



Meyers Lake YMCA | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POOL CLOSED Pool	5:00AM-9:00PM (Pool Closed)						
Open Gym Gym		5:30AM-9:00AM (Open Gym) 11:00AM-5:00PM (Open Gym) 5:45PM-9:00PM (Open Gym)	5:30AM-9:00AM (Open Gym) 10:00AM-9:00PM (Open Gym)	9:00AM-11:00AM (Open Gym) 11:00AM-9:00PM (Open Gym)	5:30AM-9:00AM (Open Gym) 10:00AM-7:00PM (Open Gym)	7:00AM-9:00AM (Open Gym) 11:00AM-3:00PM (Open Gym)	11:00AM-3:00PM (Open Gym)
Lap Swim Pool		5:30AM-11:00AM (Lap Swim)	5:30AM-9:00PM (Lap Swim)	5:30AM-9:00PM (Lap Swim)	5:30AM-9:00AM (Lap Swim)	7:00AM-11:45AM (Lap Swim)	
Pickleball Open Play Gym		9:00AM-11:00AM (Pickleball)		9:00AM-11:00AM (Pickleball)		9:00AM-11:00AM (Pickleball)	
Open/Lap Swim Pool		9:00AM-11:00AM (Open Swim) 1:00PM-7:00PM (Open Swim) 8:00PM-8:45PM (Open Swim)	10:00AM-8:45PM (Open Swim)	9:00AM-11:00AM (Open Swim) 1:00PM-7:00PM (Open Swim) 8:00PM-8:45PM (Open Swim)	9:00AM-6:45PM (Open Swim)	12:00PM-2:45PM (Open Swim)	11:00AM-2:45PM (Open Swim)
Yoga (Chair) Fred E. Silk Group Exercise Studio		10:30AM-11:15AM (Active Older Adults)			10:30AM-11:15AM (Active Older Adults)		
Arthritis Water Exercise Pool		11:00AM-11:45AM (Water Aerobics)		11:00AM-12:00PM (Water Aerobics)			
Stretch Fred E. Silk Group Exercise Studio		12:00PM-12:45PM (Balance And Flexibility) <i>Krysten W.</i>					
Aqua Pilates Pool		12:00PM-1:00PM (Water Aerobics)		12:00PM-1:00PM (Water Aerobics)			
Parkinson's Exercise Class Fred E. Silk Group Exercise Studio		1:00PM-2:00PM (Active Older Adults)					
Open Gym-Half Gym Gym		5:00PM-5:45PM (Open Gym)					
Zumba Fred E. Silk Group Exercise Studio		5:30PM-6:15PM (Dance) <i>Louis G.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydro Fitness + Pool		7:00PM-8:00PM (Water Aerobics)		7:00PM-8:00PM (Water Aerobics)		11:00AM-12:00PM (Water Aerobics)	
Forever Fit Fred E. Silk Group Exercise Studio			9:00AM-10:00AM (Active Older Adults)				
Deep Water Aerobics Pool			9:00AM-10:00AM (Water Aerobics)				
Silver Sneakers Fred E. Silk Group Exercise Studio			10:30AM-11:15AM (Active Older Adults)				
Tai Chi Fred E. Silk Group Exercise Studio			11:30AM-12:15PM (Balance And Flexibility)		9:00AM-10:15AM (Balance And Flexibility)		
Yoga Fred E. Silk Group Exercise Studio			5:00PM-6:00PM (Balance And Flexibility)			9:00AM-10:00AM (Balance And Flexibility)	
Barre Fred E. Silk Group Exercise Studio				9:00AM-10:00AM (Balance And Flexibility) <i>Louis G.</i>			
Senior Balance Fred E. Silk Group Exercise Studio				10:30AM-11:00AM (Active Older Adults) <i>Krysten W.</i>			
Forever Fit Gym					9:00AM-10:00AM (Active Older Adults)		
Pilates Fred E. Silk Group Exercise Studio					5:00PM-6:00PM (Balance And Flexibility) <i>Tiffany D.</i>		
Xtreme Hip Hop Step Fred E. Silk Group Exercise Studio							1:45PM-2:45PM (Dance)