



## Eric Snow Family YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open/Lap Swim</b> Pool	5:30AM-11:45PM (Open Swim)  3:15PM-7:45PM (Open Swim)	5:30AM-7:45PM (Open Swim)	5:30AM-7:45PM (Open Swim)	5:30AM-7:45PM (Open Swim)	5:30AM-11:45AM (Open Swim)  3:15PM-5:45PM (Open Swim)	7:00AM-12:45PM (Open Swim)	
<b>Forever Fit</b> Group Exercise Studio	8:45AM-9:30AM (Active Older Adults) <i>Tiffany D.</i>		8:45AM-9:30AM (Active Older Adults) <i>Tiffany D.</i>				
<b>Yoga (Chair)</b> Group Exercise Studio	10:00AM-10:45AM (Active Older Adults)		10:00AM-10:45AM (Active Older Adults)		10:00AM-10:45AM (Active Older Adults)		
<b>Swim lessons</b> Pool	12:00PM-3:00PM (Pool Closed)				12:00PM-3:00PM (Pool Closed)		
<b>Family Swim</b> Pool	3:15PM-7:45PM (Open Swim)	10:00AM-7:45PM (Open Swim)	10:00AM-7:45PM (Open Swim)	10:00AM-7:45PM (Open Swim)	3:15PM-5:45PM (Open Swim)	10:00AM-12:45PM (Open Swim)	
<b>Cycling</b> Group Exercise Studio	5:00PM-5:45PM (Cycling)						
<b>Aqua Jogging</b> Pool	5:30PM-6:15PM (Water Aerobics)			5:30PM-6:15PM (Water Aerobics)			
<b>Zumba</b> Group Exercise Studio	6:00PM-7:00PM (Dance)		6:00PM-7:00PM (Dance)				
<b>Aqua Stretch</b> Pool		9:00AM-10:00AM (Water Aerobics)	6:00PM-7:00PM (Water Aerobics)	9:00AM-10:00AM (Water Aerobics)			
<b>Power Pump</b> Group Exercise Studio		5:00PM-6:00PM (Strength) <i>Tiffany D.</i>					
<b>Aqua HIIT</b> Pool			12:15PM-1:00PM (Water Aerobics)				
<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>Core 30</b> Group Exercise Studio					6:00AM-6:30AM (Strength)		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Silver Sneakers</b> Group Exercise Studio					8:00AM-9:30AM (Active Older Adults)		
<b>Stretch</b> Group Exercise Studio					12:10PM-12:50PM (Balance And Flexibility)		
<b>Yoga</b> Group Exercise Studio						9:00AM-10:00AM (Balance And Flexibility)	