



## Meyers Lake YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open/Lap Swim</b> Pool	5:30AM-9:00AM (Open Swim)  10:00AM-12:00PM (Open Swim)  4:00PM-7:00PM (Open Swim)	5:30AM-11:00AM (Open Swim)  4:00PM-6:00PM (Open Swim)  8:00PM-8:45PM (Open Swim)	5:30AM-9:00AM (Open Swim)  11:00AM-12:00PM (Open Swim)  3:00PM-6:00PM (Open Swim)	5:30AM-11:00AM (Open Swim)  3:00PM-6:00PM (Open Swim)  8:00PM-8:45PM (Open Swim)	5:30AM-6:45PM (Open Swim)  9:00AM-12:00PM (Open Swim)  3:00PM-4:00PM (Open Swim)	7:00AM-9:00AM (Open Swim)  12:00PM-2:45PM (Open Swim)	
<b>Open Gym</b> Gym	5:30AM-9:00PM (Open Gym)	5:30AM-6:30AM (Open Gym)  6:00PM-9:00PM (Open Gym)	5:30AM-6:30AM (Open Gym)  8:00PM-9:00PM (Open Gym)	5:30AM-6:30AM (Open Gym)  6:00PM-9:00PM (Open Gym)	5:30AM-6:30AM (Open Gym)  6:00PM-7:00PM (Open Gym)	7:00AM-9:00AM (Open Gym)  11:00AM-3:00PM (Open Gym)	11:00AM-3:00PM (Open Gym)
<b>Forever Fit</b> Gym	9:00AM-10:00AM (Active Older Adults) <i>Krysten W.</i>						
<b>Deep Water Aerobics</b> Pool	9:00AM-10:00AM (Water Aerobics)		9:00AM-10:00AM (Water Aerobics)				
<b>Silver Sneakers</b> Fred E. Silk Group Exercise Studio	10:30AM-11:15AM (Active Older Adults)		10:30AM-11:15AM (Active Older Adults)				
<b>Strength</b> Fred E. Silk Group Exercise Studio	12:00PM-1:00PM (Strength) <i>Krysten W.</i>						
<b>POOL CLOSED</b> Pool	12:00PM-4:00PM (Pool Closed)	1:00PM-4:00PM (Pool Closed)	6:00PM-8:45PM (Pool Closed)		4:00PM-7:00PM (Pool Closed)		
<b>Core</b> Fred E. Silk Group Exercise Studio	5:30PM-6:15PM (Strength) <i>Tiffany D.</i>						
<b>Open Gym-Half Gym</b> Gym		6:30AM-9:00AM (Open Gym)  11:00AM-6:00PM (Open Gym)	6:30AM-6:00PM (Open Gym)	6:30AM-9:00AM (Open Gym)  11:00AM-6:00PM (Open Gym)	6:30AM-6:00PM (Open Gym)		
<b>Drum Fit</b> Fred E. Silk Group Exercise Studio		9:00AM-10:00AM (Dance)					
<b>Pickleball Open Play</b> Gym		9:00AM-11:00AM (Pickleball)		9:00AM-11:00AM (Pickleball)		9:00AM-11:00AM (Pickleball)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga (Chair)</b> Fred E. Silk Group Exercise Studio		10:30AM-11:15AM (Active Older Adults)			10:30AM-11:15AM (Active Older Adults)		
<b>Arthritis Water Exercise</b> Pool		11:00AM-11:45AM (Water Aerobics)		11:00AM-11:45AM (Water Aerobics)			
<b>Stretch</b> Fred E. Silk Group Exercise Studio		12:00PM-12:45PM (Balance And Flexibility) <i>Krysten W.</i>					
<b>Aqua Pilates</b> Pool		12:00PM-1:00PM (Water Aerobics)		12:00PM-1:00PM (Water Aerobics)			
<b>Parkinson's &amp; Multiple Sclerosis Exercise</b> Fred E. Silk Group Exercise Studio		1:00PM-2:00PM (Active Older Adults)					
<b>Zumba</b> Fred E. Silk Group Exercise Studio		5:30PM-6:15PM (Dance) <i>Louis G.</i>					
<b>Hydro Fitness +</b> Pool		7:00PM-8:00PM (Water Aerobics)		7:00PM-8:00PM (Water Aerobics)		11:00AM-12:00PM (Water Aerobics)	
<b>Forever Fit</b> Fred E. Silk Group Exercise Studio			9:00AM-10:00AM (Active Older Adults)				
<b>Tai Chi</b> Fred E. Silk Group Exercise Studio			11:30AM-12:15PM (Balance And Flexibility)		9:00AM-10:15AM (Balance And Flexibility)		
<b>Special Event</b> Pool			1:00PM-3:00PM (Pool Closed)		1:00PM-3:00PM (Pool Closed)		
<b>Yoga</b> Fred E. Silk Group Exercise Studio			5:00PM-6:00PM (Balance And Flexibility)			9:00AM-10:00AM (Balance And Flexibility)	
<b>Gym Closed- Health Fair</b> Gym			6:00PM-8:00PM (Member Event)				
<b>Barre</b> Fred E. Silk Group Exercise Studio				9:00AM-10:00AM (Balance And Flexibility) <i>Louis G.</i>			
<b>Senior Balance</b> Fred E. Silk Group Exercise Studio				10:30AM-11:00AM (Active Older Adults) <i>Krysten W.</i>			
<b>Circuit Training</b> Fred E. Silk Group Exercise Studio				12:00PM-1:00PM (Strength)			
<b>Pilates</b> Fred E. Silk Group Exercise Studio					5:00PM-6:00PM (Balance And Flexibility) <i>Tiffany D.</i>		

