



Schalm Family YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym	5:35AM-8:50AM (Open Gym) 12:45PM-5:30PM (Open Gym) 6:45PM-8:50PM (Open Gym)	5:35AM-5:50AM (Open Gym) 7:15AM-8:50AM (Open Gym) 11:30AM-5:30PM (Open Gym) 6:45PM-8:50PM (Open Gym)	5:35AM-8:50AM (Open Gym) 12:45PM-5:30PM (Open Gym) 7:50PM-8:50PM (Open Gym)	5:35AM-5:50AM (Open Gym) 7:15AM-8:50PM (Open Gym) 10:00AM-10:30AM (Open Gym) 12:00PM-5:15PM (Open Gym) 6:30PM-8:50PM (Open Gym)	5:35AM-8:50AM (Open Gym) 10:00AM-7:50PM (Open Gym)	7:05AM-7:50AM (Open Gym) 9:00AM-2:50PM (Open Gym)	11:05AM-1:45PM (Open Gym)
Open Swim Pool	6:00AM-9:00AM (Open Swim) 1:00PM-5:30PM (Open Swim) 7:10PM-8:45PM (Open Swim)	6:00AM-9:30AM (Open Swim) 2:00PM-5:45PM (Open Swim) 6:30PM-8:45PM (Open Swim)	6:00AM-9:00AM (Open Swim) 10:00AM-11:00AM (Open Swim) 1:00PM-6:00PM (Open Swim) 7:10PM-8:45PM (Open Swim)	6:00AM-10:00AM (Open Swim) 2:00PM-5:45PM (Open Swim) 6:30PM-8:45PM (Open Swim)	6:00AM-9:00AM (Open Swim) 10:00AM-11:00AM (Open Swim) 1:00PM-4:30PM (Open Swim) 5:30PM-7:45PM (Open Swim)	7:15AM-8:00AM (Open Swim) 9:00AM-10:00AM (Open Swim) 11:20AM-2:45PM (Open Swim)	
Lap Swim Pool	6:00AM-11:00AM (Lap Swim) 1:00PM-5:30PM (Lap Swim) 7:10PM-8:45PM (Lap Swim)	6:00AM-11:00AM (Lap Swim) 2:00PM-8:45PM (Lap Swim)	6:00AM-11:00AM (Lap Swim) 1:00PM-6:00PM (Lap Swim) 7:10PM-8:45PM (Lap Swim)	6:00AM-11:00AM (Lap Swim) 2:00PM-8:45PM (Lap Swim)	6:00AM-11:00AM (Lap Swim) 1:00PM-7:45PM (Lap Swim)	7:15AM-10:00AM (Open Swim) 11:20AM-2:45PM (Lap Swim)	
Pilates, Push Ups & Planks Multi-Purpose Room	8:00AM-8:45AM (Balance And Flexibility)		8:00AM-8:45AM (Balance And Flexibility)				
Water Fitness Pool	9:00AM-10:00AM (Water Aerobics)	5:45PM-6:30PM (Water Aerobics)	9:00AM-10:00AM (Water Aerobics)	5:45PM-6:30PM (Water Aerobics)	9:00AM-10:00AM (Water Aerobics)	8:00AM-9:00AM (Water Aerobics)	
Silver Sneakers Multi-Purpose Room	9:00AM-9:45AM (Active Older Adults) 9:55AM-10:40AM (Active Older Adults)	9:30AM-10:15AM (Active Older Adults)		9:30AM-10:30AM (Active Older Adults)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp Gym	9:00AM-9:45AM (Cardio)						
Arthritis Water Exercise Pool	10:00AM-11:00AM (Water Aerobics)			10:00AM-11:00AM (Water Aerobics)			
Silver Stretch Multi-Purpose Room	10:50AM-11:20AM (Active Older Adults)						
POOL CLOSED Pool	11:00AM-1:00PM (Pool Closed)	11:00AM-2:00PM (Pool Closed)	11:00AM-1:00PM (Pool Closed)	11:00AM-2:00PM (Pool Closed)	11:00AM-1:00PM (Pool Closed)		
Pickleball Open Play Gym	11:15AM-12:30PM (Pickleball)		11:15AM-12:30PM (Pickleball)				
Adaptive Fitness Multi-Purpose Room	4:45PM-5:30PM (Balance And Flexibility)						
Swim Lessons Pool	5:30PM-7:10PM (Open Swim)	9:30AM-10:35AM (Open Swim)	6:00PM-7:10PM (Open Swim)	10:00AM-11:00AM (Open Swim)	4:30PM-5:30PM (Open Swim)	10:00AM-11:20AM (Open Swim)	
Total Body Toning Gym	5:45PM-6:30PM (Strength)	9:00AM-9:45AM (Strength)		9:00AM-9:45AM (Strength) 5:30PM-6:15PM (Strength)			
Power Hour Gym		6:00AM-7:00AM (Strength)		6:00AM-7:00AM (Strength)			
Chair Yoga Multi-Purpose Room		1:00PM-1:45PM (Active Older Adults)	9:30AM-10:15AM (Active Older Adults)				
Cardio X Gym		5:45PM-6:30PM (Cardio)					
POUND Multi-Purpose Room		6:00PM-6:45PM (Dance)					
Yoga Multi-Purpose Room		7:00PM-8:00PM (Balance And Flexibility) <i>alyssa c.</i>					
Strength Gym			9:00AM-9:45AM (Strength)				
Mix It Up Gym			5:45PM-6:30PM (Cardio)				
Pilates Multi-Purpose Room				10:30AM-11:15AM (Balance And Flexibility) <i>Jennifer M.</i>			
Parkinson's & Multiple Sclerosis Exercise Gym				10:45AM-11:45AM (Active Older Adults)			
Open/Lap Swim Pool							11:15AM-2:45PM (Open Swim)

