



Ambler YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Basketball Near Gym	5:00AM-7:00AM (Basketball)	5:00AM-7:00AM (Basketball)	5:00AM-7:00AM (Basketball) 6:00PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball)	5:00AM-7:00AM (Basketball) 6:00PM-8:45PM (Basketball)		7:00AM-8:00AM (Basketball) 1:45PM-3:00PM (Basketball)
Open Basketball Far Gym	5:00AM-7:00AM (Basketball)	5:00AM-7:00AM (Basketball)	5:00AM-7:00AM (Basketball) 6:00PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball)	5:00AM-7:00AM (Basketball)		7:00AM-8:00AM (Basketball) 10:00AM-4:45PM (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-4:00PM (Water Walking) 8:30PM-9:30PM (Water Walking)	5:00AM-9:30AM (Water Walking) 10:30AM-11:30AM (Water Walking) 7:00PM-9:30PM (Water Walking)	5:00AM-8:00AM (Water Walking) 10:30AM-4:00PM (Water Walking)	5:00AM-9:30AM (Water Walking) 10:30AM-11:30AM (Water Walking) 7:30PM-9:30PM (Water Walking)	5:00AM-8:00AM (Water Walking) 9:00AM-11:30AM (Water Walking) 3:00PM-4:00PM (Water Walking) 7:30PM-8:30PM (Water Walking)	7:00AM-9:00AM (Water Walking) 12:25PM-1:00PM (Water Walking) 4:00PM-4:30PM (Water Walking)	7:00AM-10:00AM (Water Walking) 4:00PM-4:30PM (Water Walking)
Whirlpool/Sauna Hours Whirlpool/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-12:15PM (Sauna & Whirlpool) 3:00PM-8:30PM (Sauna & Whirlpool)	7:00AM-4:30PM (Sauna & Whirlpool)	7:00AM-4:30PM (Sauna & Whirlpool)
Cycle Cycle Studio	5:15AM-6:15AM (Cycle) <i>Eleanor S.</i> 5:30PM-6:15PM (Cycle) <i>Michelle P.</i>	6:00AM-6:45AM (Cycle) <i>Krystle H.</i> 9:15AM-10:15AM (Cycle) <i>Michelle P.</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>Eleanor S.</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>		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>Andrea E.</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>Lauren H.</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>Sandi S.</i>		
			4:15PM-5:30PM (Yoga & Pilates) <i>April M.</i>	7:00PM-8:00PM (Yoga & Pilates) <i>Nancy K.</i>	9:15AM-10:15AM (Yoga & Pilates) <i>Dan R.</i>		
Programming - Reserved Near Gym	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)		8:00AM-10:00AM (Open Gym)
	6:00PM-7:45PM (Open Gym)	6:00PM-7:45PM (Open Gym)					
Programming - Reserved Far Gym	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)		8:00AM-10:00AM (Open Gym)
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>Beth J.</i>		8:00AM-8:45AM (Strength) <i>Casey K.</i>		
			4:30PM-5:30PM (Strength) <i>Sonia T.</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>						
LES MILLS CORE Studio C	8:15AM-8:45AM (Les Mills) <i>Alicia M.</i>		8:15AM-8:45AM (Les Mills) <i>Alicia M.</i>				
Zumba Small Studio	8:15AM-9:00AM (Dance) <i>Michelle P.</i>	10:15AM-11:00AM (Dance) <i>Sonia T.</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>				

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)
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-4:00PM (Family Swim)	1:00PM-4:00PM (Family Swim)
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>		
