



## Louisville Area YMCA | June 9th - June 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning Mix</b> Multi-Purpose Room	5:30AM-6:15AM (Cardio) <i>Jody J.</i>						
<b>Power Pump</b> Multi-Purpose Room	8:30AM-9:30AM (Strength) <i>Melissa M.</i>			8:30AM-9:30AM (Strength) <i>Melissa M.</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>Dance Fitness</b> Multi-Purpose Room	10:45AM-11:45AM (Dance) <i>Virtual</i>		10:45AM-11:45AM (Dance) <i>Virtual</i>				
<b>POUND</b> Multi-Purpose Room	4:30PM-5:00PM (Dance) <i>Rachel B.</i>						
<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>Virtual</i>	8:15AM-9:00AM (Dance) <i>Louis G.</i>	6:00PM-6:45PM (Dance) <i>Virtual</i>				
<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>Strength</b> Multi-Purpose Room		5:30AM-6:30AM (Strength) <i>Mark S.</i>		5:30AM-6:30AM (Strength) <i>Mark S.</i>  6:00PM-6:45PM (Strength) <i>Donald M.</i>			
<b>Total Body Toning</b> Multi-Purpose Room		9:10AM-9:50AM (Strength) <i>Andrea F.</i>					
<b>Chair Yoga</b> Multi-Purpose Room		10:00AM-10:45AM (Active Older Adults) <i>Barb K.</i>					
<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>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>	5:30AM-6:30AM (Cardio) <i>Mark S.</i>		5:30AM-6:30AM (Cardio) <i>Mark S.</i>		
<b>Core</b> Multi-Purpose Room		7:00PM-7:45PM (Strength) <i>Kristen G.</i>			9:15AM-9:50AM (Strength) <i>Virtual</i>		
<b>Beginner Yoga</b> Multi-Purpose Room			8:00AM-8:45AM (Balance And Flexibility) <i>Donald M.</i>		8:00AM-8:45AM (Balance And Flexibility) <i>Donald M.</i>		
<b>Cycling</b> Multi-Purpose Room			9:00AM-10:00AM (Cycling) <i>Melissa M.</i>				
<b>Resist-A-Ball</b> Multi-Purpose Room			5:00PM-5:45PM (Strength) <i>Jody J.</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>Cardio X</b> Multi-Purpose Room				5:00PM-5:45PM (Cardio) <i>Donald M.</i>			
<b>Gentle Yoga</b> Multi-Purpose Room				7:00PM-8:00PM (Balance And Flexibility) <i>Ginger B.</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>Cardio Kickboxing</b> Multi-Purpose Room						10:00AM-10:45AM (Cardio) <i>Virtual</i>	
<b>Barre Toning</b> Multi-Purpose Room							11:15AM-12:00PM (Balance And Flexibility) <i>Virtual</i>



## Paul & Carol David YMCA | June 9th - June 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>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>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>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>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>  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>	
<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)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>Cardio X</b> Rabbitt Gym		9:30AM-10:15AM (Cardio) <i>Sara F.</i>  6:00PM-6:45PM (Cardio)					
<b>Dance Fitness</b> Kenan Studio		9:30AM-10:15AM (Dance) <i>Karissa W.</i>					
<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>		5:30PM-6:30PM (Cycling) <i>Tammie P.</i>			
<b>Core</b> Kenan Studio			6:30AM-7:00AM (Strength) <i>Kelly A.</i>				
<b>Yoga</b> Bosworth Family Studio			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>Total Body Toning</b> Rabbitt Gym			8:30AM-9:15AM (Strength)  5:30PM-6:15PM (Strength) <i>Tammie P.</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>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Chair Yoga</b> Bosworth Family Studio			11:00AM-12:00PM (Active Older Adults) <i>Christine H.</i>				
<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>Gentle Yoga</b> Bosworth Family Studio				6:00PM-7:00PM (Balance And Flexibility)			
<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>Saturday Sweat</b> Rabbitt Gym						9:00AM-9:45AM (Cardio)	
<b>Drum Fit</b> Kenan Studio							11:00AM-11:45AM (Dance) <i>Kelly D.</i>



