



Willow Grove YMCA | May 19th - May 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------|--|---|---|---|---|--|---|
| Open Basketball Gym A | 5:00AM-4:00PM (Basketball) | | 5:00AM-4:00PM (Basketball) 8:15PM-9:45PM (Basketball) | 5:00AM-9:00AM (Basketball) 12:15PM-5:00PM (Basketball) 9:00PM-9:45PM (Basketball) | 5:00AM-9:00AM (Basketball) 12:15PM-8:45PM (Basketball) | 7:00AM-7:45AM (Basketball) 11:00AM-6:45PM (Basketball) | 7:00AM-6:45PM (Basketball) |
| Open Basketball Gym B | 5:00AM-4:00PM (Basketball) 6:15PM-7:00PM (Basketball) | | 5:00AM-4:00PM (Basketball) | 5:00AM-9:00AM (Basketball) 12:15PM-4:00PM (Basketball) 9:00PM-9:45PM (Basketball) | 5:00AM-9:00AM (Basketball) 12:15PM-8:45PM (Basketball) | 7:00AM-7:45AM (Basketball) 12:00PM-4:15PM (Basketball) | 7:00AM-9:00AM (Basketball) 1:15PM-6:45PM (Basketball) |
| Sauna Hours Sauna | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-8:30PM (Sauna & Whirlpool) | 7:00AM-6:30PM (Sauna & Whirlpool) | 7:00AM-6:30PM (Sauna & Whirlpool) |
| Water Walking Program Pool | 5:00AM-9:15AM (Water Walking) 10:00AM-12:30PM (Water Walking) 1:15PM-4:00PM (Water Walking) 8:00PM-9:30PM (Water Walking) | 5:00AM-9:15AM (Water Walking) 10:00AM-4:00PM (Water Walking) 8:00PM-9:30PM (Water Walking) | 5:00AM-9:15AM (Water Walking) 10:00AM-4:00PM (Water Walking) | 5:00AM-8:00AM (Water Walking) 10:00AM-4:00PM (Water Walking) 8:00PM-9:30PM (Water Walking) | 8:00AM-9:15AM (Water Walking) 10:00AM-4:00PM (Water Walking) 7:00PM-8:30PM (Water Walking) | 7:00AM-9:00AM (Water Walking) 5:00PM-6:30PM (Water Walking) | 7:00AM-9:00AM (Water Walking) 12:45PM-1:30PM (Water Walking) 5:00PM-6:30PM (Water Walking) |
| Lap Swimming Lap Pool | 5:00AM-9:15AM (Lap Swimming) 10:00AM-12:30PM (Lap Swimming) 1:15PM-4:00PM (Lap Swimming) 8:30PM-9:30PM (Lap Swimming) | 5:00AM-9:15AM (Lap Swimming) 10:00AM-4:00PM (Lap Swimming) 8:30PM-9:30PM (Lap Swimming) | 5:00AM-9:15AM (Lap Swimming) 10:00AM-4:00PM (Lap Swimming) | 5:00AM-8:00AM (Lap Swimming) 10:00AM-4:00PM (Lap Swimming) 8:30PM-9:30PM (Lap Swimming) | 8:00AM-9:15AM (Lap Swimming) 10:00AM-5:00PM (Lap Swimming) | | 12:45PM-1:30PM (Lap Swimming) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|---|--|--|---|
| LES MILLS BODYPUMP Studio B | 5:30AM-6:30AM (Les Mills) <i>Nicole B.</i> 9:00AM-10:00AM (Les Mills) <i>Mary B.</i> 6:30PM-7:30PM (Les Mills) <i>Pat R.</i> | 9:15AM-10:15AM (Les Mills) <i>Pat R.</i> 6:30PM-7:30PM (Les Mills) <i>Suzanne S.</i> | 5:30AM-6:30AM (Les Mills) <i>Nicole B.</i> 9:00AM-10:00AM (Les Mills) <i>Karen D.</i> 6:30PM-7:30PM (Les Mills) <i>Pat R.</i> | 9:00AM-10:00AM (Les Mills) <i>Karen D.</i> | 5:30PM-6:30PM (Les Mills) <i>Lauren H.</i> | 8:00AM-9:00AM (Les Mills) <i>Mary B.</i> 11:30AM-12:30PM (Les Mills) <i>Lauren H.</i> | 8:00AM-9:00AM (Les Mills) <i>Stephen A.</i> |
| Launch - LES MILLS BODYCOMBAT Studio A | 5:30AM-6:15AM (Les Mills) <i>Aniela B.</i> | | | | | | |
| LES MILLS BODYBALANCE Studio C | 8:00AM-8:45AM (Les Mills) <i>Mary B.</i> | | | | | | |
| KidZone Open Care Child Watch Area | 8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-1:00PM (Kidzone) | 8:00AM-1:00PM (Kidzone) |
| LES MILLS BODYCOMBAT Studio A | 9:00AM-10:00AM (Les Mills) <i>Samantha Z.</i> 4:30PM-5:15PM (Les Mills) <i>Eleanor H.</i> | | | | 5:30AM-6:15AM (Les Mills) <i>Aniela B.</i> 9:00AM-9:45AM (Les Mills) <i>Karen D.</i> 6:00PM-6:45PM (Les Mills) <i>Katie C.</i> | 8:15AM-9:15AM (Les Mills) <i>Nancy B.</i> | 10:30AM-11:15AM (Les Mills) <i>Sue D.</i> |
| Silver TRX Queenax/Lower Turf | 9:00AM-10:00AM (Sgt) <i>Lissa G.</i> | | | | | | |
| Aqua Boot Camp Program Pool | 9:15AM-10:00AM (Aqua) <i>Stephanie M.</i> | 9:15AM-10:00AM (Aqua) <i>Karen S.</i> | | 9:15AM-10:00AM (Aqua) <i>Karen S.</i> | | | |
| Lap Swimming Lap Pool (5 Lanes) | 9:15AM-10:00AM (Lap Swimming) 12:30PM-1:15PM (Lap Swimming) | 9:15AM-10:00AM (Lap Swimming) | 9:15AM-10:00AM (Lap Swimming) 8:30PM-9:30PM (Lap Swimming) | 8:00AM-10:00AM (Lap Swimming) | 9:15AM-10:00AM (Lap Swimming) | | |
| Water Walking Lap Pool (1 Lane) | 9:15AM-10:00AM (Water Walking) 12:30PM-1:15PM (Water Walking) | 9:15AM-10:00AM (Water Walking) | 9:15AM-10:00AM (Water Walking) 8:30PM-9:30PM (Water Walking) | 8:00AM-10:00AM (Water Walking) | 9:15AM-10:00AM (Water Walking) | 1:30PM-5:00PM (Water Walking) | 1:30PM-5:00PM (Water Walking) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|--|--|---|
| Women & Weights Training Zone/Upper Turf | 9:30AM-10:30AM (Sgt) <i>Eric S.</i> | | 9:30AM-10:30AM (Sgt) <i>Eric S.</i> | | | | |
| H.I.I.T. Studio B | 10:15AM-11:00AM (Strength) <i>Lori R.</i> | | | | | | |
| Silver Cycle Cycle Studio | 10:30AM-11:15AM (Active Older Adult) <i>Lissa G.</i> | | | | | | |
| Silver & Fit Studio B | 11:15AM-12:00PM (Active Older Adult) <i>Alissa M.</i> | 11:15AM-12:00PM (Active Older Adult) <i>Lissa G.</i> | | 11:15AM-12:00PM (Active Older Adult) <i>Lissa G.</i> | | | |
| SilverSneakers Enerchi Studio B | 12:15PM-1:00PM (Active Older Adult) <i>Alissa M.</i> | | | | 12:15PM-1:00PM (Active Older Adult) <i>Alissa M.</i> | | |
| Aqua Stretch & Strength Program Pool | 12:30PM-1:15PM (Aqua) <i>Mary B.</i> | | | | | | |
| Lap Swimming Lap Pool (4 Lanes) | 4:00PM-5:00PM (Lap Swimming) | 4:00PM-5:00PM (Lap Swimming) | 4:00PM-5:00PM (Lap Swimming) | 4:00PM-5:00PM (Lap Swimming) | | 7:00AM-9:00AM (Lap Swimming) 12:45PM-1:30PM (Lap Swimming) 5:00PM-6:30PM (Lap Swimming) | 7:00AM-9:00AM (Lap Swimming) 3:45PM-5:00PM (Lap Swimming) 5:00PM-6:30PM (Lap Swimming) |
| Cycle Cycle Studio | 5:30PM-6:15PM (Cycle) <i>Sue M.</i> | 5:15AM-6:00AM (Cycle) <i>Robin B.</i> 9:30AM-10:15AM (Cycle) <i>Evan S.</i> 5:15PM-6:00PM (Cycle) <i>Pat R.</i> 6:15PM-7:00PM (Cycle) <i>Pat R.</i> | 9:30AM-10:15AM (Cycle) <i>Angie C.</i> 5:30PM-6:15PM (Cycle) <i>Angie C.</i> | 5:15AM-6:00AM (Cycle) <i>Christopher Q.</i> 9:30AM-10:15AM (Cycle) <i>Evan S.</i> 5:30PM-6:30PM (Cycle) <i>Patti S.</i> 7:00PM-7:45PM (Cycle) <i>Stephanie W.</i> | 9:30AM-10:15AM (Cycle) <i>Pat R.</i> 5:30PM-6:15PM (Cycle) <i>Rick R.</i> | 8:30AM-9:30AM (Cycle) <i>Robin B.</i> 10:00AM-11:00AM (Cycle) <i>Dave G.</i> 12:15PM-1:00PM (Cycle) <i>Rick R.</i> | 8:30AM-9:15AM (Cycle) <i>Sue M.</i> |
| Zumba Studio B | 5:30PM-6:15PM (Dance) <i>Richarda B.</i> | | | 6:15PM-7:15PM (Dance) <i>Lauren D.</i> | | 10:45AM-11:45AM (Dance) <i>Lauren D.</i> | |
| Pilates Studio C | 5:30PM-6:15PM (Yoga & Pilates) <i>Susan C.</i> | 9:30AM-10:30AM (Yoga & Pilates) <i>Valerie P.</i> | 8:00AM-9:00AM (Yoga & Pilates) <i>Valerie P.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|--|--------|----------|--------|
| Teen Strength Training Training Zone/Upper Turf | 6:00PM-7:00PM (Sgt) <i>Zach R.</i> | | 6:00PM-7:00PM (Sgt) <i>Zach R.</i> | | | | |
| Yoga Studio C | 6:30PM-7:30PM (Yoga & Pilates) <i>Lynda K.</i> | | 6:30PM-7:30PM (Yoga & Pilates) <i>Lissa G.</i> | 5:30AM-6:30AM (Yoga & Pilates) <i>Amy M.</i> | | | |
| Programming - Reserved Gym B | 8:00PM-10:00PM (Open Gym) | 5:00AM-10:00PM (Open Gym) | | 7:00PM-9:00PM (Open Gym) | | | |
| Programming - Reserved Gym A | 8:00PM-10:00PM (Open Gym) | 5:00AM-10:00PM (Open Gym) | | 7:00PM-9:00PM (Open Gym) | | | |
| LES MILLS BODYCOMBAT Studio B | | 8:00AM-8:45AM (Les Mills) <i>Eleanor H.</i> | | | | | |
| LES MILLS BODYBALANCE Studio A | | 9:30AM-10:30AM (Les Mills) <i>Suzanne S.</i> | | | | | |
| Meditation Studio C | | 10:45AM-11:15AM (Yoga & Pilates) <i>Alissa M.</i> | | | | | |
| Pop-up Reiki Studio C | | 11:30AM-12:30PM (Pop Up) <i>Nicole R.</i> | | 5:15PM-6:15PM (Pop Up) <i>Nicole R.</i> | | | |
| Zumba Studio A | | 12:00PM-12:45PM (Dance) <i>Michelle S.</i> | 12:00PM-1:00PM (Dance) <i>Maureen L.</i> | | | | |
| Stretch & Balance Studio B | | 12:15PM-12:45PM (Stretch) <i>Lissa G.</i> | | 12:15PM-12:45PM (Stretch) <i>Lissa G.</i> | | | |
| SilverSneakers Enerchi Studio C | | 1:00PM-1:30PM (Active Older Adult) <i>Alissa M.</i> | | | | | |
| Family Yoga Studio B | | 5:30PM-6:15PM (Family) <i>Nakesha M.</i> | | | | | |
| MetCon Training Zone/Upper Turf | | 6:00PM-7:00PM (Sgt) <i>Zach R.</i> | | | | | |
| LES MILLS DANCE Studio C | | 6:30PM-7:15PM (Les Mills) <i>Ann S.</i> | | | | | |
| LES MILLS CORE Studio C | | 7:30PM-8:00PM (Les Mills) <i>Ann S.</i> | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|--|---|--|---|-------------------------------|
| Strength Studio B | | | 8:00AM-8:45AM (Strength) <i>Lissa G.</i> | | | 9:30AM-10:30AM (Strength) <i>Lissa G.</i> | |
| Aqua ZUMBA Program Pool | | | 9:15AM-10:00AM (Aqua) <i>Lisa W.</i> | | 9:15AM-10:00AM (Aqua) <i>Lisa W.</i> | | |
| Shock Queenax/Lower Turf | | | 9:15AM-10:15AM (Sgt) <i>Lissa G.</i> | | 12:30PM-1:30PM (Sgt) <i>Lissa G.</i> | | |
| H.I.I.T. Studio C | | | 10:00AM-10:45AM (Strength) <i>Lori R.</i> | | | | |
| Launch - LES MILLS BARRE Studio A | | | 10:15AM-10:45AM (Les Mills) <i>Karen D.</i> | | | | |
| LES MILLS CORE Studio A | | | 10:45AM-11:15AM (Les Mills) <i>Karen D.</i> | | 10:30AM-11:00AM (Les Mills) <i>Karen D.</i> | | |
| SilverSneakers Classic Studio B | | | 11:00AM-12:00PM (Active Older Adult) <i>Dawn T.</i> | | 9:00AM-9:45AM (Active Older Adult) <i>Dawn T.</i> 10:00AM-11:00AM (Active Older Adult) <i>Dawn T.</i> | | |
| BOOM Studio C | | | 11:00AM-11:50AM (Active Older Adult) <i>Maureen L.</i> | | | | |
| Senior Circuit Express Studio C | | | 12:00PM-12:45PM (Active Older Adult) <i>Lori R.</i> | | | | |
| Chair Yoga Studio B | | | 12:15PM-1:00PM (Active Older Adult) <i>Alissa M.</i> | | 11:15AM-12:00PM (Active Older Adult) <i>Alissa M.</i> | | |
| Line Dancing Studio A | | | 1:30PM-2:30PM (Dance) <i>Richarda B.</i> | | | | |
| Pickleball Gym B | | | 8:15PM-9:45PM (Pickleball) | 9:15AM-12:00PM (Pickleball) | 9:15AM-12:00PM (Pickleball) | 4:30PM-6:45PM (Pickleball) | 9:00AM-1:00PM (Pickleball) |
| Aquacise Program Pool | | | | 8:00AM-8:45AM (Aqua) <i>Mary B.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|---|---|--|--|
| Vinyasa Yoga Studio C | | | | 8:00AM-9:00AM (Yoga & Pilates) <i>DeMarie J.</i> 9:30AM-10:30AM (Yoga & Pilates) <i>Ami K.</i> | 5:30AM-6:30AM (Yoga & Pilates) <i>Susan C.</i> 9:00AM-10:00AM (Yoga & Pilates) <i>Susan C.</i> | 9:30AM-10:30AM (Yoga & Pilates) <i>Ami K.</i> | |
| Pickleball Gym A | | | | 9:15AM-12:00PM (Pickleball) | 9:15AM-12:00PM (Pickleball) | | |
| LES MILLS BODYSTEP Studio A | | | | 9:15AM-10:15AM (Les Mills) <i>Mary B.</i> | | | |
| Zumba Gold Studio B | | | | 10:05AM-11:00AM (Active Older Adult) <i>Richarda B.</i> | | | |
| H.I.I.T. Studio A | | | | 10:30AM-11:15AM (Strength) <i>Lori R.</i> | | | |
| Zumba Gold Studio A | | | | 11:30AM-12:30PM (Active Older Adult) <i>Richarda B.</i> | | | |
| LES MILLS BARRE Studio A | | | | 4:45PM-5:15PM (Les Mills) <i>Patti S.</i> | 10:00AM-10:30AM (Les Mills) <i>Karen D.</i> | | |
| LES MILLS BODYSTEP Studio B | | | | 5:00PM-6:00PM (Les Mills) <i>Suzanne S.</i> | | | 10:15AM-11:15AM (Les Mills) <i>Lauren H.</i> |
| Youth Strength Training Training Zone/Upper Turf | | | | 6:00PM-7:00PM (Sgt) <i>Zach R.</i> | | | |
| Yin Yoga Studio C | | | | 6:30PM-7:30PM (Yoga & Pilates) <i>Mindy C.</i> | | | |
| Family Swim Program Pool | | | | | 4:00PM-7:00PM (Family Swim) | 1:30PM-2:30PM (Family Swim) 4:00PM-5:00PM (Family Swim) | 1:30PM-2:30PM (Family Swim) 4:00PM-5:00PM (Family Swim) |
| Family Swim Family Pool | | | | | 4:00PM-7:00PM (Family Swim) | 1:30PM-2:30PM (Family Swim) 4:00PM-5:00PM (Family Swim) | 1:30PM-2:30PM (Family Swim) 4:00PM-5:00PM (Family Swim) |
| Boot Camp Training Zone/Upper Turf | | | | | | 8:30AM-9:15AM (Strength) <i>Lissa G.</i> | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------------|--------|---------|-----------|----------|--------|---|--|
| Lap Swimming Lap Pool (2 Lanes) | | | | | | 9:00AM-12:45PM (Lap Swimming) | 9:00AM-12:45PM (Lap Swimming) |
| POUND Studio A | | | | | | 9:30AM-10:15AM (Yoga & Pilates) <i>Sue D.</i> | |
| Lap Swimming Lap Pool (3 Lanes) | | | | | | 1:30PM-2:45PM (Lap Swimming) 2:45PM-3:45PM (Lap Swimming) 3:45PM-5:00PM (Lap Swimming) 9:00PM-12:45PM (Lap Swimming) | 1:30PM-2:45PM (Lap Swimming) 2:45PM-3:45PM (Lap Swimming) |
| PFD Free Time Program Pool | | | | | | 2:45PM-3:45PM (Family Swim) 2:45PM-3:45PM (Family Swim) | 2:45PM-3:45PM (Family Swim) |
| PFD Free Time Lap Pool (1 Lane) | | | | | | 2:45PM-3:45PM (Family Swim) | 2:45PM-3:45PM (Family Swim) |
| Strength Studio A | | | | | | | 9:00AM-10:00AM (Strength) <i>Lissa G.</i> |
| PFD Free Time Family Pool | | | | | | | 2:45PM-3:45PM (Family Swim) |



