



## Paul & Carol David YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> 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)  12:30PM-5:15PM (Open Gym)  8:00PM-10:00PM (Open Gym)	5:00AM-8:15AM (Open Gym)  11:45AM-5:00PM (Open Gym)  8:00PM-9:00PM (Open Gym)	6:00AM-9:00AM (Open Gym)	9:00AM-10:45AM (Open Gym)  12:00PM-5:00PM (Open Gym)
<b>Lap Swim</b> 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)	5:15AM-8:30AM (Lap Swim)	6:15AM-8:00AM (Lap Swim)	10:15AM-12:00PM (Lap Swim)
<b>Power Hour</b> Sirpilla Gym	5:30AM-6:30AM (Strength) <i>John R.</i>		5:30AM-6:30AM (Strength)		5:30AM-6:30AM (Strength)		
<b>Open Gym</b> 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)
<b>Shallow Water Aerobics</b> 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)		9:00AM-9:45AM (Water Aerobics)  11:00AM-11:45AM (Water Aerobics)		
<b>Pilates</b> Bosworth Family Studio	9:00AM-9:45AM (Balance And Flexibility) <i>Karissa W.</i>						
<b>Strength</b> Rabbitt Gym	9:30AM-10:15AM (Strength) <i>Katie J.</i>						
<b>Cycle/Strength</b> Kenan Studio	9:30AM-10:30AM (Cycling) <i>Kelly A.</i>						
<b>Forever Fit</b> 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>				
<b>Deep Water Aerobics</b> 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)	10:00AM-10:45AM (Water Aerobics)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Zumba</b> 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)	11:00AM-12:00PM (Dance) <i>Maren C.</i>  5:45PM-6:30PM (Dance)	10:00AM-11:00AM (Dance) <i>Maren C.</i>	1:00PM-2:00PM (Dance) <i>Christina C.</i>
<b>Pickleball Open Play</b> 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)		
<b>Silver Sneakers</b> 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>			
<b>Open/Lap Swim</b> Pool	12:00PM-5:50PM (Open Swim)  8:30PM-9:30PM (Open Swim)	12:00PM-5:50PM (Open Swim)  8:00PM-9:30PM (Open Swim)	12:00PM-7:00PM (Open Swim)  12:00PM-7:00PM (Open Swim)  8:00PM-9:30PM (Open Swim)	12:00PM-5:50PM (Open Swim)  8:00PM-9:30PM (Open Swim)	12:00PM-8:00PM (Open Swim)	11:30AM-3:00PM (Open Swim)	12:00PM-4:30PM (Open Swim)
<b>Parkinson's &amp; Multiple Sclerosis Exercise</b> Bosworth Family Studio	1:00PM-1:45PM (Active Older Adults) <i>Christine H.</i>						
<b>Core</b> Rabbitt Gym	5:15PM-5:30PM (Strength) <i>Kelly A.</i>						
<b>Power Pump</b> Rabbitt Gym	5:30PM-6:15PM (Strength) <i>Kelly A.</i>	10:30AM-11:25AM (Strength) <i>Karissa W.</i>			9:30AM-10:15AM (Strength) <i>Natalie W.</i>		
<b>Cycling</b> 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>	9:15AM-9:50AM (Cycling) <i>Lyndsey A.</i>	8:30AM-9:15AM (Cycling) <i>Jessica B.</i>	
<b>Barre Toning</b> Bosworth Family Studio	6:30PM-7:15PM (Balance And Flexibility) <i>Allison G.</i>						
<b>Masters Swimming</b> Pool	7:30PM-8:30PM (Water Aerobics)		7:00PM-8:00PM (Water Aerobics)				
<b>Adult Pick Up Basketball</b> Sirpilla Gym		5:30AM-7:00AM (Open Gym)		5:30AM-7:00AM (Open Gym)		7:15AM-9:00AM (Open Gym)	
<b>Line Dancing</b> Kenan Studio		8:30AM-9:15AM (Dance) <i>Diana J.</i>		8:30AM-9:15AM (Dance) <i>Diana J.</i>			
<b>Aqua Pilates</b> Pool		9:00AM-9:45AM (Water Aerobics)		9:00AM-9:45AM (Water Aerobics)			

