



Paul & Carol David YMCA | June 30th - July 6th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|--|---|---|---|-------------------------------|
| Open Gym Rabbitt Gym | 5:00AM-9:30AM (Open Gym) 12:00PM-5:00PM (Open Gym) 9:00PM-10:00PM (Open Gym) | 5:00AM-9:30AM (Open Gym) 11:30AM-4:45PM (Open Gym) 9:00PM-10:00PM (Open Gym) | 5:00AM-8:15AM (Open Gym) 9:30AM-5:15PM (Open Gym) 9:00PM-10:00PM (Open Gym) | 5:00AM-10:15AM (Open Gym) | 5:00AM-8:15AM (Open Gym) 11:45AM-5:00PM (Open Gym) | 6:00AM-9:00AM (Open Gym) 10:00AM-5:00PM (Open Gym) | 12:00PM-5:00PM (Open Gym) |
| Lap Swim Pool | 5:15AM-8:30AM (Lap Swim) | 5:15AM-8:30AM (Lap Swim) | 5:15AM-8:30AM (Lap Swim) | 5:15AM-8:30AM (Lap Swim) | 6:15AM-9:00AM (Lap Swim) | 6:15AM-8:00AM (Lap Swim) | 10:15AM-12:00PM (Lap Swim) |
| Power Hour Sirpilla Gym | 5:30AM-6:30AM (Strength) <i>John R.</i> | | 5:30AM-6:30AM (Strength) | | | | |
| Open Gym Sirpilla Gym | 6:30AM-10:00AM (Open Gym) 2:00PM-10:00PM (Open Gym) | 7:00AM-9:30AM (Open Gym) 2:00PM-10:00PM (Open Gym) | 6:45AM-9:45AM (Open Gym) 2:00PM-10:00PM (Open Gym) | 7:00AM-9:15AM (Open Gym) 2:00PM-10:00PM (Open Gym) | 6:45AM-11:00AM (Open Gym) 2:00PM-9:00PM (Open Gym) | 9:00AM-5:00PM (Open Gym) | 9:00AM-5:00PM (Open Gym) |
| Yoga Bosworth Family Studio | 7:15AM-8:15AM (Balance And Flexibility) <i>Samantha C.</i> | | 8:30AM-9:30AM (Balance And Flexibility) <i>Kaliop B.</i> | 10:00AM-11:00AM (Balance And Flexibility) <i>Bob B.</i> | | 9:00AM-10:00AM (Balance And Flexibility) | |
| Shallow Water Aerobics Pool | 9:00AM-9:45AM (Water Aerobics) 11:00AM-11:45AM (Water Aerobics) | | 9:00AM-9:45AM (Water Aerobics) 11:00AM-11:45PM (Water Aerobics) | | | | |
| Pilates Bosworth Family Studio | 9:00AM-9:45AM (Balance And Flexibility) <i>Karissa W.</i> | | | | | | |
| Cycle/Strength Kenan Studio | 9:30AM-10:30AM (Cycling) <i>Kelly A.</i> | | | | | | |
| Strength Rabbitt Gym | 9:30AM-10:15AM (Strength) <i>Sara F.</i> | | | | | | |
| Deep Water Aerobics Pool | 10:00AM-10:45AM (Water Aerobics) | 6:05PM-6:50PM (Water Aerobics) | 10:00AM-10:45AM (Water Aerobics) | 6:05PM-6:50PM (Water Aerobics) | | | |
| Forever Fit Sirpilla Gym | 10:00AM-10:45AM (Active Older Adults) <i>Anna F.</i> | 9:30AM-10:20AM (Active Older Adults) <i>Christine H.</i> | 10:00AM-10:45AM (Active Older Adults) <i>Anna F.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|---|--------------------------------|---|--|
| Zumba Kenan Studio | 11:00AM-12:00PM (Dance) <i>Louis G.</i> | 6:35PM-7:35PM (Dance) <i>Kelly D.</i> | 11:05AM-12:05PM (Dance) <i>Louis G.</i> | 6:35PM-7:35PM (Dance) | | 10:00AM-11:00AM (Dance) <i>Maren C.</i> | 12:15PM-1:15PM (Dance) <i>Christina C.</i> |
| Pickleball Open Play Sirpilla Gym | 11:00AM-2:00PM (Pickleball) | 11:00AM-2:00PM (Pickleball) | 11:00AM-2:00PM (Pickleball) | 11:00AM-2:00PM (Pickleball) | 11:00AM-2:00PM (Pickleball) | | |
| Silver Sneakers Bosworth Family Studio | 11:00AM-12:00PM (Active Older Adults) <i>Christine H.</i> | 8:30AM-9:30AM (Active Older Adults) <i>Cheryl M.</i> | | 8:30AM-9:30AM (Active Older Adults) <i>Cheryl M.</i> | | | |
| Open/Lap Swim Pool | 12:00PM-12:55PM (Open Swim) 8:30PM-9:30PM (Open Swim) | 12:00PM-12:55PM (Open Swim) 8:00PM-9:30PM (Open Swim) | 12:00PM-2:55PM (Open Swim) 8:00PM-9:30PM (Open Swim) | 12:00PM-5:55PM (Open Swim) 8:00PM-9:30PM (Open Swim) | 9:00AM-10:45AM (Open Swim) | 11:30AM-3:00PM (Open Swim) | 12:00PM-4:30PM (Open Swim) |
| Parkinson's & Multiple Sclerosis Exercise Bosworth Family Studio | 1:00PM-1:45PM (Active Older Adults) <i>Christine H.</i> | | | | | | |
| Core Rabbitt Gym | 5:15PM-5:30PM (Strength) <i>Kelly A.</i> | | | | | | |
| Power Pump Rabbitt Gym | 5:30PM-6:15PM (Strength) <i>Kelly A.</i> | 10:30AM-11:25AM (Strength) <i>Karissa W.</i> | | | | | |
| Cycling Kenan Studio | 6:15PM-7:00PM (Cycling) <i>Sara F.</i> | 5:40AM-6:25AM (Cycling) <i>Jean C.</i> | 9:30AM-10:15AM (Cycling) <i>Sara F.</i> 6:15PM-7:00PM (Cycling) | 5:40AM-6:25AM (Cycling) <i>Kelly A.</i> | | 8:30AM-9:15AM (Cycling) <i>Jessica B.</i> | |
| Barre Toning Bosworth Family Studio | 6:30PM-7:15PM (Balance And Flexibility) <i>Allison G.</i> | | | 5:00PM-5:45PM (Balance And Flexibility) | | | |
| Masters Swimming Pool | 7:30PM-8:30PM (Water Aerobics) | | 7:00PM-8:00PM (Water Aerobics) | | | | |
| Line Dancing Kenan Studio | | 8:30AM-9:15AM (Dance) <i>Diana J.</i> | | 8:30AM-9:15AM (Dance) <i>Diana J.</i> | | | |
| Aqua Pilates Pool | | 9:00AM-9:45AM (Water Aerobics) | | 9:00AM-9:45AM (Water Aerobics) | | | |
| Cardio X Rabbitt Gym | | 9:30AM-10:15AM (Cardio) <i>Sara F.</i> 6:00PM-6:45PM (Cardio) | | | | | |
| Dance Fitness Kenan Studio | | 9:30AM-10:15AM (Dance) <i>Karissa W.</i> | | | | | |

