



Schalmo Family YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 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-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) 6:30PM-7:00PM (Open Gym) 8:15PM-8:50PM (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) 11:15AM-2:50PM (Open Gym)	
Lap Swim Pool	6:00AM-11:00AM (Lap Swim)	1:00PM-8:45PM (Lap Swim)	6:00AM-11:00AM (Lap Swim) 7:15PM-8:45PM (Open Swim)	6:00AM-11:00AM (Lap Swim) 1:00PM-8:45PM (Lap Swim)	6:00AM-11:00AM (Lap Swim)	7:15AM-10:00AM (Open Swim)	
Open Swim Pool	6:00AM-9:00AM (Open Swim)	1:00PM-5:45PM (Open Swim) 6:30PM-8:45PM (Open Swim)	6:00AM-9:00AM (Open Swim) 10:00AM-11:00AM (Open Swim)	6:00AM-10:00AM (Open Swim) 1:00PM-5:45PM (Open Swim) 6:30PM-8:45PM (Open Swim)	6:00AM-9:00AM (Open Swim) 10:00AM-11:00AM (Open Swim)	7:15AM-8:00AM (Open Swim) 9:00AM-10:00AM (Open Swim)	
Pilates, Push Ups & Planks Multi-Purpose Room	8:00AM-8:45AM (Balance And Flexibility)		8:00AM-8:45AM (Balance And Flexibility)				
Silver Sneakers Multi-Purpose Room	9:00AM-9:45AM (Active Older Adults)	9:30AM-10:15AM (Active Older Adults)		9:30AM-10:15AM (Active Older Adults)	9:00AM-9:45AM (Active Older Adults)		
Boot Camp Gym	9:00AM-9:45AM (Cardio)						
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 Stretch Multi-Purpose Room	10:00AM-11:00AM (Active Older Adults)						
Arthritis Water Exercise Pool	10:00AM-11:00AM (Water Aerobics)			10:00AM-11:00AM (Water Aerobics)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POOL CLOSED Pool	11:00AM-1:00PM (Pool Closed)	11:00AM-1:00PM (Pool Closed)	11:00AM-1:00PM (Pool Closed)	11:00AM-1:00PM (Pool Closed)	11:00AM-1:00PM (Pool Closed)		
Pickleball Open Play Gym	11:00AM-12:30PM (Pickleball)		11:00AM-12:30PM (Pickleball)		11:00AM-12:30PM (Pickleball)		
Open/Lap Swim Pool	1:00PM-8:45PM (Open Swim)	6:00AM-11:00AM (Open Swim)	1:00PM-5:45PM (Open Swim)		1:00PM-7:45PM (Open Swim)	11:15AM-2:45PM (Open Swim)	
Beginner Strength Multi-Purpose Room	4:45PM-5:30PM (Strength)						
Total Body Toning Gym	5:45PM-6:30PM (Strength)			9:00AM-9:45AM (Strength) 5:30PM-6:15PM (Strength)			
Cardio Sculpt Multi-Purpose Room	6:45PM-7:30PM (Cardio)						
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)	
Strength Gym			9:00AM-9:45AM (Strength)				
Mix It Up Gym			5:45PM-6:30PM (Cardio)				
Power Hour Gym				5:45AM-6:45AM (Strength)			
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)			
30/30 Gym					9:00AM-10:00AM (Cardio)		
Line Dancing Multi-Purpose Room					10:00AM-10:45AM (Dance)		
Open Gym-Half Gym Gym					11:00AM-12:30PM (Open Gym)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Saturday Sweat Gym						8:00AM-8:45AM (Cardio)	