



Schalmo Family YMCA | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POOL CLOSED Pool	5:00AM-10:00PM (Pool Closed)	5:00AM-10:00PM (Pool Closed)	5:00AM-10:00PM (Pool Closed)	5:00AM-10:00PM (Pool Closed)	5:00AM-10:00PM (Pool Closed)	12:00AM-12:00PM (Pool Closed) 5:00AM-10:00PM (Pool Closed)	5:00AM-10:00PM (Pool Closed)
Power Hour Gym		5:45AM-6:45AM (Strength)		5:45AM-6:45AM (Strength)			
Open Gym Gym		7:00AM-8:45AM (Open Gym) 10:00AM-5:30PM (Open Gym) 6:45PM-8:50PM (Open Gym)	5:35AM-8:45AM (Open Gym) 10:00AM-11:00AM (Open Gym) 12:30PM-5:30PM (Open Gym) 6:45PM-8:50PM (Open Gym)	7:00AM-8:45AM (Open Gym) 10:00AM-10:30AM (Open Gym) 12:00PM-5:15PM (Open Gym)	5:35AM-8:45AM (Open Gym) 10:00AM-11:00AM (Open Gym) 12:30PM-7:45PM (Open Gym)	7:05AM-7:45AM (Open Gym) 9:00AM-2:00PM (Open Gym)	11:05AM-2:50PM (Open Gym)
Total Body Toning Gym		9:00AM-9:45AM (Strength)		9:00AM-9:45AM (Strength) 5:30PM-6:15PM (Strength)			
Silver Sneakers Multi-Purpose Room		9:30AM-10:15AM (Active Older Adults)		9:30AM-10:15AM (Active Older Adults)	9:00AM-9:45AM (Active Older Adults)		
Yoga (Chair) 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)					
Drum Fit Multi-Purpose Room		6:00PM-6:45PM (Dance)					
Yoga Multi-Purpose Room		7:00PM-8:00PM (Balance And Flexibility)				10:00AM-11:00AM (Balance And Flexibility)	
Pilates, Push Ups & Planks Multi-Purpose Room			8:00AM-8:45AM (Balance And Flexibility)				
Strength Gym			9:00AM-9:45AM (Strength)				
Pickleball Open Play Gym			11:00AM-12:30PM (Pickleball)		11:00AM-12:30PM (Pickleball)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 Exercise Class Gym				10:45AM-11:45AM (Active Older Adults)			
30/30 Gym					9:00AM-10:00AM (Cardio)		
Senior Cardio Drumming Multi-Purpose Room					10:00AM-10:30AM (Active Older Adults) 10:40AM-11:10AM (Active Older Adults)		
Open Gym-Half Gym Gym					11:00AM-12:30PM (Open Gym)		
Saturday Sweat Gym						8:00AM-8:45AM (Cardio)	