Haverford Area YMCA | May 19th - May 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|--|--|---|---|
| Sauna Hours Sauna | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-1:00PM (Sauna & Whirlpool) 3:00PM-9:30PM (Sauna & Whirlpool) | 5:00AM-8:30PM (Sauna & Whirlpool) | 7:00AM-6:30PM (Sauna & Whirlpool) | 7:00AM-6:30PM (Sauna & Whirlpool) |
| Whirlpool Hours Whirlpool | 5:00AM-6:30PM (Sauna & Whirlpool) | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-8:30PM (Sauna & Whirlpool) | 7:00AM-6:30PM (Sauna & Whirlpool) | 7:00AM-6:30PM (Sauna & Whirlpool) |
| Lap Swimming Lap Pool (5 Lanes) | 5:00AM-8:45AM (Lap Swimming) 11:00AM-1:45PM (Lap Swimming) 2:30PM-4:30PM (Lap Swimming) 7:45PM-9:30PM (Lap Swimming) | 5:00AM-8:45AM (Lap Swimming) 10:00AM-1:45PM (Lap Swimming) 2:30PM-4:30PM (Lap Swimming) 8:00PM-9:30PM (Lap Swimming) | 5:00AM-8:45AM (Lap Swimming) 10:00AM-7:00PM (Lap Swimming) 8:00PM-9:30PM (Lap Swimming) | 5:00AM-8:45AM (Lap Swimming) 10:00AM-5:00PM (Lap Swimming) 7:45PM-9:30PM (Lap Swimming) | 5:00AM-7:45AM (Lap Swimming) 9:00AM-8:30PM (Lap Swimming) | 7:00AM-7:30AM (Lap Swimming) 12:45PM-6:30PM (Lap Swimming) | 7:00AM-9:00AM (Lap Swimming) 12:00PM-6:30PM (Lap Swimming) |
| Water Walking Lap Pool (1 Lane) | 5:00AM-8:45AM (Water Walking) 10:00AM-9:30PM (Water Walking) | 5:00AM-8:45AM (Water Walking) 10:00AM-7:10PM (Water Walking) 8:00PM-9:30PM (Water Walking) | 5:00AM-8:45AM (Water Walking) 10:00AM-7:00PM (Water Walking) 8:00PM-9:30PM (Water Walking) | 5:00AM-8:45AM (Water Walking) 10:00AM-9:30PM (Water Walking) | 5:00AM-7:45AM (Water Walking) 9:00AM-8:30PM (Water Walking) | 9:00AM-6:30PM (Water Walking) | 7:00AM-6:30PM (Water Walking) |
| Adult Basketball Full Court | 5:00AM-7:30AM (Basketball) | | 5:00AM-7:30AM (Basketball) | | | | |
| Strength Group Ex Studio | 5:15AM-6:00AM (Strength) <i>Kristen R.</i> | 9:00AM-9:45AM (Strength) <i>Sara F.</i> | | 9:45AM-10:25AM (Strength) <i>Sara F.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|--|---|--|---|
| Cycle Cycle Studio | 5:15AM-6:15AM (Cycle) <i>Kate S.</i> | 6:15AM-7:00AM (Cycle) <i>Jim T.</i> | 5:15AM-6:15AM (Cycle) <i>Kate S.</i> | 6:00AM-6:45AM (Cycle) <i>Jess M.</i> | 5:15AM-6:15AM (Cycle) <i>Kate S.</i> | 7:15AM-8:25AM (Cycle) <i>Kate S.</i> | 7:30AM-8:45AM (Cycle) <i>Kate S.</i> |
| | 6:30AM-7:00AM (Cycle) <i>Emily J.</i> | 8:15AM-9:00AM (Cycle) <i>Jay K.</i> | 6:30AM-7:15AM (Cycle) <i>Alison G.</i> | 8:30AM-9:15AM (Cycle) <i>Jay K.</i> | 6:30AM-7:00AM (Cycle) <i>Emily J.</i> | 8:45AM-9:45AM (Cycle) <i>Maura P.</i> | 9:00AM-9:45AM (Cycle) <i>Emily J.</i> |
| | 9:30AM-10:15AM (Cycle) <i>Alison G.</i> | 9:30AM-10:15AM (Cycle) <i>Jess M.</i> | 8:15AM-9:00AM (Cycle) <i>Jay K.</i> | 9:30AM-10:15AM (Cycle) <i>Amy S.</i> | 8:00AM-8:45AM (Cycle) <i>Sarah C.</i> | 11:45AM-12:30PM (Cycle) <i>Julian J.</i> | |
| | 6:00PM-6:45PM (Cycle) <i>Anne O.</i> | 4:45PM-5:30PM (Cycle) <i>Colleen D.</i> 6:00PM-6:45PM (Cycle) <i>Tom C.</i> | 9:30AM-10:15AM (Cycle) <i>Jim T.</i> | 4:45PM-5:30PM (Cycle) <i>Maura P.</i> 6:00PM-6:45PM (Cycle) <i>Tom C.</i> | 9:30AM-10:15AM (Cycle) <i>Amy S.</i> | | |
| Quick Fit Group Ex Studio | 6:30AM-7:00AM (Strength) <i>Kate S.</i> | | 6:30AM-7:00AM (Strength) <i>Kate S.</i> | | | | |
| Water Walking Program Pool | 6:30AM-9:00AM (Water Walking) | 6:30AM-9:00AM (Water Walking) | 6:00AM-9:45AM (Water Walking) | 6:30AM-9:45AM (Water Walking) | 6:00AM-9:00AM (Water Walking) | 7:00AM-9:00AM (Water Walking) | 7:00AM-8:00AM (Water Walking) |
| | | 12:35PM-3:45PM (Water Walking) | 12:00PM-4:00PM (Water Walking) 7:45PM-8:30PM (Water Walking) | 12:35PM-4:00PM (Water Walking) | 2:00PM-4:00PM (Water Walking) | 4:00PM-6:30PM (Water Walking) | 3:00PM-6:00PM (Water Walking) |
| KidZone Open Care Child Watch Area | 8:00AM-1:00PM (Kidzone) | 8:00AM-1:00PM (Kidzone) | 8:00AM-1:00PM (Kidzone) | 8:00AM-1:00PM (Kidzone) | 8:00AM-1:00PM (Kidzone) | 8:00AM-1:00PM (Kidzone) | 8:00AM-1:00PM (Kidzone) |
| | 4:00PM-8:00PM (Kidzone) | 4:00PM-8:00PM (Kidzone) | 4:00PM-8:00PM (Kidzone) | 4:00PM-8:00PM (Kidzone) | 4:00PM-7:00PM (Kidzone) | | |
| Pilates Multipurpose Room | 8:00AM-8:45AM (Yoga & Pilates) <i>Susan G.</i> | | | | 8:00AM-8:45AM (Yoga & Pilates) <i>Lisa T.</i> | | |
| | | | | | 10:00AM-10:45AM (Yoga & Pilates) <i>Daniella E.</i> | | |
| Open Basketball Gym B | 8:00AM-11:45AM (Basketball) | 5:00AM-6:00AM (Basketball) | 8:00AM-11:45AM (Basketball) | 5:00AM-6:00AM (Basketball) | 5:00AM-10:45AM (Basketball) | 7:00AM-10:45AM (Basketball) | 7:00AM-6:45PM (Basketball) |
| | | | 9:00PM-9:45PM (Basketball) | 7:15AM-11:45AM (Basketball) | 3:00PM-5:45PM (Basketball) | 2:00PM-6:45PM (Basketball) | |
| Lap Swimming Lap Pool (2 Lanes) | 8:45AM-10:00AM (Lap Swimming) | 8:45AM-10:00AM (Lap Swimming) | | | 7:45AM-9:00AM (Lap Swimming) | 7:30AM-9:00AM (Lap Swimming) | |
| | | 7:15PM-8:00PM (Lap Swimming) | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|--|--|---|
| Total Body Conditioning Group Ex Studio | 8:45AM-9:30AM (Cardio) <i>Pam A.</i> | | 8:30AM-9:15AM (Cardio) <i>Sara F.</i> | 5:15AM-6:00AM (Cardio) <i>Kristen R.</i> 8:45AM-9:30AM (Cardio) <i>Susie G.</i> | 6:15AM-7:00AM (Cardio) <i>Kate S.</i> 8:15AM-9:00AM (Cardio) <i>Sara F.</i> 4:30PM-5:15PM (Cardio) <i>Kristen R.</i> | 7:15AM-8:00AM (Cardio) <i>Summer P.</i> | |
| Chair Yoga Multipurpose Room | 9:00AM-9:45AM (Active Older Adult) <i>Tom P.</i> | | | | 9:00AM-9:45AM (Active Older Adult) <i>Robert (.</i> 11:00AM-11:45AM (Active Older Adult) <i>Mary P.</i> | | |
| Aqua Combo Lap Pool | 9:00AM-9:45AM (Aqua) <i>John H.</i> | 9:00AM-9:45AM (Aqua) <i>Judy W.</i> | | | 9:00AM-9:45AM (Aqua) <i>John H.</i> | | |
| Yoga Mind/Body Studio | 9:30AM-10:30AM (Yoga & Pilates) <i>Bethany M.</i> | 12:00PM-1:00PM (Yoga & Pilates) <i>Amy S.</i> | 4:30PM-5:30PM (Yoga & Pilates) <i>Mary B.</i> 6:30PM-7:30PM (Yoga & Pilates) <i>Tom P.</i> | 10:30AM-11:30AM (Yoga & Pilates) <i>Priscilla F.</i> | 10:30AM-11:30AM (Yoga & Pilates) <i>Priscilla F.</i> 6:30PM-7:30PM (Yoga & Pilates) <i>Abby S.</i> | | 9:00AM-10:00AM (Yoga & Pilates) <i>Amy S.</i> 1:30PM-2:45PM (Yoga & Pilates) <i>Sheila H.</i> 5:00PM-6:00PM (Yoga & Pilates) <i>Abby S.</i> |
| Shock Mezzanine | 9:30AM-10:30AM (Sgt) <i>Taylor F.</i> 6:00PM-7:00PM (Sgt) <i>Sean K.</i> | | | 6:00PM-7:00PM (Sgt) <i>Sean K.</i> | | | |
| LES MILLS BODYPUMP Group Ex Studio | 9:45AM-10:35AM (Les Mills) <i>Heather B.</i> 1:05PM-2:05PM (Les Mills) <i>Zahara S.</i> 5:30PM-6:30PM (Les Mills) <i>Whitney H.</i> | 6:00AM-6:45AM (Les Mills) <i>Cealy W.</i> 5:30PM-6:15PM (Les Mills) <i>Christyn R.</i> 8:00PM-9:00PM (Les Mills) <i>Tina B.</i> | 9:30AM-10:30AM (Les Mills) <i>Kristy C.</i> 6:45PM-7:45PM (Les Mills) <i>Ryan C.</i> | 7:00AM-7:45AM (Les Mills) <i>Ted M.</i> 8:00PM-9:00PM (Les Mills) <i>Tina B.</i> | 5:15AM-6:00AM (Les Mills) <i>Simone M.</i> 10:30AM-11:15AM (Les Mills) <i>Whitney H.</i> | 9:15AM-10:15AM (Les Mills) <i>Tina B.</i> 12:45PM-1:30PM (Les Mills) <i>Simone M.</i> | 9:00AM-10:00AM (Les Mills) <i>Heather B.</i> 12:40PM-1:40PM (Les Mills) <i>Kristy C.</i> |
| Silver Cardio Fusion Gym A | 10:00AM-10:45AM (Active Older Adult) <i>Miriam R.</i> | 11:00AM-11:45AM (Active Older Adult) <i>Miriam R.</i> | 8:00AM-8:45AM (Active Older Adult) <i>Eileen C.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|---|---|--|
| Strength Training Mezzanine | 10:45AM-11:45AM (Sgt) <i>Corrinne F.</i> | 5:30AM-6:30AM (Sgt) <i>Stephanie A.</i> 6:45AM-7:45AM (Sgt) <i>Stephanie A.</i> | 5:30AM-6:30AM (Sgt) <i>Stephanie A.</i> 9:45AM-10:45AM (Sgt) <i>Stephanie A.</i> | 5:30AM-6:30AM (Sgt) <i>Stephanie A.</i> 6:45AM-7:45AM (Sgt) <i>Stephanie A.</i> | 9:30AM-10:30AM (Sgt) <i>Taylor F.</i> | | |
| Tai Chi Multipurpose Room | 11:00AM-11:45AM (Yoga & Pilates) <i>Qunbin (.</i> | | 11:00AM-11:45AM (Yoga & Pilates) <i>Qunbin (.</i> | | | | |
| Dance Fitness Group Ex Studio | 11:00AM-12:00PM (Dance) <i>Meeka V.</i> | | | | 11:30AM-12:30PM (Dance) <i>Meeka V.</i> | | |
| Open Basketball Gym A | 11:00AM-2:45PM (Basketball) 7:30PM-9:45PM (Basketball) | 5:00AM-6:00AM (Basketball) 7:00AM-7:45AM (Basketball) 9:00AM-10:45AM (Basketball) 12:00PM-2:45PM (Basketball) | 9:00AM-10:45AM (Basketball) 12:00PM-2:45PM (Basketball) | 5:00AM-6:00AM (Basketball) 7:00AM-7:45AM (Basketball) 9:00AM-2:45PM (Basketball) 6:30PM-9:45PM (Basketball) | 5:00AM-2:45PM (Basketball) | 7:00AM-8:45AM (Basketball) 2:00PM-6:45PM (Basketball) | 7:00AM-8:45AM (Basketball) 2:00PM-6:45PM (Basketball) |
| TRX Mezzanine | 12:00PM-1:00PM (Sgt) <i>Corrinne F.</i> | 9:30AM-10:30AM (Sgt) <i>Stephanie A.</i> | | | 11:45AM-12:45PM (Sgt) <i>Corrinne F.</i> | | |
| Total Body Cycle Cycle Studio | 12:00PM-12:45PM (Cycle) <i>Amy S.</i> | 5:15AM-6:00AM (Cycle) <i>Emily J.</i> | | | | | |
| Vinyasa Yoga Mind/Body Studio | 12:00PM-1:00PM (Yoga & Pilates) <i>Miriam M.</i> | 10:15AM-11:15AM (Yoga & Pilates) <i>Tom P.</i> 6:30PM-7:30PM (Yoga & Pilates) <i>Joe R.</i> | | 6:00AM-7:00AM (Yoga & Pilates) <i>Nancy K.</i> 6:30PM-7:30PM (Yoga & Pilates) <i>Tom P.</i> | | 11:00AM-12:00PM (Yoga & Pilates) <i>Tom P.</i> 1:15PM-2:15PM (Yoga & Pilates) <i>Sheila H.</i> | |
| Water Walking Progam Pool (Deep) | 12:00PM-3:45PM (Water Walking) 1:00PM-4:00PM (Water Walking) | | | | | | |
| Pickleball Gym B | 12:00PM-5:15PM (Pickleball) | 12:00PM-5:15PM (Pickleball) | 12:00PM-5:15PM (Pickleball) | 12:00PM-5:15PM (Pickleball) | 11:00AM-2:45PM (Pickleball) | 11:00AM-1:45PM (Pickleball) | |
| Ping Pong Multipurpose Room | 12:00PM-3:00PM (Ping Pong) 6:15PM-8:45PM (Ping Pong) | 12:00PM-3:00PM (Ping Pong) 6:30PM-8:30PM (Ping Pong) | 12:00PM-3:00PM (Ping Pong) | 6:30PM-8:30PM (Ping Pong) | 12:00PM-3:00PM (Ping Pong) 6:30PM-8:30PM (Ping Pong) | 12:00PM-6:30PM (Ping Pong) | 12:00PM-6:30PM (Ping Pong) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|---|---|---|
| Pilates Group Ex Studio | 12:15PM-12:45PM (Yoga & Pilates) <i>Meeka V.</i> | | | | 12:45PM-1:15PM (Yoga & Pilates) <i>Meeka V.</i> | | |
| PFD Free Time Family Fun Pool | 12:35PM-3:30PM (Family Swim) | 12:35PM-3:00PM (Family Swim) | 11:05AM-12:30PM (Family Swim) | 12:35PM-3:00PM (Family Swim) | | | |
| PFD Free Time Program Pool | 1:00PM-4:00PM (Family Swim) | | | | | | |
| Lap Swimming Lap Pool (4 Lanes) | 1:45PM-2:30PM (Lap Swimming) | 1:45PM-2:30PM (Lap Swimming) | | 5:00PM-7:00PM (Lap Swimming) | | 9:00AM-12:45PM (Lap Swimming) | 9:00AM-12:00PM (Lap Swimming) |
| Youth Open Basketball Gym A | 3:00PM-4:15PM (Basketball) | 3:00PM-4:15PM (Basketball) | 3:00PM-4:15PM (Basketball) | 3:00PM-4:15PM (Basketball) | | | |
| LES MILLS BODYATTACK Group Ex Studio | 4:30PM-5:15PM (Les Mills) <i>Theresa C.</i> | 12:00PM-12:45PM (Les Mills) <i>Nicole O.</i> | 4:30PM-5:15PM (Les Mills) <i>Leann D.</i> | 11:45AM-12:30PM (Les Mills) <i>Nicole O.</i> | | | |
| Lap Swimming Lap Pool (3 Lanes) | 4:30PM-7:45PM (Lap Swimming) | 4:30PM-7:00PM (Lap Swimming) | 7:00PM-8:00PM (Lap Swimming) | 7:00PM-7:45PM (Lap Swimming) | | | |
| Hatha Yoga Mind/Body Studio | 4:30PM-5:30PM (Yoga & Pilates) <i>Sheila H.</i> | | 6:15AM-7:15AM (Yoga & Pilates) <i>Maryanne S.</i> 8:30AM-9:30AM (Yoga & Pilates) <i>Sheila H.</i> | 9:00AM-10:00AM (Yoga & Pilates) <i>Jeanne R.</i> 5:00PM-6:00PM (Yoga & Pilates) <i>Tom P.</i> | | | |
| Adult Basketball Gym B | 5:30PM-9:45PM (Basketball) | 5:30PM-9:45PM (Basketball) | | 6:30PM-9:45PM (Basketball) | | | |
| Meditation Mind/Body Studio | 5:45PM-6:30PM (Yoga & Pilates) <i>Sheila H.</i> | | | | | | |
| LES MILLS BODYCOMBAT Group Ex Studio | 6:40PM-7:40PM (Les Mills) <i>Leslie M.</i> | 6:30PM-7:30PM (Les Mills) <i>Leslie H.</i> | | | 9:15AM-10:15AM (Les Mills) <i>Jeffrey P.</i> | 8:10AM-9:00AM (Les Mills) <i>Kristin A.</i> 11:45AM-12:30PM (Les Mills) <i>Simone M.</i> | 10:15AM-11:15AM (Les Mills) <i>Jeffrey P.</i> 2:00PM-2:45PM (Les Mills) <i>Leslie M.</i> |
| LES MILLS BODYBALANCE Mind/Body Studio | 6:45PM-7:30PM (Les Mills) <i>Kelly M.</i> | | | | | | |
| Zumba Group Ex Studio | 7:45PM-8:45PM (Dance) <i>Danielle S.</i> | | | 6:45PM-7:45PM (Dance) <i>Marielle O.</i> | | 10:30AM-11:30AM (Dance) <i>Anna D.</i> | 11:25AM-12:25PM (Dance) <i>Marielle O.</i> |
| Family Swim Program Pool | 7:45PM-8:30PM (Family Swim) | 7:45PM-9:30PM (Family Swim) | | 7:45PM-9:30PM (Family Swim) | 4:00PM-8:00PM (Family Swim) | 1:00PM-4:00PM (Family Swim) | 1:00PM-3:00PM (Family Swim) |
| LES MILLS GRIT Group Ex Studio | | 5:15AM-5:45AM (Les Mills) <i>Ted M.</i> | | 6:00PM-6:30PM (Les Mills) <i>Brian M.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|--|--|--|--|----------|--|
| LES MILLS CORE Group Ex Studio | | 7:00AM-7:45AM (Les Mills) <i>Kristin A.</i> | 10:45AM-11:15AM (Les Mills) <i>Kristy C.</i> | 4:00PM-4:30PM (Les Mills) <i>Heather B.</i> | | | |
| Stretch & Balance Mind/Body Studio | | 7:20AM-7:50AM (Stretch) <i>Maura P.</i> | | 3:30PM-4:30PM (Stretch) <i>Maura P.</i> | | | |
| Silver & Fit Gym A | | 8:00AM-8:45AM (Active Older Adult) <i>Karyn M.</i> | | 8:00AM-8:45AM (Active Older Adult) <i>Eileen C.</i> | | | |
| Gentle Yoga Mind/Body Studio | | 9:00AM-10:00AM (Yoga & Pilates) <i>Jeanne R.</i> | 9:45AM-10:45AM (Yoga & Pilates) <i>Sheila H.</i> | | | | 10:30AM-11:30AM (Yoga & Pilates) <i>Chelsea N.</i> |
| H.I.I.T. Group Ex Studio | | 10:00AM-10:30AM (Strength) <i>Sara F.</i> | 12:00PM-12:45PM (Strength) <i>Ted M.</i> | | | | |
| Arthritis Foundation Aquatics Program Program Pool | | 11:15AM-11:45AM (Aqua) <i>Terry F.</i> | | 11:15AM-11:45AM (Aqua) <i>Terry F.</i> | | | |
| SilverSneakers Splash Program Pool | | 11:50AM-12:35PM (Active Older Adult) <i>Terry F.</i> | | 11:50AM-12:35PM (Active Older Adult) <i>Terry F.</i> | | | |
| PFD Free Time Program Pool (Shallow) | | 12:35PM-3:45PM (Family Swim) | | 12:35PM-4:00PM (Family Swim) | | | |
| Yin Yoga Mind/Body Studio | | 1:30PM-2:30PM (Yoga & Pilates) <i>Sheila H.</i> | | | 5:15PM-6:15PM (Yoga & Pilates) <i>Sharrie L.</i> | | |
| LES MILLS BODYSTEP Group Ex Studio | | 4:30PM-5:15PM (Les Mills) <i>Leann D.</i> | 5:15AM-6:15AM (Les Mills) <i>Summer P.</i> | 4:45PM-5:45PM (Les Mills) <i>Leslie M.</i> | | | 8:00AM-8:45AM (Les Mills) <i>Leann D.</i> |
| Yoga/Pilates Mind/Body Studio | | 5:00PM-6:00PM (Yoga & Pilates) <i>Susan G.</i> | | | 9:00AM-10:00AM (Yoga & Pilates) <i>Susan G.</i> | | |
| Aqua ZUMBA Lap Pool | | 7:15PM-8:00PM (Aqua) <i>Liliya M.</i> | | | 8:00AM-8:45AM (Aqua) <i>Danielle S.</i> | | |
| Volleyball Gym A | | 7:30PM-9:45PM (Volleyball) | | | 3:00PM-5:15PM (Volleyball) 7:30PM-8:45PM (Volleyball) | | |
| Lap Swimming Lap Pool (1 Lane) | | | 8:45AM-10:00AM (Lap Swimming) | 8:45AM-10:00AM (Lap Swimming) | | | |
| LES MILLS BODYCOMBAT Multipurpose Room | | | 9:00AM-9:45AM (Les Mills) <i>Daniella E.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|--|---|---|---|--------|
| Aqua Deep Lap Pool | | | 9:00AM-9:45AM (Aqua) <i>Esther P.</i> | | | 7:45AM-8:45AM (Aqua) <i>Esther P.</i> | |
| Women & Weights Mezzanine | | | 11:15AM-12:15PM (Sgt) <i>Jack F.</i> | | | | |
| Strong Survivors Mind/Body Studio | | | 12:00PM-1:00PM (Strength) <i>Carol L.</i> | | | | |
| Silver Cycle Cycle Studio | | | 12:00PM-12:30PM (Active Older Adult) <i>Jess M.</i> | | 12:00PM-12:30PM (Active Older Adult) <i>Jess M.</i> | | |
| PFD Free Time Progam Pool (Deep) | | | 12:00PM-2:00PM (Family Swim) | | | | |
| Silver Women & Weights Mezzanine | | | 12:45PM-1:45PM (Sgt) <i>Jack F.</i> | | | | |
| Teen Strength Training Mezzanine | | | 3:30PM-4:30PM (Sgt) <i>Ricky D.</i> 4:45PM-5:45PM (Sgt) <i>Ricky D.</i> | | | | |
| LES MILLS BODYBALANCE Group Ex Studio | | | 5:30PM-6:30PM (Les Mills) <i>Whitney H.</i> | | | | |
| LES MILLS RPM Cycle Studio | | | 6:00PM-6:45PM (Les Mills) <i>Joe R.</i> | | | | |
| Adult Pickleball Gym B | | | 6:00PM-8:45PM (Pickleball) | | 6:00PM-8:45PM (Pickleball) | | |
| Intro to Triathlon Mezzanine | | | 7:00PM-8:00PM (Sgt) <i>Michele M.</i> | | | | |
| Adult Basketball Gym A | | | 7:30PM-9:45PM (Basketball) | | | | |
| Aqua Shallow Lap Pool | | | | 9:00AM-9:45AM (Aqua) <i>Judy W.</i> | | | |
| Line Dancing Multipurpose Room | | | | 10:00AM-10:45AM (Dance) <i>Steph A.</i> | | | |
| Silver Cardio Fusion Group Ex Studio | | | | 10:45AM-11:30AM (Active Older Adult) <i>Miriam R.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|---|--|---|---|
| Qigong Mind/Body Studio | | | | 12:30PM-1:30PM (Yoga & Pilates) <i>Kirsten E.</i> | 12:30PM-1:10PM (Yoga & Pilates) <i>April Z.</i> | | |
| KidZone Open Play Gym B | | | | 5:30PM-6:15PM (Kidzone) | | | |
| LES MILLS SPRINT Cycle Studio | | | | 7:00PM-7:30PM (Les Mills) <i>Meghan F.</i> | | | |
| Kettlebells Mezzanine | | | | | 5:45AM-6:45AM (Sgt) <i>Summer P.</i> | | |
| Family Swim Family Fun Pool | | | | | 9:45AM-2:00PM (Family Swim) 4:30PM-8:00PM (Family Swim) | | 1:00PM-3:30PM (Family Swim) |
| Tai Chi Mind/Body Studio | | | | | 1:15PM-2:00PM (Yoga & Pilates) <i>April Z.</i> | | |
| Slide Hours Family Fun Pool | | | | | 5:00PM-7:00PM (Open Swim) | | |
| Family LES MILLS BODYCOMBAT Group Ex Studio | | | | | 6:30PM-7:30PM (Family) <i>Leslie H.</i> | | |
| Total Body Conditioning Mind/Body Studio | | | | | | 8:15AM-9:15AM (Cardio) <i>Anne G.</i> | |
| Aqua ZUMBA Program Pool | | | | | | | 8:00AM-8:45AM (Aqua) <i>Liliya M.</i> |
| Pop-up Jump Rope Class Group Ex Studio | | | | | | | 3:00PM-3:45PM (Pop Up) <i>Dan B.</i> |



West Philadelphia YMCA | May 19th - May 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|---|---|--|---|
| Lap Swimming Lap Pool (4 Lanes) | 5:00AM-5:00PM (Lap Swimming) | 5:00AM-3:45PM (Lap Swimming) | 5:00AM-5:00PM (Lap Swimming) | 5:00AM-3:45PM (Lap Swimming) | 5:00AM-7:00PM (Lap Swimming) | 7:00AM-9:00AM (Lap Swimming) 1:00PM-4:00PM (Lap Swimming) | 7:00AM-10:00AM (Lap Swimming) 3:30PM-5:00PM (Lap Swimming) |
| Whirlpool Hours Whirlpool | 5:00AM-8:00PM (Sauna & Whirlpool) | 5:00AM-8:00PM (Sauna & Whirlpool) | 5:00AM-8:00PM (Sauna & Whirlpool) | 5:00AM-8:00PM (Sauna & Whirlpool) | 5:00AM-8:00PM (Sauna & Whirlpool) | 7:00AM-5:00PM (Sauna & Whirlpool) | 7:00AM-5:00PM (Sauna & Whirlpool) |
| Water Walking Lap Pool (2 Lanes) | 5:00AM-2:00PM (Water Walking) | 5:00AM-1:00PM (Water Walking) | 5:00AM-2:00PM (Water Walking) | 5:00AM-1:00PM (Water Walking) | 5:00AM-1:00PM (Water Walking) | 7:00AM-9:00AM (Water Walking) | 7:00AM-10:00AM (Water Walking) |
| Open Basketball Full Gym | 5:15AM-12:00PM (Basketball) 3:00PM-4:30PM (Basketball) 6:45PM-8:45PM (Basketball) | 5:15AM-3:45PM (Basketball) 7:00PM-8:45PM (Basketball) | 5:15AM-5:15PM (Basketball) | 5:15AM-5:15PM (Basketball) 7:00PM-8:45PM (Basketball) | 5:15AM-3:00PM (Basketball) | 1:00PM-4:00PM (Basketball) | 2:30PM-5:45PM (Basketball) |
| Cycle Spin Studio | 6:00AM-7:00AM (Cycle) <i>Arlene R.</i> | 6:15PM-7:15PM (Cycle) <i>Angela D.</i> | 6:00AM-7:00AM (Cycle) <i>Arlene R.</i> | 6:15PM-7:15PM (Cycle) <i>Angela D.</i> | 6:00AM-7:00AM (Cycle) <i>Arlene R.</i> | | |
| LES MILLS BODYPUMP Aerobic Studio | 8:00AM-8:45AM (Les Mills) <i>Nicole K.</i> 7:00PM-7:45PM (Les Mills) <i>Mariam W.</i> | | 7:00AM-7:45AM (Les Mills) <i>Carla J.</i> 7:00PM-7:45PM (Les Mills) <i>Mariam W.</i> | | 7:00AM-7:45AM (Les Mills) <i>Nicole K.</i> | | |
| KidZone Open Care Child Watch Area | 8:00AM-12:00PM (Kidzone) <i>Theresa E.</i> 4:00PM-8:00PM (Kidzone) <i>Theresa E.</i> | 8:00AM-12:00PM (Kidzone) <i>Theresa E.</i> 4:00PM-8:00PM (Kidzone) <i>Theresa E.</i> | 8:00AM-12:00PM (Kidzone) <i>Theresa E.</i> 4:00PM-8:00PM (Kidzone) <i>Theresa E.</i> | 8:00AM-12:00PM (Kidzone) <i>Theresa E.</i> 4:00PM-8:00PM (Kidzone) <i>Theresa E.</i> | 8:00AM-12:00PM (Kidzone) <i>Theresa E.</i> 4:00PM-8:00PM (Kidzone) <i>Theresa E.</i> | 8:00AM-12:30PM (Kidzone) <i>Theresa E.</i> | |
| Total Body Conditioning Aerobic Studio | 9:00AM-10:00AM (Cardio) <i>Abbie A.</i> | 9:35AM-10:25AM (Cardio) <i>Dovita D.</i> | 9:00AM-10:00AM (Cardio) <i>Abbie A.</i> | 9:35AM-10:25AM (Cardio) <i>Dovita D.</i> | 9:00AM-10:00AM (Cardio) <i>Abbie A.</i> | | |
| Vinyasa Yoga Aerobic Studio | 10:00AM-11:00AM (Yoga & Pilates) <i>Abbie A.</i> | | 10:00AM-11:00AM (Yoga & Pilates) <i>Abbie A.</i> | | 10:00AM-11:00AM (Yoga & Pilates) <i>Abbie A.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|---|--------------------------------|--|---|
| Aquacise Lap Pool (1 Lane) | 10:00AM-11:00AM (Aqua) <i>Arlene R.</i> | 9:15AM-10:00AM (Aqua) <i>Arlene R.</i> | | 10:00AM-11:00AM (Aqua) <i>Arlene R.</i> | | | |
| Chair Yoga Aerobic Studio | 11:00AM-12:00PM (Active Older Adult) <i>Arlene R.</i> | | 11:00AM-12:00PM (Active Older Adult) <i>Arlene R.</i> | | | | |
| Core Training Spin Studio | 11:00AM-11:45AM (Strength) <i>Abbie A.</i> | | 11:00AM-11:45AM (Strength) <i>Abbie A.</i> | | | | |
| Family Gym Time Gym B | 12:00PM-2:30PM (Family) | | | | | | |
| Silver & Fit Aerobic Studio | 12:00PM-1:00PM (Active Older Adult) <i>Arlene R.</i> | | 12:00PM-1:00PM (Active Older Adult) <i>Arlene R.</i> | | | | |
| Family Swim Lap Pool (2 Lanes) | 1:00PM-3:45PM (Family Swim) | 1:00PM-3:45PM (Family Swim) | 1:00PM-3:45PM (Family Swim) | 1:00PM-3:45PM (Family Swim) | 1:00PM-6:00PM (Family Swim) | 1:00PM-4:00PM (Family Swim) | 3:30PM-5:00PM (Family Swim) |
| Zumba Aerobic Studio | 1:10PM-2:10PM (Dance) <i>Dovita D.</i> 6:00PM-6:45PM (Dance) <i>Gina D.</i> | | 1:10PM-2:10PM (Dance) <i>Dovita D.</i> 6:00PM-6:45PM (Dance) <i>Gina D.</i> | | | 11:30AM-12:30PM (Dance) <i>Dovita D.</i> | |
| Programming - Reserved Gym A | 4:45PM-5:15PM (Open Gym) 5:45PM-6:15PM (Open Gym) | 4:00PM-5:15PM (Open Gym) 5:30PM-6:00PM (Open Gym) | | | | 9:15AM-9:45AM (Open Gym) 10:15AM-10:45AM (Open Gym) 12:00PM-12:45PM (Open Gym) | 9:15AM-9:45AM (Open Gym) 10:00AM-10:30AM (Open Gym) 11:00AM-11:45AM (Open Gym) |
| Lap Swimming Lap Pool (2 Lanes) | 5:00PM-7:00PM (Lap Swimming) | | 5:00PM-7:00PM (Lap Swimming) | | | | |
| H.I.I.T. Aerobic Studio | 5:00PM-5:45PM (Strength) <i>Towonda C.</i> | | | | | | |
| Programming - Reserved Classroom B | 5:30PM-6:00PM (Open Gym) 6:00PM-6:30PM (Open Gym) | | | 5:30PM-6:00PM (Open Gym) | | 10:00AM-10:30AM (Open Gym) 10:30AM-11:00AM (Open Gym) 11:00AM-11:45AM (Open Gym) 12:00PM-12:45PM (Open Gym) | 11:00AM-11:45AM (Open Gym) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|--|---|---|--|
| Adult Lap Swimming Lap Pool | 7:00PM-8:00PM (Lap Swimming) | 7:00PM-8:00PM (Lap Swimming) | 7:00PM-8:00PM (Lap Swimming) | 7:00PM-8:00PM (Lap Swimming) | 7:00PM-8:00PM (Lap Swimming) | 4:00PM-5:00PM (Lap Swimming) | |
| LES MILLS CORE Aerobic Studio | 8:00PM-8:30PM (Les Mills) <i>Mariam W.</i> | | 8:00PM-8:30PM (Les Mills) <i>Mariam W.</i> | | | 12:45PM-1:30PM (Les Mills) <i>Mariam W.</i> | |
| Pilates Aerobic Studio | | 8:30AM-9:30AM (Yoga & Pilates) <i>Elleen S.</i> | 8:00AM-9:00AM (Yoga & Pilates) <i>Elleen S.</i> | 8:30AM-9:30AM (Yoga & Pilates) <i>Elleen S.</i> | 11:00AM-12:00PM (Yoga & Pilates) <i>Elleen S.</i> | | |
| Dance Aerobic Studio | | 10:35AM-11:25AM (Dance) <i>Rasaq L.</i> | | 10:35AM-11:25AM (Dance) <i>Rasaq L.</i> | | | |
| Total Body Cycle Spin Studio | | 10:45AM-11:35AM (Cycle) <i>Dovita D.</i> | | 10:45AM-11:35AM (Cycle) <i>Dovita D.</i> | | | |
| SilverSneakers Classic Aerobic Studio | | 11:30AM-12:15PM (Active Older Adult) <i>Arlene R.</i> 1:15PM-1:45PM (Active Older Adult) <i>Arlene R.</i> | | 11:30AM-12:15PM (Active Older Adult) <i>Arlene R.</i> 1:15PM-1:45PM (Active Older Adult) <i>Arlene R.</i> | | | |
| Line Dancing Aerobic Studio | | 12:15PM-1:15PM (Dance) <i>Arlene R.</i> | | 12:15PM-1:15PM (Dance) <i>Arlene R.</i> | | | |
| Aquacise Lap Pool (3 Lanes) | | 5:00PM-6:00PM (Aqua) <i>Ms. J.</i> | | | | | |
| Cardio Fusion Aerobic Studio | | 5:15PM-6:00PM (Cardio) <i>Towonda C.</i> | | 5:15PM-6:00PM (Cardio) <i>Towonda C.</i> | | 10:15AM-11:15AM (Cardio) <i>Dovita D.</i> | |
| Programming - Reserved Spin Studio | | 5:45PM-6:30PM (Open Gym) | | | 5:30PM-6:15PM (Open Gym) | 9:15AM-9:45AM (Open Gym) 10:00AM-10:30AM (Open Gym) | |
| Programming - Reserved Gym B | | 6:15PM-6:45PM (Open Gym) | 5:30PM-6:15PM (Open Gym) 6:30PM-7:15PM (Open Gym) 7:30PM-8:15PM (Open Gym) | 6:15PM-6:45PM (Open Gym) | | 9:15AM-9:45AM (Open Gym) 10:15AM-10:45AM (Open Gym) 11:00AM-11:45AM (Open Gym) | 9:15AM-9:45AM (Open Gym) 10:00AM-10:30AM (Open Gym) |
| Yoga Aerobic Studio | | 7:15PM-8:00PM (Yoga & Pilates) <i>Ms. J.</i> | | 7:15PM-8:00PM (Yoga & Pilates) <i>Ms. J.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|---|---|--|--|--|
| Aqua Cardio & Strength Lap Pool (1 Lane) | | | 6:00PM-7:00PM (Aqua) <i>Lisa C.</i> | | | | |
| Pop-up Pre/Postnatal Yoga Lap Pool (1 Lane) | | | | 5:00PM-6:00PM (Pop Up) <i>Ms. J.</i> | | | |
| Xtreme Hip Hop Step™ Aerobic Studio | | | | 6:10PM-7:10PM (Dance) <i>Melanie F.</i> | | | |
| Yin Yoga Aerobic Studio | | | | | 8:00AM-8:45AM (Yoga & Pilates) <i>Abbie A.</i> | | |
| Chair Pilates Aerobic Studio | | | | | 12:00PM-1:00PM (Active Older Adult) <i>Elleen S.</i> | | |
| Youth Open Basketball Full Gym | | | | | 3:30PM-6:00PM (Basketball) | 4:00PM-5:45PM (Basketball) | |
| Family Gym Time Full Gym | | | | | | 7:15AM-9:00AM (Family) | |
| Stretch & Balance Aerobic Studio | | | | | | 9:00AM-9:45AM (Stretch) <i>Dovita D.</i> | |
| Lap Swimming Lap Pool (1 Lane) | | | | | | 9:00AM-1:00PM (Lap Swimming) | 10:00AM-1:00PM (Lap Swimming) |
| Programming - Reserved Classroom A | | | | | | 11:00AM-11:45AM (Open Gym) | |
| Pilates Spin Studio | | | | | | 12:30PM-1:30PM (Yoga & Pilates) <i>Elleen S.</i> | |
| Family Gym Time Gym A | | | | | | | 7:15AM-9:00AM (Family) |
| Family Gym Time Family Room | | | | | | | 12:00PM-2:00PM (Family) |
| Programming - Reserved Aerobic Studio | | | | | | | 4:00PM-4:45PM (Open Gym) 5:00PM-5:45PM (Open Gym) |