## North Canton Community Building YMCA | June 9th - June 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>Total Body Toning</b> Exercise Studio	9:00AM-9:45AM (Strength)						
<b>Zumba Gold</b> Exercise Studio	10:15AM-11:00AM (Dance)						
<b>Silver Sneakers</b> West Gym	10:15AM-11:00AM (Active Older Adults)	10:15AM-11:00AM (Active Older Adults)	10:15AM-11:00AM (Active Older Adults)				
<b>Line Dancing</b> Exercise Studio	11:15AM-12:00PM (Dance)		11:15AM-12:00PM (Dance)		10:15AM-11:00AM (Dance)		
<b>Boot Camp</b> Exercise Studio	5:30PM-6:15PM (Cardio)		5:30AM-6:30AM (Cardio)  5:30PM-6:15PM (Cardio)		5:30AM-6:30AM (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)
<b>Power Yoga</b> Multi-Purpose Room		9:00AM-10:00AM (Balance And Flexibility)		6:30PM-7:30PM (Balance And Flexibility)			
<b>Step Intervals</b> Exercise Studio		9:00AM-9:45AM (Cardio)		9:00AM-9:45AM (Cardio)			
<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)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cardio X</b> Exercise Studio			9:15AM-10:00AM (Cardio) <i>Virtual</i>				
<b>Chair Cardio</b> West Gym			9:15AM-10:00AM (Active Older Adults)				
<b>Chair Yoga</b> West 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>Gentle Yoga</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> West Gym				10:15AM-11:00AM (Active Older Adults)			
<b>Step Express</b> Exercise Studio					8:15AM-8:45AM (Cardio)		
<b>Total Body Toning</b> West Gym					9:00AM-9:45AM (Strength)		
<b>High Intensity Interval Training (HIIT)</b> Exercise Studio					9:15AM-10:00AM (Cardio) <i>Virtual</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)	



## Alliance Family YMCA | June 9th - June 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>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>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)  4:30PM-5:15PM (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>Dance Fitness</b> Studio B	4:30PM-5:15PM (Dance)						
<b>Core 30</b> Studio A	6:30PM-7:00PM (Strength)						
<b>Yoga</b> Studio A		8:00AM-8:45AM (Balance And Flexibility)					
<b>Chair Cardio</b> Studio B		9:00AM-10:00AM (Active Older Adults)					
<b>Power Pump</b> Studio A		9:00AM-9:45AM (Strength)			8:00AM-8:45AM (Strength)		
<b>Silver Sneakers</b> Studio B		4:30PM-5:15PM (Active Older Adults)		4:30PM-5:15PM (Active Older Adults)			
<b>Core Pole</b> Studio B			8:30AM-9:15AM (Strength)				
<b>Cycle/Strength</b> Cycling Room				9:00AM-9:30AM (Cycling)			
<b>Rapid Results</b> Keiser Room					8:30AM-9:15AM (Active Older Adults)		
<b>Cardio Core</b> Studio A					4:30PM-5:15PM (Cardio)		



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Third Floor						8:00AM-8:45AM (Balance And Flexibility)	



# Schalmo Family YMCA | June 9th - June 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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)		
<b>Silver Stretch</b> Multi-Purpose Room	10:50AM-11:20AM (Active Older Adults)						
<b>Adaptive Fitness</b> Multi-Purpose Room	4:45PM-5:30PM (Balance And Flexibility)						
<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>Chair Yoga</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)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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)			
<b>30/30</b> Gym					9:00AM-10:00AM (Cardio)		
<b>Line Dancing</b> Multi-Purpose Room					10:00AM-10:45AM (Dance)		
<b>Saturday Sweat</b> Gym						8:00AM-8:45AM (Cardio)	



## Lake Community YMCA | June 9th - June 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>		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>	
<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>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>Parkinson's &amp; Multiple Sclerosis Exercise</b> Studio A	1:00PM-2:00PM (Active Older Adults) <i>Michelle F.</i>						
<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>Power Yoga</b> Studio C	6:45PM-7:45PM (Balance And Flexibility) <i>Jamie L.</i>		6:30PM-7:30PM (Balance And Flexibility) <i>Martie K.</i>				
<b>Step/Strength</b> Studio A		9:15AM-10:00AM (Strength) <i>Jenny A.</i>					

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<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>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>Chair Yoga</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>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>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>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>	



## Eric Snow Family YMCA | June 9th - June 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>Chair Yoga</b> Group Exercise Studio	10:00AM-10:45AM (Active Older Adults)				10:00AM-10:45AM (Active Older Adults)		
<b>Zumba</b> Group Exercise Studio	6:00PM-7:00PM (Dance)		6:00PM-7:00PM (Dance)				
<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>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>			



## Meyers Lake YMCA | June 9th - June 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>Core</b> Fred E. Silk Group Exercise Studio	5:30PM-6:15PM (Strength) <i>Tiffany D.</i>						
<b>Power Pump</b> Fred E. Silk Group Exercise Studio		9:00AM-10:00AM (Strength)					
<b>Chair Yoga</b> Fred E. Silk Group Exercise Studio		10:30AM-11:15AM (Active Older Adults)			10:30AM-11:15AM (Active Older Adults)		
<b>Stretch</b> Fred E. Silk Group Exercise Studio		12:00PM-12:45PM (Balance And Flexibility) <i>Krysten W.</i>					
<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)					
<b>Forever Fit</b> Fred E. Silk Group Exercise Studio			9:00AM-10:00AM (Active Older Adults)				
<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>			



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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)			
<b>Pilates</b> Fred E. Silk Group Exercise Studio					5:00PM-6:00PM (Balance And Flexibility) <i>Tiffany D.</i>		



## Minerva Area YMCA | June 9th - June 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>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>		