



Meyers Lake YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym	5:30AM-9:00AM (Open Gym) 10:00AM-9:00PM (Open Gym)	5:30AM-9:00AM (Open Gym) 11:00AM-9:00PM (Open Gym)	5:30AM-9:00AM (Open Gym) 10:00AM-5:45PM (Open Gym)				1:00PM-3:00PM (Open Gym)
Open/Lap Swim Pool	5:30AM-9:00AM (Open Swim) 10:00AM-8:45PM (Open Swim)	5:30AM-11:00AM (Open Swim) 1:00PM-5:30PM (Open Swim) 7:00PM-8:45PM (Open Swim)	5:30AM-9:00AM (Open Swim) 11:00AM-8:45PM (Open Swim)	5:30AM-11:00AM (Open Swim) 1:00PM-5:30PM (Open Swim) 7:00PM-8:45PM (Open Swim)	5:30AM-6:45PM (Open Swim)	7:00AM-9:00AM (Open Swim) 11:00AM-2:45PM (Open Swim)	11:00AM-2:45PM (Open Swim)
Deep Water Aerobics Pool	9:00AM-10:00AM (Water Aerobics)		9:00AM-10:00AM (Water Aerobics)				
Forever Fit Gym	9:00AM-10:00AM (Active Older Adults) <i>Krysten W.</i>				9:00AM-10:00AM (Active Older Adults)		
Silver Sneakers Fred E. Silk Group Exercise Studio	10:30AM-11:15AM (Active Older Adults)		10:30AM-11:15AM (Active Older Adults)				
Core Fred E. Silk Group Exercise Studio	5:30PM-6:15PM (Strength) <i>Tiffany D.</i>						
Pickleball Open Play Gym		9:00AM-11:00AM (Pickleball)		9:00AM-11:00AM (Pickleball)			
Power Pump Fred E. Silk Group Exercise Studio		9:00AM-10:00AM (Strength)					
Chair Yoga 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-11:45AM (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)			

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Parkinson's & Multiple Sclerosis Exercise Fred E. Silk Group Exercise Studio		1:00PM-2:00PM (Active Older Adults)					
Zumba Fred E. Silk Group Exercise Studio		5:30PM-6:15PM (Dance)					
Forever Fit Fred E. Silk Group Exercise Studio			9:00AM-10:00AM (Active Older Adults)				
Lap Swim 2 Lanes Pool			10:00AM-11:00AM (Lap Swim)				
Tai Chi Fred E. Silk Group Exercise Studio			11:30AM-12:15PM (Balance And Flexibility)		9:15AM-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)	
Circuit Training Fred E. Silk Group Exercise Studio			6:30PM-7:15PM (Strength) <i>Shameem A.</i>	12:00PM-1:00PM (Strength)			
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>			
Yogalates Fred E. Silk Group Exercise Studio				6:00PM-6:45PM (Balance And Flexibility)			
Pilates Fred E. Silk Group Exercise Studio					5:00PM-6:00PM (Balance And Flexibility) <i>Tiffany D.</i>		