



## Louisville Area YMCA | June 16th - June 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning Mix</b> Multi-Purpose Room	5:30AM-6:15AM (Cardio) <i>Jody J.</i>						
<b>Lap Swim 5 Lanes</b> Pool	5:30AM-6:00AM (Lap Swim)  7:30AM-9:00AM (Lap Swim)	5:30AM-9:00AM (Lap Swim)	5:30AM-6:00AM (Lap Swim)  7:30AM-9:00AM (Lap Swim)	5:30AM-9:00AM (Lap Swim)	5:30AM-6:00AM (Lap Swim)  7:30AM-9:00AM (Lap Swim)		
<b>Lap Swim 3 Lanes</b> Pool	6:00AM-7:30AM (Lap Swim)	10:00AM-11:05AM (Lap Swim)	6:00AM-7:30AM (Lap Swim)	10:00AM-11:05AM (Lap Swim)	6:00AM-7:30AM (Lap Swim)	7:00AM-10:00AM (Lap Swim)	
<b>Pickleball Open Play- Half Gym</b> Gym- Court 1	8:00AM-12:00PM (Pickleball)	7:30PM-8:30PM (Pickleball)			8:00AM-12:00PM (Pickleball)		
<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>Water Fitness</b> Pool	9:00AM-9:45AM (Water Aerobics)	9:00AM-9:45AM (Water Aerobics)	9:00AM-9:45AM (Water Aerobics)	9:00AM-9:45AM (Water Aerobics)	9:00AM-9:45PM (Water Aerobics)		
<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>Open/Lap Swim</b> Pool	10:00AM-1:00PM (Open Swim)  3:00PM-4:20PM (Open Swim)  7:50PM-8:30PM (Open Swim)	11:05AM-1:00PM (Open Swim)  2:00PM-4:20PM (Open Swim)  7:50PM-8:30PM (Open Swim)	10:00AM-1:00PM (Open Swim)  3:00PM-8:30PM (Open Swim)	11:05AM-1:00PM (Open Swim)  3:00PM-4:20PM (Open Swim)  7:50PM-8:30PM (Open Swim)	10:00AM-1:00PM (Open Swim)  3:00PM-7:30PM (Open Swim)	10:00AM-12:00PM (Open Swim)	11:00AM-3:30PM (Open Swim)
<b>Dance Fitness</b> Multi-Purpose Room	10:45AM-11:45AM (Dance) <i>Virtual</i>		10:45AM-11:45AM (Dance) <i>Virtual</i>				
<b>Lap Swim 2 Lanes</b> Pool	1:00PM-3:00PM (Lap Swim)	1:00PM-2:00PM (Lap Swim)	1:00PM-3:00PM (Lap Swim)	1:00PM-3:00PM (Lap Swim)  6:00PM-7:50PM (Lap Swim)			
<b>POUND</b> Multi-Purpose Room	4:30PM-5:00PM (Dance) <i>Rachel B.</i>						



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<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>Daria B.</i>	8:15AM-9:00AM (Dance) <i>Louis G.</i>	6:00PM-6:45PM (Dance) <i>Daria B.</i>				
<b>Lap Swim 1 Lane</b> Pool	6:00PM-7:50PM (Lap Swim)	6:00PM-7:50PM (Lap Swim)					
<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>			
<b>Adult Pick Up Basketball</b> Gym- Court 1		12:00PM-2:00PM (Open Gym)		12:00PM-2:00PM (Open Gym)			
<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>Open Gym-Half Gym</b> Gym- Court 1			5:30AM-12:00PM (Open Gym)	5:30AM-12:00PM (Open Gym)			
<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>Pickleball Open Play</b> Gym- Court 1			8:00AM-12:00PM (Pickleball)	7:30PM-8:30PM (Pickleball)			



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<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>Open Gym</b> Gym- Court 1				5:00PM-9:00PM (Open Gym)  5:00PM-9:00PM (Open Gym)			
<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>POOL CLOSED</b> Pool					1:00PM-3:00PM (Pool Closed)	12:00PM-4:30PM (Pool Closed)	
<b>Xtreme Burn</b> Multi-Purpose Room						10:00AM-10:45AM (Cardio) <i>Amanda M.</i>	
<b>Barre Toning</b> Multi-Purpose Room							11:15AM-12:00PM (Balance And Flexibility) <i>Virtual</i>