Roxborough YMCA | May 19th - May 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|---|--|--|--|
| Lap Swimming Lap Pool (4 Lanes) | 5:00AM-9:00AM (Lap Swimming) | 5:00AM-9:00AM (Lap Swimming) | 5:00AM-9:00AM (Lap Swimming) | 5:00AM-9:00AM (Lap Swimming) | 5:00AM-9:00AM (Lap Swimming) 7:30PM-8:30PM (Lap Swimming) | 7:00AM-8:00AM (Lap Swimming) 4:30PM-5:30PM (Lap Swimming) | 7:00AM-9:00AM (Lap Swimming) 4:30PM-5:30PM (Lap Swimming) |
| Open Basketball Full Gym | 5:00AM-10:30AM (Basketball) 1:00PM-2:30PM (Basketball) 7:15PM-8:55PM (Basketball) | 5:00AM-10:00AM (Basketball) 12:00PM-2:30PM (Basketball) 7:15PM-9:00PM (Basketball) | 5:00AM-10:30AM (Basketball) 1:00PM-2:30PM (Basketball) 7:15PM-9:00PM (Basketball) | 5:00AM-10:00AM (Basketball) 12:00PM-2:30PM (Basketball) 6:00PM-9:00PM (Basketball) | 5:00AM-10:30AM (Basketball) 1:00PM-2:30PM (Basketball) 6:00PM-9:00PM (Basketball) | 7:00AM-9:15AM (Basketball) 11:30AM-6:00PM (Basketball) | 7:00AM-6:00PM (Basketball) |
| Kettlebells Studio A | 6:00AM-6:45AM (Strength) <i>Chris G.</i> | | 7:30PM-8:30PM (Strength) <i>John G.</i> | | | | 8:15AM-9:00AM (Strength) <i>John G.</i> |
| Hatha Yoga Studio A | 7:00AM-7:45AM (Yoga & Pilates) <i>Bonnie H.</i> | | | | | | |
| LES MILLS BODYPUMP Studio A | 8:00AM-9:00AM (Les Mills) <i>Beth B.</i> 7:05PM-8:05PM (Les Mills) <i>Brittany F.</i> | | 6:00AM-6:45AM (Les Mills) <i>Chris G.</i> 8:30AM-9:15AM (Les Mills) <i>Beth B.</i> | 5:30PM-6:30PM (Les Mills) <i>Brittany F.</i> | | 8:30AM-9:30AM (Les Mills) <i>Beth B.</i> | |
| KidZone Open Care Child Watch Area | 8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) |
| LES MILLS BODYBALANCE Studio A | 9:00AM-9:45AM (Les Mills) <i>Sarah M.</i> | 12:15PM-1:15PM (Les Mills) <i>Beth B.</i> | | | 8:00AM-9:00AM (Les Mills) <i>Beth B.</i> | | |
| Lap Swimming Lap Pool (2 Lanes) | 9:00AM-4:30PM (Lap Swimming) 4:30PM-8:30PM (Lap Swimming) | 9:00AM-10:00AM (Lap Swimming) 12:00PM-8:30PM (Lap Swimming) | 10:00AM-4:30PM (Lap Swimming) | 9:00AM-10:00AM (Lap Swimming) 12:00PM-8:30PM (Lap Swimming) | 9:00AM-7:30PM (Lap Swimming) | 1:30PM-4:30PM (Lap Swimming) | 10:30AM-4:30PM (Lap Swimming) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|---|--|--|--|---|
| Water Walking Lap Pool (2 Lanes) | 9:00AM-4:30PM (Water Walking) | 9:00AM-10:00AM (Water Walking) 12:00PM-4:30PM (Water Walking) | 10:00AM-4:30PM (Water Walking) | 9:00AM-10:00AM (Water Walking) 12:00PM-4:30PM (Water Walking) | 9:00AM-3:30PM (Water Walking) | | |
| Boot Camp Studio A | 10:15AM-11:00AM (Strength) <i>Chris G.</i> | 9:15AM-9:45AM (Strength) <i>Brielle H.</i> | | | 5:30AM-6:00AM (Strength) <i>Amber R.</i> 9:15AM-9:45AM (Strength) <i>Brielle H.</i> | | 9:15AM-10:00AM (Strength) <i>Felicia P.</i> |
| Pickleball Full Gym | 10:30AM-1:00PM (Pickleball) | | 10:30AM-1:00PM (Pickleball) | | 10:30AM-1:00PM (Pickleball) | | |
| LES MILLS CORE Studio A | 11:10AM-11:40AM (Les Mills) <i>Ginger D.</i> | | | | | | |
| SilverSneakers Stability Studio B | 11:45AM-12:30PM (Active Older Adult) <i>Ginger D.</i> | | | | | | |
| Programming - Reserved Full Gym | 2:30PM-6:00PM (Open Gym) 6:00PM-7:15PM (Open Gym) | 10:00AM-12:00PM (Open Gym) 2:30PM-6:00PM (Open Gym) 6:00PM-7:15PM (Open Gym) | 2:30PM-6:00PM (Open Gym) | 10:00AM-12:00PM (Open Gym) 2:30PM-6:00PM (Open Gym) | 2:30PM-6:00PM (Open Gym) | 9:15AM-11:30AM (Open Gym) | |
| Pool Reserved Lap Pool (2 Lanes) | 4:30PM-8:30PM (Reserved) | 4:30PM-8:30PM (Reserved) | | 4:30PM-8:30PM (Reserved) | | | 10:30AM-1:30PM (Reserved) |
| Cycle Studio B | 5:30PM-6:15PM (Cycle) <i>Courtney M.</i> | | 6:00AM-6:45AM (Cycle) <i>John G.</i> 9:15AM-10:00AM (Cycle) <i>Cailin M.</i> | | 6:00PM-7:00PM (Cycle) <i>John G.</i> | 8:00AM-8:45AM (Cycle) <i>John G.</i> | |
| Zumba Studio A | 6:00PM-7:00PM (Dance) <i>Tahni S.</i> | 6:30PM-7:30PM (Dance) <i>Patricia C.</i> | | 6:30PM-7:30PM (Dance) <i>Tahni S.</i> | | 11:00AM-12:00PM (Dance) <i>Patricia C.</i> | |
| Yoga Studio B | 7:00PM-8:00PM (Yoga & Pilates) <i>Savannah F.</i> | 8:30AM-9:30AM (Yoga & Pilates) <i>Rivkah M.</i> | 6:15PM-7:15PM (Yoga & Pilates) <i>Rivkah M.</i> | 7:00PM-8:00PM (Yoga & Pilates) <i>Kelsey A.</i> | | | |
| LES MILLS GRIT Studio A | | 5:30AM-6:00AM (Les Mills) <i>Amber R.</i> | | 5:30AM-6:00AM (Les Mills) <i>Haley M.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|--|--|--|---|---|---|
| LES MILLS RPM Studio B | | 6:00AM-6:45AM (Les Mills) <i>Chris G.</i> 10:50AM-11:50AM (Les Mills) <i>Tamar P.</i> | 5:15PM-6:00PM (Les Mills) <i>Tamar P.</i> | 6:00AM-6:45AM (Les Mills) <i>Chris G.</i> 5:30PM-6:15PM (Les Mills) <i>Tamar P.</i> | | | |
| Pool Reserved Lap Pool (3 Lanes) | | 10:00AM-12:00PM (Reserved) <i>Beverly R.</i> | 9:15AM-10:00AM (Reserved) <i>Danielle M.</i> 4:30PM-8:30PM (Reserved) | | | 8:00AM-1:30PM (Reserved) | 9:00AM-10:30AM (Reserved) |
| Lap Swimming Lap Pool (1 Lane) | | 10:00AM-12:00PM (Lap Swimming) | 9:00AM-10:00AM (Lap Swimming) 4:30PM-8:30PM (Lap Swimming) | | | 8:00AM-1:30PM (Lap Swimming) | 9:00AM-10:30AM (Lap Swimming) |
| Aquacise Lap Pool | | 10:00AM-11:00AM (Aqua) <i>Beverly R.</i> | | 10:00AM-11:00AM (Aqua) <i>Beverly R.</i> | | | |
| Pilates Studio A | | 10:15AM-11:00AM (Yoga & Pilates) <i>Diane R.</i> | | | | | |
| Arthritis Foundation Aquatics Program Lap Pool | | 11:00AM-12:00PM (Aqua) <i>Beverly R.</i> | | | | | |
| Trim and Sculpt Studio A | | 11:15AM-12:00PM (Strength) <i>Diane R.</i> | | | | | |
| Yoga Studio A | | 5:30PM-6:30PM (Yoga & Pilates) <i>Savannah F.</i> | 9:30AM-10:30AM (Yoga & Pilates) <i>Eskedar G.</i> | 9:00AM-10:00AM (Yoga & Pilates) <i>Marilyn B.</i> | 10:00AM-11:00AM (Yoga & Pilates) <i>Jennifer M.</i> | | 10:30AM-11:30AM (Yoga & Pilates) <i>Kimberly L.</i> |
| Boot Camp Studio B | | 6:00PM-6:45PM (Strength) <i>Felicia P.</i> | | | | | |
| LES MILLS CORE Studio B | | 7:00PM-7:30PM (Les Mills) <i>Rivkah M.</i> | | | | | |
| LES MILLS BODYCOMBAT Studio A | | | 5:15AM-6:00AM (Les Mills) <i>Ngozi O.</i> 5:30PM-6:30PM (Les Mills) <i>Faith B.</i> | | 11:15AM-12:00PM (Les Mills) <i>Ginger D.</i> | 9:35AM-10:35AM (Les Mills) <i>Beth B.</i> | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|--|---|---|--|---|
| SilverSneakers Splash Lap Pool | | | 9:15AM-10:00AM (Active Older Adult) <i>Danielle M.</i> | | | | |
| H.I.I.T. Studio B | | | | 9:15AM-10:00AM (Strength) <i>Danielle M.</i> | | | |
| Pool Reserved Lap Pool (4 Lanes) | | | | 10:00AM-12:00PM (Reserved) <i>Beverly R.</i> | | | |
| Barre Studio A | | | | 10:15AM-11:00AM (Yoga & Pilates) <i>Danielle M.</i> | | | |
| Aqua Ai Chi Lap Pool | | | | 11:00AM-12:00PM (Aqua) <i>Beverly R.</i> | | | |
| Chair Yoga Studio B | | | | 2:00PM-2:45PM (Active Older Adult) <i>Marie S.</i> | | | |
| SilverSneakers Circuit Studio B | | | | | 10:00AM-11:00AM (Active Older Adult) <i>Ginger D.</i> | | |
| Family Swim Lap Pool (2 Lanes) | | | | | 3:30PM-7:30PM (Family Swim) | 1:30PM-4:30PM (Family Swim) | 1:30PM-4:30PM (Family Swim) |
| Gentle Yoga Studio B | | | | | | 9:00AM-10:00AM (Yoga & Pilates) <i>Taylor T.</i> | |
| Zumba Kids Studio A | | | | | | 12:00PM-12:30PM (Dance) <i>Patricia C.</i> | |
| LES MILLS BODYCOMBAT Studio B | | | | | | | 10:00AM-11:00AM (Les Mills) <i>Ginger D.</i> |
| Meditation Studio A | | | | | | | 11:45AM-12:15PM (Yoga & Pilates) <i>Kimberly L.</i> |
| Family Yoga Studio A | | | | | | | 12:15PM-12:45PM (Family) <i>Rivkah M.</i> |



Mt. Laurel YMCA | May 19th - May 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|---|--|--|---|---|
| General Open Gym Full Gym | 5:00AM-7:30AM (Open Gym) 12:30PM-5:30PM (Open Gym) 6:30PM-9:30PM (Open Gym) | 5:00AM-6:45AM (Open Gym) 7:30PM-9:30PM (Open Gym) | 5:00AM-7:30AM (Open Gym) 7:00PM-9:30PM (Open Gym) | 5:00AM-6:45AM (Open Gym) 7:30PM-9:30PM (Open Gym) | 5:00AM-7:30AM (Open Gym) 12:30PM-6:15PM (Open Gym) 7:45PM-8:30PM (Open Gym) | 7:00AM-8:25AM (Open Gym) 12:30PM-6:30PM (Open Gym) | 7:00AM-8:45AM (Open Gym) 11:15AM-6:30PM (Open Gym) |
| Lap Swimming Lap Pool (6 Lanes) | 5:15AM-8:00AM (Lap Swimming) 10:00AM-1:00PM (Lap Swimming) 3:00PM-4:00PM (Lap Swimming) | 5:15AM-8:00AM (Lap Swimming) 12:00PM-4:00PM (Lap Swimming) | 5:15AM-8:00AM (Lap Swimming) 12:10PM-4:00PM (Lap Swimming) | 5:15AM-9:00AM (Lap Swimming) 12:00PM-1:00PM (Lap Swimming) 3:00PM-4:00PM (Lap Swimming) | 5:15AM-8:00AM (Lap Swimming) 11:00AM-3:30PM (Lap Swimming) 6:30PM-8:30PM (Lap Swimming) | 7:15AM-9:00AM (Lap Swimming) 12:00PM-12:30PM (Lap Swimming) 4:00PM-6:30PM (Lap Swimming) | |
| Boot Camp Studio B | 5:45AM-6:35AM (Strength) <i>Maureen G.</i> | | | | | | |
| Adult Basketball Gym A | 7:35AM-10:30AM (Basketball) | | 7:35AM-10:30AM (Basketball) | | 7:35AM-9:45AM (Basketball) | | |
| General Open Gym Gym B | 7:35AM-10:30AM (Open Gym) | 7:00AM-8:00AM (Open Gym) 3:00PM-5:00PM (Open Gym) | 7:35AM-10:30AM (Open Gym) 12:30PM-1:30PM (Open Gym) 1:30PM-5:15PM (Open Gym) | 7:00AM-8:00AM (Open Gym) 3:00PM-5:00PM (Open Gym) | 7:35AM-9:45AM (Open Gym) | | 8:45AM-11:15AM (Open Gym) |
| Aquacise Lap Pool | 8:00AM-8:50AM (Aqua) <i>Patricia H.</i> 9:00AM-9:50AM (Aqua) <i>Patricia H.</i> | 11:00AM-11:50AM (Aqua) <i>Lesley D.</i> | | 11:00AM-11:50AM (Aqua) <i>Lesley D.</i> | 10:00AM-10:50AM (Aqua) <i>Patricia H.</i> | | |
| Stretch & Balance Studio B | 8:00AM-8:50AM (Stretch) <i>Denette B.</i> | | 8:00AM-8:50AM (Stretch) <i>Denette B.</i> | | 8:00AM-8:50AM (Stretch) <i>Denette B.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|---|---|--|---|
| Lap Swimming Lap Pool (3 Lanes) | 8:00AM-9:00AM (Lap Swimming) | 8:30AM-9:00AM (Lap Swimming) 11:00AM-12:00PM (Lap Swimming) 5:30PM-6:00PM (Lap Swimming) 7:00PM-7:30PM (Lap Swimming) | 8:00AM-10:00AM (Lap Swimming) | 11:00AM-12:00PM (Lap Swimming) 5:30PM-6:15PM (Lap Swimming) 7:00PM-7:30PM (Lap Swimming) | 8:00AM-11:00AM (Lap Swimming) | 12:30PM-2:00PM (Lap Swimming) | 4:00PM-6:30PM (Lap Swimming) |
| Cycle Studio A | 8:30AM-9:20AM (Cycle) <i>Jane E.</i> 6:30PM-7:20PM (Cycle) <i>Lynn M.</i> | 6:00AM-6:50AM (Cycle) <i>Sasha Y.</i> | 6:30PM-7:20PM (Cycle) <i>Lynn M.</i> | | 8:30AM-9:20AM (Cycle) <i>Karen W.</i> | 8:00AM-8:50AM (Cycle) <i>Irene E.</i> | 8:00AM-8:50AM (Cycle) <i>Irene E.</i> |
| KidZone Open Care Kid Zone | 8:30AM-12:30PM (Kidzone) 4:30PM-8:00PM (Kidzone) | 8:30AM-12:30PM (Kidzone) 4:30PM-8:00PM (Kidzone) | 8:30AM-12:30PM (Kidzone) 4:30PM-8:00PM (Kidzone) | 8:30AM-12:35PM (Kidzone) 4:30PM-8:00PM (Kidzone) | 8:30AM-12:30PM (Kidzone) 4:30PM-8:00PM (Kidzone) | 8:30AM-12:30PM (Kidzone) | |
| Lap Swimming Lap Pool (2 Lanes) | 9:00AM-10:00AM (Lap Swimming) | 8:00AM-8:30AM (Lap Swimming) 10:00AM-11:00AM (Lap Swimming) | | 10:00AM-11:00AM (Lap Swimming) | | 2:00PM-3:00PM (Lap Swimming) | |
| Total Body Conditioning Studio B | 9:30AM-10:20AM (Cardio) <i>Kathleen D.</i> | | 9:30AM-10:20AM (Cardio) <i>Kathleen D.</i> | | 9:30AM-10:20AM (Cardio) <i>Kathleen D.</i> | | |
| Kettlebells Studio C | 9:30AM-10:20AM (Strength) <i>Sasha Y.</i> | | | | | 9:00AM-9:50AM (Strength) <i>Sasha Y.</i> | |
| Barre Studio B | 11:00AM-11:50AM (Yoga & Pilates) <i>Cindy M.</i> | | | | | | |
| Silver & Fit Gymnasium | 11:00AM-12:00PM (Active Older Adult) <i>Kathleen D.</i> | | 11:00AM-12:00PM (Active Older Adult) <i>Kathleen D.</i> | | 10:00AM-10:50AM (Active Older Adult) <i>Karen W.</i> | | |
| Lap Swimming Lap Pool (4 Lanes) | 1:00PM-3:00PM (Lap Swimming) | | 10:00AM-12:10PM (Lap Swimming) | 1:00PM-3:00PM (Lap Swimming) | | | |
| Family Swim Lap Pool (2 Lanes) | 1:00PM-3:00PM (Family Swim) | | 5:30PM-7:00PM (Family Swim) | 1:00PM-3:00PM (Family Swim) | | | |
| Line Dancing Studio B | 2:00PM-3:00PM (Dance) <i>Jeremy D.</i> | | | 1:30PM-2:30PM (Dance) <i>Jeremy D.</i> | | 12:15PM-1:05PM (Dance) <i>Shamsun N.</i> | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|--|--|---|
| General Open Gym Gym A | 5:30PM-6:30PM (Open Gym) | 5:30PM-7:30PM (Open Gym) | 5:30PM-7:00PM (Open Gym) | 5:15PM-7:30PM (Open Gym) | 6:15PM-7:30PM (Open Gym) | | |
| Programming - Reserved Gym B | 5:30PM-6:30PM (Open Gym) | 5:30PM-7:30PM (Open Gym) | 6:00PM-7:00PM (Open Gym) | 5:30PM-7:30PM (Open Gym) | 6:15PM-7:45PM (Open Gym) | | |
| Cardio Fusion Studio B | 6:00PM-6:50PM (Cardio) <i>Janelle C.</i> | 8:00AM-8:50AM (Cardio) <i>Karen W.</i> | 5:30PM-6:20PM (Cardio) <i>Lynn M.</i> | 8:00AM-8:50AM (Cardio) <i>Mary G.</i> | 5:30PM-6:20PM (Cardio) <i>Janelle C.</i> | | |
| Yin Yoga Studio B | 7:00PM-7:50PM (Yoga & Pilates) <i>Liz G.</i> | | | | | | |
| Programming - Reserved Gym A | | 7:00AM-8:30AM (Open Gym) | 12:30PM-1:30PM (Open Gym) | 7:00AM-8:30AM (Open Gym) | | | |
| Aqua Cardio & Strength Lap Pool | | 8:00AM-8:50AM (Aqua) <i>Deborah K.</i> 9:00AM-9:50AM (Aqua) <i>Lesley D.</i> | | 9:00AM-9:50AM (Aqua) <i>Lesley D.</i> | | | |
| Pickleball Gym B | | 8:00AM-8:30AM (Pickleball) | | 8:00AM-8:30AM (Pickleball) | | | |
| Pickleball Full Gym | | 8:30AM-10:30AM (Pickleball) | | 8:30AM-10:30AM (Pickleball) | | | |
| Launch - LES MILLS RPM Studio A | | 9:00AM-9:50AM (Les Mills) <i>Kathleen D.</i> | | | | | |
| Lap Swimming Lap Pool (1 Lane) | | 9:00AM-10:00AM (Lap Swimming) 6:00PM-7:00PM (Lap Swimming) | | 9:00AM-10:00AM (Lap Swimming) 6:15PM-7:00PM (Lap Swimming) | | | 12:30PM-4:00PM (Lap Swimming) |
| Aqua Intermediate Lap Pool | | 10:00AM-10:50AM (Aqua) <i>Lesley D.</i> | 8:00AM-8:50AM (Aqua) <i>Lesley D.</i> 9:00AM-9:50AM (Aqua) <i>Lesley D.</i> | 10:00AM-10:50AM (Aqua) <i>Lesley D.</i> | 8:00AM-8:50AM (Aqua) <i>Patricia H.</i> 9:00AM-9:50AM (Aqua) <i>Patricia H.</i> | | |
| Yoga Studio B | | 10:10AM-11:00AM (Yoga & Pilates) <i>Teresa M.</i> | | | 10:45AM-11:35AM (Yoga & Pilates) <i>Camille G.</i> | 8:30AM-9:20AM (Yoga & Pilates) <i>Allison G.</i> | 9:30AM-10:20AM (Yoga & Pilates) <i>Celeste H.</i> |
| SilverSneakers Classic Full Gym | | 11:00AM-11:50AM (Active Older Adult) <i>Theresa T.</i> | | 11:00AM-11:50AM (Active Older Adult) <i>Theresa T.</i> | | | |
| Meditation Studio B | | 12:00PM-12:20PM (Yoga & Pilates) <i>Celeste H.</i> | | 12:00PM-12:20PM (Yoga & Pilates) <i>Celeste H.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---|---|---|---|---|--------------------------------|
| Chair Yoga Studio B | | 12:30PM-1:20PM (Active Older Adult) <i>Celeste H.</i> | | 12:30PM-1:20PM (Active Older Adult) <i>Celeste H.</i> | | | |
| Pickleball Gym A | | 3:00PM-5:00PM (Pickleball) | 1:30PM-5:15PM (Pickleball) | 3:00PM-5:00PM (Pickleball) | | | 8:45AM-11:15AM (Pickleball) |
| Cardio Kickboxing Studio B | | 5:15PM-6:05PM (Cardio) <i>Cherri S.</i> | | 5:30PM-6:20PM (Cardio) <i>Cherri S.</i> | | | |
| Core Training Studio B | | 6:15PM-6:45PM (Strength) <i>Cherri S.</i> | 7:30PM-8:00PM (Strength) <i>Sheryl D.</i> | | | | |
| H.I.I.T. Studio C | | 7:00PM-7:30PM (Strength) <i>Irene E.</i> | 9:30AM-10:20AM (Strength) <i>Betty R.</i> | 7:30PM-8:00PM (Strength) <i>Gerald S.</i> | | | |
| Launch - LES MILLS BODYPUMP Studio B | | 7:00PM-7:50PM (Les Mills) <i>Joemille S.</i> | | | | 9:30AM-10:20AM (Les Mills) <i>Sheryl D.</i> | |
| Core Training Studio C | | 7:30PM-8:00PM (Strength) <i>Irene E.</i> | | | | | |
| Trim and Sculpt Studio B | | | 5:45AM-6:35AM (Strength) <i>Maureen G.</i> | | | | |
| LES MILLS RPM Studio A | | | 8:30AM-9:20AM (Les Mills) <i>Kathleen D.</i> | 9:00AM-9:50AM (Les Mills) <i>Kathleen D.</i> | | | |
| Pilates Studio B | | | 10:30AM-11:20AM (Yoga & Pilates) <i>Karen W.</i> | 9:30AM-10:20AM (Yoga & Pilates) <i>Dorie N.</i> | | | |
| Silver Cycle Studio A | | | 12:00PM-12:50PM (Active Older Adult) <i>Audrey W.</i> | | 12:00PM-12:50PM (Active Older Adult) <i>Audrey W.</i> | | |
| Zumba Studio B | | | 6:30PM-7:20PM (Dance) <i>Joemille S.</i> | | | 1:15PM-2:05PM (Dance) <i>Shamsun N.</i> | |
| Yoga/Pilates Studio C | | | 6:30PM-7:20PM (Yoga & Pilates) <i>Anu S.</i> | | | | |
| Boot Camp Weight Room | | | | 6:00AM-6:50AM (Strength) <i>Sasha Y.</i> 9:30AM-10:20AM (Strength) <i>Sasha Y.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|---|--|--|--|
| LES MILLS BODYPUMP Studio B | | | | 6:30PM-7:20PM (Les Mills) <i>Renee K.</i> | | | |
| Cardio Kickboxing & Core Studio C | | | | | 9:30AM-10:20AM (Cardio) <i>Katherine R.</i> | | |
| Silver Cardio Fusion Gymnasium | | | | | 11:00AM-11:50AM (Active Older Adult) <i>Shamsun N.</i> | | |
| Zumba Gold Studio B | | | | | 12:00PM-12:50PM (Active Older Adult) <i>Shamsun N.</i> | | 12:00PM-12:50PM (Active Older Adult) <i>Denette B.</i> |
| Programming - Reserved Full Gym | | | | | | 8:30AM-12:15PM (Open Gym) | |
| Launch - LES MILLS BODYBALANCE Studio B | | | | | | 10:30AM-11:20AM (Les Mills) <i>Sheryl D.</i> | |
| Family Swim Lap Pool (3 Lanes) | | | | | | 12:30PM-3:00PM (Family Swim) | 4:00PM-6:30PM (Family Swim) |
| Trim and Sculpt Studio C | | | | | | | 9:00AM-9:50AM (Strength) <i>Joemille S.</i> |



