



## Eric Snow Family YMCA | July 14th - July 20th

	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>Chair Yoga</b> Group Exercise Studio	10:00AM-10:45AM (Active Older Adults)				10:00AM-10:45AM (Active Older Adults)		
<b>Family Swim</b> Pool	10:00AM-11:45AM (Open Swim)  4:30PM-7:45PM (Open Swim)	3:30PM-7:45PM (Open Swim)	10:00AM-12:30PM (Open Swim)  4:30PM-7:45PM (Open Swim)	3:30PM-7:45PM (Open Swim)	10:00AM-11:45AM (Open Swim)  3:00PM-5:45PM (Open Swim)	7:00AM-11:00AM (Open Swim)	
<b>POOL CLOSED</b> Pool	12:00PM-4:30PM (Pool Closed)	10:00AM-3:30PM (Pool Closed)	12:30PM-4:30PM (Pool Closed)	10:00AM-3:30PM (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		5:00PM-7:00PM (Open Swim)		5:00PM-7:00PM (Open Swim)		9:00AM-10:00AM (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>Pilates</b> Group Exercise Studio			5:00PM-6:00PM (Balance And Flexibility) <i>Tiffany D.</i>				

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<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>		