H.</i>				
Pilates Kenan Studio			10:25AM-10:55AM (Balance And Flexibility) <i>Karissa W.</i>		10:00AM-10:45AM (Balance And Flexibility) <i>Sara F.</i>		
Yoga (Chair) Bosworth Family Studio			11:00AM-12:00PM (Active Older Adults) <i>Christine H.</i>				
Drum Fit Kenan Studio			5:15PM-6:00PM (Dance) <i>Carly T.</i>		6:00AM-6:45AM (Dance)	11:15AM-12:00PM (Dance)	11:00AM-11:45AM (Dance) <i>Kelly D.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength Flow Bosworth Family Studio			5:30PM-6:15PM (Strength) <i>Jessica B.</i>				
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) <i>Christine H.</i>			
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 (Gentle) Bosworth Family Studio				6:00PM-7:00PM (Balance And Flexibility)			
Drum and Tone Rabbitt Gym					8:30AM-9:15AM (Dance) <i>Carly T.</i>		
Senior Fitness Bosworth Family Studio					10:30AM-11:30AM (Active Older Adults) <i>Kathrin T.</i>		
Tai Chi Rabbitt Gym					10:50AM-11:30AM (Balance And Flexibility)		
Aqua Zumba Pool						8:00AM-8:45AM (Water Aerobics)	
Saturday Sweat Rabbitt Gym						9:00AM-9:45AM (Cardio)	



Lake Community YMCA | September 29th - October 5th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength Studio C	9:30AM-10:15AM (Strength) <i>Andrea B.</i>		10:15AM-11:00AM (Strength) <i>Andrea B.</i> 5:30PM-6:15PM (Strength) <i>Debbie G.</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>	
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)						
Open Swim Pool	10:50AM-2:00PM (Open Swim) 8:00PM-9:30PM (Open Swim)	12:15PM-2:00PM (Open Swim) 7:30PM-9:30PM (Open Swim)	11:30AM-5:00PM (Open Swim) 7:30PM-9:30PM (Open Swim)	9:45AM-5:00PM (Open Swim) 8:00PM-9:30PM (Open Swim)	11:20AM-5:00PM (Open Swim)	12:30PM-4:30PM (Open Swim)	10:00AM-4:00PM (Open Swim)
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) <i>Jennifer R.</i>				1:00PM-2:00PM (Active Older Adults) <i>Jennifer R.</i>		
POOL CLOSED Pool	2:00PM-5:00PM (Pool Closed)	2:00PM-5:00PM (Pool Closed)	6:00AM-8:00AM (Pool Closed)		5:00PM-9:30PM (Pool Closed)		
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) <i>Kim E.</i>						
Yoga (Power) Studio C	6:30PM-7:30PM (Balance And Flexibility) <i>Jamie L.</i>		6:30PM-7:30PM (Balance And Flexibility) <i>Martie K.</i>				
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) <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>
Lap Swim 3 Lanes Pool		10:00AM-12:15PM (Lap Swim)					
Silver Sneakers Studio C		10:15AM-11:00AM (Active Older Adults) <i>Polly M.</i>		10:05AM-10:50AM (Active Older Adults) <i>Angela S.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength Studio A		10:15AM-11:00AM (Strength) <i>Jenny A.</i>					
Yoga (Chair) Studio C		11:15AM-12:00PM (Active Older Adults) <i>Martie K.</i>					
Barre Studio A		5:45PM-6:30PM (Balance And Flexibility) <i>Kim E.</i>		11:45AM-12:30PM (Balance And Flexibility) <i>Louis G.</i>			
Kettlebell Studio C			8:15AM-9:00AM (Strength) <i>Vincent L.</i>				
Zumba Studio C			9:15AM-10:00AM (Dance) <i>Andrea B.</i>				
High Intensity Interval Training (HIIT) Studio A			9:30AM-10:05AM (Cardio) <i>Nicole J.</i>				
Pickleball Clinic Field House Court 3			10:00AM-11:30AM (Pickleball)				
Tai Chi Studio A			10:30AM-11:15AM (Balance And Flexibility) <i>Ralph L.</i>				
Senior Cardio Drumming Studio C			11:15AM-12:00PM (Active Older Adults) <i>Polly M.</i>	11:00AM-11:45AM (Active Older Adults) <i>Angela S.</i>			
Senior Balance Studio A				9:15AM-10:00AM (Active Older Adults) <i>Virginia C.</i>			
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) <i>Andrea B.</i>		
Cardio X Field House 1					9:15AM-10:00AM (Cardio) <i>Michelle V.</i>	8:00AM-9:15AM (Cardio) <i>Jeremy M.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Fitness Studio A					10:15AM-11:00AM (Active Older Adults) <i>Jenny A.</i>		
Kid Night Out Field House Court 3					4:00PM-8:00PM (Member Event)		