Rocky Run YMCA | May 19th - May 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|--|--|
| Sauna Hours Sauna | 5:00AM-9:00PM (Sauna & Whirlpool) | 5:00AM-9:00PM (Sauna & Whirlpool) | 5:00AM-9:00PM (Sauna & Whirlpool) | 5:00AM-9:00PM (Sauna & Whirlpool) | 5:00AM-8:30PM (Sauna & Whirlpool) | 7:00AM-6:30PM (Sauna & Whirlpool) | 7:00AM-6:30PM (Sauna & Whirlpool) |
| Whirlpool Hours Hot Tub | 5:00AM-9:00PM (Sauna & Whirlpool) | 5:00AM-9:00PM (Sauna & Whirlpool) | 5:00AM-9:00PM (Sauna & Whirlpool) | 5:00AM-12:00PM (Sauna & Whirlpool) 4:30PM-9:00PM (Sauna & Whirlpool) | 5:00AM-8:30PM (Sauna & Whirlpool) | 7:00AM-6:30PM (Sauna & Whirlpool) | 7:00AM-6:30PM (Sauna & Whirlpool) |
| Lap Swimming Lap Pool (5 Lanes) | 5:00AM-8:00AM (Lap Swimming) 10:00AM-4:45PM (Lap Swimming) | 5:00AM-7:00AM (Lap Swimming) 8:00AM-11:30AM (Lap Swimming) 1:00PM-4:30PM (Lap Swimming) 8:00PM-9:30PM (Lap Swimming) | 5:00AM-4:30PM (Lap Swimming) 7:00PM-9:30PM (Lap Swimming) | 5:00AM-6:45AM (Lap Swimming) 8:00AM-4:30PM (Lap Swimming) 8:00PM-9:30PM (Lap Swimming) | 5:00AM-12:00PM (Lap Swimming) 1:30PM-8:30PM (Lap Swimming) | 7:00AM-9:15AM (Lap Swimming) 2:00PM-6:30PM (Lap Swimming) | 7:00AM-10:00AM (Lap Swimming) 4:00PM-6:00PM (Lap Swimming) |
| Open Basketball Gymnasium B | 5:00AM-2:00PM (Basketball) 2:00PM-4:45PM (Basketball) 8:00PM-9:45PM (Basketball) | 5:00AM-11:00AM (Basketball) | 5:00AM-12:00PM (Basketball) 2:00PM-9:45PM (Basketball) | | 12:00PM-9:45PM (Basketball) | 7:00AM-8:45AM (Basketball) | 7:00AM-8:45AM (Basketball) 12:00PM-2:00PM (Basketball) 3:15PM-6:45PM (Basketball) |
| Open Basketball Gymnasium A | 5:00AM-7:00AM (Basketball) 1:00PM-9:45PM (Basketball) | 5:00AM-9:30AM (Basketball) 12:00PM-4:45PM (Basketball) | 5:00AM-7:30AM (Basketball) 1:00PM-4:45PM (Basketball) 8:00PM-9:45PM (Basketball) | 5:00AM-8:30AM (Basketball) 12:00PM-4:45PM (Basketball) | 12:00PM-9:45PM (Basketball) | 7:00AM-8:45AM (Basketball) 12:00PM-6:45PM (Basketball) | 7:00AM-6:45PM (Basketball) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|--|--|--|--|
| Cycle Studio 3 - Cycle | 5:15AM-6:00AM (Cycle) <i>Jen B.</i> 9:00AM-9:30AM (Cycle) <i>Lisa F.</i> 10:00AM-10:30AM (Cycle) <i>Ed W.</i> 4:30PM-5:15PM (Cycle) <i>Nancy D.</i> | | 6:00AM-6:55AM (Cycle) <i>Brittany S.</i> 4:30PM-5:15PM (Cycle) <i>Sarah C.</i> | 9:00AM-9:45AM (Cycle) <i>Ed N.</i> | 5:15AM-6:10AM (Cycle) <i>Noah G.</i> | 9:00AM-9:55AM (Cycle) <i>Brittany S.</i> | 9:00AM-10:00AM (Cycle) <i>Sarah C.</i> |
| LES MILLS BODYPUMP Studio 4 - Main | 6:00AM-6:55AM (Les Mills) <i>Gabe H.</i> 9:30AM-10:25AM (Les Mills) <i>Margie R.</i> 5:30PM-6:25PM (Les Mills) <i>Sonia H.</i> | 8:30AM-9:15AM (Les Mills) <i>Melissa W.</i> 6:30PM-7:25PM (Les Mills) <i>Sonia H.</i> | 6:00AM-6:55AM (Les Mills) <i>Gabe H.</i> 9:30AM-10:25AM (Les Mills) <i>Taryn L.</i> 4:30PM-5:10PM (Les Mills) <i>Donna G.</i> | 6:30PM-7:25PM (Les Mills) <i>Sara F.</i> | 6:00AM-6:55AM (Les Mills) <i>Andrew H.</i> 8:15AM-8:45AM (Les Mills) <i>Melissa W.</i> | 9:00AM-9:55AM (Les Mills) <i>Mary D.</i> | 9:00AM-9:55AM (Les Mills) <i>Marielle O.</i> |
| Senior Strut Studio 1 - Mind/Body | 7:00AM-7:55AM (Active Older Adult) <i>Pam D.</i> | | 7:00AM-7:55AM (Active Older Adult) <i>Pam D.</i> | | | | |
| Pickleball - Intermediate/Advanced Gymnasium A | 7:30AM-1:00PM (Pickleball) | | 7:30AM-1:00PM (Pickleball) | | | | |
| Lap Swimming Lap Pool (3 Lanes) | 8:00AM-10:00AM (Lap Swimming) | 7:00AM-8:00AM (Lap Swimming) 11:30AM-1:00PM (Lap Swimming) 4:30PM-5:30PM (Lap Swimming) | 4:30PM-7:00PM (Lap Swimming) | 4:30PM-8:00PM (Lap Swimming) | 12:00PM-1:30PM (Lap Swimming) | 9:15AM-2:00PM (Lap Swimming) | 10:00AM-4:00PM (Lap Swimming) |
| Aqua Shallow Lap Pool | 8:00AM-8:45AM (Aqua) <i>Sossy F.</i> | | | | | | |
| Yoga Studio 1 - Mind/Body | 8:15AM-9:10AM (Yoga & Pilates) <i>Jerianne M.</i> 10:35AM-11:30AM (Yoga & Pilates) <i>Trish O.</i> | | 8:30AM-9:25AM (Yoga & Pilates) <i>Trish O.</i> | | 8:15AM-9:10AM (Yoga & Pilates) <i>Jerianne M.</i> 10:30AM-11:25AM (Yoga & Pilates) <i>Bernadette F.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|---|---|---|---|
| Water Walking Therapy Pool | 8:30AM-10:00AM (Water Walking) 12:00PM-5:30PM (Water Walking) 6:30PM-9:30PM (Water Walking) | 8:00AM-4:45PM (Water Walking) 8:00PM-9:30PM (Water Walking) | 8:30AM-4:00PM (Water Walking) 7:00PM-9:30PM (Water Walking) | 8:30AM-9:30AM (Water Walking) 11:00AM-9:30PM (Water Walking) | 8:30AM-9:15AM (Water Walking) 12:00PM-8:30PM (Water Walking) | 9:00AM-11:00AM (Water Walking) 1:15PM-6:30PM (Water Walking) | 9:00AM-10:00AM (Water Walking) 1:15PM-6:30PM (Water Walking) |
| KidZone Open Care Child Watch Area | 8:30AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:30AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:30AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:30AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:30AM-12:00PM (Kidzone) | 8:00AM-1:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) |
| Aqua Running & Conditioning Lap Pool | 9:00AM-10:00AM (Aqua) <i>Sossy F.</i> | | | | | | |
| Indoor Row Studio 2 - Multipurpose | 9:15AM-9:45AM (Cardio) <i>Ed W.</i> | 5:15AM-6:00AM (Cardio) <i>Jen B.</i> 9:45AM-10:15AM (Cardio) <i>Greg S.</i> | 5:30PM-6:25PM (Cardio) <i>Rhonda G.</i> | 9:30AM-10:00AM (Cardio) <i>Sema L.</i> | | | |
| Barre Studio 1 - Mind/Body | 9:30AM-10:25AM (Yoga & Pilates) <i>Christine K.</i> | | | 9:30AM-10:25AM (Yoga & Pilates) <i>Christine K.</i> 5:00PM-5:55PM (Yoga & Pilates) <i>laura M.</i> | | 10:00AM-10:55AM (Yoga & Pilates) <i>Rachel K.</i> | 9:00AM-9:55AM (Yoga & Pilates) <i>laura M.</i> |
| LES MILLS BODYPUMP Studio 4 Main B | 9:30AM-10:25AM (Les Mills) <i>Becky S.</i> | | 9:30AM-10:25AM (Les Mills) <i>Melissa W.</i> | | | 9:00AM-9:55AM (Les Mills) <i>Melissa W.</i> | 9:00AM-9:55AM (Les Mills) <i>Margie R.</i> |
| Aqua Cardio & Strength Therapy Pool | 10:00AM-10:45AM (Aqua) <i>Barbara B.</i> | 6:00PM-6:45PM (Aqua) <i>Shelly P.</i> | | | | | |
| Zumba Studio 4 - Main | 10:40AM-11:35AM (Dance) <i>Christine K.</i> | | | | 10:40AM-11:35AM (Dance) <i>Karyn M.</i> | 11:15AM-12:15PM (Dance) <i>Stefanie E.</i> | |
| Pop-up Adaptive Fitness Studio 2 - Multipurpose | 10:40AM-11:35AM (Pop Up) <i>Eileen N.</i> | | | | | | |
| Aqua Stretch & Strength Therapy Pool | 11:00AM-11:45AM (Aqua) <i>Barbara B.</i> | | | 9:30AM-10:15AM (Aqua) <i>Jacqui L.</i> 10:15AM-11:00AM (Aqua) <i>Jacqui L.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|---|--|---|
| Tai Chi Studio 4 - Main | 11:40AM-12:35PM (Yoga & Pilates) <i>April L.</i> | | 11:40AM-12:35PM (Yoga & Pilates) <i>April L.</i> | | | | |
| SilverSneakers Classic Studio 1 - Mind/Body | 12:00PM-12:45PM (Active Older Adult) <i>Elizabeth S.</i> | | 12:30PM-1:15PM (Active Older Adult) <i>Eileen N.</i> | | 12:30PM-1:30PM (Active Older Adult) <i>Pam D.</i> | | |
| Chair Yoga Studio 1 - Mind/Body | 1:00PM-1:45PM (Active Older Adult) <i>Janet T.</i> | | 1:30PM-2:15PM (Active Older Adult) <i>Janet T.</i> | | | | |
| Family Swim Family Pool | 4:00PM-8:00PM (Family Swim) | 4:00PM-8:00PM (Family Swim) | 4:00PM-8:00PM (Family Swim) | 4:00PM-8:00PM (Family Swim) | 4:00PM-8:00PM (Family Swim) | 11:00AM-4:00PM (Family Swim) | 10:00AM-4:00PM (Family Swim) |
| Boot Camp Studio 4 - Main | 4:30PM-5:15PM (Strength) <i>Diana R.</i> | | | | 4:30PM-5:15PM (Strength) <i>Diana R.</i> | | |
| Lap Swimming Lap Pool (4 Lanes) | 4:45PM-9:30PM (Lap Swimming) | | | | | | |
| Programming - Reserved Gymnasium B | 4:45PM-8:00PM (Open Gym) | 11:00AM-2:00PM (Open Gym) 4:30PM-7:00PM (Open Gym) | 12:00PM-2:00PM (Open Gym) | 3:45PM-5:45PM (Open Gym) | | 8:45AM-1:00PM (Open Gym) | 8:45AM-12:00PM (Open Gym) 2:00PM-3:15PM (Open Gym) |
| Youth Strength Training Turf | 5:00PM-6:00PM (Sgt) <i>Donna G.</i> | | | | | | |
| Zumba Studio 1 - Mind/Body | 5:15PM-6:15PM (Dance) <i>Filiz A.</i> | 6:30PM-7:25PM (Dance) <i>Jorge A.</i> | 5:15PM-6:15PM (Dance) <i>Filiz A.</i> | 6:15PM-7:00PM (Dance) <i>Elizabeth S.</i> | | | |
| Aqua Boot Camp Therapy Pool | 5:30PM-6:30PM (Aqua) <i>Ginny M.</i> | 7:00PM-8:00PM (Aqua) <i>Karyn M.</i> | 6:00PM-6:45PM (Aqua) <i>Ginny M.</i> | | | | |
| LES MILLS BODYCOMBAT Studio 4 - Main | 6:30PM-7:25PM (Les Mills) <i>Marielle O.</i> | 10:00AM-10:55AM (Les Mills) <i>Raina A.</i> | 6:30PM-7:25PM (Les Mills) <i>Kathryn M.</i> | 4:30PM-5:00PM (Les Mills) <i>Lisa T.</i> | 9:30AM-10:25AM (Les Mills) <i>Margie R.</i> | 10:05AM-11:05AM (Les Mills) <i>Lisa T.</i> | 10:00AM-10:55AM (Les Mills) <i>Maria T.</i> |
| Power Yoga Studio 1 - Mind/Body | 6:30PM-7:25PM (Yoga & Pilates) <i>Barb P.</i> | | 6:30PM-7:25PM (Yoga & Pilates) <i>Barb P.</i> | | | | |
| LES MILLS SPRINT Studio 3 - Cycle | 6:35PM-7:05PM (Les Mills) <i>Steve K.</i> | | | | | | |
| LES MILLS BODYBALANCE Studio 1 - Mind/Body | 7:35PM-8:20PM (Les Mills) <i>Lisa T.</i> | | 10:15AM-11:10AM (Les Mills) <i>Lisa T.</i> | | | | 11:00AM-11:45AM (Les Mills) <i>Judi F.</i> |
| LES MILLS GRIT Studio 4 - Main | | 6:00AM-6:30AM (Les Mills) <i>Andrew H.</i> | | | 8:55AM-9:25AM (Les Mills) <i>Melissa W.</i> | 8:20AM-8:50AM (Les Mills) <i>Andrew H.</i> | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|--|---|---|--|------------------------------|--|
| Aqua Combo Lap Pool | | 7:00AM-7:45AM (Aqua) <i>Dawn A.</i> | | | | | |
| Dance Fitness Studio 1 - Mind/Body | | 8:30AM-9:15AM (Dance) <i>Blaire J.</i> | | | | | |
| Pilates Studio 1 - Mind/Body | | 9:30AM-10:25AM (Yoga & Pilates) <i>John K.</i> 5:30PM-6:25PM (Yoga & Pilates) <i>Maureen M.</i> | | | 9:30AM-10:25AM (Yoga & Pilates) <i>Bernadette F.</i> | | 10:00AM-10:55AM (Yoga & Pilates) <i>Maureen M.</i> |
| Programming - Reserved Gymnasium A | | 9:30AM-10:30AM (Open Gym) | 4:45PM-8:00PM (Open Gym) | | | 8:45AM-12:00PM (Open Gym) | |
| LES MILLS CORE Studio 4 - Main | | 9:30AM-10:00AM (Les Mills) <i>Trish O.</i> | | 10:00AM-10:30AM (Les Mills) <i>Trish O.</i> 5:00PM-5:30PM (Les Mills) <i>Lisa T.</i> | | | |
| Silver Cycle Studio 3 - Cycle | | 10:30AM-11:15AM (Active Older Adult) <i>Greg S.</i> | 9:30AM-10:15AM (Active Older Adult) <i>Greg S.</i> | | 9:30AM-10:15AM (Active Older Adult) <i>Ed N.</i> | | |
| Pickleball - Beginner/Intermediate Gymnasium A | | 10:30AM-12:00PM (Pickleball) | | 8:30AM-12:00PM (Pickleball) 4:45PM-9:45PM (Pickleball) | | | |
| Gentle Yoga Studio 1 - Mind/Body | | 10:35AM-11:30AM (Yoga & Pilates) <i>Sema L.</i> | | 10:35AM-11:30AM (Yoga & Pilates) <i>Sema L.</i> | | | |
| Silver & Fit Studio 1 - Mind/Body | | 12:00PM-12:55PM (Active Older Adult) <i>Filiz A.</i> | | 12:00PM-12:55PM (Active Older Adult) <i>Filiz A.</i> | | | |
| Paddleboard Lap Pool | | 12:00PM-12:45PM (Aqua) <i>Bernadette F.</i> | | | 12:00PM-1:00PM (Aqua) <i>Bernadette F.</i> | | |
| Zumba Gold Studio 4 - Main | | 1:00PM-1:45PM (Active Older Adult) <i>Chris P.</i> | 10:40AM-11:25AM (Active Older Adult) <i>Bonnie B.</i> | 1:00PM-1:45PM (Active Older Adult) <i>Eileen N.</i> | 1:00PM-1:45PM (Active Older Adult) <i>Bonnie B.</i> | | |
| Family Gym Time Gymnasium B | | 2:00PM-4:30PM (Family) | | | | | |
| Total Body Conditioning Studio 4 - Main | | 4:30PM-5:15PM (Cardio) <i>Lisa T.</i> | | 9:30AM-10:00AM (Cardio) <i>Trish O.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|--|---|--|--------|--|--------|
| Pickleball Gymnasium A | | 4:45PM-9:45PM (Pickleball) | | | | | |
| Meditation Studio 2 - Multipurpose | | 5:00PM-5:45PM (Yoga & Pilates) <i>Allie H.</i> | | 5:00PM-5:45PM (Yoga & Pilates) <i>Allie H.</i> | | | |
| Lap Swimming Lap Pool (2 Lanes) | | 5:30PM-8:00PM (Lap Swimming) | | 6:45AM-8:00AM (Lap Swimming) | | | |
| H.I.I.T. Studio 4 - Main | | 5:30PM-6:25PM (Strength) <i>Judi F.</i> | | 6:00AM-6:30AM (Strength) <i>Brittany S.</i> | | | |
| Adult Volleyball Gymnasium B | | 7:00PM-9:45PM (Volleyball) | | | | | |
| H.I.I.T. Studio 2 - Multipurpose | | | 5:15AM-6:00AM (Strength) <i>Jen B.</i> | | | | |
| Dance Fitness Studio 4 - Main | | | 8:00AM-8:45AM (Dance) <i>Chris P.</i> | | | | |
| LES MILLS CORE Studio 1 - Mind/Body | | | 9:30AM-10:15AM (Les Mills) <i>Lisa T.</i> | | | 11:15AM-12:00PM (Les Mills) <i>Lisa T.</i> | |
| Chair Pilates Studio 1 - Mind/Body | | | 11:15AM-12:10PM (Active Older Adult) <i>Elleen S.</i> | | | | |
| Pilates Studio 4 - Main | | | 5:10PM-5:50PM (Yoga & Pilates) <i>Maureen M.</i> | | | | |
| Teen Strength Training Turf | | | 6:00PM-7:00PM (Sgt) <i>Donna G.</i> | | | | |
| Core Training Studio 2 - Multipurpose | | | | 5:30AM-6:00AM (Strength) <i>Jen B.</i> | | | |
| Yoga/Pilates Studio 1 - Mind/Body | | | | 8:30AM-9:25AM (Yoga & Pilates) <i>Lisa T.</i> | | | |
| LES MILLS BODYBALANCE Studio 4 - Main | | | | 10:35AM-11:30AM (Les Mills) <i>Lisa T.</i> 5:30PM-6:00PM (Les Mills) <i>Lisa T.</i> | | | |
| Strength Studio 2 - Multipurpose | | | | 10:45AM-11:45AM (Strength) <i>Taryn L.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|---|--|---|---|
| Zumba Toning Studio 4 - Main | | | | 11:35AM-12:20PM (Dance) <i>Marla G.</i> | | | |
| Volleyball Gymnasium B | | | | 5:45PM-9:45PM (Volleyball) | | 1:00PM-6:45PM (Volleyball) | |
| Open Basketball Full Gym | | | | | 5:00AM-8:30AM (Basketball) | | |
| Pickleball - Intermediate/Advanced Full Gym | | | | | 8:30AM-12:00PM (Pickleball) | | |
| Tai Chi Studio 2 - Multipurpose | | | | | 9:00AM-10:30AM (Yoga & Pilates) <i>Andrea B.</i> | | |
| LES MILLS BODYCOMBAT Studio 4 Main B | | | | | 9:30AM-10:25AM (Les Mills) <i>Travis P.</i> | 10:05AM-11:05AM (Les Mills) <i>Margie R.</i> | 10:00AM-10:55AM (Les Mills) <i>Judi F.</i> |
| Aqua Intermediate Therapy Pool | | | | | 5:15PM-6:15PM (Aqua) <i>Elizabeth S.</i> | | |
| Launch - LES MILLS GRIT Studio 4 Main B | | | | | | 8:20AM-8:50AM (Les Mills) <i>Ted M.</i> | |
| Pilates Studio 2 - Multipurpose | | | | | | 8:45AM-9:40AM (Yoga & Pilates) <i>Elleen S.</i> | |
| Vinyasa Yoga Studio 1 - Mind/Body | | | | | | 9:00AM-9:55AM (Yoga & Pilates) <i>Jerianne M.</i> | |
| Aqua ZUMBA Therapy Pool | | | | | | 9:30AM-10:15AM (Aqua) <i>Elizabeth S.</i> | |
| Aqua Mind Body Mix Therapy Pool | | | | | | 10:30AM-11:15AM (Aqua) <i>Elizabeth S.</i> | |
| PFD Free Time Family Pool | | | | | | 11:00AM-12:00PM (Family Swim) | 10:00AM-11:00AM (Family Swim) |
| Dynamic Boxing Studio 2 - Multipurpose | | | | | | 11:00AM-12:00PM (Sgt) <i>Donna G.</i> | |
| Yin Yoga Studio 1 - Mind/Body | | | | | | | 8:00AM-8:55AM (Yoga & Pilates) <i>Jerianne M.</i> |
| LES MILLS GRIT CARDIO Studio 4 - Main | | | | | | | 8:20AM-8:50AM (Les Mills) <i>Ted M.</i> |



Christian Street YMCA | May 19th - May 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|--|---|--|--|
| Open Basketball Gym A | 5:00AM-10:00AM (Basketball) 12:00PM-3:45PM (Basketball) 7:45PM-8:45PM (Basketball) | 5:00AM-10:00AM (Basketball) 12:00PM-3:45PM (Basketball) 7:45PM-8:45PM (Basketball) | 5:00AM-10:00AM (Basketball) 12:00PM-3:45PM (Basketball) | 5:00AM-10:00AM (Basketball) 12:00PM-3:45PM (Basketball) 4:45PM-5:45PM (Basketball) 7:45PM-8:45PM (Basketball) | 5:00AM-10:00AM (Basketball) 12:00PM-3:45PM (Basketball) 4:45PM-8:45PM (Basketball) | 7:00AM-9:15AM (Basketball) | 7:00AM-9:00AM (Basketball) 11:00AM-5:45PM (Basketball) |
| Pickleball Gym B | 5:00AM-7:00AM (Pickleball) | 5:00AM-7:00AM (Pickleball) 10:00AM-1:00PM (Pickleball) | | 5:00AM-7:00AM (Pickleball) 10:00AM-1:00PM (Pickleball) | 5:00AM-7:00AM (Pickleball) | 10:00AM-1:00PM (Pickleball) | |
| Water Walking Lap Pool (1 Lane) | 5:15AM-8:50AM (Water Walking) 11:15AM-4:30PM (Water Walking) | 5:15AM-9:50AM (Water Walking) 12:30PM-4:30PM (Water Walking) | 5:15AM-8:50AM (Water Walking) 11:15AM-4:30PM (Water Walking) | 5:15AM-9:20AM (Water Walking) 12:15PM-4:30PM (Water Walking) | 5:15AM-8:50AM (Water Walking) 11:00AM-4:50PM (Water Walking) | 7:15AM-9:30AM (Water Walking) 4:30PM-5:00PM (Water Walking) | 7:15AM-9:30AM (Water Walking) 4:30PM-5:00PM (Water Walking) |
| Lap Swimming Lap Pool (4 Lanes) | 5:15AM-8:50AM (Lap Swimming) 11:15AM-3:50PM (Lap Swimming) | 5:15AM-9:50AM (Lap Swimming) 12:30PM-4:30PM (Lap Swimming) | 5:15AM-8:50AM (Lap Swimming) 11:15AM-3:30PM (Lap Swimming) | 5:15AM-9:20AM (Lap Swimming) 12:15PM-4:30PM (Lap Swimming) | 5:15AM-8:50AM (Lap Swimming) 11:00AM-4:50PM (Lap Swimming) | 7:15AM-9:30AM (Lap Swimming) 4:30PM-5:00PM (Lap Swimming) | 7:15AM-9:30AM (Lap Swimming) 4:30PM-5:00PM (Lap Swimming) |
| Open Basketball Gym B | 7:00AM-10:15AM (Basketball) 11:15AM-3:45PM (Basketball) | 7:00AM-10:00AM (Basketball) 1:00PM-3:45PM (Basketball) 6:00PM-8:45PM (Basketball) | 7:00AM-9:00AM (Basketball) 6:00PM-8:45PM (Basketball) | 7:00AM-10:00AM (Basketball) 1:00PM-3:45PM (Basketball) 6:00PM-8:45PM (Basketball) | 7:00AM-11:00AM (Basketball) | 7:00AM-10:00AM (Basketball) 1:00PM-5:45PM (Basketball) | 7:00AM-9:00AM (Basketball) 10:30AM-5:45PM (Basketball) |
| KidZone Open Care Child Watch Area | 8:30AM-12:30PM (Kidzone) 5:00PM-8:00PM (Kidzone) <i>Eliana K.</i> | 8:30AM-12:30PM (Kidzone) | 8:30AM-12:30PM (Kidzone) 5:00PM-8:00PM (Kidzone) <i>Eliana K.</i> | 8:30AM-12:30PM (Kidzone) | 8:30AM-12:30PM (Kidzone) | 8:30AM-12:30PM (Kidzone) | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|---|---|---------------------------------|---------------------------------|
| Lap Swimming Lap Pool (2 Lanes) | 8:50AM-10:45AM (Lap Swimming) 4:30PM-8:00PM (Lap Swimming) | 9:50AM-12:30PM (Lap Swimming) 4:30PM-8:00PM (Lap Swimming) | 8:50AM-11:00AM (Lap Swimming) 4:30PM-8:00PM (Lap Swimming) | 9:20AM-12:15PM (Lap Swimming) 4:30PM-6:45PM (Lap Swimming) | 8:50AM-11:00AM (Lap Swimming) 4:50PM-8:00PM (Lap Swimming) | 1:30PM-4:30PM (Lap Swimming) | 2:00PM-4:30PM (Lap Swimming) |
| Pool Reserved Lap Pool (3 Lanes) | 8:50AM-10:45AM (Reserved) 4:30PM-8:00PM (Reserved) | 9:50AM-12:30PM (Reserved) 4:30PM-8:00PM (Reserved) | 4:30PM-8:00PM (Reserved) | 9:20AM-12:15PM (Reserved) 4:30PM-6:45PM (Reserved) | 8:50AM-11:00AM (Reserved) | | |
| TRX Gym B | 9:00AM-10:00AM (Sgt) <i>Jake D.</i> | | | | | | |
| Aquacise Lap Pool | 9:00AM-9:45AM (Aqua) <i>Deborah H.</i> | | 9:00AM-9:45AM (Aqua) <i>Moonstone S.</i> | | 9:00AM-9:45AM (Aqua) <i>Deborah H.</i> | | |
| H.I.I.T. Main Studio | 9:00AM-9:45AM (Strength) <i>Michelle P.</i> | | | | | | |
| Dance Fitness Main Studio | 10:00AM-11:00AM (Dance) <i>Sakita J.</i> | 10:15AM-11:15AM (Dance) <i>Sakita J.</i> 7:00PM-8:00PM (Dance) <i>Taj C.</i> | 10:00AM-11:00AM (Dance) <i>Sakita J.</i> | | 4:00PM-5:00PM (Dance) <i>Taj C.</i> | | |
| Programming - Reserved Gym B | 10:15AM-11:15AM (Open Gym) 3:45PM-6:00PM (Open Gym) | 3:45PM-6:00PM (Open Gym) | 9:00AM-11:00AM (Open Gym) 3:45PM-6:00PM (Open Gym) | 3:45PM-6:00PM (Open Gym) | 11:00AM-12:30PM (Open Gym) 3:45PM-6:00PM (Open Gym) 6:00PM-8:45PM (Open Gym) | | 9:00AM-10:30AM (Open Gym) |
| Lap Swimming Lap Pool (3 Lanes) | 10:45AM-11:45AM (Lap Swimming) 3:50PM-4:30PM (Lap Swimming) | | 3:30PM-4:30PM (Lap Swimming) | | | | |
| Pool Reserved Lap Pool (1 Lane) | 10:45AM-11:15AM (Reserved) 3:50PM-4:30PM (Reserved) | | 3:35PM-4:30PM (Reserved) | | | | |
| Hatha Yoga Main Studio | 11:15AM-12:15PM (Yoga & Pilates) <i>Dale S.</i> | | 11:15AM-12:15PM (Yoga & Pilates) <i>Dale S.</i> | | 11:15AM-12:15PM (Yoga & Pilates) <i>Dale S.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|---|--|--|--------|
| Programming - Reserved Gym A | 3:45PM-7:30PM (Open Gym) | 10:00AM-12:00PM (Open Gym) 3:45PM-7:45PM (Open Gym) | 10:00AM-12:00PM (Open Gym) 3:45PM-7:30PM (Open Gym) 7:30PM-8:45PM (Open Gym) | 10:00AM-12:00PM (Open Gym) 3:45PM-4:45PM (Open Gym) 5:45PM-7:45PM (Open Gym) | 10:00AM-12:00PM (Open Gym) 3:45PM-4:45PM (Open Gym) | 9:15AM-12:15PM (Open Gym) 12:15PM-5:45PM (Open Gym) | |
| Vinyasa Yoga Main Studio | 5:30PM-6:15PM (Yoga & Pilates) <i>Amina M.</i> | | 5:30PM-6:30PM (Yoga & Pilates) <i>Amina M.</i> | | 5:15PM-6:00PM (Yoga & Pilates) <i>Juliet O.</i> | 1:30PM-2:30PM (Yoga & Pilates) <i>Amina M.</i> | |
| Pickleball 101 Instruction Gym B | 6:00PM-8:45PM (Pickleball) | | | | | | |
| Zumba Toning Main Studio | 6:30PM-7:15PM (Dance) <i>Marianna H.</i> | | 6:45PM-7:30PM (Dance) <i>Marianna H.</i> | | | 10:00AM-10:45AM (Dance) <i>Marianna H.</i> | |
| Strength Main Studio | | 6:30AM-7:00AM (Strength) <i>Agnes P.</i> | 3:30PM-4:15PM (Strength) <i>Sandra T.</i> | 9:45AM-10:30AM (Strength) <i>Deborah H.</i> | | 9:00AM-9:45AM (Strength) <i>Agnes P.</i> | |
| LES MILLS BODYPUMP Main Studio | | 9:00AM-10:00AM (Les Mills) <i>Deborah H.</i> | | | | | |
| Aqua Stretch & Strength Lap Pool | | 10:15AM-11:15AM (Aqua) <i>Moonstone S.</i> | | | | | |
| Arthritis Foundation Aquatics Program Lap Pool | | 11:15AM-12:00PM (Aqua) <i>Sharmaine G.</i> | 10:00AM-10:45AM (Aqua) <i>Sharmaine G.</i> | 11:15AM-12:00PM (Aqua) <i>Sharmaine G.</i> | | | |
| Tai Chi Main Studio | | 11:30AM-12:30PM (Yoga & Pilates) <i>David B.</i> | | | | 11:30AM-12:15PM (Yoga & Pilates) <i>David B.</i> | |
| SilverSneakers Classic Main Studio | | 12:30PM-1:30PM (Active Older Adult) <i>Janet F.</i> | | 11:15AM-12:15PM (Active Older Adult) <i>Janet F.</i> | | | |
| Adult Pickleball Gym B | | | 5:00AM-7:00AM (Pickleball) | | | | |
| Cardio Kickboxing & Core Main Studio | | | 9:00AM-10:00AM (Cardio) <i>Michelle P.</i> | | | | |
| Cardio Fusion Main Studio | | | | 9:00AM-9:30AM (Cardio) <i>Deborah H.</i> | | | |
| Aqua Yoga/Pilates Lap Pool | | | | 9:30AM-10:30AM (Aqua) <i>Janet F.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|---|--|---|--------------------------------|
| Stretch & Balance Main Studio | | | | 10:30AM-11:00AM (Stretch) <i>Deborah H.</i> | | | |
| Chair Yoga Main Studio | | | | 12:15PM-1:00PM (Active Older Adult) <i>Janet F.</i> | | | |
| Yoga Main Studio | | | | 6:30PM-7:30PM (Yoga & Pilates) <i>Amina M.</i> | | | |
| Pool Reserved Lap Pool (5 Lanes) | | | | 6:45PM-8:00PM (Reserved) | | | |
| Total Body Conditioning Main Studio | | | | | 9:00AM-9:45AM (Cardio) <i>Theresa P.</i> | | |
| Aqua Combo Lap Pool | | | | | 10:15AM-11:15AM (Aqua) <i>Moonstone S.</i> | | |
| Pilates Main Studio | | | | | 10:15AM-11:00AM (Yoga & Pilates) <i>Deborah H.</i> | | |
| Family Swim Lap Pool (3 Lanes) | | | | | 5:00PM-8:00PM (Family Swim) | 1:30PM-4:30PM (Family Swim) | 2:00PM-4:30PM (Family Swim) |
| Advanced Tai Chi Main Studio | | | | | | 12:15PM-1:00PM (Yoga & Pilates) <i>David B.</i> | |
| Family Gym Time Gym A | | | | | | | 9:00AM-11:00AM (Family) |



