



Paul & Carol David YMCA | May 18th - May 24th

	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)	10:00AM-5:00PM (Open Gym)
Lap Swim Pool	5:15AM-8:30AM (Lap Swim) 8:30PM-9:30PM (Lap Swim)	5:15AM-8:30AM (Lap Swim)	5:15AM-8:30AM (Lap Swim) 6:00PM-7:00PM (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)
Power Hour Sirpilla Gym	5:30AM-6:30AM (Strength) <i>John R.</i>		5:30AM-6:30AM (Strength)		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)	10:00AM-5:00PM (Open Gym)
Hot Morning Flow MAC Studio REGISTER	7:00AM-8:00AM (Balance And Flexibility)		7:00AM-8:00AM (Balance And Flexibility)		6:35AM-7:30AM (Balance And Flexibility)	8:00AM-9:00AM (Balance And Flexibility) <i>Sabreena R.</i>	8:30AM-9:30AM (Balance And Flexibility) 10:00AM-11:00AM (Balance And Flexibility)
Hot Sculpt MAC Studio REGISTER	8:05AM-8:50AM (Balance And Flexibility) <i>Emily H.</i>	8:05AM-8:50AM (Balance And Flexibility) <i>Emily H.</i>				9:30AM-10:15AM (Balance And Flexibility) <i>Emily H.</i> 10:30AM-11:15AM (Balance And Flexibility) <i>Emily H.</i>	
Pilates Bosworth Family Studio	8:55AM-9:40AM (Balance And Flexibility) <i>Karissa W.</i>						
Shallow Water Aerobics Pool	9:00AM-9:45AM (Water Aerobics) 11:00AM-11:45AM (Water Aerobics)		11:00AM-11:45AM (Water Aerobics)		9:00AM-9:45AM (Water Aerobics) 11:00AM-11:45AM (Water Aerobics)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength Rabbitt Gym	9:30AM-10:15AM (Strength) <i>Sara F.</i>						
Cycle/Strength Kenan Studio	9:30AM-10:30AM (Cycling) <i>Kelly A.</i>				9:15AM-10:15AM (Cycling) <i>Lyndsey A.</i>		
Barre Bosworth Family Studio	9:45AM-10:45AM (Balance And Flexibility) <i>Louis G.</i>						
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>				
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)	10:00AM-10:45AM (Water Aerobics)		
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>			
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>			10:00AM-11:00AM (Dance) <i>Maren C.</i>	1:00PM-2:00PM (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)		
Open/Lap Swim Pool	12:00PM-3:00PM (Open Swim)	11:30AM-3:00PM (Open Swim) 8:00PM-9:30PM (Open Swim)	12:00PM-3:00PM (Open Swim) 8:00PM-9:30PM (Open Swim)	12:00PM-3:00PM (Open Swim) 8:00PM-9:30PM (Open Swim)	12:00PM-7:00PM (Open Swim) 7:00PM-8:00PM (Open Swim)	11:30AM-3:00PM (Open Swim)	12:00PM-4:30PM (Open Swim)
Parkinson's Exercise Class Bosworth Family Studio	1:00PM-1:45PM (Active Older Adults)						
YMCA Swim Team Practice Pool	3:00PM-6:00PM (Pool Closed)	3:00PM-6:00PM (Pool Closed)	3:00PM-6:00PM (Pool Closed)	3:00PM-6:00PM (Pool Closed)			
Hot All Levels/Power MAC Studio REGISTER	5:00PM-6:00PM (Balance And Flexibility) <i>Elizabeth L.</i>			6:25PM-7:25PM (Balance And Flexibility)			
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>			9:30AM-10:15AM (Strength) <i>Natalie W.</i>		
Zumba Bosworth Family Studio	5:30PM-6:15PM (Dance)						