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>Sandi S.</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>				
Lap Swimming Lap Pool (4 Lanes)	4:00PM-5:30PM (Lap Swimming) 6:30PM-9:30PM (Lap Swimming)		4:00PM-5:30PM (Lap Swimming) 6:30PM-9:30PM (Lap Swimming)	5:00AM-5:30PM (Lap Swimming)		9:30AM-4:30PM (Lap Swimming)	7:00AM-4:30PM (Lap Swimming)
Pool Reserved Program Reserved	4:00PM-7:00PM (Reserved)	11:30AM-3:00PM (Reserved) 4:30PM-7:00PM (Reserved)	4:00PM-7:30PM (Reserved)	11:30AM-3:00PM (Reserved) 4:30PM-7:00PM (Reserved)	11:30AM-3:00PM (Reserved)	9:00AM-12:00PM (Reserved)	10:00AM-12:15PM (Reserved)
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>						
Sports Performance Mezzanine	5:30PM-6:30PM (Sgt) <i>Spike M.</i> 6:30PM-7:30PM (Sgt) <i>Spike M.</i>						
Trim and Sculpt Studio C	5:35PM-6:35PM (Strength) <i>Sonia T.</i>	11:15AM-12:00PM (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>Michelle M.</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>			
General Open Gym Far Gym	6:00PM-9:45PM (Open Gym)	6:00PM-9:45PM (Open Gym)		6:00PM-7:30PM (Open Gym)	6:00PM-8:45PM (Open Gym)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>	
Aqua Yoga/Pilates Program Pool	7:30PM-8:30PM (Aqua) <i>Maureen B.</i>		8:00AM-8:45AM (Aqua) <i>Karen S.</i>		8:00AM-8:45AM (Aqua) <i>Karen S.</i>		
General Open Gym Near Gym	7:45PM-9:45PM (Open Gym)	7:45PM-9:45PM (Open Gym)		6:00PM-7:30PM (Open Gym)		7:00AM-4:45PM (Open Gym)	
Lap Swimming Lap Pool (5 Lanes)		5:00AM-4:00PM (Lap Swimming)		8:30PM-9:30PM (Lap Swimming)			
Boot Camp Large Studio		5:15AM-6:15AM (Strength) <i>Chris B.</i>		5:15AM-6:15AM (Strength) <i>Chris B.</i>			
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>Ruby C.</i>
Quick Fit Studio C		8:30AM-9:00AM (Strength) <i>Andrea E.</i>					
Strength Training Mezzanine		9:00AM-10:00AM (Sgt) <i>Richard R.</i>					
SilverSneakers Stability Small Studio		9:15AM-10:00AM (Active Older Adult) <i>Patty K.</i>		1:00PM-2:00PM (Active Older Adult) <i>Jackie A.</i>			
Pop-up LES MILLS SHAPES Studio C		9:15AM-10:00AM (Pop Up) <i>Michelle B.</i>					
Pilates Studio B		9:30AM-10:30AM (Yoga & Pilates) <i>Beth T.</i>					10:15AM-11:15AM (Yoga & Pilates) <i>Angie C.</i>
Core Training Studio C		10:15AM-10:45AM (Strength) <i>Lauren H.</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>			
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>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meditation Small Studio		12:30PM-1:00PM (Yoga & Pilates) <i>Dan R.</i>					1:45PM-2:15PM (Yoga & Pilates) <i>Ami K.</i>
Lap Swimming Lap Pool (3 Lanes)		4:00PM-9:30PM (Lap Swimming)				7:00AM-9:30AM (Lap Swimming)	
LES MILLS DANCE Small Studio		6:00PM-6:45PM (Les Mills) <i>Jessika T.</i>					10:15AM-11:00AM (Les Mills) <i>Jessika T.</i>
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>Molly D.</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>				
TRX Mezzanine			10:30AM-11:30AM (Sgt) <i>Ami K.</i>				11:00AM-12:00PM (Sgt) <i>Ami K.</i>
Pilates Studio C				8:00AM-9:00AM (Yoga & Pilates) <i>Beth J.</i>			