Boyertown YMCA | May 19th - May 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|---|---|---|--------------------------------------|
| Open Basketball Full Gym | 5:00AM-8:45AM (Basketball) 10:15AM-1:00PM (Basketball) 3:00PM-4:45PM (Basketball) | 5:00AM-9:00AM (Basketball) 2:30PM-4:30PM (Basketball) | 5:00AM-7:45AM (Basketball) | 5:00AM-8:45AM (Basketball) 2:30PM-5:00PM (Basketball) | 5:00AM-9:00AM (Basketball) 10:30AM-12:30PM (Basketball) 2:30PM-8:45PM (Basketball) | 7:00AM-9:00AM (Basketball) 11:30AM-6:45PM (Basketball) | 12:00PM-6:45PM (Basketball) |
| Adult Lap Swimming Lap Pool (5 Lanes) | 5:15AM-9:30AM (Lap Swimming) | 6:30AM-9:15AM (Lap Swimming) | 5:15AM-9:30AM (Lap Swimming) | | 6:15AM-9:00AM (Lap Swimming) | | |
| Water Walking Lap Pool (3 Lanes) | 5:15AM-9:30PM (Water Walking) | 6:30AM-9:15AM (Water Walking) | 5:15AM-8:30AM (Water Walking) | 5:15AM-8:30AM (Water Walking) | 6:15AM-9:00AM (Water Walking) | | |
| Whirlpool/Sauna Hours Whirlpool/Sauna | 5:15AM-11:00AM (Sauna & Whirlpool) 1:00PM-9:00PM (Sauna & Whirlpool) | 5:15AM-9:00PM (Sauna & Whirlpool) | 5:15AM-9:00PM (Sauna & Whirlpool) | 5:15AM-11:00AM (Sauna & Whirlpool) 1:00PM-9:00PM (Sauna & Whirlpool) | 5:15AM-11:00AM (Sauna & Whirlpool) 1:00PM-8:00PM (Sauna & Whirlpool) | 7:00AM-6:00PM (Sauna & Whirlpool) | 7:00AM-6:00PM (Sauna & Whirlpool) |
| KidZone Open Care Child Watch (Ages 5 & Under) | 8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) | |
| Tai Chi Group Exercise Studio | 8:00AM-9:00AM (Yoga & Pilates) <i>Charles B.</i> | | 8:00AM-9:00AM (Yoga & Pilates) <i>Charles B.</i> | | | | |
| Pilates SMB Studio | 8:15AM-9:00AM (Yoga & Pilates) <i>Cecil F.</i> | | 5:30PM-6:30PM (Yoga & Pilates) <i>Nadine D.</i> | | | | |
| Aquacise Lap Pool | 8:30AM-9:15AM (Aqua) <i>Selenia R.</i> | | 8:30AM-9:15AM (Aqua) <i>Selenia R.</i> | | | | |
| Zumba Toning Gymnasium | 9:00AM-10:00AM (Dance) <i>Sallie R.</i> | | | 9:00AM-10:00AM (Dance) <i>Sallie R.</i> | | | |
| Hatha Yoga SMB Studio | 9:15AM-10:15AM (Yoga & Pilates) <i>Cecil F.</i> | | 9:15AM-10:15AM (Yoga & Pilates) <i>Natalie T.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|---|--|---|---|
| Strength Group Exercise Studio | 9:15AM-10:00AM (Strength) <i>Sandra M.</i> 6:30PM-7:15PM (Strength) <i>Val S.</i> | | | | | | |
| Aqua Deep Lap Pool | 9:30AM-10:15AM (Aqua) <i>Connie S.</i> | | 9:30AM-10:15AM (Aqua) <i>Chris F.</i> | | 9:45AM-10:30AM (Aqua) <i>Chris F.</i> | | |
| Adult Lap Swimming Lap Pool (2 Lanes) | 9:30AM-11:00AM (Lap Swimming) | 10:15AM-11:00AM (Lap Swimming) 3:15PM-5:00PM (Lap Swimming) 3:15PM-4:30PM (Lap Swimming) | 8:15AM-9:15AM (Lap Swimming) 9:30AM-11:00AM (Lap Swimming) 3:15PM-4:45PM (Lap Swimming) | | 5:15AM-6:15AM (Lap Swimming) 9:00AM-11:00AM (Lap Swimming) 5:30PM-6:30PM (Lap Swimming) | | 10:00AM-2:30PM (Lap Swimming) |
| Arthritis Foundation Aquatics Program Lap Pool | 10:15AM-11:00PM (Aqua) <i>Connie S.</i> | | 10:15AM-11:00AM (Aqua) <i>Chris F.</i> | | 9:00AM-9:45AM (Aqua) <i>Chris F.</i> | | |
| Cycle Cycle Studio | 10:15AM-10:45AM (Cycle) <i>Sandra M.</i> | 6:30PM-7:15PM (Cycle) <i>Val S.</i> | 10:00AM-10:45AM (Cycle) <i>Sandra M.</i> | 6:30PM-7:15PM (Cycle) <i>Val S.</i> | | 8:00AM-8:45AM (Cycle) <i>Natalie T.</i> | |
| Senior Circuit Express Gymnasium | 10:30AM-11:15AM (Active Older Adult) <i>Natalie T.</i> | | | | 10:30AM-11:15AM (Active Older Adult) <i>Natalie T.</i> | | |
| Chair Yoga Group Exercise Studio | 11:30AM-12:15PM (Active Older Adult) <i>Ceil F.</i> | | | | | | |
| Pickleball Full Gym | 1:00PM-3:00PM (Pickleball) 8:00PM-9:45PM (Pickleball) | 12:30PM-2:30PM (Pickleball) | | 11:30AM-2:30PM (Pickleball) 8:00PM-9:45PM (Pickleball) | 12:30PM-2:30PM (Pickleball) | | 7:00AM-9:00AM (Pickleball) |
| Adult Lap Swimming Lap Pool (4 Lanes) | 1:00PM-5:00PM (Lap Swimming) 8:15PM-9:00PM (Lap Swimming) | 11:00AM-5:00PM (Lap Swimming) | 11:00AM-3:15PM (Lap Swimming) 8:30PM-9:00PM (Lap Swimming) | 1:00PM-4:45PM (Lap Swimming) | 1:00PM-5:30PM (Lap Swimming) | 11:30AM-6:00PM (Lap Swimming) | 7:00AM-10:00AM (Lap Swimming) 2:30PM-6:00PM (Lap Swimming) |
| Water Walking Lap Pool (4 Lanes) | 1:00PM-3:15PM (Water Walking) 8:15PM-9:00PM (Water Walking) | 11:00AM-3:15PM (Water Walking) | 11:00AM-3:15PM (Water Walking) | 1:00AM-3:15PM (Water Walking) | | 12:00PM-6:00PM (Water Walking) | 7:00AM-10:00AM (Water Walking) 2:30PM-6:00PM (Water Walking) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|---|---|--|--|--------------------------------|
| Family Swim Lap Pool (4 Lanes) | 1:30PM-3:15PM (Family Swim) 8:15PM-9:00PM (Family Swim) | 12:00PM-3:15PM (Family Swim) | 12:00PM-3:15PM (Family Swim) 8:30PM-9:00PM (Family Swim) | 1:00PM-3:15PM (Family Swim) | 1:00PM-3:15PM (Family Swim) 6:30PM-8:00PM (Family Swim) | 12:00PM-6:00PM (Family Swim) | 2:30PM-6:00PM (Family Swim) |
| KidZone Open Care Child Watch (Ages 6-11) | 4:00PM-8:00PM (Kidzone) | 4:00PM-8:00PM (Kidzone) | 4:00PM-8:00PM (Kidzone) | 4:00PM-8:00PM (Kidzone) | | 8:00AM-12:00PM (Kidzone) | |
| Vinyasa Yoga SMB Studio | 4:30PM-5:30PM (Yoga & Pilates) <i>Amy C.</i> | 6:30PM-7:30PM (Yoga & Pilates) <i>Andrew S.</i> | | 9:30AM-10:30AM (Yoga & Pilates) <i>Michele M.</i> | | 9:00AM-10:00AM (Yoga & Pilates) <i>Kate S.</i> | |
| Cardio Kickboxing Group Exercise Studio | 5:40PM-6:20PM (Cardio) <i>Val S.</i> | | | | | | |
| Adult Lap Swimming Lap Pool (3 Lanes) | 7:30PM-8:15PM (Lap Swimming) | 5:15AM-6:30AM (Lap Swimming) 9:15AM-10:15AM (Lap Swimming) | | 5:15AM-6:30AM (Lap Swimming) 8:30AM-11:00AM (Lap Swimming) | | 7:00AM-8:30AM (Lap Swimming) | |
| Total Body Conditioning SMB Studio | | 5:15AM-6:00AM (Cardio) <i>Tina S.</i> | | | | | |
| Stretch & Balance Group Exercise Studio | | 8:15AM-9:00AM (Stretch) <i>Ceil F.</i> | | | 11:30AM-12:15PM (Stretch) <i>Natalie T.</i> | | |
| Zumba Gymnasium | | 9:15AM-10:15AM (Dance) <i>Michelle E.</i> | | | 9:15AM-10:15AM (Dance) <i>Michelle E.</i> | | |
| Walking Group Fitness Center | | 9:15AM-10:15AM (Cardio) <i>Bobbi H.</i> | | | | | |
| Aqua Yoga/Pilates Lap Pool | | 9:15AM-10:00AM (Aqua) <i>Ceil F.</i> | | | | | |
| Aqua Shallow Lap Pool | | 10:15AM-11:00AM (Aqua) <i>Gail B.</i> | | 10:15AM-11:00AM (Aqua) <i>Gail B.</i> | | | |
| Silver Cardio Fusion Group Exercise Studio | | 10:30AM-11:15AM (Active Older Adult) <i>Boyertown S.</i> | | | | | |
| Open Basketball Half Gym | | 4:30PM-6:30PM (Basketball) | 11:00AM-4:00PM (Basketball) | | | | |
| Zumba Group Exercise Studio | | 4:30PM-5:30PM (Dance) <i>Sallie R.</i> | | 6:45PM-7:45PM (Dance) <i>Pam K.</i> | | | |
| Adult Lap Swimming Lap Pool (1 Lane) | | 5:00PM-6:00PM (Lap Swimming) | 5:15PM-7:15PM (Lap Swimming) | | | 8:30AM-11:30AM (Lap Swimming) | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---|--|---|---|--|--------|
| Total Body Conditioning Group Exercise Studio | | 5:45PM-6:45PM (Cardio) <i>Sandra M.</i> | 4:15PM-5:15PM (Cardio) <i>Amy C.</i> | | | | |
| Volleyball Half Gym - B | | 6:30PM-8:00PM (Volleyball) | | | | | |
| Functional Pilates SMB Studio | | | 8:15AM-9:00AM (Yoga & Pilates) <i>Ceil F.</i> | | 8:15AM-9:00AM (Yoga & Pilates) <i>Natalie T.</i> | | |
| Total Body Conditioning Gymnasium | | | 8:15AM-9:00AM (Cardio) <i>Natalie T.</i> | | | | |
| Lap Swimming Lap Pool (3 Lanes) | | | 8:30AM-9:30AM (Lap Swimming) | | | | |
| Silver Strength Group Exercise Studio | | | 10:30AM-11:15AM (Active Older Adult) <i>Natalie T.</i> | 10:30AM-11:15AM (Active Older Adult) <i>Sandra M.</i> | | | |
| Line Dancing Group Exercise Studio | | | 11:30AM-12:15PM (Dance) <i>Robin W.</i> | | | | |
| LES MILLS BODYCOMBAT Group Exercise Studio | | | 5:30PM-6:10PM (Les Mills) <i>Amy L.</i> | | | | |
| LES MILLS BODYPUMP Group Exercise Studio | | | 6:15PM-7:15PM (Les Mills) <i>Val S.</i> | | 9:15AM-10:15AM (Les Mills) <i>Zack S.</i> | 9:00AM-9:45AM (Les Mills) <i>Zack S.</i> | |
| Aqua Stretch & Strength Lap Pool | | | | 8:30AM-9:15AM (Aqua) <i>Ceil F.</i> | | | |
| LES MILLS BODYATTACK Group Exercise Studio | | | | 9:15AM-10:00AM (Les Mills) <i>Zack S.</i> | | | |
| SilverSneakers Splash Lap Pool | | | | 9:30AM-10:15AM (Active Older Adult) <i>Ceil F.</i> | | | |
| Barre SMB Studio | | | | 5:30PM-6:30PM (Yoga & Pilates) <i>Kelly W.</i> | | | |
| Gentle Yoga SMB Studio | | | | 7:05PM-8:00PM (Yoga & Pilates) <i>Kate S.</i> | | | |
| SilverSneakers Classic Group Exercise Studio | | | | | 8:15AM-9:00AM (Active Older Adult) <i>Ceil F.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|----------|---|---|--------|
| Aqua ZUMBA Lap Pool | | | | | 10:30AM-11:15AM (Aqua) <i>Michelle E.</i> | | |
| Zumba Toning Group Exercise Studio | | | | | 4:30PM-5:30PM (Dance) <i>Sallie R.</i> | | |
| Barre Group Exercise Studio | | | | | | 10:00AM-11:00AM (Yoga & Pilates) <i>Nadine D.</i> | |



Ambler YMCA | May 19th - May 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|--|---|---|
| Open Basketball Near Gym | 5:00AM-7:00AM (Basketball) 12:00PM-4:15PM (Basketball) 7:15PM-9:45PM (Basketball) | 5:00AM-7:00AM (Basketball) 1:00PM-5:15PM (Basketball) 7:00PM-9:45PM (Basketball) | 5:00AM-7:00AM (Basketball) 12:00PM-5:30PM (Basketball) 7:30PM-9:45PM (Basketball) | 5:00AM-7:00AM (Basketball) | 5:00AM-7:00AM (Basketball) 12:00PM-8:45PM (Basketball) | 7:00AM-8:30AM (Basketball) | 7:00AM-8:00AM (Basketball) 1:45PM-3:00PM (Basketball) 5:30PM-6:45PM (Basketball) |
| Open Basketball Far Gym | 5:00AM-7:00AM (Basketball) 12:00PM-5:15PM (Basketball) 7:15PM-9:45PM (Basketball) | 5:00AM-7:00AM (Basketball) 1:00PM-9:45PM (Basketball) | 5:00AM-7:00AM (Basketball) 12:00PM-5:30PM (Basketball) 7:30PM-9:45PM (Basketball) | 5:00AM-7:00AM (Basketball) 12:00PM-5:45PM (Basketball) | 5:00AM-7:00AM (Basketball) 12:00PM-8:45PM (Basketball) | | 7:00AM-8:00AM (Basketball) 10:00AM-6:45PM (Basketball) |
| Lap Swimming Lap Pool (6 Lanes) | 5:00AM-8:30AM (Lap Swimming) 10:35AM-4:00PM (Lap Swimming) | | 5:00AM-8:30AM (Lap Swimming) 10:35AM-4:00PM (Lap Swimming) | | 5:00AM-8:30AM (Lap Swimming) 10:35AM-8:30PM (Lap Swimming) | | |
| Water Walking Program Pool | 5:00AM-9:30AM (Water Walking) 10:30AM-7:30PM (Water Walking) 8:30PM-9:30PM (Water Walking) | 5:00AM-9:30AM (Water Walking) 10:30AM-9:30PM (Water Walking) 6:30PM-9:30PM (Water Walking) | 5:00AM-9:30AM (Water Walking) 10:30AM-9:30PM (Water Walking) | 5:00AM-9:30AM (Water Walking) 10:30AM-4:00PM (Water Walking) 7:30PM-9:30PM (Water Walking) | 5:00AM-8:00AM (Water Walking) 9:00AM-4:00PM (Water Walking) 7:30PM-8:30PM (Water Walking) | 7:00AM-9:00AM (Water Walking) 12:25PM-1:00PM (Water Walking) 5:00PM-6:30PM (Water Walking) | 7:00AM-10:00AM (Water Walking) 5:00PM-6:30PM (Water Walking) |
| Whirlpool Hours Whirlpool | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-9:30PM (Sauna & Whirlpool) | | | | |
| Cycle Cycle Studio | 5:15AM-6:15AM (Cycle) <i>Eleanor S.</i> 5:30PM-6:15PM (Cycle) <i>Jennifer L.</i> | 6:00AM-6:45AM (Cycle) <i>Jennifer L.</i> 9:15AM-10:15AM (Cycle) <i>Casey K.</i> | 5:15AM-6:15AM (Cycle) <i>Eleanor S.</i> 9:15AM-10:00AM (Cycle) <i>Michelle P.</i> 6:00PM-7:00PM (Cycle) <i>Krystle H.</i> | 6:00AM-6:45AM (Cycle) <i>Jennifer L.</i> 9:30AM-10:15AM (Cycle) <i>Jane K.</i> | | 9:00AM-10:00AM (Cycle) <i>Krystle H.</i> | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|---|---|--|--|
| LES MILLS BODYPUMP Large Studio | 5:30AM-6:30AM (Les Mills) <i>Karen D.</i> | 8:00AM-9:00AM (Les Mills) <i>Amy P.</i> | 5:30AM-6:30AM (Les Mills) <i>Karen D.</i> | 8:00AM-9:00AM (Les Mills) <i>Michelle M.</i> | 9:15AM-10:15AM (Les Mills) <i>Andrea E.</i> | 10:30AM-11:30AM (Les Mills) <i>Jennifer W.</i> | 8:15AM-9:15AM (Les Mills) <i>Karen D.</i> |
| | 9:15AM-10:15AM (Les Mills) <i>Karen D.</i> | 11:45AM-12:45PM (Les Mills) <i>Andrea E.</i> | 9:15AM-10:15AM (Les Mills) <i>Jackie A.</i> | 11:45AM-12:45PM (Les Mills) <i>Karen D.</i> | 3:30PM-4:30PM (Les Mills) <i>Amy P.</i> | | 10:15AM-11:15AM (Les Mills) <i>Gina D.</i> |
| | 7:00PM-8:00PM (Les Mills) <i>Michelle M.</i> | 5:45PM-6:45PM (Les Mills) <i>Jack A.</i> | 7:00PM-8:00PM (Les Mills) <i>William H.</i> | 6:00PM-6:45PM (Les Mills) <i>Dana R.</i> | | | |
| Yoga Small Studio | 7:00AM-8:00AM (Yoga & Pilates) <i>Alicia M.</i> | | 7:00AM-8:00AM (Yoga & Pilates) <i>Alicia M.</i> | 11:30AM-12:30PM (Yoga & Pilates) <i>Alicia M.</i> | 7:00AM-8:00AM (Yoga & Pilates) <i>Jennifer L.</i> | | |
| | | | 4:15PM-5:30PM (Yoga & Pilates) <i>April M.</i> | 7:00PM-8:00PM (Yoga & Pilates) <i>Martina S.</i> | 9:15AM-10:15AM (Yoga & Pilates) <i>Dan R.</i> | | |
| Pickleball - Beginner/Intermediate Near Gym | 7:00AM-12:00PM (Pickleball) | | 7:00AM-12:00PM (Pickleball) | 7:00AM-12:00PM (Pickleball) | 7:00AM-12:00PM (Pickleball) | | |
| Pickleball - Intermediate/Advanced Far Gym | 7:00AM-12:00PM (Pickleball) | | 7:00AM-12:00PM (Pickleball) | 7:00AM-12:00PM (Pickleball) | 7:00AM-12:00PM (Pickleball) | | |
| Trim and Sculpt Large Studio | 8:00AM-8:45AM (Strength) <i>Jackie A.</i> | 4:30PM-5:30PM (Strength) <i>Sonia T.</i> | 8:00AM-8:45AM (Strength) <i>Casey K.</i> 4:30PM-5:30PM (Strength) <i>Sonia T.</i> | | 8:00AM-8:45AM (Strength) <i>Casey K.</i> | | |
| KidZone Open Care Child Watch Area | 8:00AM-12:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) | 8:00AM-1:00PM (Kidzone) | 8:00AM-1:00PM (Kidzone) |
| | 4:00PM-8:00PM (Kidzone) | 4:00PM-8:00PM (Kidzone) | 4:00PM-8:00PM (Kidzone) | 4:00PM-8:00PM (Kidzone) | 4:00PM-8:00PM (Kidzone) | | |
| Kettlebells Mezzanine | 8:00AM-9:00AM (Sgt) <i>Spike M.</i> | | | | | | |
| Zumba Small Studio | 8:15AM-9:00AM (Dance) <i>Michelle P.</i> | | 8:15AM-9:00AM (Dance) <i>Michelle P.</i> | | | 10:45AM-11:45AM (Dance) <i>Beth T.</i> | |
| | | | 5:45PM-6:45PM (Dance) <i>Sonia T.</i> | | | | |
| LES MILLS CORE Studio C | 8:15AM-8:45AM (Les Mills) <i>Alicia M.</i> | 10:15AM-10:45AM (Les Mills) <i>Karen D.</i> | 8:15AM-8:45AM (Les Mills) <i>Alicia M.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|---|---|----------|--|
| Lap Swimming Lap Pool (1 Lane) | 8:30AM-10:35AM (Lap Swimming) 5:30PM-6:30PM (Lap Swimming) | | 8:30AM-10:35AM (Lap Swimming) 5:30PM-6:30PM (Lap Swimming) | 5:30PM-8:30PM (Lap Swimming) | 8:30AM-10:35AM (Lap Swimming) | | |
| Aquacise Lap Pool (5 Lanes) | 9:00AM-9:45AM (Aqua) <i>Dori C.</i> | | | | 9:00AM-9:45AM (Aqua) <i>Dori C.</i> | | |
| LES MILLS BODYCOMBAT Studio C | 9:15AM-10:15AM (Les Mills) <i>Andrea E.</i> | 6:00PM-7:00PM (Les Mills) <i>Tom P.</i> | 9:15AM-10:15AM (Les Mills) <i>Andrea E.</i> 6:00PM-6:45PM (Les Mills) <i>William H.</i> | 5:45PM-6:45PM (Les Mills) <i>Tom P.</i> | 9:15AM-10:15AM (Les Mills) <i>Gina D.</i> 5:15PM-6:15PM (Les Mills) <i>Alicia M.</i> | | 9:15AM-10:15AM (Les Mills) <i>Tom P.</i> |
| Total Body Cycle Cycle Studio | 9:15AM-10:30AM (Cycle) <i>Casey K.</i> | | | | 9:15AM-10:30AM (Cycle) <i>Casey K.</i> | | |
| Vinyasa Yoga Small Studio | 9:15AM-10:15AM (Yoga & Pilates) <i>Ami K.</i> 7:30PM-8:45PM (Yoga & Pilates) <i>Nancy B.</i> | | 9:15AM-10:15AM (Yoga & Pilates) <i>Ami K.</i> 7:00PM-8:00PM (Yoga & Pilates) <i>Martina S.</i> | | | | |
| LES MILLS SHAPES Studio B | 9:30AM-10:15AM (Les Mills) <i>Michelle B.</i> 5:00PM-5:45PM (Les Mills) <i>Alicia M.</i> | | 9:30AM-10:15AM (Les Mills) <i>Michelle B.</i> | | | | 9:15AM-10:00AM (Les Mills) <i>Dana R.</i> |
| Aquacise Program Pool | 9:45AM-10:30AM (Aqua) <i>Becky G.</i> | | 9:45AM-10:30AM (Aqua) <i>Becky G.</i> | 9:45AM-10:30AM (Aqua) <i>Becky G.</i> | | | |
| Aqua Combo Lap Pool (3 Lanes) | 9:50AM-10:35AM (Aqua) <i>Dori C.</i> | | 9:50AM-10:35AM (Aqua) <i>Dori C.</i> | | 9:50AM-10:35AM (Aqua) <i>Dori C.</i> | | |
| LES MILLS BODYBALANCE Small Studio | 10:30AM-11:30AM (Les Mills) <i>Michelle B.</i> 6:15PM-7:15PM (Les Mills) <i>Jack A.</i> | 4:30PM-5:30PM (Les Mills) <i>Amy P.</i> | 10:30AM-11:30AM (Les Mills) <i>Michelle B.</i> | 4:30PM-5:30PM (Les Mills) <i>Amy P.</i> | 8:15AM-9:00AM (Les Mills) <i>Beth B.</i> 5:30PM-6:30PM (Les Mills) <i>Jack A.</i> | | 11:15AM-12:15PM (Les Mills) <i>Beth B.</i> |
| Silver Cardio Fusion Studio C | 10:30AM-11:30AM (Active Older Adult) <i>Jackie A.</i> | | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|---|--|---|
| TRX Mezzanine | 10:30AM-11:30AM (Sgt) <i>Ami K.</i> | | 10:30AM-11:30AM (Sgt) <i>Ami K.</i> | 11:45AM-12:45PM (Sgt) <i>Ami K.</i> | | | 11:00AM-12:00PM (Sgt) <i>Ami K.</i> |
| Silver Strength Large Studio | 10:45AM-11:30AM (Active Older Adult) <i>Casey K.</i> | | | | | | |
| Family Swim Family Pool | 11:00AM-3:00PM (Family Swim) | 6:00PM-9:00PM (Family Swim) | 11:00AM-3:00PM (Family Swim) | 6:00PM-9:00PM (Family Swim) | 4:00PM-7:30PM (Family Swim) | 1:00PM-5:00PM (Family Swim) | 1:00PM-5:00PM (Family Swim) |
| PFD Free Time Family Pool | 11:00AM-1:00PM (Family Swim) | 6:00PM-7:00PM (Family Swim) | 11:00AM-1:00PM (Family Swim) | 6:00PM-7:00PM (Family Swim) | 4:00PM-5:00PM (Family Swim) | 12:30PM-1:30PM (Family Swim) | 12:30PM-1:30PM (Family Swim) |
| Chair Yoga Small Studio | 11:45AM-12:45PM (Active Older Adult) <i>Michelle M.</i> | | 11:45AM-12:45PM (Active Older Adult) <i>Chris K.</i> | | 11:45AM-12:45PM (Active Older Adult) <i>Ami K.</i> | | |
| SilverSneakers Classic Large Studio | 11:45AM-12:45PM (Active Older Adult) <i>Jackie A.</i> | | 11:45AM-12:45PM (Active Older Adult) <i>Michelle M.</i> | | 11:45AM-12:45PM (Active Older Adult) <i>Jackie A.</i> | | |
| Tai Chi Small Studio | 1:00PM-2:00PM (Yoga & Pilates) <i>Doris F.</i> | | 1:00PM-2:00PM (Yoga & Pilates) <i>Doris F.</i> | | 1:00PM-2:00PM (Yoga & Pilates) <i>Martina S.</i> | | |
| Lap Swimming Lap Pool (4 Lanes) | 4:00PM-5:30PM (Lap Swimming) | | 4:00PM-5:30PM (Lap Swimming) 6:30PM-9:30PM (Lap Swimming) | 5:00AM-5:30PM (Lap Swimming) | | 9:30AM-6:30PM (Lap Swimming) | |
| Programming - Reserved Near Gym | 4:15PM-7:15PM (Open Gym) | 7:00AM-1:00PM (Open Gym) 5:15PM-7:00PM (Open Gym) | 5:30PM-7:15PM (Open Gym) | 4:15PM-6:00PM (Open Gym) 6:00PM-7:15PM (Open Gym) | | 8:30AM-12:00PM (Open Gym) 12:00PM-3:00PM (Open Gym) | 8:00AM-10:00AM (Open Gym) |
| Zumba Studio C | 4:30PM-5:30PM (Dance) <i>Sonia T.</i> | | | | | | |
| Hatha Yoga Small Studio | 5:00PM-6:00PM (Yoga & Pilates) <i>Joan R.</i> | | | | | | |
| Programming - Reserved Far Gym | 5:15PM-7:15PM (Open Gym) | | 5:30PM-7:15PM (Open Gym) | 6:00PM-7:15PM (Open Gym) | | 8:30AM-12:00PM (Open Gym) 12:00PM-3:00PM (Open Gym) | 8:00AM-10:00AM (Open Gym) |
| Sports Performance Mezzanine | 5:30PM-6:30PM (Sgt) <i>Spike M.</i> 6:30PM-7:30PM (Sgt) <i>Spike M.</i> | | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|---|--|---|---|
| Trim and Sculpt Studio C | 5:35PM-6:35PM (Strength) <i>Sonia T.</i> | | | | | | |
| LES MILLS BODYSTEP Large Studio | 5:45PM-6:45PM (Les Mills) <i>Tom P.</i> | 9:15AM-10:15AM (Les Mills) <i>Tom P.</i> 7:00PM-8:00PM (Les Mills) <i>Lauren H.</i> | 5:45PM-6:45PM (Les Mills) <i>Tom P.</i> | 9:15AM-10:15AM (Les Mills) <i>Michelle M.</i> | | 8:00AM-9:00AM (Les Mills) <i>Tom P.</i> | |
| POUND Studio B | 6:15PM-7:00PM (Yoga & Pilates) <i>Sue D.</i> | | | 6:15PM-7:00PM (Yoga & Pilates) <i>Sue D.</i> | | 10:15AM-11:00AM (Yoga & Pilates) <i>Lauren H.</i> | |
| Lap Swimming Lap Pool (3 Lanes) | 6:30PM-9:30PM (Lap Swimming) | 4:00PM-9:30PM (Lap Swimming) | | | | 7:00AM-9:30AM (Lap Swimming) | |
| Aqua Yoga/Pilates Program Pool | 7:30PM-8:30PM (Aqua) <i>Maureen B.</i> | | | | 8:00AM-8:45AM (Aqua) <i>Karen S.</i> | | |
| Lap Swimming Lap Pool (5 Lanes) | | 5:00AM-4:00PM (Lap Swimming) | | 8:30PM-9:30PM (Lap Swimming) | | | 7:00AM-6:30PM (Lap Swimming) |
| Boot Camp Large Studio | | 5:15AM-6:15AM (Strength) <i>Chris B.</i> | | 5:15AM-6:15AM (Strength) <i>Chris B.</i> | | | |
| Pickleball - Beginner/Intermediate Far Gym | | 7:00AM-1:00PM (Pickleball) | | | | | |
| Stretch & Balance Small Studio | | 8:00AM-9:00AM (Stretch) <i>Beth J.</i> | | 8:00AM-9:00AM (Stretch) <i>Jane P.</i> | | | 9:00AM-10:00AM (Stretch) <i>Michelle M.</i> |
| Quick Fit Studio C | | 8:30AM-9:00AM (Strength) <i>Casey K.</i> | | | | | |
| Strength Training Mezzanine | | 9:00AM-10:00AM (Sgt) <i>Marla P.</i> | | | | | |
| LES MILLS BARRE Studio C | | 9:15AM-10:00AM (Les Mills) <i>Karen D.</i> | | | | | |
| SilverSneakers Stability Small Studio | | 9:15AM-10:00AM (Active Older Adult) <i>Dana R.</i> | | 1:00PM-2:00PM (Active Older Adult) <i>Jackie A.</i> | | | |
| Pilates Studio B | | 9:30AM-10:30AM (Yoga & Pilates) <i>Beth T.</i> | | | | | 10:15AM-11:15AM (Yoga & Pilates) <i>Beth J.</i> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---|---|--|--|---|---|
| LES MILLS DANCE Small Studio | | 10:15AM-11:00AM (Les Mills) <i>Dana R.</i> 6:00PM-6:45PM (Les Mills) <i>Jessika T.</i> | | | | | 10:15AM-11:00AM (Les Mills) <i>Dana R.</i> |
| Silver Cardio Fusion Large Studio | | 10:30AM-11:30AM (Active Older Adult) <i>Jane K.</i> | | 10:30AM-11:30AM (Active Older Adult) <i>Jane K.</i> | | | |
| Qigong Studio B | | 10:45AM-11:45AM (Yoga & Pilates) <i>Joan R.</i> | | 11:45AM-12:30PM (Yoga & Pilates) <i>Alissa M.</i> | | | |
| LES MILLS TONE Studio C | | 11:15AM-12:00PM (Les Mills) <i>Dana R.</i> | | | | | |
| Yin Yoga Small Studio | | 11:15AM-12:15PM (Yoga & Pilates) <i>Dan R.</i> | | | 10:30AM-11:30AM (Yoga & Pilates) <i>Dan R.</i> | | 12:30PM-1:30PM (Yoga & Pilates) <i>Ami K.</i> |
| Meditation Small Studio | | 12:30PM-1:00PM (Yoga & Pilates) <i>Dan R.</i> | | | | | 1:45PM-2:15PM (Yoga & Pilates) <i>Ami K.</i> |
| Pool Reserved Program Pool | | 5:30PM-6:30PM (Reserved) | | | | | |
| LES MILLS RPM Cycle Studio | | 6:15PM-7:00PM (Les Mills) <i>Allison H.</i> | | | | | 10:00AM-10:45AM (Les Mills) <i>Beth B.</i> |
| Gentle Yoga Small Studio | | 7:00PM-8:00PM (Yoga & Pilates) <i>Michelle M.</i> | | | | 8:00AM-9:00AM (Yoga & Pilates) <i>Joan R.</i> | |
| Aquacise Lap Pool | | | 9:00AM-9:45AM (Aqua) <i>Dori C.</i> | | | | |
| Zumba Toning Studio C | | | 10:30AM-11:30AM (Dance) <i>Beth T.</i> | | | | |
| SilverSneakers Circuit Large Studio | | | 10:30AM-11:30AM (Active Older Adult) <i>Jackie A.</i> | | | | |
| LES MILLS SHAPES Studio C | | | 5:00PM-5:45PM (Les Mills) <i>Alicia M.</i> | 10:45AM-11:30AM (Les Mills) <i>Karen D.</i> 7:15PM-8:00PM (Les Mills) <i>Allison H.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|--|---|---|--------------------------------------|
| Whirlpool/Sauna Hours Whirlpool/Sauna | | | | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-12:15PM (Sauna & Whirlpool) 3:00PM-8:30PM (Sauna & Whirlpool) | 7:00AM-6:30PM (Sauna & Whirlpool) | 7:00AM-6:30PM (Sauna & Whirlpool) |
| Dynamic Boxing Mezzanine | | | | 8:00AM-9:00AM (Sgt) <i>Laura M.</i> | | | |
| Pilates Studio C | | | | 8:00AM-9:00AM (Yoga & Pilates) <i>Martina S.</i> | | | |
| Boot Camp Studio C | | | | 9:15AM-10:15AM (Strength) <i>Jen P.</i> | | | |
| Power Yoga Small Studio | | | | 9:15AM-10:15AM (Yoga & Pilates) <i>Martina S.</i> | | 9:15AM-10:30AM (Yoga & Pilates) <i>Joan R.</i> 12:00PM-1:15PM (Yoga & Pilates) <i>David C.</i> | |
| LES MILLS BODYCOMBAT Studio B | | | | 10:00AM-10:45AM (Les Mills) <i>Alicia M.</i> | | | |
| Silver Strength Small Studio | | | | 10:30AM-11:15AM (Active Older Adult) <i>Casey K.</i> | | | |
| Meditation Studio B | | | | 11:00AM-11:30AM (Yoga & Pilates) <i>Alissa M.</i> | | | |
| Pool Reserved Program Reserved | | | | 4:00PM-7:30PM (Reserved) | | 9:00AM-12:25PM (Reserved) | 10:00AM-12:00PM (Reserved) |
| LES MILLS SPRINT Cycle Studio | | | | 6:15PM-6:45PM (Les Mills) <i>Allison H.</i> | | 8:15AM-8:45AM (Les Mills) <i>Allison H.</i> | |
| LES MILLS TONE Large Studio | | | | 7:00PM-7:45PM (Les Mills) <i>Dana R.</i> | | | |
| Aqua Combo Lap Pool | | | | 7:30PM-8:30PM (Aqua) <i>Becky G.</i> | | | |
| Adult Volleyball Near Gym | | | | 7:30PM-9:45PM (Volleyball) | | | 3:30PM-5:30PM (Volleyball) |
| Adult Volleyball Far Gym | | | | 7:30PM-9:45PM (Volleyball) | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|----------|--|--|--|
| Fit Camp Large Studio | | | | | 5:15AM-6:15AM (Strength) <i>Eleanor S.</i> | | |
| LES MILLS BODYPUMP Studio C | | | | | 5:30AM-6:30AM (Les Mills) <i>Sonia T.</i> | | |
| Zumba Gold Studio B | | | | | 9:30AM-10:15AM (Active Older Adult) <i>Jane K.</i> | | |
| Silver Strength Studio C | | | | | 10:30AM-11:30AM (Active Older Adult) <i>Patty K.</i> | | |
| Zumba Large Studio | | | | | 10:30AM-11:30AM (Dance) <i>Jane K.</i> | | |
| Family Swim Program Pool | | | | | 4:00PM-7:30PM (Family Swim) | 1:00PM-5:00PM (Family Swim) | 1:00PM-5:00PM (Family Swim) |
| Pilates Small Studio | | | | | 4:15PM-5:15PM (Yoga & Pilates) <i>Angie C.</i> | | |
| General Open Gym Far Gym | | | | | | 7:00AM-8:30AM (Open Gym) 3:00PM-6:45PM (Open Gym) | |
| Aquacise Lap Pool (3 Lanes) | | | | | | 7:30AM-8:25AM (Aqua) <i>Becky G.</i> 8:30AM-9:25AM (Aqua) <i>Becky G.</i> | |
| LES MILLS BODYCOMBAT Large Studio | | | | | | 9:15AM-10:15AM (Les Mills) <i>Allison H.</i> | |
| LES MILLS DANCE Studio B | | | | | | 9:15AM-10:00AM (Les Mills) <i>Aerielle W.</i> | |
| Pool Open - Pass Required Outdoor Pool | | | | | | 11:00AM-7:30PM (Outdoor Swim) | 11:00AM-7:30PM (Outdoor Swim) |
| LES MILLS BODYBALANCE Studio B | | | | | | 11:15AM-12:15PM (Les Mills) <i>Allison H.</i> | |
| Zumba Gold Large Studio | | | | | | 1:00PM-2:00PM (Active Older Adult) <i>Kelly M.</i> | 1:00PM-2:00PM (Active Older Adult) <i>Kelly M.</i> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------------|--------|---------|-----------|----------|--------|-----------------------------|--|
| General Open Gym Near Gym | | | | | | 3:00PM-6:45PM (Open Gym) | |
| LES MILLS CORE Large Studio | | | | | | | 9:30AM-10:00AM (Les Mills) <i>Karen D.</i> |
| Family Gym Time Near Gym | | | | | | | 10:00AM-1:45PM (Family) |
| Tai Chi Studio B | | | | | | | 11:30AM-12:45PM (Yoga & Pilates) <i>Martina S.</i> |



