



Eric Snow Family YMCA | April 13th - April 19th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open/Lap Swim Pool	5:30AM-5:00PM (Open Swim) 7:15PM-7:45PM (Open Swim)	5:30AM-7:45PM (Open Swim)	5:30AM-5:00PM (Open Swim) 7:15PM-7:45PM (Open Swim)	5:30AM-7:45PM (Open Swim)	5:30AM-5:45PM (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)		8:00AM-9:30AM (Active Older Adults)		
Yoga (Chair) Group Exercise Studio	10:00AM-10:45AM (Active Older Adults)		10:00AM-10:45AM (Active Older Adults)		10:00AM-10:45AM (Active Older Adults)		
Family Swim Pool	10:00AM-5:00PM (Open Swim)	10:00AM-7:45PM (Open Swim)	10:00AM-5:45PM (Open Swim) 10:00AM-5:00PM (Open Swim)	10:00AM-7:45PM (Open Swim)	10:00AM-5:45PM (Open Swim)	10:00AM-12:45PM (Open Swim) 10:00PM-12:45PM (Open Swim)	
Drum Fit Group Exercise Studio	12:10PM-12:50PM (Dance)						
Zumba Group Exercise Studio	6:00PM-7:00PM (Dance)		6:00PM-7:00PM (Dance)				
Shallow Water Aerobics Pool		9:00AM-10:00AM (Water Aerobics)					
Power Pump Group Exercise Studio		5:00PM-6:00PM (Strength) <i>Tiffany D.</i>					
Yoga Group Exercise Studio		6:00PM-7:00PM (Balance And Flexibility)		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)			
Parkinson's & Multiple Sclerosis Exercise Group Exercise Studio			1:00PM-2:00PM (Active Older Adults)				
Pilates Group Exercise Studio			5:00PM-6:00PM (Balance And Flexibility) <i>Tiffany D.</i>				
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>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Jogging Pool				5:30PM-6:15PM (Water Aerobics)			
Core 30 Group Exercise Studio					6:00AM-6:30AM (Strength)		
Stretch Group Exercise Studio					12:10PM-12:50PM (Balance And Flexibility)		
Gym Closed- Health Fair Gym					3:00PM-4:45PM (Member Event)		