Power Yoga Small Studio				9:15AM-10:15AM (Yoga & Pilates) <i>Beth J.</i>		9:15AM-10:30AM (Yoga & Pilates) <i>Joan R.</i> 12:00PM-1:15PM (Yoga & Pilates) <i>David C.</i>	
Boot Camp Studio C				9:15AM-10:15AM (Strength) <i>Jen P.</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>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meditation Studio B				11:00AM-11:30AM (Yoga & Pilates) <i>Alissa M.</i>			
LES MILLS SPRINT Cycle Studio				6:15PM-6:45PM (Les Mills) <i>Allison H.</i>			
Adult Volleyball Near Gym				7:30PM-9:45PM (Volleyball)			3:30PM-5:00PM (Volleyball)
Adult Volleyball Far Gym				7:30PM-9:45PM (Volleyball)			
Aqua Combo Lap Pool				7:30PM-8:30PM (Aqua) <i>Maureen B.</i>			
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-4:00PM (Family Swim)	1:00PM-4:00PM (Family Swim)
Pilates Small Studio					4:15PM-5:15PM (Yoga & Pilates) <i>Angie C.</i>		
Aquacise Lap Pool (3 Lanes)						7:30AM-8:25AM (Aqua) <i>Maureen B.</i> 8:30AM-9:25AM (Aqua) <i>Maureen B.</i>	
Programming - Reserved Gymnasium						8:00AM-2:30PM (Open Gym)	
Launch - LES MILLS BODYSTEP Large Studio						8:00AM-9:00AM (Les Mills) <i>Michelle M.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Launch - LES MILLS SPRINT Cycle Studio						8:15AM-8:45AM (Les Mills) <i>Allison H.</i>	
Launch - LES MILLS BODYCOMBAT Large Studio						9:15AM-10:15AM (Les Mills) <i>Allison H.</i>	
Launch - LES MILLS DANCE Studio B						9:15AM-10:00AM (Les Mills) <i>Aerielle W.</i>	
Launch - LES MILLS BODYPUMP Large Studio						10:30AM-11:30AM (Les Mills) <i>Jennifer W.</i>	
Launch - LES MILLS BODYBALANCE Studio B						11:15AM-12:15PM (Les Mills) <i>Allison H.</i>	
Open Basketball Gymnasium						2:30PM-4:45PM (Basketball)	
LES MILLS CORE Large Studio							9:15AM-9:45AM (Les Mills) <i>Karen D.</i>
Family Gym Time Near Gym							10:00AM-1:45PM (Family)
Zumba Gold Studio C							1:00PM-2:00PM (Active Older Adult) <i>Kelly M.</i>



Roxborough YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Basketball Full Gym	5:00AM-10:30AM (Basketball) 7:15PM-9:00PM (Basketball)	5:00AM-12:00PM (Basketball) 2:00PM-9:00PM (Basketball)	5:00AM-10:30AM (Basketball) 7:15PM-9:00PM (Basketball)	5:00AM-9:00PM (Basketball)	5:00AM-10:30AM (Basketball) 1:00PM-9:00PM (Basketball)	7:00AM-5:00PM (Basketball)	7:00AM-5:00PM (Basketball)
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)	7:00AM-9:00AM (Lap Swimming)
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>Danielle M.</i>
Total Body Cycle Studio B	6:30AM-7:00AM (Cycle) <i>T'sidiquah M.</i>		6:00AM-6:45AM (Cycle) <i>John G.</i>				
Hatha Yoga Studio A	7:00AM-7:45AM (Yoga & Pilates) <i>Bonnie H.</i>						
Trim and Sculpt Studio B	7:00AM-7:30AM (Strength) <i>T'sidiquah M.</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>Brittany F.</i>	5:30PM-6:30PM (Les Mills) <i>Ginger D.</i>	5:30AM-6:15AM (Les Mills) <i>Ngozi O.</i>	8:30AM-9:30AM (Les Mills) <i>Ngozi O.</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)