Phoenixville YMCA | May 19th - May 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|---|---|--|
| Open Basketball West Gym | 5:00AM-6:00AM (Basketball) 2:00PM-4:00PM (Basketball) 5:00PM-7:00PM (Basketball) 7:00PM-9:45PM (Basketball) | 5:00AM-6:00AM (Basketball) 8:00AM-11:00AM (Basketball) 2:00PM-4:00PM (Basketball) 5:00PM-6:00PM (Basketball) 8:00PM-9:45PM (Basketball) | 5:00AM-6:00AM (Basketball) 2:00PM-4:00PM (Basketball) 5:00PM-6:00PM (Basketball) 9:00PM-9:45PM (Basketball) | 5:00AM-6:00AM (Basketball) 8:00AM-11:00AM (Basketball) 2:00PM-4:00PM (Basketball) 5:00PM-6:00PM (Basketball) 8:00PM-9:45PM (Basketball) | 5:00AM-6:00AM (Basketball) 2:00PM-4:00PM (Basketball) 5:00PM-6:00PM (Basketball) | | 7:00AM-9:00AM (Basketball) 4:00PM-6:45PM (Basketball) |
| Lap Swimming Myrin Pool | 5:00AM-10:15AM (Lap Swimming) 12:00PM-3:15PM (Lap Swimming) | 5:00AM-10:15AM (Lap Swimming) 11:15AM-3:15PM (Lap Swimming) | 5:00AM-3:15PM (Lap Swimming) | 5:00AM-10:15AM (Lap Swimming) 11:00AM-3:15PM (Lap Swimming) | 5:00AM-10:15AM (Lap Swimming) 10:15AM-11:00AM (Lap Swimming) | 7:00AM-10:15AM (Lap Swimming) 1:00PM-6:45PM (Lap Swimming) | 7:00AM-9:00AM (Lap Swimming) 2:15PM-6:45PM (Lap Swimming) |
| Sauna Hours Sauna | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-8:45PM (Sauna & Whirlpool) | 7:00AM-6:45PM (Sauna & Whirlpool) | 7:00AM-6:45PM (Sauna & Whirlpool) |
| Steam Room Hours Steam Room | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-9:30PM (Sauna & Whirlpool) | 5:00AM-8:45PM (Sauna & Whirlpool) | 7:00AM-6:45PM (Sauna & Whirlpool) | |
| Open Basketball BTC Gym | 5:00AM-9:45PM (Basketball) | 5:00AM-9:45PM (Basketball) | 5:00AM-9:45PM (Basketball) | 5:00AM-9:45PM (Basketball) | 5:00AM-8:45PM (Basketball) | 7:00AM-6:45PM (Basketball) | 7:00AM-6:45PM (Basketball) |
| KidZone Open Care Child Watch Area | 8:00AM-2:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-2:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-2:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-2:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-2:00PM (Kidzone) | 8:00AM-1:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) |
| Lap Swimming Heritage Pool (4 Lanes) | 8:00AM-3:45PM (Lap Swimming) | 8:00AM-4:15PM (Lap Swimming) | 8:00AM-4:15PM (Lap Swimming) | 8:00AM-4:15PM (Lap Swimming) | 8:00AM-6:00PM (Lap Swimming) | 12:00PM-1:00PM (Lap Swimming) | 7:00AM-9:00AM (Lap Swimming) |
| Water Walking Heritage Pool (2 Lanes) | 8:00AM-9:00AM (Water Walking) | 8:00AM-9:00AM (Water Walking) 12:30PM-4:15PM (Water Walking) | | 12:30PM-4:15PM (Water Walking) | 8:00AM-6:00PM (Water Walking) | | 7:00AM-9:00AM (Water Walking) |
| Pilates Studio A | 8:15AM-9:15AM (Yoga & Pilates) <i>Amanda V.</i> | | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|---|---------------------------------|---|
| Total Body Conditioning Studio B | 9:15AM-10:15AM (Cardio) <i>Julie B.</i> | | | | | | |
| LES MILLS SPRINT Cycle Studio | 9:30AM-10:00AM (Les Mills) <i>Amanda V.</i> | 6:00PM-6:30PM (Les Mills) <i>Amanda V.</i> | 6:00AM-6:30AM (Les Mills) <i>Allison T.</i> | | 6:00AM-6:30AM (Les Mills) <i>Amanda V.</i> | | |
| Programming - Reserved West Gym | 9:30AM-10:30AM (Open Gym) | 6:00PM-8:00PM (Open Gym) | 9:30AM-10:30AM (Open Gym) | 6:00PM-8:00PM (Open Gym) | 9:30AM-10:30AM (Open Gym) | | |
| Silver Cardio Fusion West Gym | 9:45AM-10:30AM (Active Older Adult) <i>Beth M.</i> | | 9:45AM-10:30AM (Active Older Adult) <i>Beth M.</i> | | | | |
| Vinyasa Yoga Studio A | 10:15AM-11:15AM (Yoga & Pilates) <i>Christin S.</i> | 5:30AM-6:30AM (Yoga & Pilates) <i>Maria S.</i> | | | 7:30AM-8:30AM (Yoga & Pilates) <i>Michele M.</i> | | 9:45AM-10:45AM (Yoga & Pilates) <i>Josie W.</i> |
| Lap Swimming Myrin Pool (2 Lanes) | 10:15AM-12:00PM (Lap Swimming) | 10:15AM-11:00AM (Lap Swimming) | | 10:15AM-11:00AM (Lap Swimming) | | | |
| LES MILLS BODYPUMP Studio B | 10:30AM-11:30AM (Les Mills) <i>Amanda V.</i> 6:30PM-7:30PM (Les Mills) <i>Allison T.</i> | 6:00AM-6:45AM (Les Mills) <i>Sara G.</i> | 9:30AM-10:30AM (Les Mills) <i>Amanda V.</i> 6:30PM-7:30PM (Les Mills) <i>Samantha C.</i> | 6:00AM-6:45AM (Les Mills) <i>Sara G.</i> | 9:30AM-10:30AM (Les Mills) <i>Geoff A.</i> 5:45PM-6:45PM (Les Mills) <i>Allison T.</i> | | 11:15AM-12:15PM (Les Mills) <i>Josie W.</i> |
| Aqua Combo Myrin Pool (2 Lanes) | 11:15AM-12:00PM (Aqua) <i>Beth M.</i> | | | | 10:15AM-11:00AM (Aqua) <i>Beth M.</i> | | |
| Gentle Yoga Studio A | 11:30AM-12:30PM (Yoga & Pilates) <i>Christin S.</i> | 7:00PM-8:00PM (Yoga & Pilates) <i>Sherry M.</i> | 11:00AM-12:00PM (Yoga & Pilates) <i>Ashley L.</i> | | | | |
| Pickleball West Gym | 12:00PM-2:00PM (Pickleball) | 6:00AM-8:00AM (Pickleball) 12:00PM-2:00PM (Pickleball) | 6:00AM-8:00AM (Pickleball) 12:00PM-2:00PM (Pickleball) | 6:00AM-8:00AM (Pickleball) 12:00PM-2:00PM (Pickleball) | 6:00AM-8:00AM (Pickleball) 12:00PM-2:00PM (Pickleball) 6:00PM-8:00PM (Pickleball) | | 12:00PM-4:00PM (Pickleball) |
| Family Swim Heritage Pool (2 Lanes) | 12:45PM-3:45PM (Family Swim) | 7:30PM-9:00PM (Family Swim) | | 7:30PM-9:00PM (Family Swim) | | | 11:15AM-2:15PM (Family Swim) |
| Family Swim Heritage Pool (1 Lane) | 3:45PM-9:00PM (Family Swim) | | 12:15PM-4:15PM (Family Swim) | | 6:00PM-8:45PM (Family Swim) | | |
| Lap Swimming Heritage Pool (2 Lanes) | 3:45PM-7:00PM (Lap Swimming) 7:00PM-9:00PM (Lap Swimming) | 4:15PM-6:45PM (Lap Swimming) 7:30PM-9:00PM (Lap Swimming) | 4:15PM-7:30PM (Lap Swimming) | 4:15PM-6:45PM (Lap Swimming) 7:30PM-9:00PM (Lap Swimming) | 6:00PM-8:45PM (Lap Swimming) | 1:00PM-6:45PM (Lap Swimming) | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|--|---|--|---|---|
| LES MILLS BODYCOMBAT Studio B | 4:45PM-5:30PM (Les Mills) <i>Breanne D.</i> | 10:45AM-11:30AM (Les Mills) <i>Eliza G.</i> | 5:35PM-6:20PM (Les Mills) <i>Patti K.</i> | | | 8:15AM-9:15AM (Les Mills) <i>Gen G.</i> | |
| LES MILLS BODYSTEP Studio B | 5:35PM-6:20PM (Les Mills) <i>Patti K.</i> | | | | 4:45PM-5:30PM (Les Mills) <i>Patti K.</i> | | 10:00AM-11:00AM (Les Mills) <i>Patti K.</i> |
| Cycle Cycle Studio | 5:45PM-6:30PM (Cycle) <i>Lily S.</i> | | | 6:00PM-6:45PM (Cycle) <i>Amina H.</i> | | 9:30AM-10:15AM (Cycle) <i>Amina H.</i> | |
| Zumba Studio A | 6:00PM-7:00PM (Dance) <i>Jess C.</i> | | | | | | |
| Yin Yoga Studio A | 7:15PM-8:30PM (Yoga & Pilates) <i>Sherry M.</i> | | 5:45PM-6:45PM (Yoga & Pilates) <i>Rob S.</i> | | | | |
| H.I.I.T. Studio B | | 8:30AM-9:05AM (Strength) <i>Jamie C.</i> | | 8:30AM-9:05AM (Strength) <i>Lily S.</i> | | | |
| Barre Studio A | | 9:00AM-10:00AM (Yoga & Pilates) <i>Tara G.</i> | | | | | |
| Rhythmic Cycle Cycle Studio | | 9:30AM-10:15AM (Cycle) <i>Jamie C.</i> | 9:15AM-10:00AM (Cycle) <i>Jess P.</i> 5:45PM-6:30PM (Cycle) <i>Casey A.</i> | | 9:15AM-10:00AM (Cycle) <i>Jess P.</i> | | |
| Dance Fitness Studio B | | 9:30AM-10:30AM (Dance) <i>Emily M.</i> | | | | | |
| SilverSneakers Classic West Gym | | 10:00AM-11:00AM (Active Older Adult) <i>Beth M.</i> | | 10:00AM-11:00AM (Active Older Adult) <i>Beth M.</i> | | | |
| Aqua Combo Myrin Pool (3 Lanes) | | 10:15AM-11:00AM (Aqua) <i>Victoria N.</i> | | | | | |
| LES MILLS BODYBALANCE Studio A | | 11:00AM-12:00PM (Les Mills) <i>Amanda V.</i> | | | 11:00AM-12:00PM (Les Mills) <i>Dianne V.</i> | | |
| Aquacise Heritage Pool (2 Lanes) | | 11:30AM-12:15PM (Aqua) <i>Joanne A.</i> | | 11:30AM-12:15PM (Aqua) <i>Joanne A.</i> | | 12:00PM-1:00PM (Aqua) <i>Joanne A.</i> | |
| Chair Yoga Studio A | | 12:15PM-1:15PM (Active Older Adult) <i>Annette V.</i> | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---|---|---|---|--|---|
| LES MILLS BODYATTACK Studio B | | 4:45PM-5:30PM (Les Mills) <i>Alissa Z.</i> | | | 5:30AM-6:15AM (Les Mills) <i>Noelle S.</i> | | 8:15AM-9:15AM (Les Mills) <i>Noelle S.</i> |
| Core & Barre Studio B | | 5:30PM-6:30PM (Yoga & Pilates) <i>Noelle S.</i> | | | | | |
| Kettlebells Studio B | | 6:45PM-7:30PM (Strength) <i>Pedro C.</i> | | | | | |
| Power Yoga Studio A | | | 6:00AM-7:00AM (Yoga & Pilates) <i>Sherry M.</i> | 10:30AM-11:30AM (Yoga & Pilates) <i>Amy D.</i> 5:15PM-6:15PM (Yoga & Pilates) <i>Eric S.</i> | | 8:30AM-9:45AM (Yoga & Pilates) <i>Krishna M.</i> | |
| Pilates Studio B | | | 8:15AM-9:00AM (Yoga & Pilates) <i>Beth M.</i> | 10:45AM-11:30AM (Yoga & Pilates) <i>Amanda V.</i> | | | |
| Water Walking Heritage Pool (1 Lane) | | | 9:00AM-4:15PM (Water Walking) | 9:00AM-11:30AM (Water Walking) | | | 11:15AM-2:15PM (Water Walking) |
| Cardio Kickboxing Studio A | | | 10:00AM-10:45AM (Cardio) <i>Connie G.</i> | | | | |
| Tai Chi Studio B | | | 11:00AM-11:30AM (Yoga & Pilates) <i>Beth M.</i> | | 11:15AM-11:45AM (Yoga & Pilates) <i>Beth M.</i> | | |
| Pop-up TRX Studio A | | | 12:15PM-1:00PM (Pop Up) <i>Amanda V.</i> | | | | |
| Boot Camp Studio B | | | 4:45PM-5:30PM (Strength) <i>Pedro C.</i> | | | | |
| Dance Fitness West Gym | | | 6:15PM-7:00PM (Dance) <i>Christa K.</i> | | | | |
| Lap Swimming Heritage Pool (3 Lanes) | | | 7:30PM-9:00PM (Lap Swimming) | | | | 11:15AM-2:15PM (Lap Swimming) 2:15PM-6:45PM (Lap Swimming) |
| Pop-up Zen Cycle Cycle Studio | | | | 9:00AM-10:25AM (Pop Up) <i>Jamie C.</i> | | | |
| Strength Studio B | | | | 9:30AM-10:30AM (Strength) <i>Connie G.</i> | 8:30AM-9:00AM (Strength) <i>Jamie C.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|---|--|--|--|
| Aqua Combo Myrin Pool | | | | 10:15AM-11:00AM (Aqua) <i>Victoria N.</i> | | | |
| Qigong Studio B | | | | 12:15PM-1:00PM (Yoga & Pilates) <i>Amy A.</i> | | | |
| LES MILLS GRIT Studio B | | | | 4:45PM-5:15PM (Les Mills) <i>Christina S.</i> | | | |
| LES MILLS CORE Studio B | | | | 5:30PM-6:00PM (Les Mills) <i>Gen G.</i> | | 10:00AM-10:30AM (Les Mills) <i>Noelle S.</i> | 9:20AM-9:50AM (Les Mills) <i>Noelle S.</i> |
| LES MILLS BODYBALANCE Studio B | | | | 6:15PM-7:15PM (Les Mills) <i>Gen G.</i> | | 10:45AM-11:45AM (Les Mills) <i>Sara G.</i> | |
| Core Training Studio B | | | | | 9:00AM-9:15AM (Strength) <i>Jamie C.</i> | | |
| Dance Fitness Studio A | | | | | 9:15AM-10:00AM (Dance) <i>Christa K.</i> | 10:00AM-10:50AM (Dance) <i>Laura H.</i> | 11:00AM-11:45AM (Dance) <i>Diane L.</i> |
| Silver Strength West Gym | | | | | 9:45AM-10:30AM (Active Older Adult) <i>Beth M.</i> | | |
| Lap Swimming Myrin Pool (3 Lanes) | | | | | 11:00AM-3:15PM (Lap Swimming) | | 9:00AM-2:15PM (Lap Swimming) |
| General Open Gym West Gym | | | | | | 7:00AM-6:45PM (Open Gym) | |
| Water Walking Heritage Pool (3 Lanes) | | | | | | 7:00AM-9:00AM (Water Walking) | |
| Water Walking Heritage Pool | | | | | | 7:00AM-9:00AM (Water Walking) | |
| Barre Studio B | | | | | | 9:20AM-10:00AM (Yoga & Pilates) <i>Noelle S.</i> | |
| Family Swim - Pass Required Baker Park - Baby Pool | | | | | | 11:30AM-7:00PM (Outdoor Swim) | 11:30AM-7:00PM (Outdoor Swim) |
| Lap Swimming - Pass Required Baker Park - Lap Pool | | | | | | 11:30AM-7:00PM (Outdoor Swim) | 11:30AM-7:00PM (Outdoor Swim) |
| Family Swim - Pass Required Baker Park - Z Pool | | | | | | 11:30AM-7:00PM (Outdoor Swim) | 11:30AM-7:00PM (Outdoor Swim) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|----------|--------|--------------------------------|--------------------------------------|
| Family Swim Heritage Pool (4 Lanes) | | | | | | 1:00PM-6:45PM (Family Swim) | |
| Sauna Hours Steam Room | | | | | | | 7:00AM-6:45PM (Sauna & Whirlpool) |
| Family Pickleball West Gym | | | | | | | 9:00AM-11:00AM (Family) |
| Family Swim Heritage Pool (3 Lanes) | | | | | | | 2:15PM-6:45PM (Family Swim) |



Columbia North YMCA | May 19th - May 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|--|---|
| Open Basketball Full Gym | 5:00AM-9:00AM (Basketball) 12:00PM-3:45PM (Basketball) 7:30PM-9:00PM (Basketball) | 5:00AM-9:00AM (Basketball) 12:00PM-3:45PM (Basketball) 7:30PM-9:00PM (Basketball) | 5:00AM-9:00AM (Basketball) 12:00PM-4:30PM (Basketball) 7:30PM-9:00PM (Basketball) | 5:00AM-9:00AM (Basketball) 12:00PM-4:30PM (Basketball) 7:30PM-9:00PM (Basketball) | 5:00AM-9:00AM (Basketball) 12:00PM-4:30PM (Basketball) 7:00PM-9:00PM (Basketball) | 7:00AM-9:00AM (Basketball) 3:00PM-5:45PM (Basketball) | 7:00AM-8:20AM (Basketball) 4:00PM-6:00PM (Basketball) |
| Lap Swimming Lap Pool (6 Lanes) | 5:30AM-7:00AM (Lap Swimming) | 5:30AM-7:00AM (Lap Swimming) | 5:30AM-7:00AM (Lap Swimming) | 5:30AM-7:00AM (Lap Swimming) | 5:30AM-7:00AM (Lap Swimming) | | |
| Sauna Hours Sauna | 6:00AM-8:30PM (Sauna & Whirlpool) | 6:00AM-8:30PM (Sauna & Whirlpool) | 6:00AM-8:30PM (Sauna & Whirlpool) | 6:00AM-8:30PM (Sauna & Whirlpool) | 6:00AM-8:30PM (Sauna & Whirlpool) | 8:00AM-5:30PM (Sauna & Whirlpool) | 8:00AM-5:30PM (Sauna & Whirlpool) |
| Lap Swimming Lap Pool (3 Lanes) | 7:00AM-4:30PM (Lap Swimming) 7:00PM-8:30PM (Lap Swimming) | 7:00AM-4:30PM (Lap Swimming) 7:00PM-8:30PM (Lap Swimming) | 7:00AM-4:30PM (Lap Swimming) 7:00PM-8:30PM (Lap Swimming) | 7:00AM-4:30PM (Lap Swimming) 7:00PM-8:30PM (Lap Swimming) | 7:00AM-4:30PM (Lap Swimming) 7:00PM-8:30PM (Lap Swimming) | 7:00AM-9:00AM (Lap Swimming) | 7:00AM-12:00PM (Lap Swimming) 2:30PM-5:30PM (Lap Swimming) |
| Water Walking Lap Pool (3 Lanes) | 7:00AM-4:30PM (Water Walking) | 7:00AM-8:00AM (Water Walking) 9:00AM-10:00AM (Water Walking) 12:00PM-1:00PM (Water Walking) | 7:00AM-10:00AM (Water Walking) | 7:00AM-8:00AM (Water Walking) 9:00AM-10:00AM (Water Walking) 12:00PM-4:30PM (Water Walking) | 7:00AM-10:00PM (Water Walking) 11:00AM-12:00PM (Water Walking) | 7:00AM-9:00AM (Water Walking) | 7:00AM-9:00AM (Water Walking) |
| KidZone Open Care Child Watch Area | 8:00AM-12:45PM (Kidzone) 4:00PM-8:45PM (Kidzone) | 8:00AM-12:45PM (Kidzone) 4:00PM-8:45PM (Kidzone) | 8:00AM-12:45PM (Kidzone) 4:00PM-8:45PM (Kidzone) | 8:00AM-12:45PM (Kidzone) 4:00PM-8:45PM (Kidzone) | 8:00AM-12:45PM (Kidzone) 4:00PM-8:45PM (Kidzone) | 8:00AM-1:45PM (Kidzone) | |
| Fit Camp Studio 3 | 8:00AM-9:00AM (Strength) <i>Femi M.</i> | 5:00PM-6:00PM (Strength) <i>Femi M.</i> | 8:00AM-9:00AM (Strength) <i>Femi M.</i> | | 9:00AM-10:00AM (Strength) <i>Femi M.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|--|---|--|----------------------------------|
| Cycle Studio 1 | 10:00AM-11:00AM (Cycle) <i>Deeian M.</i> | 6:00AM-7:00AM (Cycle) <i>Denine N.</i> 10:00AM-11:00AM (Cycle) <i>Deeian M.</i> 7:00PM-8:00PM (Cycle) <i>Deeian M.</i> | 10:00AM-11:00AM (Cycle) <i>Deeian M.</i> 6:00PM-7:00PM (Cycle) <i>Maddy B.</i> | 10:00AM-11:00AM (Cycle) <i>Deeian M.</i> | 10:00AM-11:00AM (Cycle) <i>Deeian M.</i> 5:30PM-6:30PM (Cycle) <i>Jenea D.</i> | 8:00AM-9:00AM (Cycle) <i>Deeian M.</i> | |
| Lap Swimming Lap Pool (1 Lane) | 4:30PM-7:00PM (Lap Swimming) | 4:30PM-7:00PM (Lap Swimming) | 4:30PM-7:00PM (Lap Swimming) | 4:30PM-7:00PM (Lap Swimming) | | 9:00AM-2:00PM (Lap Swimming) | 12:00PM-2:30PM (Lap Swimming) |
| Line Dancing Studio 1 | 5:00PM-6:00PM (Dance) <i>Lucia M.</i> | | 5:00PM-6:00PM (Dance) <i>Lucia M.</i> | | | | |
| Zumba Studio 1 | 6:00PM-7:00PM (Dance) <i>Alicia S.</i> | 9:00AM-10:00AM (Dance) <i>Ayana J.</i> | | 6:00PM-7:00PM (Dance) <i>Kyesha O.</i> | | | |
| Family Swim Lap Pool (3 Lanes) | 7:00PM-8:30PM (Family Swim) | 7:00PM-8:30PM (Family Swim) | 12:00PM-4:30PM (Family Swim) 7:00PM-8:30PM (Family Swim) | | 12:00PM-8:30PM (Family Swim) | 2:00PM-5:00PM (Family Swim) | 2:30PM-5:30PM (Family Swim) |
| Aquacise Lap Pool | | 8:00AM-9:00AM (Aqua) <i>Nathaniel G.</i> | | 8:00AM-9:00AM (Aqua) <i>Nathaniel G.</i> | | | |
| Senior Circuit Express Gym A | | 9:00AM-10:00AM (Active Older Adult) <i>Deeian M.</i> | 9:00AM-10:00AM (Active Older Adult) <i>Nathaniel G.</i> | 9:00AM-10:00AM (Active Older Adult) <i>Deeian M.</i> | 9:00AM-10:00AM (Active Older Adult) <i>Nathaniel G.</i> | | |
| Total Body Conditioning Studio 3 | | 9:00AM-10:00AM (Cardio) <i>Abbie A.</i> | | 9:00AM-10:00AM (Cardio) <i>Abbie A.</i> | | | |
| Yoga Studio 3 | | 10:00AM-11:00AM (Yoga & Pilates) <i>Abbie A.</i> | | 10:00AM-11:00AM (Yoga & Pilates) <i>Abbie A.</i> | | | |
| Pool Reserved Lap Pool (3 Lanes) | | 10:00AM-2:00PM (Reserved) | 10:00AM-12:00PM (Reserved) | 10:00AM-12:00PM (Reserved) | | | |
| Core Training Studio 3 | | 11:00AM-12:00PM (Strength) <i>Abbie A.</i> | | 11:00AM-12:00PM (Strength) <i>Abbie A.</i> | | | |
| Silver Strength Studio 1 | | 11:00AM-12:00PM (Active Older Adult) <i>Ms. J.</i> | | 11:00AM-12:00PM (Active Older Adult) <i>Ms. J.</i> | | | |
| Pilates Studio 1 | | 12:00PM-1:00PM (Yoga & Pilates) <i>Ms. J.</i> | | 12:00PM-1:00PM (Yoga & Pilates) <i>Ms. J.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|--|---|---|--|--|---|
| Aqua Yoga/Pilates Lap Pool | | 1:00PM-2:00PM (Aqua) <i>Ms. J.</i> | | 1:00PM-2:00PM (Aqua) <i>Ms. J.</i> | | | |
| Programming - Reserved Studio 1 | | 2:00PM-3:30PM (Family) <i>Femi M.</i> | | | | | |
| Zumba Studio 3 | | 6:00PM-7:00PM (Dance) <i>Alicia S.</i> | | | | | |
| Yoga Studio 1 | | | 7:00AM-8:00AM (Yoga & Pilates) <i>Denine N.</i> | | | | 10:00AM-11:00AM (Yoga & Pilates) <i>Denine N.</i> |
| Dance Fitness Studio 1 | | | | 9:00AM-10:00AM (Dance) <i>Sakita J.</i> | | | |
| Dance Fitness Studio 3 | | | | | 10:00AM-11:00AM (Dance) <i>Sakita J.</i> | | |
| Strength Studio 3 | | | | | | 9:00AM-10:00AM (Strength) <i>Femi M.</i> | |
| Lap Swimming Lap Pool (2 Lanes) | | | | | | 2:00PM-5:00PM (Lap Swimming) | |
| Water Walking Lap Pool (1 Lane) | | | | | | 2:00PM-5:00PM (Water Walking) | |
| Programming - Reserved Studio 3 | | | | | | 10:00PM-2:00PM (Family) <i>Sean C.</i> | |