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|---|--------|---|--|---|--------|-----------------------------------|--------|
| Zumba Gold Kenan Studio | | 10:30AM-11:30AM (Dance) <i>Louis G.</i> | | | | | |
| Floor Stretch Bosworth Family Studio | | 10:40AM-11:30AM (Balance And Flexibility) <i>Christine H.</i> | | | | | |
| Silver Sneakers Express Bosworth Family Studio | | 11:50AM-12:30PM (Active Older Adults) <i>Christine H.</i> | | | | | |
| Core/Cycling Kenan Studio | | 5:30PM-6:30PM (Cycling) <i>Tammie P.</i> | | | | | |
| Strength Flow Bosworth Family Studio | | 5:30PM-6:15PM (Strength) <i>Jessica B.</i> | | | | | |
| Core Kenan Studio | | | 6:30AM-7:00AM (Strength) <i>Kelly A.</i> | | | | |
| Total Body Toning Rabbitt Gym | | | 8:30AM-9:15AM (Strength) 5:30PM-6:15PM (Strength) <i>Tammie P.</i> | | | | |
| Fall Prevention/Osteoporosis Bosworth Family Studio | | | 10:00AM-10:45AM (Active Older Adults) <i>Christine H.</i> | | | | |
| Pilates Kenan Studio | | | 10:25AM-10:55AM (Balance And Flexibility) <i>Karissa W.</i> | | | | |
| Chair Yoga Bosworth Family Studio | | | 11:00AM-12:00PM (Active Older Adults) <i>Christine H.</i> | | | | |
| Lap Swim 6 Lanes Pool | | | 6:00PM-7:00PM (Lap Swim) | | | | |
| Forever Fit Core Strength Kenan Studio | | | | 9:30AM-10:20AM (Active Older Adults) <i>Christine H.</i> | | | |
| Cardio X Sirpilla Gym | | | | 9:30AM-10:15AM (Cardio) <i>Lyndsey A.</i> | | | |
| Forever Fit Kenan Studio | | | | 10:30AM-11:20AM (Active Older Adults) <i>Christine H.</i> | | | |
| Aqua Zumba Pool | | | | | | 8:00AM-8:45AM (Water Aerobics) | |

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|--------------------------------------|--------|---------|-----------|----------|--------|---------------------------|---|
| Saturday Sweat Rabbitt Gym | | | | | | 9:00AM-9:45AM (Cardio) | |
| Drum Fit Kenan Studio | | | | | | | 11:00AM-11:45AM (Dance) <i>Kelly D.</i> |