Lap Swimming Lap Pool (2 Lanes)	9:00AM-11:00AM (Lap Swimming) 3:00PM-8:30PM (Lap Swimming)	9:00AM-10:00AM (Lap Swimming) 12:00PM-8:30PM (Lap Swimming)	10:00AM-11:00AM (Lap Swimming)	9:00AM-10:00AM (Lap Swimming) 12:00PM-8:30PM (Lap Swimming)	9:00AM-10:00AM (Lap Swimming) 3:15PM-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-11:00AM (Water Walking) 3:00PM-4:30PM (Water Walking)	9:00AM-10:00AM (Water Walking) 12:00PM-4:30PM (Water Walking)	10:00AM-11:00AM (Water Walking) 3:00PM-4:30PM (Water Walking)	9:00AM-10:00AM (Water Walking) 12:00PM-4:30PM (Water Walking)	9:00AM-10:00AM (Water Walking)		
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>					
Boot Camp Studio A	10:15AM-11:00AM (Strength) <i>Chris G.</i>	9:15AM-9:45AM (Strength) <i>Brielle H.</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)		
Pool Reserved Lap Pool (4 Lanes)	11:00AM-3:00PM (Reserved)		11:00AM-3:00PM (Reserved)		10:00AM-3:00PM (Reserved)		
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>		9:15AM-10:00AM (Cycle) <i>Caillin M.</i>	6:00AM-6:45AM (Cycle) <i>Chris G.</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>	
Programming - Reserved Full Gym	6:00PM-7:15PM (Open Gym)	12:00PM-2:00PM (Open Gym)	5:30PM-7:15PM (Open Gym)				
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>Amber R.</i>			
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>Abby Y.</i>			
SilverSneakers Stability Studio B		10:00AM-10:45AM (Active Older Adult) <i>Danielle M.</i>					
Lap Swimming Lap Pool (1 Lane)		10:00AM-12:00PM (Lap Swimming)	9:00AM-10:00AM (Lap Swimming) 3:00PM-8:30PM (Lap Swimming)	10:00AM-12:00PM (Lap Swimming)		8:00AM-1:30PM (Lap Swimming)	9:00AM-10:30AM (Lap Swimming)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)	10:00AM-12:00PM (Reserved) <i>Beverly R.</i>		8:00AM-1:30PM (Reserved)	9:00AM-10:30AM (Reserved)
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>					
Boot Camp Studio B		6:15PM-7:00PM (Strength) <i>Felicia P.</i>				9:00AM-10:00AM (Strength) <i>T'sidiquah M.</i>	
LES MILLS CORE Studio B		7:10PM-7:40PM (Les Mills) <i>Rivkah M.</i>					
Yoga Studio A			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>
Core Training Studio B			5:15PM-6:00PM (Strength) <i>T'sidiquah M.</i>				
LES MILLS BODYCOMBAT Studio A			5:30PM-6:30PM (Les Mills) <i>Jeffrey P.</i>		11:15AM-12:00PM (Les Mills) <i>Ginger D.</i>	9:35AM-10:35AM (Les Mills) <i>Beth B.</i>	
H.I.I.T. Studio B				9:15AM-10:00AM (Strength) <i>Danielle M.</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>			
SilverSneakers Classic Studio B				11:00AM-12:00PM (Active Older Adult) <i>Karen M.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)					3:15PM-7:30PM (Family Swim)	1:30PM-4:30PM (Family Swim)	1:30PM-4:30PM (Family Swim)
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							12:30PM-1:00PM (Family) <i>Rivkah M.</i>



Willow Grove YMCA | July 14th - July 20th

	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-9:30PM (Sauna & Whirlpool)	5:00AM-8:30PM (Sauna & Whirlpool)	7:00AM-4:30PM (Sauna & Whirlpool)	7:00AM-4:30PM (Sauna & Whirlpool)