Northeast Family YMCA | May 19th - May 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------------|--|---|---|---|-----------------------------------|----------------------------------|----------------------------------|
| Open Basketball Full Gym | 5:00AM-8:45AM (Basketball) | 5:00AM-7:00AM (Basketball) | 5:00AM-8:45AM (Basketball) | 5:00AM-9:30AM (Basketball) | 5:00AM-9:45AM (Basketball) | 7:00AM-9:45AM (Basketball) | 7:00AM-8:45AM (Basketball) |
| | 12:45PM-4:00PM (Basketball) | 3:30PM-5:30PM (Basketball) | 10:15AM-11:30AM (Basketball) | 12:30PM-5:00PM (Basketball) | 11:15AM-1:00PM (Basketball) | 3:00PM-6:00PM (Basketball) | 12:00PM-6:00PM (Basketball) |
| | 8:15PM-9:00PM (Basketball) | | 12:30PM-5:00PM (Basketball) 8:15PM-9:00PM (Basketball) | 8:15PM-9:00PM (Basketball) | 3:15PM-9:00PM (Basketball) | | |
| Lap Swimming Lap Pool (4 Lanes) | 5:15AM-9:45AM (Lap Swimming) | 5:15AM-8:30AM (Lap Swimming) | 5:15AM-10:00AM (Lap Swimming) | 5:15AM-8:55AM (Lap Swimming) | 5:15AM-8:30AM (Lap Swimming) | 7:15AM-9:00AM (Lap Swimming) | 7:15AM-9:15AM (Lap Swimming) |
| | 11:15AM-2:45PM (Lap Swimming) | 10:00AM-3:30PM (Lap Swimming) | 11:30AM-2:45PM (Lap Swimming) | 10:00AM-3:45PM (Lap Swimming) | 10:00AM-4:00PM (Lap Swimming) | 4:30PM-5:30PM (Lap Swimming) | |
| | 7:45PM-8:30PM (Lap Swimming) | 7:55PM-8:30PM (Lap Swimming) | 7:45PM-8:30PM (Lap Swimming) | 7:55PM-8:30PM (Lap Swimming) | 7:30PM-8:30PM (Lap Swimming) | | |
| Water Walking Shallow End | 5:15AM-10:00AM (Water Walking) | 5:15AM-8:30AM (Water Walking) | 5:15AM-10:00AM (Water Walking) | 5:15AM-8:55AM (Water Walking) | 5:15AM-8:30AM (Water Walking) | 7:15AM-8:30AM (Water Walking) | 7:15AM-9:15AM (Water Walking) |
| | 11:00AM-3:45PM (Water Walking) | 10:00AM-3:30PM (Water Walking) | 11:30AM-3:45PM (Water Walking) | 9:00AM-3:45PM (Water Walking) | 10:00AM-4:00PM (Water Walking) | 4:30PM-5:30PM (Water Walking) | 4:30PM-5:30PM (Water Walking) |
| | 7:45PM-8:30PM (Water Walking) | 7:55PM-8:30PM (Water Walking) | 7:45PM-8:30PM (Water Walking) | 7:55PM-8:30PM (Water Walking) | 7:30PM-8:30PM (Water Walking) | | |
| Water Walking Deep End | 5:15AM-3:00PM (Water Walking) | 5:15AM-3:30PM (Water Walking) | 5:15AM-2:45PM (Water Walking) | 5:15AM-8:55AM (Water Walking) | 5:15AM-4:00PM (Water Walking) | 7:15AM-1:15PM (Water Walking) | 7:15AM-1:15PM (Water Walking) |
| | 4:00PM-8:30PM (Water Walking) | 8:30AM-10:00AM (Water Walking) 3:45PM-7:45PM (Water Walking) 7:55PM-8:30PM (Water Walking) | 4:00PM-8:30PM (Water Walking) | 10:00AM-3:45PM (Water Walking) 7:55PM-8:30PM (Water Walking) | 7:30PM-8:30PM (Water Walking) | 4:30PM-5:30PM (Water Walking) | 4:30PM-5:30PM (Water Walking) |
| | | | | | | | |
| Zumba Gold Full Gym | 9:00AM-10:00AM (Active Older Adult) Christina A. | | 9:00AM-10:00AM (Active Older Adult) Christina A. | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|--|---|--|--|---|
| KidZone Open Care Kid Zone Area | 9:00AM-1:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 9:00AM-1:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 9:00AM-1:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 9:00AM-1:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | | 8:00AM-12:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) |
| Lap Swimming Lap Pool (2 Lanes) | 9:45AM-11:15AM (Lap Swimming) 2:45PM-5:15PM (Lap Swimming) | 8:30AM-10:00AM (Lap Swimming) | 10:00AM-11:30AM (Lap Swimming) | 9:00AM-9:55AM (Lap Swimming) 3:45PM-4:40PM (Lap Swimming) | | | 9:15AM-10:00AM (Lap Swimming) |
| Aqua Stretch & Strength Shallow End | 10:00AM-11:00AM (Aqua) <i>Lauren I.</i> | | | | | | |
| Pilates Studio | 10:30AM-11:15AM (Yoga & Pilates) <i>Fran S.</i> | | 10:30AM-11:15AM (Yoga & Pilates) <i>Fran S.</i> | | | | |
| SilverSneakers Classic Full Gym | 11:45AM-12:30PM (Active Older Adult) <i>Eileen D.</i> | | 11:45AM-12:30PM (Active Older Adult) <i>Jessica B.</i> | | 10:05AM-10:50AM (Active Older Adult) <i>Janet M.</i> | | |
| Zumba Toning Studio | 12:45PM-1:30PM (Dance) <i>Lisa F.</i> | | 12:45PM-1:30PM (Dance) <i>Lisa F.</i> | | | | |
| PFD Free Time Shallow End | 1:00PM-3:00PM (Family Swim) | 2:00PM-4:00PM (Family Swim) | 1:00PM-3:00PM (Family Swim) | 2:00PM-4:00PM (Family Swim) | 1:00PM-3:00PM (Family Swim) | | |
| Aqua Deep Deep End | 3:00PM-4:00PM (Aqua) <i>Marianne R.</i> | | 3:00PM-4:00PM (Aqua) <i>Marianne R.</i> | 9:00AM-9:45AM (Aqua) <i>Lauren I.</i> | | | |
| LES MILLS BODYCOMBAT Studio | 3:30PM-4:15PM (Les Mills) <i>Ginger D.</i> | | 6:30PM-7:25PM (Les Mills) <i>Ginger D.</i> | | | | |
| Cycle Studio | 4:30PM-5:15PM (Cycle) <i>Marianne R.</i> | 4:30PM-5:00PM (Cycle) <i>Renata A.</i> | 4:30PM-5:15PM (Cycle) <i>Marianne R.</i> | 8:30AM-9:00AM (Cycle) <i>Melissa G.</i> | | | |
| LES MILLS BODYSTEP Studio | 5:30PM-6:15PM (Les Mills) <i>Janet M.</i> | | | 6:00AM-6:30AM (Les Mills) <i>Janet M.</i> | | | |
| Zumba Studio | 6:30PM-7:30PM (Dance) <i>Marlene V.</i> | 11:00AM-12:00PM (Dance) <i>Leanne K.</i> 6:30PM-7:30PM (Dance) <i>Beatriz S.</i> | | 11:00AM-12:00PM (Dance) <i>Leanne K.</i> 6:30PM-7:30PM (Dance) <i>Natalie V.</i> | 11:00AM-12:00PM (Dance) <i>Gina M.</i> 4:00PM-5:00PM (Dance) <i>Leanne K.</i> | 10:00AM-11:00AM (Dance) <i>Leanne K.</i> | |
| Core Training Studio | | 6:00AM-6:30AM (Strength) <i>Janet M.</i> | | | | | 8:00AM-8:45AM (Strength) <i>Rhiannon H.</i> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---|---|--|--|--|--|
| LES MILLS BODYBALANCE Studio | | 6:30AM-7:00AM (Les Mills) <i>Janet M.</i> | 5:30PM-6:00PM (Les Mills) <i>Janet M.</i> | 6:30AM-7:00AM (Les Mills) <i>Janet M.</i> | | | 9:00AM-10:00AM (Les Mills) <i>Janet M.</i> |
| Aqua ZUMBA Shallow End | | 9:00AM-9:45AM (Aqua) <i>Eileen D.</i> | | | | | |
| Chair Yoga Studio | | 9:15AM-10:00AM (Active Older Adult) <i>Jessica B.</i> | | 10:00AM-11:00AM (Active Older Adult) <i>Basheerah M.</i> | | | |
| Yoga Studio | | 12:15PM-1:00PM (Yoga & Pilates) <i>Denise V.</i> | | 12:10PM-12:50PM (Yoga & Pilates) <i>Ashlan W.</i> | | | |
| Tai Chi Studio | | 1:05PM-1:50PM (Yoga & Pilates) <i>Melissa G.</i> | | | | | |
| Line Dancing Studio | | 3:00PM-4:00PM (Dance) <i>Cil R.</i> | | 3:00PM-4:00PM (Dance) <i>Cil R.</i> | | | |
| Lap Swimming Lap Pool (1 Lane) | | 3:45PM-7:45PM (Lap Swimming) | 2:45PM-7:45PM (Lap Swimming) | 4:45PM-7:55PM (Lap Swimming) | 4:00PM-7:30PM (Lap Swimming) | 1:30PM-4:30PM (Lap Swimming) | 1:30PM-4:30PM (Lap Swimming) |
| LES MILLS BODYPUMP Studio | | 5:15PM-6:15PM (Les Mills) <i>Leslie Y.</i> | | | | 8:00AM-8:45AM (Les Mills) <i>Sharon H.</i> | |
| Pickleball - Intermediate/Advanced Full Gym | | 7:00PM-9:00PM (Pickleball) <i>Joann C.</i> | | | | | |
| Functional Pilates Studio | | 7:30PM-8:00PM (Yoga & Pilates) <i>Rebecca G.</i> | | 5:30PM-6:15PM (Yoga & Pilates) <i>Melissa G.</i> | | | |
| SilverSneakers Splash Shallow End | | | 10:15AM-11:15AM (Active Older Adult) <i>Eileen D.</i> | | | | |
| Fit Camp Studio | | | 3:30PM-4:00PM (Strength) <i>Melissa G.</i> | | | | |
| LES MILLS CORE Studio | | | 6:00PM-6:30PM (Les Mills) <i>Ginger D.</i> | | | | |
| Qigong Studio | | | | 9:15AM-9:45AM (Yoga & Pilates) <i>Tamika W.</i> | | | |
| Meditation Studio | | | | | 8:45AM-9:00AM (Yoga & Pilates) <i>Melissa G.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|----------|---|--|--------------------------------|
| Vinyasa Yoga Studio | | | | | 9:00AM-10:00AM (Yoga & Pilates) <i>Melissa G.</i> | | |
| Aquacise Shallow End | | | | | 9:00AM-10:00AM (Aqua) <i>Alicia M.</i> | 8:30AM-9:30AM (Aqua) <i>Alicia M.</i> | |
| Pickleball - Beginner Full Gym | | | | | 1:00PM-3:00PM (Pickleball) <i>Joann C.</i> | | |
| Family Swim Deep End | | | | | 4:00PM-7:30PM (Family Swim) | 1:30PM-4:30PM (Family Swim) | 1:30PM-4:30PM (Family Swim) |
| Family Swim Shallow End | | | | | 4:00PM-7:30PM (Family Swim) | 1:30PM-4:30PM (Family Swim) | 1:30PM-4:30PM (Family Swim) |
| Launch - LES MILLS BODYBALANCE Studio | | | | | | 9:10AM-9:40AM (Les Mills) <i>Samar O.</i> | |
| Silver & Fit Studio | | | | | | 11:30AM-12:30PM (Active Older Adult) <i>Tiffany S.</i> | |
| Pickleball Full Gym | | | | | | 1:00PM-3:00PM (Pickleball) <i>Joann C.</i> | |



Spring Valley YMCA | May 19th - May 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|---|--|--|
| Open Basketball Gym D | 5:00AM-11:30AM (Basketball) 12:45PM-4:15PM (Basketball) | 5:00AM-9:15AM (Basketball) 11:45AM-5:00PM (Basketball) 8:00PM-9:45PM (Basketball) | 5:00AM-12:00PM (Basketball) 12:45PM-6:00PM (Basketball) | 7:00AM-12:00PM (Basketball) 12:45PM-4:15PM (Basketball) | 5:00AM-12:00PM (Basketball) 12:45PM-8:45PM (Basketball) | | 7:00AM-12:00PM (Basketball) |
| Open Basketball Gym C | 5:00AM-11:00AM (Basketball) 12:00PM-1:00PM (Basketball) 2:00PM-5:15PM (Basketball) | 5:00AM-7:00AM (Basketball) 12:00PM-3:00PM (Basketball) 7:15PM-9:45PM (Basketball) | 5:00AM-10:15AM (Basketball) 12:00PM-4:30PM (Basketball) 7:15PM-9:45PM (Basketball) | 7:00AM-9:45AM (Basketball) 12:00PM-4:15PM (Basketball) | 5:00AM-11:00AM (Basketball) 1:45PM-8:45PM (Basketball) | 7:00AM-8:45AM (Basketball) | 7:00AM-8:00AM (Basketball) |
| Pickleball Gym A/B | 5:00AM-8:00AM (Pickleball) 12:00PM-3:00PM (Pickleball) | 12:00PM-3:00PM (Pickleball) | 12:00PM-3:00PM (Pickleball) | 12:00PM-3:00PM (Pickleball) | 5:00AM-8:00AM (Pickleball) 12:00PM-3:00PM (Pickleball) | | |
| Lap Swimming Lap Pool (5 Lanes) | 5:15AM-10:00AM (Lap Swimming) 12:00PM-5:00PM (Lap Swimming) 8:45PM-9:30PM (Lap Swimming) | 5:15AM-7:00AM (Lap Swimming) 8:00AM-9:15AM (Lap Swimming) 10:15AM-5:00PM (Lap Swimming) 7:15PM-9:30PM (Lap Swimming) | 5:15AM-10:00AM (Lap Swimming) 12:00PM-5:00PM (Lap Swimming) 8:45PM-9:30PM (Lap Swimming) | 5:15AM-9:15AM (Lap Swimming) 11:15AM-5:00PM (Lap Swimming) 8:00PM-9:30PM (Lap Swimming) | 5:15AM-11:00AM (Lap Swimming) 12:00PM-8:30PM (Lap Swimming) | 7:15AM-7:45AM (Lap Swimming) 12:45PM-6:00PM (Lap Swimming) | 7:15AM-9:00AM (Lap Swimming) 10:00AM-3:00PM (Lap Swimming) |
| Water Walking Family Pool | 5:15AM-9:15AM (Water Walking) 11:00AM-12:00PM (Water Walking) 1:00PM-4:45PM (Water Walking) 8:00PM-9:30PM (Water Walking) | 5:15AM-9:30AM (Water Walking) 12:05PM-4:45PM (Water Walking) 7:45PM-9:30PM (Water Walking) | 5:15AM-9:15AM (Water Walking) 11:00AM-12:00PM (Water Walking) 1:00PM-4:45PM (Water Walking) 7:15PM-9:30PM (Water Walking) | 5:15AM-9:30AM (Water Walking) 11:30AM-4:45PM (Water Walking) 7:45PM-9:30PM (Water Walking) | 5:15AM-10:00AM (Water Walking) 11:00AM-12:00PM (Water Walking) 1:00PM-3:00PM (Water Walking) 4:00PM-8:30PM (Water Walking) | 7:15AM-8:00AM (Water Walking) 1:00PM-6:00PM (Water Walking) | 7:15AM-3:00PM (Water Walking) 5:45PM-6:30PM (Water Walking) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|--|--|--|---|
| Water Walking Lap Pool (1 Lane) | 5:15AM-10:00AM (Water Walking) 12:00PM-6:30PM (Water Walking) 8:45PM-9:30PM (Water Walking) | 5:15AM-9:15AM (Water Walking) 10:15AM-9:30PM (Water Walking) | 5:15AM-9:15AM (Water Walking) 12:00PM-6:30PM (Water Walking) 7:45PM-9:30PM (Water Walking) | 5:15AM-9:15AM (Water Walking) 10:15AM-9:30AM (Water Walking) | 5:15AM-11:00AM (Water Walking) 12:00PM-8:30PM (Water Walking) | 7:15AM-7:45AM (Water Walking) 9:00AM-10:15AM (Water Walking) 11:15AM-6:00PM (Water Walking) | 7:15AM-6:30PM (Water Walking) |
| Whirlpool Hours Whirlpool | 5:15AM-9:30PM (Sauna & Whirlpool) | 5:15AM-1:30PM (Sauna & Whirlpool) | 5:15AM-9:30PM (Sauna & Whirlpool) | 5:15AM-9:30PM (Sauna & Whirlpool) | 5:15AM-8:30PM (Sauna & Whirlpool) | 7:15AM-6:00PM (Sauna & Whirlpool) | 7:15AM-6:00PM (Sauna & Whirlpool) |
| Sauna Hours Sauna | 5:15AM-9:30PM (Sauna & Whirlpool) | 5:15AM-1:30PM (Sauna & Whirlpool) 3:30PM-9:30PM (Sauna & Whirlpool) | 5:15AM-9:30PM (Sauna & Whirlpool) | 5:15AM-9:30PM (Sauna & Whirlpool) | 5:15AM-9:30PM (Sauna & Whirlpool) | 7:15AM-6:00PM (Sauna & Whirlpool) | 7:15AM-6:00PM (Sauna & Whirlpool) |
| LES MILLS BODYPUMP Studio B | 5:45AM-6:45AM (Les Mills) <i>Megan Y.</i> 9:15AM-10:15AM (Les Mills) <i>Sherry C.</i> 6:45PM-7:45PM (Les Mills) <i>Amanda H.</i> | 1:00PM-2:00PM (Les Mills) <i>Amanda H.</i> 5:15PM-6:15PM (Les Mills) <i>Sandra C.</i> | 9:15AM-10:15AM (Les Mills) <i>Zack S.</i> 6:45PM-7:45PM (Les Mills) <i>Amanda H.</i> | 1:00PM-2:00PM (Les Mills) <i>Sherry C.</i> 5:15PM-6:15PM (Les Mills) <i>Sandra C.</i> | 9:15AM-10:15AM (Les Mills) <i>Jodi B.</i> 4:45PM-5:45PM (Les Mills) <i>Kim D.</i> | 9:30AM-10:30AM (Les Mills) <i>Megan Y.</i> | 7:15AM-8:15AM (Les Mills) <i>Sandra C.</i> 10:30AM-11:30AM (Les Mills) <i>Megan Y.</i> |
| Power Yoga Studio C | 6:00AM-7:00AM (Yoga & Pilates) <i>Marlaina C.</i> | | 9:30AM-10:30AM (Yoga & Pilates) <i>Christy W.</i> | | 9:15AM-10:15AM (Yoga & Pilates) <i>Jennifer P.</i> | | |
| Open Basketball Gym A/B | 8:00AM-12:00PM (Basketball) | 5:00AM-12:00PM (Basketball) 3:00PM-9:45PM (Basketball) | 8:00AM-12:00PM (Basketball) 3:00PM-9:45PM (Basketball) | 5:00AM-12:00PM (Basketball) 3:00PM-9:45PM (Basketball) | 8:00AM-12:00PM (Basketball) 3:00PM-8:45PM (Basketball) | 7:00AM-6:45PM (Basketball) | 7:00AM-6:45PM (Basketball) |
| KidZone Open Care Kid Zone | 8:00AM-1:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-1:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-1:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-1:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-1:00PM (Kidzone) | 8:00AM-1:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) |
| Family Swim Family Pool - Ramp Area | 8:00AM-9:00AM (Family Swim) 11:00AM-12:00PM (Family Swim) 7:15PM-8:00PM (Family Swim) | 8:00AM-9:30AM (Family Swim) | 11:00AM-12:00PM (Family Swim) | 8:00AM-10:00AM (Family Swim) 8:00PM-8:30PM (Family Swim) | | | |
| Cardio Kickboxing Studio A | 8:00AM-9:00AM (Cardio) <i>Karen C.</i> | | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|--|--|--|--|
| Aqua ZUMBA Family Pool | 9:15AM-10:00AM (Aqua) <i>Michelle E.</i> | | 9:15AM-10:00AM (Aqua) <i>Michelle E.</i> | | | 8:10AM-8:55AM (Aqua) <i>Karina S.</i> | |
| LES MILLS BODYSTEP Studio A | 9:15AM-10:15AM (Les Mills) <i>Christy S.</i> | | | | | 11:30AM-12:30PM (Les Mills) <i>Cristina W.</i> | |
| Cycle Cycle Studio | 9:30AM-10:15AM (Cycle) <i>Michelle G.</i> | 5:15AM-6:00AM (Cycle) <i>Stephanie P.</i> | 6:00AM-6:45AM (Cycle) <i>Colleen M.</i> 9:30AM-10:15AM (Cycle) <i>Jackie G.</i> | 5:15AM-6:00AM (Cycle) <i>Michelle G.</i> | 9:30AM-10:15AM (Cycle) <i>Michelle G.</i> | | 8:15AM-9:00AM (Cycle) <i>Carrie H.</i> |
| Vinyasa Yoga Studio C | 9:30AM-10:30AM (Yoga & Pilates) <i>Maddy B.</i> | 6:15PM-7:15PM (Yoga & Pilates) <i>Kate S.</i> | | 9:30AM-10:30AM (Yoga & Pilates) <i>Amanda H.</i> | | | |
| PAID - APEX Metcon APEX Studio | 9:30AM-10:15AM (Membership Add On) <i>Tara K.</i> | 5:45AM-6:30AM (Membership Add On) <i>Michelle G.</i> | 5:30AM-6:15AM (Membership Add On) <i>Michele M.</i> 9:30AM-10:15AM (Membership Add On) <i>Michelle G.</i> 5:45PM-6:30PM (Membership Add On) <i>Stephanie P.</i> | | 5:30AM-6:15AM (Membership Add On) <i>Michelle G.</i> | | 9:30AM-10:15AM (Membership Add On) <i>Megan Y.</i> |
| Aqua ZUMBA Lap Pool | 10:15AM-11:00AM (Aqua) <i>Michelle E.</i> | | 10:15AM-11:00AM (Aqua) <i>Michelle E.</i> | | | | |
| Total Body Conditioning Studio A | 10:30AM-11:30AM (Cardio) <i>Michelle G.</i> | 5:00PM-6:00PM (Cardio) <i>Lauren M.</i> | 10:30AM-11:30AM (Cardio) <i>Michelle G.</i> | | 9:15AM-10:15AM (Cardio) <i>Celina M.</i> | | |
| LES MILLS BODYBALANCE Studio C | 10:45AM-11:45AM (Les Mills) <i>Dianne V.</i> 6:00PM-7:00PM (Les Mills) <i>Zack S.</i> | | 1:00PM-2:00PM (Les Mills) <i>Kim D.</i> | | | | 11:45AM-12:45PM (Les Mills) <i>Christina S.</i> |
| Silver Cardio Fusion Studio B | 10:45AM-11:45AM (Active Older Adult) <i>Karen C.</i> | | 10:45AM-11:45AM (Active Older Adult) <i>Marnie S.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|--|--|----------------------------------|----------------------------------|
| Lap Swimming Lap Pool (3 Lanes) | 11:00AM-12:00PM (Lap Swimming) 5:00PM-6:30PM (Lap Swimming) | 9:15AM-10:15AM (Lap Swimming) 5:45PM-6:30PM (Lap Swimming) | 11:00AM-12:00PM (Lap Swimming) 5:00PM-6:30PM (Lap Swimming) | 9:15AM-10:15AM (Lap Swimming) 5:00PM-5:45PM (Lap Swimming) 6:30PM-8:00PM (Lap Swimming) | 11:00AM-12:00PM (Lap Swimming) | 9:00AM-10:15AM (Lap Swimming) | 9:00AM-10:00AM (Lap Swimming) |
| Aqua Combo Lap Pool | 11:15AM-12:00PM (Aqua) <i>Joanne A.</i> | | 11:15AM-12:00PM (Aqua) <i>Joanne A.</i> | | 11:15AM-12:00PM (Aqua) <i>Joanne A.</i> | | |
| Arthritis Foundation Aquatics Program Family Pool | 12:00PM-1:00PM (Aqua) <i>Joanne A.</i> | | 12:00PM-1:00PM (Aqua) <i>Joanne A.</i> | | 12:00PM-1:00PM (Aqua) <i>Joanne A.</i> | | |
| SilverSneakers Classic Studio C | 12:00PM-1:00PM (Active Older Adult) <i>Marnie S.</i> | | | | | | |
| Family Swim Family Pool | 1:00PM-4:00PM (Family Swim) 8:00PM-8:30PM (Family Swim) | 1:00PM-4:00PM (Family Swim) 7:45PM-8:30PM (Family Swim) | 1:00PM-4:00PM (Family Swim) 7:45PM-8:30PM (Family Swim) | 11:30AM-4:00PM (Family Swim) | 8:00AM-9:00AM (Family Swim) 4:00PM-7:30PM (Family Swim) | 1:00PM-5:00PM (Family Swim) | 10:00AM-2:30PM (Family Swim) |
| PFD Free Time Family Pool | 1:00PM-4:00PM (Family Swim) 8:00PM-8:30PM (Family Swim) | 1:00PM-4:00PM (Family Swim) 7:45PM-8:30PM (Family Swim) | 1:00PM-4:00PM (Family Swim) 7:45PM-8:30PM (Family Swim) | 12:00PM-4:00PM (Family Swim) 8:00PM-8:30PM (Family Swim) | 4:00PM-7:30PM (Family Swim) | 1:00PM-5:00PM (Family Swim) | 10:00AM-2:30PM (Family Swim) |
| LES MILLS BODYATTACK Studio A | 1:15PM-2:00PM (Les Mills) <i>Catherine K.</i> | | | | | | |
| Chair Yoga Studio C | 1:15PM-2:15PM (Active Older Adult) <i>Chris C.</i> | | 12:00PM-1:00PM (Active Older Adult) <i>Chris C.</i> | | | | |
| Quick Fit Studio A | 4:30PM-5:00PM (Strength) <i>Nadine D.</i> | | 4:30PM-5:00PM (Strength) <i>Megan Y.</i> | | | | |
| Core Training Studio A | 5:05PM-5:35PM (Strength) <i>Nadine D.</i> | | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|---|--|---|---|
| LES MILLS BODYCOMBAT Studio B | 5:30PM-6:30PM (Les Mills) <i>Amanda H.</i> | | 5:45AM-6:45AM (Les Mills) <i>Sandra C.</i> 8:00AM-9:00AM (Les Mills) <i>Sherry C.</i> 5:30PM-6:30PM (Les Mills) <i>Amanda H.</i> | | | 7:10AM-8:10AM (Les Mills) <i>Sandra C.</i> | 9:15AM-10:15AM (Les Mills) <i>Sherry C.</i> |
| PAID - APEX Strength APEX Studio | 5:30PM-6:05PM (Membership Add On) <i>Celina M.</i> | | 6:30AM-7:15AM (Membership Add On) <i>Michele M.</i> | 9:30AM-10:15AM (Membership Add On) <i>Sebastian L.</i> | 6:30AM-7:15AM (Membership Add On) <i>Michelle G.</i> | | |
| PAID - APEX Sports Performance Training Zone | 6:00PM-6:45PM (Membership Add On) <i>Marie S.</i> | | | | | | |
| Cardio Fusion Studio A | 6:15PM-7:00PM (Cardio) <i>Celina M.</i> | 8:00AM-9:00AM (Cardio) <i>Christy S.</i> | 6:15PM-7:00PM (Cardio) <i>Celina M.</i> | 5:30PM-6:30PM (Cardio) <i>Linda N.</i> | 8:00AM-9:00AM (Cardio) <i>Michele M.</i> | | |
| Adult Volleyball Gym D | 6:15PM-9:45PM (Volleyball) | | | 6:15PM-9:45PM (Volleyball) | | 12:00PM-4:00PM (Volleyball) | |
| Yin Yoga Studio C | 7:20PM-8:20PM (Yoga & Pilates) <i>Kate S.</i> | 7:30PM-8:30PM (Yoga & Pilates) <i>Kate S.</i> | | | 10:30AM-11:30AM (Yoga & Pilates) <i>Jennifer P.</i> | | |
| Lap Swimming Lap Pool (1 Lane) | 7:45PM-8:45PM (Lap Swimming) | | 7:45PM-8:45PM (Lap Swimming) | | | | |
| LES MILLS GRIT Studio B | | 6:00AM-6:30AM (Les Mills) <i>Christina S.</i> | | | 5:45AM-6:15AM (Les Mills) <i>Megan Y.</i> | | 8:30AM-9:00AM (Les Mills) <i>Megan Y.</i> |
| Lap Swimming Lap Pool (4 Lanes) | | 7:00AM-8:00AM (Lap Swimming) 5:00PM-5:45PM (Lap Swimming) 7:15PM-8:00PM (Lap Swimming) | | | | 12:00PM-12:45PM (Lap Swimming) | 3:00PM-6:30PM (Lap Swimming) |
| Aqua Boot Camp Lap Pool | | 9:15AM-10:00AM (Aqua) <i>Karen C.</i> | | 9:15AM-10:00AM (Aqua) <i>Jackie G.</i> | | | |
| LES MILLS RPM Cycle Studio | | 9:15AM-10:00AM (Les Mills) <i>Melissa A.</i> 6:00PM-6:45PM (Les Mills) <i>Zack S.</i> | | 9:15AM-10:00AM (Les Mills) <i>Melissa A.</i> 6:00PM-6:45PM (Les Mills) <i>Lyndsay L.</i> | | 8:30AM-9:15AM (Les Mills) <i>Lyndsay L.</i> | 9:15AM-10:00AM (Les Mills) <i>Amanda H.</i> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|--|--|--|---|---|--|
| LES MILLS BODYCOMBAT Studio A | | 9:15AM-10:15AM (Les Mills) <i>Christy S.</i> | | 9:15AM-10:15AM (Les Mills) <i>Christy S.</i> | 10:30AM-11:30AM (Les Mills) <i>Sherry C.</i> | | |
| Adult Pickleball Gym D | | 9:30AM-11:30AM (Pickleball) | | | | | |
| Zumba Studio B | | 9:30AM-10:30AM (Dance) <i>Shanel K.</i> 6:30PM-7:30PM (Dance) <i>Nicole B.</i> | | 9:30AM-10:30AM (Dance) <i>Michelle E.</i> 6:30PM-7:30PM (Dance) <i>Jess C.</i> | | | |
| Hatha Yoga Studio C | | 9:30AM-10:30AM (Yoga & Pilates) <i>Alysha M.</i> | | | | | |
| Pilates Studio A | | 10:30AM-11:30AM (Yoga & Pilates) <i>Jackie G.</i> 6:45PM-7:45PM (Yoga & Pilates) <i>Nadine D.</i> | | 10:30AM-11:30AM (Yoga & Pilates) <i>Jackie G.</i> 6:45PM-7:45PM (Yoga & Pilates) <i>Dianne V.</i> | | | |
| Silver Strength Studio C | | 10:45AM-11:45AM (Active Older Adult) <i>Karen C.</i> | | | | | |
| Stretch & Balance Studio C | | 12:00PM-12:45PM (Stretch) <i>Karen C.</i> | | | | | |
| Whirlpool/Sauna Hours Whirlpool | | 6:00PM-9:30PM (Sauna & Whirlpool) | | | | | |
| Lap Swimming Lap Pool (2 Lanes) | | 6:30PM-7:15PM (Lap Swimming) | | 5:45PM-6:30PM (Lap Swimming) | | 11:15AM-12:00PM (Lap Swimming) | |
| Barre Studio A | | | 9:30AM-10:15AM (Yoga & Pilates) <i>Tara K.</i> | | 5:45AM-6:30AM (Yoga & Pilates) <i>Celina M.</i> | | |
| LES MILLS CORE Studio A | | | 5:05PM-5:35PM (Les Mills) <i>Megan Y.</i> | | | 9:00AM-9:45AM (Les Mills) <i>Christina S.</i> | 8:30AM-9:00AM (Les Mills) <i>Amanda H.</i> |
| Zumba Studio A | | | 7:15PM-8:15PM (Dance) <i>Jess C.</i> | | | 10:15AM-11:15AM (Dance) <i>Shanel K.</i> | 9:30AM-10:30AM (Dance) <i>Jess C.</i> |
| Strength Studio B | | | | 6:00AM-7:00AM (Strength) <i>Michele M.</i> | | | |
| Strength Studio A | | | | 8:00AM-9:00AM (Strength) <i>Karen C.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|--|--|---|---|
| Silver Strength Studio B | | | | 10:45AM-11:45AM (Active Older Adult) <i>Christy S.</i> | | | |
| Zumba Gold Studio A | | | | 12:00PM-1:00PM (Active Older Adult) <i>Karina S.</i> | | | 10:45AM-11:30AM (Active Older Adult) <i>Jess C.</i> |
| Stretch & Balance Studio B | | | | 12:00PM-12:45PM (Stretch) <i>Christy S.</i> | | | |
| PAID - APEX Sports Performance APEX Studio | | | | 6:00PM-6:45PM (Membership Add On) <i>Sean S.</i> | | | |
| LES MILLS CORE Studio B | | | | | 6:15AM-6:45AM (Les Mills) <i>Megan Y.</i> | | |
| Core Training Cycle Studio | | | | | 10:15AM-10:45AM (Strength) <i>Michelle G.</i> | | |
| SilverSneakers Classic Studio B | | | | | 10:45AM-11:45AM (Active Older Adult) <i>Linda N.</i> | | |
| Chair Yoga Studio B | | | | | 12:00PM-1:00PM (Active Older Adult) <i>Dottie W.</i> | | |
| Aqua Cardio & Strength Family Pool | | | | | 3:00PM-4:00PM (Aqua) <i>Karen M.</i> | | |
| Pickleball Gym D | | | | | | 7:00AM-8:45AM (Pickleball) | |
| LES MILLS BODYATTACK Studio B | | | | | | 8:15AM-9:15AM (Les Mills) <i>Megan Y.</i> | |
| Gentle Yoga Studio C | | | | | | 9:30AM-10:30AM (Yoga & Pilates) <i>Jennifer F.</i> | |
| Chair Pilates Studio B | | | | | | 10:45AM-11:30AM (Active Older Adult) <i>Celina M.</i> | |
| Pool Open - Pass Required Outdoor Pool | | | | | | 11:30AM-7:30PM (Outdoor Swim) | 11:30AM-7:30PM (Outdoor Swim) |
| Pickleball Gym C | | | | | | | 8:00AM-9:45AM (Pickleball) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------|--------|---------|-----------|----------|--------|----------|---|
| Yoga Studio C | | | | | | | 8:05AM-9:15AM (Yoga & Pilates) <i>Andrew S.</i> |
| Barre Studio B | | | | | | | 11:45AM-12:30PM (Yoga & Pilates) <i>Celina M.</i> |



