



Lake Community YMCA | April 27th - May 3rd

	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-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)	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-9:30PM (Lap Swim)	6:00AM-7:50AM (Lap Swim) 10:00AM-9:30PM (Lap Swim)	6:00AM-7:50AM (Lap Swim) 11:30AM-9:30PM (Lap Swim)	6:00AM-7:50AM (Lap Swim) 9:45AM-9:30PM (Lap Swim)	6:00AM-7:50AM (Lap Swim) 10:20AM-4:30PM (Lap Swim)	8:00AM-8:50AM (Lap Swim) 10:00AM-4:30PM (Lap Swim)	10:00AM-4:00PM (Lap Swim)
POOL CLOSED Pool	7:45AM-10:00AM (Pool Closed)						
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>			10:15AM-11:15AM (Balance And Flexibility) <i>Angela H.</i> 6:30PM-7:30PM (Balance And Flexibility) <i>Ginger B.</i>	8:00AM-9:00AM (Balance And Flexibility) <i>Kim K.</i>	8:00AM-8:45AM (Balance And Flexibility) <i>Jamie L.</i>	
Senior Walking Club Fieldhouse Walking Track	9:15AM-10:00AM (Active Older Adults) <i>Jennifer R.</i>						
Cycling Studio B	9:15AM-10:20AM (Cycling) <i>Debbie G.</i> 6:30PM-7:15PM (Cycling) <i>Kim E.</i>		5:15AM-6:00AM (Cycling) <i>Jennifer R.</i> 9:15AM-10:20AM (Cycling) <i>Debbie G.</i> 6:30PM-7:15PM (Cycling) <i>Glenn C.</i>		9:15AM-10:15AM (Cycling) <i>Tina S.</i>	7:45AM-8:45AM (Cycling) <i>Kim E.</i>	
High Intensity Interval Training (HIIT) Field House 1	9:30AM-10:05AM (Cardio) <i>Nicole J.</i>						
Strength Studio C	9:30AM-10:15AM (Strength) <i>Andrea B.</i>	5:30AM-6:15AM (Strength) <i>Kayla H.</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>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Balance Studio A	10:15AM-11:00AM (Active Older Adults) <i>Virginia C.</i>			9:15AM-10:00AM (Active Older Adults) <i>Virginia C.</i>			
Open Swim Pool	10:50AM-9:30PM (Open Swim)	10:00AM-9:30PM (Open Swim)	11:00AM-9:30PM (Open Swim)	9:45AM-9:30PM (Open Swim)	10:20AM-4:30PM (Open Swim)	10:10AM-4:30PM (Open Swim) 9:00PM-12:30PM (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)	1:00PM-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>		
Tabata Strength Studio C	5:30PM-6:15PM (Strength) <i>Kim E.</i>						
Dance Fitness Studio A	5:30PM-6:30PM (Dance) <i>Kim H.</i>		5:30PM-6:30PM (Dance) <i>Kim H.</i>				
Yoga (Power) Studio C	6:30PM-7:30PM (Balance And Flexibility) <i>Jamie L.</i>						
Water Fitness Pool	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)	
Lap Swim 2 Lanes Pool		8:00AM-10:00AM (Lap Swim)	8:00AM-10:30AM (Lap Swim)		8:00AM-11:15AM (Lap Swim)	9:00AM-10:30PM (Lap Swim)	
Strength Studio A		8:30AM-9:15AM (Strength) <i>Debbie G.</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-6:15PM (Dance) <i>Kim H.</i>			9:15AM-10:00AM (Dance) <i>Angela S.</i>		1:00PM-2:00PM (Dance) <i>Angela S.</i>
Silver Sneakers Studio C		10:15AM-11:00AM (Active Older Adults) <i>Polly M.</i>		10:15AM-11:00AM (Active Older Adults) <i>Angela S.</i>			
Yoga (Chair) Studio C		11:15AM-12:00PM (Active Older Adults) <i>Martie K.</i>					

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Barre Studio A		5:45PM-6:30PM (Balance And Flexibility) <i>Kim E.</i>					
Yogalates Studio C		6:30PM-7:15PM (Balance And Flexibility) <i>Ginger B.</i>					
Yoga (Beginner) Studio A			8:00AM-9:00AM (Balance And Flexibility) <i>Kim K.</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>				
Senior Cardio Drumming Studio C			11:15AM-12:00PM (Active Older Adults) <i>Polly M.</i>	11:15AM-12:00PM (Active Older Adults) <i>Angela S.</i>			
Abs & Glutes Studio C			5:30PM-6:15PM (Balance And Flexibility) <i>Debbie G.</i>				
Walkers With Weights Fieldhouse Walking Track				9:15AM-10:00AM (Cardio) <i>Jennifer R.</i>			
Speak Strong Studio A				1:15PM-2:00PM (Active Older Adults)			
Zumba Step Studio C				6:00PM-7:00PM (Dance) <i>Annika C.</i>			
Aqua Zumba Pool				7:15PM-8:00PM (Water Aerobics)			
Functional Fitness Studio C					8:15AM-9:00AM (Strength) <i>Michelle V.</i>		
Cardio X Field House 1					9:15AM-10:00AM (Cardio) <i>Michelle V.</i>		
Zumba Studio A					9:15AM-10:00AM (Dance) <i>Louis G.</i>		
Special Event Field House Court 3					10:00AM-1:00PM (Gym Closed) <i>Jennifer R.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp Field House 1						8:00AM-9:00AM (Cardio) <i>Jeremy M.</i>	
Zumba Gold Studio A						10:00AM-10:45AM (Dance) <i>Annika C.</i>	