Lap Swimming Lap Pool	5:00AM-9:15AM (Lap Swimming) 10:00AM-11:00AM (Lap Swimming) 3:00PM-4:00PM (Lap Swimming)	5:00AM-9:15AM (Lap Swimming) 10:00AM-11:00AM (Lap Swimming) 3:00PM-4:00PM (Lap Swimming)	5:00AM-9:15AM (Lap Swimming) 10:00AM-11:00AM (Lap Swimming) 3:00PM-4:00PM (Lap Swimming)	5:00AM-8:00AM (Lap Swimming) 10:00AM-11:00AM (Lap Swimming) 3:00PM-4:00PM (Lap Swimming) 8:00PM-9:30PM (Lap Swimming)	5:00AM-9:15AM (Lap Swimming) 10:00AM-11:00AM (Lap Swimming) 3:00PM-4:00PM (Lap Swimming)	7:00AM-9:00AM (Lap Swimming)	
Open Basketball Gym A	5:00AM-7:00AM (Basketball) 8:15PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball) 8:15PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball) 8:15PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball) 8:15PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball) 6:15PM-8:45PM (Basketball)	7:00AM-7:45AM (Basketball) 12:00PM-4:45PM (Basketball)	7:00AM-4:45PM (Basketball)
Open Basketball Gym B	5:00AM-7:00AM (Basketball)	8:15PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball)	8:15PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball) 6:15PM-8:45PM (Basketball)	7:00AM-7:45AM (Basketball) 12:00PM-2:30PM (Basketball)	7:00AM-9:00AM (Basketball) 1:15PM-4:45PM (Basketball)
Water Walking Program Pool	5:00AM-9:15AM (Water Walking) 10:00AM-11:00AM (Water Walking) 3:00PM-4:00PM (Water Walking)	5:00AM-9:15AM (Water Walking) 10:00AM-11:00AM (Water Walking) 3:00PM-4:00PM (Water Walking) 8:00PM-9:30PM (Water Walking)	5:00AM-9:15AM (Water Walking) 10:00AM-11:00AM (Water Walking) 3:00PM-4:00PM (Water Walking)	5:00AM-8:00AM (Water Walking) 10:00AM-11:00AM (Water Walking) 3:00PM-4:00PM (Water Walking) 8:00PM-9:30PM (Water Walking)	5:00AM-9:15AM (Water Walking) 10:00AM-11:00AM (Water Walking) 3:00PM-4:00PM (Water Walking) 7:30PM-8:30PM (Water Walking)	7:00AM-9:00AM (Water Walking) 3:30PM-4:30PM (Water Walking)	7:00AM-8:00AM (Water Walking) 3:30PM-4:30PM (Water Walking)
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>Jenny L.</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>	8:00AM-9:00AM (Les Mills) <i>Stephen A.</i> 11:30AM-12:30PM (Les Mills) <i>Lauren H.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Programming - Reserved Gym B	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)		
Programming - Reserved Gym A	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)		
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)		
LES MILLS BODYBALANCE Studio C	8:00AM-8:45AM (Les Mills) <i>Mary B.</i>						
TRX Queenax/Lower Turf	9:00AM-10:00AM (Sgt) <i>Lissa G.</i>						
Aqua Cardio & Strength Program Pool	9:15AM-10:00AM (Aqua) <i>Mary B.</i>						
Lap Swimming Lap Pool (5 Lanes)	9:15AM-10:00AM (Lap Swimming)	9:15AM-10:00AM (Lap Swimming)	9:15AM-10:00AM (Lap Swimming)	8:00AM-10:00AM (Lap Swimming)	9:15AM-10:00AM (Lap Swimming)	1:00PM-4:30PM (Lap Swimming)	8:00AM-8:45AM (Lap Swimming)
	8:30PM-9:30PM (Lap Swimming)	8:30PM-9:30PM (Lap Swimming)	8:30PM-9:30PM (Lap Swimming)	4:00PM-8:00PM (Lap Swimming)			1:00PM-4:30PM (Lap Swimming)