Eric Snow Family YMCA | September 29th - October 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym	5:30AM-9:00AM (Open Gym) 11:30AM-7:45PM (Open Gym)	5:30AM-8:00PM (Open Gym)					
Lap Swim Pool	5:30AM-3:00PM (Lap Swim) 4:30PM-8:00PM (Lap Swim)	5:30AM-3:00PM (Lap Swim) 4:30PM-8:00PM (Open Swim)	5:30AM-3:00PM (Lap Swim) 4:30PM-8:00PM (Lap Swim)	5:30AM-3:00PM (Lap Swim) 4:30PM-8:00PM (Lap Swim)	5:30AM-3:00PM (Lap Swim) 3:00PM-6:00PM (Lap Swim)	7:00AM-1:00PM (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) 6:30PM-7:45PM (Open Swim)	5:30AM-12:00PM (Open Swim)	7:00AM-12:45PM (Open Swim)	
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)		
Adult Pick Up Basketball Gym	9:00AM-11:30AM (Open Gym)						
Yoga (Chair) Group Exercise Studio	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) 4:30PM-5:15PM (Open Swim)	3:00PM-5:45PM (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>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Group Exercise Studio		6:00PM-7:00PM (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)			
Pilates Group Exercise Studio			5:00PM-6:00PM (Balance And Flexibility) <i>Tiffany D.</i>				
Xtreme Hip Hop Step Group Exercise Studio				12:00PM-1:00PM (Dance)			
Core Group Exercise Studio				5:00PM-6:00PM (Strength) <i>Tiffany D.</i>			
High Intensity Interval Training (HIIT) Group Exercise Studio					5:00PM-6:00PM (Cardio) <i>Shameem A.</i>		



Louisville Area YMCA | September 29th - October 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Mix Multi-Purpose Room	5:30AM-6:15AM (Cardio) <i>Jody J.</i>						
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>	6:00PM-7:00PM (Strength) <i>Kristen G.</i>		8:30AM-9:30AM (Strength) <i>Melissa M.</i>			
Silver Sneakers 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>		
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) <i>Virtual</i>		7:00AM-7:50AM (Balance And Flexibility) <i>Virtual</i>			
Open/Lap Swim Pool	10:00AM-11:05AM (Open Swim) 11:05AM-3:00PM (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-3:00PM (Open Swim) 4:00PM-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-10:00AM (Open Swim) 1:00PM-4:30PM (Open Swim)	11:00AM-3:30PM (Open Swim)
Dance Fitness Multi-Purpose Room	10:45AM-11:45AM (Dance) <i>Virtual</i>		10:45AM-11:45AM (Dance) <i>Virtual</i>				
POOL CLOSED Pool	3:00PM-4:00PM (Pool Closed)	3:00PM-4:00PM (Pool Closed)	3:00PM-4:00PM (Pool Closed)	3:00PM-4:00PM (Pool Closed)	1:00PM-3:00PM (Pool Closed)	10:00AM-1:00PM (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)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POUND Multi-Purpose Room	4:30PM-5:00PM (Dance) <i>Rachel B.</i>						
High Intensity Interval Training (HIIT) Multi-Purpose Room	5:05PM-5:50PM (Cardio) <i>Rachel B.</i>						
Zumba Multi-Purpose Room	6:00PM-6:45PM (Dance) <i>Daria B.</i>		6:00PM-6:45PM (Dance) <i>Daria B.</i>				
Swim lessons Pool	6:00PM-6:45PM (Pool Closed)	6:00PM-7:45PM (Pool Closed)		6:00PM-6:45PM (Pool Closed)			
Xtreme Hip Hop Step Gym- Court 1	6:30PM-7:30PM (Dance) <i>Amanda M.</i>		6:30PM-7:30PM (Dance) <i>Amanda M.</i>				
Lap Swim 2 Lanes Pool	6:45PM-7:50PM (Lap Swim)			6:45PM-7:50PM (Lap Swim)			
Cycling Multi-Purpose Room		5:30AM-6:15AM (Cycling) <i>Nancy L.</i>	9:00AM-9:45AM (Cycling) <i>Melissa M.</i>				
Barre Multi-Purpose Room		8:15AM-9:00AM (Balance And Flexibility) <i>Louis G.</i>			11:00AM-11:45AM (Balance And Flexibility) <i>Louis G.</i>		
Total Body Toning Multi-Purpose Room		9:10AM-9:50AM (Strength) <i>Andrea F.</i>					
Yoga (Chair) Multi-Purpose Room		10:00AM-10:45AM (Active Older Adults) <i>Barb K.</i>					
Lap Swim 3 Lanes Pool		10:00AM-11:05AM (Lap Swim)		10:00AM-11:05AM (Lap Swim)	10:00AM-11:05AM (Lap Swim)	7:00AM-8:00AM (Lap Swim)	
Silver Sneakers 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>			
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) <i>Daria B.</i>					
Lap Swim 1 Lane Pool		7:45PM-7:50PM (Lap Swim)					
Boot Camp Multi-Purpose Room			5:15AM-6:15AM (Cardio) <i>Mark S.</i>		5:15AM-6:15AM (Cardio) <i>Mark S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)			
Stretch Multi-Purpose Room			8:00AM-8:50AM (Balance And Flexibility) <i>Virtual</i>		8:00AM-8:55AM (Balance And Flexibility) <i>Virtual</i>		
Resist-A-Ball Multi-Purpose Room			5:00PM-5:45PM (Strength) <i>Jody J.</i>				
Strength Multi-Purpose Room				5:15AM-6:15AM (Strength) <i>Carolee V.</i>			
Yoga 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>	
Senior Cardio Drumming Multi-Purpose Room				10:55AM-11:25AM (Active Older Adults) <i>Barb K.</i>			
Open Gym Gym- Court 1				5:00PM-9:00PM (Open Gym) 5:00PM-9:00PM (Open Gym)			
Strength and Cardio Multi-Purpose Room				5:00PM-5:45PM (Strength) <i>Kristen G.</i>			
Core Multi-Purpose Room				6:00PM-6:45PM (Strength) <i>Kristen G.</i>	9:15AM-9:50AM (Strength) <i>Virtual</i>		
Yoga (Strength) Multi-Purpose Room				7:00PM-7:45PM (Balance And Flexibility) <i>Karin K.</i>			
Cardio Kickboxing Multi-Purpose Room						10:00AM-10:45AM (Cardio) <i>Virtual</i>	
Barre Toning Multi-Purpose Room							11:15AM-12:00PM (Balance And Flexibility) <i>Virtual</i>