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<b>Dance Fitness</b> Kenan Studio		9:30AM-10:15AM (Dance) <i>Karissa W.</i>					
<b>Cardio X</b> Rabbitt Gym		9:30AM-10:15AM (Cardio) <i>Sara F.</i>  6:00PM-6:45PM (Cardio)					
<b>Zumba Gold</b> Kenan Studio		10:30AM-11:30AM (Dance) <i>Louis G.</i>					
<b>Floor Stretch</b> Bosworth Family Studio		10:40AM-11:30AM (Balance And Flexibility) <i>Christine H.</i>					
<b>Silver Sneakers Express</b> Bosworth Family Studio		11:50AM-12:30PM (Active Older Adults) <i>Christine H.</i>					
<b>Core/Cycling</b> Kenan Studio		5:30PM-6:30PM (Cycling) <i>Tammie P.</i>		5:30PM-6:30PM (Cycling) <i>Tammie P.</i>			
<b>Strength Flow</b> Bosworth Family Studio		5:30PM-6:15PM (Strength) <i>Jessica B.</i>					
<b>Core</b> Kenan Studio			6:30AM-7:00AM (Strength) <i>Kelly A.</i>				
<b>Total Body Toning</b> Rabbitt Gym			8:30AM-9:15AM (Strength)  5:30PM-6:15PM (Strength) <i>Tammie P.</i>				
<b>Yoga</b> Bosworth Family Studio			8:30AM-9:30AM (Balance And Flexibility) <i>Kaliopé B.</i>	10:00AM-11:00AM (Balance And Flexibility) <i>Bob B.</i>		9:00AM-10:00AM (Balance And Flexibility)	
<b>Pilates</b> Kenan Studio			10:25AM-10:55AM (Balance And Flexibility) <i>Sara F.</i>		10:00AM-10:45AM (Balance And Flexibility) <i>Sara F.</i>		
<b>Chair Yoga</b> Bosworth Family Studio			11:00AM-12:00PM (Active Older Adults) <i>Christine H.</i>				
<b>Forever Fit Core Strength</b> Kenan Studio				9:30AM-10:20AM (Active Older Adults) <i>Christine H.</i>			

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<b>Cardio X</b> Sirpilla Gym				9:30AM-10:15AM (Cardio) <i>Lyndsey A.</i>			
<b>Forever Fit</b> Kenan Studio				10:30AM-11:20AM (Active Older Adults) <i>Christine H.</i>			
<b>Circuit Training</b> Functional Training Room				5:45PM-6:30PM (Strength) <i>Katie J.</i>	9:30AM-10:30AM (Strength)		
<b>Gentle Yoga</b> Bosworth Family Studio				6:00PM-7:00PM (Balance And Flexibility)			
<b>Mix It Up</b> Rabbitt Gym					8:30AM-9:15AM (Cardio) <i>Carly T.</i>		
<b>Senior Fitness</b> Bosworth Family Studio					10:30AM-11:30AM (Active Older Adults) <i>Kathrin T.</i>		
<b>Tai Chi</b> Rabbitt Gym					10:50AM-11:30AM (Balance And Flexibility)		
<b>Volleyball Open Play</b> Rabbitt Gym					6:00PM-8:00PM (Open Gym)		
<b>Aqua Zumba</b> Pool						8:00AM-8:45AM (Water Aerobics)	
<b>Saturday Sweat</b> Rabbitt Gym						9:00AM-9:45AM (Cardio)	
<b>Drum Fit</b> Kenan Studio							11:00AM-11:45AM (Dance) <i>Kelly D.</i>