Upper Perkiomen Valley YMCA | May 19th - May 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|--|---|---|---|
| LES MILLS BODYCOMBAT Group Exercise Studio | 5:30AM-6:00AM (Les Mills) <i>Amy C.</i> | 9:15AM-10:00AM (Les Mills) <i>Sherry C.</i> | | 5:30PM-6:30PM (Les Mills) <i>Amy L.</i> | | 8:15AM-9:00AM (Les Mills) <i>Amy C.</i> | |
| Open Basketball Gym B | 5:45AM-12:00PM (Basketball) 3:00PM-5:30PM (Basketball) 7:00PM-8:00PM (Basketball) | 5:45AM-7:00AM (Basketball) 9:00AM-4:00PM (Basketball) 6:30PM-7:15PM (Basketball) | 5:45AM-12:00PM (Basketball) 3:00PM-4:00PM (Basketball) 5:45PM-8:00PM (Basketball) | 5:45AM-7:00AM (Basketball) 10:00AM-4:00PM (Basketball) | 5:45AM-12:00PM (Basketball) 3:00PM-4:00PM (Basketball) | 11:00AM-6:45PM (Basketball) | 10:00AM-6:45PM (Basketball) |
| Open Basketball Gym A | 5:45AM-10:15AM (Basketball) 3:00PM-4:30PM (Basketball) 8:00PM-9:45PM (Basketball) | 5:45AM-7:00AM (Basketball) 11:00AM-1:45PM (Basketball) | 5:45AM-12:00PM (Basketball) 3:00PM-4:45PM (Basketball) | 10:00AM-1:15PM (Basketball) 2:30PM-5:45PM (Basketball) | 5:45AM-9:15AM (Basketball) 2:30PM-6:00PM (Basketball) | 12:00PM-6:45PM (Basketball) | 10:00AM-12:30PM (Basketball) 12:30PM-6:45PM (Basketball) |
| LES MILLS SHAPES Group Exercise Studio | 6:00AM-6:30AM (Les Mills) <i>Amy C.</i> 6:30PM-7:15PM (Les Mills) <i>Melissa H.</i> | 6:30PM-7:15PM (Les Mills) <i>Amy L.</i> | | 6:10AM-6:40AM (Les Mills) <i>Bekkah F.</i> 10:15AM-10:45AM (Les Mills) <i>Amanda H.</i> | | 10:30AM-11:15AM (Les Mills) <i>Amy C.</i> | |
| Sauna Hours Sauna | 6:15AM-8:30PM (Sauna & Whirlpool) | 6:15AM-8:30PM (Sauna & Whirlpool) | 6:15AM-8:30PM (Sauna & Whirlpool) | 6:15AM-8:30PM (Sauna & Whirlpool) | 6:15AM-8:30PM (Sauna & Whirlpool) | 7:15AM-12:00PM (Sauna & Whirlpool) | 7:15AM-12:00PM (Sauna & Whirlpool) |
| Lap Swimming 6 Lane Pool | 6:15AM-4:30PM (Lap Swimming) 7:30PM-8:30PM (Lap Swimming) | 6:15AM-4:30PM (Lap Swimming) | 6:15AM-4:30PM (Lap Swimming) | 6:15AM-4:30PM (Lap Swimming) | 6:15AM-4:00PM (Lap Swimming) | 9:30AM-12:00PM (Lap Swimming) | 7:15AM-12:00PM (Lap Swimming) |
| Whirlpool Hours Whirlpool | 6:15AM-8:30PM (Sauna & Whirlpool) | 6:15AM-8:30PM (Sauna & Whirlpool) | 6:15AM-8:30PM (Sauna & Whirlpool) | 6:15AM-8:30PM (Sauna & Whirlpool) | 6:15AM-11:15AM (Sauna & Whirlpool) | 7:15AM-12:00PM (Sauna & Whirlpool) | 7:15AM-12:00PM (Sauna & Whirlpool) |
| Water Walking Program Pool | 7:00AM-9:00AM (Water Walking) 4:00PM-5:00PM (Water Walking) | 7:00AM-9:00AM (Water Walking) 4:00PM-5:00PM (Water Walking) | 7:00AM-11:00AM (Water Walking) 4:00PM-5:00PM (Water Walking) | 7:00AM-9:00AM (Water Walking) 10:00AM-11:00AM (Water Walking) 4:00PM-5:00PM (Water Walking) | 7:00AM-10:00AM (Water Walking) | 7:15AM-9:00AM (Water Walking) | 8:00AM-12:00PM (Water Walking) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|---|--|---|--|---|
| KidZone Open Care Child Watch Area | 8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone) | 8:00AM-1:00PM (Kidzone) | 8:00AM-1:00PM (Kidzone) |
| LES MILLS SPRINT Cycle Studio | 8:15AM-8:45AM (Les Mills) <i>Amanda H.</i> | 6:00PM-6:30PM (Les Mills) <i>Bekkah F.</i> | 8:15AM-8:45AM (Les Mills) <i>Amanda H.</i> | 5:30AM-6:00AM (Les Mills) <i>Bekkah F.</i> 6:00PM-6:30PM (Les Mills) <i>Novi D.</i> | 8:15AM-8:45AM (Les Mills) <i>Amanda H.</i> | 8:30AM-9:00AM (Les Mills) <i>Novi D.</i> | |
| Silver Strength Spirit/Mind/Body Studio | 8:15AM-9:00AM (Active Older Adult) <i>Sue W.</i> | | | | | | |
| Aqua Yoga/Pilates Program Pool | 9:00AM-9:45AM (Aqua) <i>Darlene D.</i> | 9:00AM-9:45AM (Aqua) <i>Darlene D.</i> | | | 10:15AM-11:00AM (Aqua) <i>Darlene D.</i> | | |
| LES MILLS BODYPUMP Group Exercise Studio | 9:15AM-10:15AM (Les Mills) <i>Jodi B.</i> | | 5:30AM-6:30AM (Les Mills) <i>Bekkah F.</i> 9:15AM-10:15AM (Les Mills) <i>Amanda H.</i> 12:00PM-1:00PM (Les Mills) <i>Sherry C.</i> 5:30PM-6:30PM (Les Mills) <i>Melissa H.</i> | | | 9:15AM-10:15AM (Les Mills) <i>Amy L.</i> | 8:00AM-8:45AM (Les Mills) <i>Amy L.</i> |
| Stretch & Balance Spirit/Mind/Body Studio | 9:15AM-10:00AM (Stretch) <i>Sue W.</i> | 12:00PM-12:45PM (Stretch) <i>Sue W.</i> | | | 9:15AM-10:00AM (Stretch) <i>Sue W.</i> | 9:15AM-10:00AM (Stretch) <i>Christine M.</i> | |
| Cycle Cycle Studio | 9:15AM-10:00AM (Cycle) <i>Sarah T.</i> 6:30PM-7:15PM (Cycle) <i>Bekkah F.</i> | 5:30AM-6:00AM (Cycle) <i>Kelly W.</i> | 9:15AM-10:00AM (Cycle) <i>Sarah T.</i> | 8:15AM-9:00AM (Cycle) <i>Ethan H.</i> | | | 8:30AM-9:00AM (Cycle) <i>Kelly W.</i> |
| Water Walking Program Pool - Half Pool | 9:45AM-11:00AM (Water Walking) | 10:00AM-11:00AM (Water Walking) | | | 4:00PM-7:00PM (Water Walking) | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|--|---|------------------------------|---|
| Programming - Reserved Gym A | 10:15AM-12:00PM (Open Gym) 5:30PM-8:00PM (Open Gym) | 9:00AM-11:00AM (Open Gym) 2:45PM-4:00PM (Open Gym) 4:45PM-7:30PM (Open Gym) | 4:45PM-8:00PM (Open Gym) | 1:15PM-2:30PM (Open Gym) 5:45PM-8:00PM (Open Gym) | 9:15AM-12:00PM (Open Gym) | 8:45AM-12:00PM (Open Gym) | |
| Yoga Spirit/Mind/Body Studio | 10:30AM-11:30AM (Yoga & Pilates) <i>Sarah T.</i> | | 7:30PM-8:30PM (Yoga & Pilates) <i>Rick B.</i> | 10:15AM-11:15AM (Yoga & Pilates) <i>Jen P.</i> | | | 8:30AM-9:30AM (Yoga & Pilates) <i>Rick B.</i> |
| Zumba Group Exercise Studio | 10:30AM-11:30AM (Dance) <i>Krista C.</i> | | | | | | |
| Pickleball Full Gym | 12:00PM-2:30PM (Pickleball) | 7:00AM-9:00AM (Pickleball) | 12:00PM-2:30PM (Pickleball) | 8:30AM-10:00AM (Pickleball) | 12:00PM-2:30PM (Pickleball) 6:00PM-8:00PM (Pickleball) | | 8:00AM-10:00AM (Pickleball) |
| Yoga/Pilates Spirit/Mind/Body Studio | 4:15PM-5:15PM (Yoga & Pilates) <i>Ceil F.</i> | | 10:30AM-11:30AM (Yoga & Pilates) <i>Ceil F.</i> | | | | |
| Lap Swimming 6 Lane Pool (1 Lane) | 4:30PM-7:30PM (Lap Swimming) | 4:30PM-7:30PM (Lap Swimming) | 4:30PM-7:30PM (Lap Swimming) | 4:30PM-7:30PM (Lap Swimming) | | | |
| H.I.I.T. Group Exercise Studio | 4:45PM-5:15PM (Strength) <i>Jen P.</i> | | | | | | |
| Family Swim Family Fun Pool | 5:00PM-7:00PM (Family Swim) | 10:00AM-12:00PM (Family Swim) 5:00PM-7:00PM (Family Swim) | | 5:00PM-7:00PM (Family Swim) | | | |
| LES MILLS STRENGTH DEVELOPMENT Group Exercise Studio | 5:30PM-6:15PM (Les Mills) <i>Samantha L.</i> | 12:00PM-12:45PM (Les Mills) <i>Sherry C.</i> | | 12:00PM-12:45PM (Les Mills) <i>Amanda H.</i> | 5:30AM-6:15AM (Les Mills) <i>Bekkah F.</i> 9:15AM-10:00AM (Les Mills) <i>Amanda H.</i> | | |
| Zumba Spirit/Mind/Body Studio | 5:30PM-6:30PM (Dance) <i>Kamna A.</i> | | | | | | |
| Programming - Reserved Gym B | 5:30PM-7:00PM (Open Gym) | 4:45PM-6:00PM (Open Gym) | 4:00PM-5:45PM (Open Gym) | 4:00PM-5:45PM (Open Gym) 5:45PM-7:00PM (Open Gym) | 4:00PM-6:00PM (Open Gym) | 8:45AM-11:00AM (Open Gym) | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---|--|---------------------------------|--|-------------------------------|---|
| LES MILLS GRIT Group Exercise Studio | | 6:15AM-6:45AM (Les Mills) <i>Bekkah F.</i> 5:45PM-6:15PM (Les Mills) <i>Amy L.</i> | 4:45PM-5:15PM (Les Mills) <i>Melissa H.</i> | | | | 9:00AM-9:30AM (Les Mills) <i>Amy L.</i> |
| Chair Yoga Spirit/Mind/Body Studio | | 8:30AM-9:30AM (Active Older Adult) <i>Rick B.</i> | 9:15AM-10:00AM (Active Older Adult) <i>Sue W.</i> | | | | |
| KidZone Open Care Gym B | | 9:00AM-11:00AM (Kidzone) | | | | | |
| Gentle Yoga Spirit/Mind/Body Studio | | 9:45AM-10:45AM (Yoga & Pilates) <i>Kate S.</i> | | | | | |
| PFD Free Time Program Pool - Half Pool | | 10:00AM-11:00AM (Family Swim) | | | | | |
| LES MILLS CORE Group Exercise Studio | | 10:15AM-10:45AM (Les Mills) <i>Amanda H.</i> | | | | | |
| Functional Pilates Spirit/Mind/Body Studio | | 11:00AM-11:45AM (Yoga & Pilates) <i>Ceil F.</i> | | | | | |
| Lap Swimming Program Pool | | 7:30PM-8:30PM (Lap Swimming) | 7:30PM-8:30PM (Lap Swimming) | 7:30PM-8:30PM (Lap Swimming) | | | |
| Adult Basketball Full Gym | | 8:30PM-9:45PM (Basketball) | | | | | |
| Meditation Spirit/Mind/Body Studio | | | 8:00AM-8:45AM (Yoga & Pilates) <i>Lesley W.</i> | | | | |
| Silver Cardio Fusion Group Exercise Studio | | | 10:30AM-11:00AM (Active Older Adult) <i>Sue W.</i> | | | | |
| Stretch & Balance Group Exercise Studio | | | 11:05AM-11:35AM (Stretch) <i>Sue W.</i> | | | | |
| LES MILLS DANCE Group Exercise Studio | | | 6:45PM-7:30PM (Les Mills) <i>Zach S.</i> | | 10:30AM-11:15AM (Les Mills) <i>Zach S.</i> | | |
| Open Basketball Full Gym | | | 8:00PM-9:45PM (Basketball) | | | 7:15AM-8:45AM (Basketball) | 7:15AM-8:00AM (Basketball) |
| Pickleball Gym B | | | | 7:00AM-10:00AM (Pickleball) | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|--|---|--|--|
| Tai Chi Spirit/Mind/Body Studio | | | | 8:00AM-9:00AM (Yoga & Pilates) <i>Charles B.</i> | | | |
| Aqua Cardio & Strength Program Pool | | | | 9:00AM-9:45AM (Aqua) <i>Kathy D.</i> | | | |
| LES MILLS BODYCOMBAT Spirit/Mind/Body Studio | | | | 9:15AM-10:00AM (Les Mills) <i>Amanda H.</i> | | | |
| Strength Group Exercise Studio | | | | 9:15AM-10:00AM (Strength) <i>Sarah T.</i> | | | |
| Line Dancing Spirit/Mind/Body Studio | | | | 11:30AM-12:30PM (Dance) <i>Ken W.</i> | | | |
| Hatha Yoga Spirit/Mind/Body Studio | | | | 4:15PM-5:15PM (Yoga & Pilates) <i>Ceil F.</i> | | | |
| LES MILLS BODYBALANCE Spirit/Mind/Body Studio | | | | 6:40PM-7:40PM (Les Mills) <i>Amy L.</i> | 8:00AM-9:00AM (Les Mills) <i>Darlene D.</i> | 8:05AM-9:05AM (Les Mills) <i>Amy L.</i> | 9:45AM-10:45AM (Les Mills) <i>Amy L.</i> |
| Volleyball Full Gym | | | | 8:00PM-9:45PM (Volleyball) | | | |
| Silver Cardio Fusion Spirit/Mind/Body Studio | | | | | 10:15AM-11:00AM (Active Older Adult) <i>Ceil F.</i> | | |
| Family Swim Program Pool - Half Pool | | | | | 4:00PM-7:00PM (Family Swim) | | |
| Lap Swimming 6 Lane Pool (2 Lanes) | | | | | 5:30PM-8:30PM (Lap Swimming) | | |
| Lap Swimming 6 Lane Pool (4 Lanes) | | | | | | 7:15AM-9:30AM (Lap Swimming) | |
| LES MILLS DANCE Spirit/Mind/Body Studio | | | | | | 10:30AM-11:15AM (Les Mills) <i>Zach S.</i> | |
| Family Swim Outdoor 6 Lane Pool (4 Lanes) | | | | | | 11:00AM-7:00PM (Outdoor Swim) | 11:00AM-7:00PM (Outdoor Swim) |
| Family Swim Outdoor Family Pool | | | | | | 11:00AM-7:00PM (Outdoor Swim) | 11:00AM-7:00PM (Outdoor Swim) |
| Lap Swimming Outdoor 6 Lane Pool (2 Lanes) | | | | | | 11:00AM-7:00PM (Outdoor Swim) | 11:00AM-7:00PM (Outdoor Swim) |



Pottstown YMCA | May 19th - May 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|--|---|--|
| Lap Swimming Lap Pool (2 Lanes) | 6:00AM-10:00AM (Lap Swimming) 4:00PM-7:00PM (Lap Swimming) | 6:00AM-10:00AM (Lap Swimming) 4:00PM-7:00PM (Lap Swimming) | 6:00AM-10:00AM (Lap Swimming) 4:00PM-7:00PM (Lap Swimming) | 6:00AM-10:00AM (Lap Swimming) | 6:00AM-10:00AM (Lap Swimming) | | |
| Water Walking Lap Pool (1 Lane) | 6:00AM-10:00AM (Water Walking) 4:00PM-7:00PM (Water Walking) | 6:00AM-10:00AM (Water Walking) 4:00PM-7:00PM (Water Walking) | 6:00AM-10:00PM (Water Walking) 4:00PM-7:00PM (Water Walking) | 6:00AM-10:00AM (Water Walking) | 6:00AM-10:00AM (Water Walking) | 7:30AM-8:45AM (Water Walking) 11:15AM-1:00PM (Water Walking) | |
| KidZone Open Care Child Watch Area | 8:30AM-11:30AM (Kidzone) 4:30PM-7:45PM (Kidzone) | 8:30AM-11:30AM (Kidzone) 4:30PM-7:45PM (Kidzone) | 4:30PM-7:45PM (Kidzone) 8:30PM-11:30PM (Kidzone) | 8:30AM-11:30AM (Kidzone) 4:30PM-7:45PM (Kidzone) | 8:30AM-11:30AM (Kidzone) | 8:00AM-12:00PM (Kidzone) | |
| Aquacise Lap Pool (2 Lanes) | 8:30AM-9:30AM (Aqua) <i>Freddie J.</i> | | | | 8:30AM-9:30AM (Aqua) <i>Freddie J.</i> | | |
| Cardio Kickboxing Group Exercise Room | 9:00AM-10:00AM (Cardio) <i>Carol B.</i> | | | 9:00AM-9:45AM (Cardio) <i>Carol B.</i> | | | |
| Core Training Group Exercise Room | 10:10AM-10:45AM (Strength) <i>Carol B.</i> | | 10:10AM-10:45AM (Strength) <i>Carol B.</i> | | | | |
| Family Swim Lap Pool (1 Lane) | 4:00PM-6:00PM (Family Swim) | | 4:00PM-5:45PM (Family Swim) | | | 11:15AM-12:45PM (Family Swim) | |
| PFD Free Time Lap Pool (1 Lane) | 4:00PM-5:00PM (Family Swim) | | 4:00PM-5:00PM (Family Swim) | | | 11:45AM-12:45PM (Family Swim) | |
| Hatha Yoga Group Exercise Room | 5:30PM-6:30PM (Yoga & Pilates) <i>Kaitlyn L.</i> | | | 5:30PM-6:30PM (Yoga & Pilates) <i>Kaitlyn L.</i> | | | |
| Zumba Group Exercise Room | 6:30PM-7:30PM (Dance) <i>Valerie M.</i> | 6:00PM-7:00PM (Dance) <i>Julia M.</i> | 6:30PM-7:30PM (Dance) <i>Pam K.</i> | | | 9:00AM-10:00AM (Dance) <i>Sallie R.</i> | 9:00AM-10:00AM (Dance) <i>Priya R.</i> |
| Pilates Group Exercise Room | | 9:00AM-9:45AM (Yoga & Pilates) <i>Carol B.</i> | | | 9:00AM-9:45AM (Yoga & Pilates) <i>Carol B.</i> | | |
| Launch - LES MILLS BODYPUMP Group Exercise Room | | 9:55AM-10:55AM (Les Mills) <i>Carol B.</i> | | 9:55AM-10:55AM (Les Mills) <i>Carol B.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|--|---|--|--|---|--------|
| Chair Yoga Group Exercise Room | | 1:00PM-2:00PM (Active Older Adult) <i>Chris C.</i> | | | | | |
| Aquacise Lap Pool (1 Lane) | | | 8:30AM-9:30AM (Aqua) <i>Freddie J.</i> | | | | |
| Cardio Fusion Group Exercise Room | | | 9:00AM-10:00AM (Cardio) <i>Carol B.</i> | | | | |
| Tai Chi Group Exercise Room | | | | 11:00AM-12:00PM (Yoga & Pilates) <i>Charles B.</i> | | | |
| Open Basketball Gymnasium | | | | 5:00PM-7:30PM (Basketball) | | | |
| LES MILLS CORE Group Exercise Room | | | | 6:45PM-7:15PM (Les Mills) <i>Amy C.</i> | | | |
| Vinyasa Yoga Group Exercise Room | | | | | 10:00AM-10:45AM (Yoga & Pilates) <i>Carol B.</i> | | |
| Lap Swimming Lap Pool (1 Lane) | | | | | | 7:30AM-8:45AM (Lap Swimming) 11:15AM-1:00PM (Lap Swimming) | |



PhilaYatHome | May 19th - May 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|---|---|---|----------|--------|
| Cardio Fusion Zoom Room | 8:15AM-9:00AM (Cardio (Virtual)) <i>Christy S.</i> | | | | | | |
| BOOM MUSCLE Zoom Room | 10:00AM-10:45AM (Active Older Adult (Virtual)) <i>Mary G.</i> | | | | | | |
| Zumba Zoom Room | 1:30PM-2:15PM (Dance (Virtual)) <i>Richarda B.</i> | 6:15PM-7:00PM (Dance (Virtual)) <i>Christine D.</i> | | 5:30PM-6:15PM (Dance (Virtual)) <i>Richarda B.</i> | | | |
| Gentle Yoga Zoom Room | 6:00PM-7:00PM (Yoga & Pilates (Virtual)) <i>Chris C.</i> | | 9:00AM-9:45AM (Yoga & Pilates (Virtual)) <i>Jennifer P.</i> | | | | |
| Chair Pilates Zoom Room | | 8:30AM-9:15AM (Active Older Adult (Virtual)) <i>Lissa G.</i> | | | | | |
| BOOM Zoom Room | | 10:00AM-10:45AM (Active Older Adult (Virtual)) <i>Maureen L.</i> | | 10:00AM-10:45AM (Active Older Adult (Virtual)) <i>Maureen L.</i> | | | |
| Silver Barre Zoom Room | | 11:00AM-11:45AM (Active Older Adult (Virtual)) <i>Maureen L.</i> | | | | | |
| Strength Zoom Room | | 12:00PM-12:45PM (Strength (Virtual)) <i>Logan W.</i> | 6:30AM-7:15AM (Strength (Virtual)) <i>Jennifer S.</i> | 12:00PM-12:45PM (Strength (Virtual)) <i>Logan W.</i> | 8:30AM-9:15AM (Strength (Virtual)) <i>Jennifer S.</i> | | |
| Maternal Wellness Nutrition Zoom Room | | 6:00PM-7:00PM (Maternal Wellness (Virtual)) <i>Emma S.</i> | | 9:00AM-10:00AM (Maternal Wellness (Virtual)) <i>Emma S.</i> | | | |
| Barre Zoom Room | | | 8:00AM-8:45AM (Yoga & Pilates (Virtual)) <i>Maureen L.</i> | | | | |
| Senior Strut Zoom Room | | | 10:00AM-10:45AM (Active Older Adult (Virtual)) <i>Pam D.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------|--------|---------|--|---|---|----------|--------|
| Core Training Zoom Room | | | 12:00PM-12:45PM (Strength (Virtual)) <i>Jennifer S.</i> | | 9:30AM-10:15AM (Strength (Virtual)) <i>Christy S.</i> | | |
| Chair Yoga Zoom Room | | | 1:15PM-2:00PM (Active Older Adult (Virtual)) <i>Alissa M.</i> | 1:00PM-1:45PM (Active Older Adult (Virtual)) <i>Alissa M.</i> | | | |
| Pilates Zoom Room | | | | 8:30AM-9:15AM (Yoga & Pilates (Virtual)) <i>Lissa G.</i> | | | |
| Silver Dance Zoom Room | | | | 11:00AM-11:45AM (Active Older Adult (Virtual)) <i>Maureen L.</i> | | | |