Minerva Area YMCA | September 29th - October 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 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)	
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)	
Yoga Group Exercise Studio			5:00PM-6:00PM (Balance And Flexibility)				
Forever Fit Group Exercise Studio					10:30AM-11:30AM (Active Older Adults) <i>Theresa R.</i>		



Meyers Lake YMCA | September 29th - October 5th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretch Fred E. Silk Group Exercise Studio		12:00PM-12:45PM (Balance And Flexibility) <i>Krysten W.</i>					
Parkinson's & Multiple Sclerosis Exercise Fred E. Silk Group Exercise Studio		1:00PM-2:00PM (Active Older Adults)					
POOL CLOSED Pool		1:00PM-4:00PM (Pool Closed)					
Zumba Fred E. Silk Group Exercise Studio		5:30PM-6:15PM (Dance) <i>Louis G.</i>					
Forever Fit Fred E. Silk Group Exercise Studio			9:00AM-10:00AM (Active Older Adults)				
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)	
Pickleball Clinic Gym			6:00PM-8:00PM (Pickleball)				
Barre Fred E. Silk Group Exercise Studio				9:00AM-10:00AM (Balance And Flexibility) <i>Louis G.</i>			
Senior Balance Fred E. Silk Group Exercise Studio				10:30AM-11:00AM (Active Older Adults) <i>Krysten W.</i>			
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) <i>Tiffany D.</i>		
Aqua Strength Pool						8:00AM-9:00AM (Water Aerobics)	
Xtreme Hip Hop Step Fred E. Silk Group Exercise Studio							1:45PM-2:30PM (Dance)



Schalmo Family YMCA | September 29th - October 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 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) 10:00AM-7:50PM (Open Gym)	7:05AM-7:50AM (Open Gym) 9:00AM-2:50PM (Open Gym)	11:05AM-1:45PM (Open Gym)
Open Swim 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)	
Lap Swim 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)	
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) 9:55AM-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)		
Boot Camp Gym	9:00AM-9:45AM (Cardio)						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Fitness 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)	
Arthritis Water Exercise Pool	10:00AM-11:00AM (Water Aerobics)			10:00AM-11:00AM (Water Aerobics)			
Silver Stretch Multi-Purpose Room	10:50AM-11:20AM (Active Older Adults)						
POOL CLOSED 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)		
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)				
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) <i>Jennifer M.</i>			
Parkinson's & Multiple Sclerosis Exercise Gym				10:45AM-11:45AM (Active Older Adults)			
30/30 Gym					9:00AM-10:00AM (Cardio)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Line Dancing Multi-Purpose Room					10:00AM-10:45AM (Dance)		
Saturday Sweat Gym						8:00AM-8:45AM (Cardio)	
Open/Lap Swim Pool							11:15AM-2:45PM (Open Swim)