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Swim lessons Pool	6:00PM-7:30PM (Pool Closed)	10:00AM-11:15AM (Pool Closed) 6:00PM-8:00PM (Pool Closed)		10:00AM-11:15AM (Pool Closed) 6:00PM-8:00PM (Pool Closed)		9:00AM-11:30AM (Pool Closed)	
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>			6:30PM-7:15PM (Balance And Flexibility) <i>Emily H.</i>			
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)			
Tai Chi MAC Studio		9:00AM-9:45AM (Balance And Flexibility)			10:50AM-11:30AM (Balance And Flexibility)		
Dance Fitness Kenan Studio		9:30AM-10:15AM (Dance) <i>Karissa W.</i>					
Cardio X Rabbitt Gym		9:30AM-10:15AM (Cardio) <i>Sara F.</i> 6:00PM-6:45PM (Cardio)					
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>		5:30PM-6:30PM (Cycling) <i>Tammie P.</i>			
Hot All Levels Yoga MAC Studio REGISTER		6:00PM-7:00PM (Balance And Flexibility) <i>Eleanor H.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Kenan Studio			6:30AM-7:00AM (Strength) <i>Kelly A.</i>				
Yoga Bosworth Family Studio			8:30AM-9:30AM (Balance And Flexibility) <i>Kaliopé B.</i>	10:00AM-11:00AM (Balance And Flexibility) <i>Kim B.</i>		9:00AM-10:00AM (Balance And Flexibility)	
Total Body Toning Rabbitt Gym			8:30AM-9:15AM (Strength) 5:30PM-6:15PM (Strength) <i>Tammie P.</i>				
POUND Rabbitt Gym			9:30AM-10:15AM (Dance) <i>Micki D.</i>				
Hot Yoga Sculpt MAC Studio REGISTER			9:45AM-10:30AM (Balance And Flexibility) <i>Kaliopé B.</i>				
Pilates Kenan Studio			10:25AM-10:55AM (Balance And Flexibility) <i>Karissa W.</i>		10:25AM-10:55AM (Balance And Flexibility) <i>Karissa W.</i>		
Yoga (Chair) Bosworth Family Studio			11:00AM-11:50AM (Active Older Adults) <i>Christine H.</i>				
Drum Fit Kenan Studio			5:15PM-6:00PM (Dance) <i>Carly T.</i>		6:00AM-6:45AM (Dance)	11:15AM-12:00PM (Dance)	11:00AM-11:45AM (Dance) <i>Kelly D.</i>
Strength Flow Bosworth Family Studio			5:30PM-6:15PM (Strength) <i>Jessica B.</i>				
Hot Slow Flow MAC Studio REGISTER			6:00PM-7:00PM (Balance And Flexibility) <i>Sabreena R.</i>				
Hot Gentle Hip Opening Yoga MAC Studio REGISTER				8:30AM-9:30AM (Balance And Flexibility) <i>Kim B.</i>			
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>			

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REFIT Kenan Studio				11:30AM-12:15PM (Dance)			
Warm Gentle Yoga MAC Studio REGISTER				5:30PM-6:15PM (Balance And Flexibility)			
Circuit Training Functional Training Room				5:45PM-6:30PM (Strength) <i>Katie J.</i>	9:30AM-10:30AM (Strength)		
Zumba/Zumba Toning Kenan Studio				6:35PM-7:35PM (Dance) <i>Christina C.</i>	11:00AM-12:00PM (Dance) <i>Christina C.</i>		
Mix It Up Rabbitt Gym					8:30AM-9:15AM (Cardio) <i>Carly T.</i>		
Senior Fitness Bosworth Family Studio					10:30AM-11:30AM (Active Older Adults) <i>Kathrin T.</i>		
Aqua Zumba Pool						8:00AM-8:45AM (Water Aerobics)	
Saturday Sweat Rabbitt Gym						9:00AM-9:45AM (Cardio)	
Advanced Drum Fit Kenan Studio							10:15AM-10:45AM (Dance)