Water Walking Lap Pool (1 Lane)	9:15AM-10:00AM (Water Walking)	9:15AM-10:00AM (Water Walking)	9:15AM-10:00AM (Water Walking)	8:00AM-10:00AM (Water Walking)	9:15AM-10:00AM (Water Walking)	1:30PM-3:30PM (Water Walking)	8:00AM-8:45AM (Water Walking)
	8:30PM-9:30PM (Water Walking)		8:30PM-9:30PM (Water Walking)				1:30PM-3:30PM (Water Walking)
Women & Weights Training Zone/Upper Turf	9:30AM-10:30AM (Sgt) <i>Anita B.</i>						
LES MILLS BODYATTACK Studio A	9:30AM-10:15AM (Les Mills) <i>Shannon 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>						
Lap Swimming Lap Pool (4 Lanes)	11:00AM-3:00PM (Lap Swimming)	11:00AM-3:00PM (Lap Swimming)	11:00AM-3:00PM (Lap Swimming)	11:00AM-3:00PM (Lap Swimming)	11:00AM-3:00PM (Lap Swimming)	9:00AM-1:00PM (Lap Swimming)	7:00AM-8:00AM (Lap Swimming)
	4:00PM-5:00PM (Lap Swimming)	4:00PM-8:30PM (Lap Swimming)	4:00PM-5:00PM (Lap Swimming)				8:45AM-1:00PM (Lap Swimming)
Water Walking Lap Pool (2 Lanes)	11:00AM-3:00PM (Water Walking)	11:00AM-3:00PM (Water Walking)	11:00AM-3:00PM (Water Walking)	11:00AM-3:00PM (Water Walking)	11:00AM-3:00PM (Water Walking)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>		
LES MILLS BODYCOMBAT Studio A	4:30PM-5:15PM (Les Mills) <i>Eleanor H.</i>				5:30AM-6:15AM (Les Mills) <i>Katie C.</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-11:30AM (Les Mills) <i>Sue D.</i>
Cycle Cycle Studio	5:30PM-6:15PM (Cycle) <i>Sue M.</i>	5:15AM-6:00AM (Cycle) <i>Diane R.</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>Sue M.</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>	9:15AM-10:00AM (Dance) <i>Natella T.</i>
Pilates Studio C	5:30PM-6:15PM (Yoga & Pilates) <i>Valerie P.</i>	9:30AM-10:30AM (Yoga & Pilates) <i>Angie C.</i>	8:00AM-9:00AM (Yoga & Pilates) <i>Valerie P.</i>				
LES MILLS BODYSTEP Studio A	6:00PM-7:00PM (Les Mills) <i>Lauren H.</i>			9:15AM-10:15AM (Les Mills) <i>Mary B.</i>			
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>			
Core Training Studio A	7:15PM-7:45PM (Strength) <i>Lauren H.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball Gym B	8:15PM-9:45PM (Pickleball)	5:00AM-7:00AM (Pickleball)	8:15PM-9:45PM (Pickleball)	5:00AM-7:00AM (Pickleball)		2:30PM-4:45PM (Pickleball)	9:00AM-1:00PM (Pickleball)
LES MILLS BODYCOMBAT Studio B		8:00AM-8:45AM (Les Mills) <i>Eleanor H.</i>					
Aqua Boot Camp Program Pool		9:15AM-10:00AM (Aqua) <i>Karen S.</i>	9:15AM-10:00AM (Aqua) <i>Stephanie M.</i>	9:15AM-10:00AM (Aqua) <i>Karen S.</i>	9:15AM-10:00AM (Aqua) <i>Stephanie M.</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>					10:15AM-10:45AM (Yoga & Pilates) <i>Derek D.</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>					
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>					
Strength Studio B			8:00AM-8:45AM (Strength) <i>Lissa G.</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>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>		
BOOM Studio C			11:00AM-11:50AM (Active Older Adult) <i>Maureen L.</i>				
SilverSneakers Classic Studio B			11:00AM-12:00PM (Active Older Adult) <i>Alissa M.</i>		9:00AM-9:45AM (Active Older Adult) <i>Dawn T.</i> 10:00AM-11:00AM (Active Older Adult) <i>Dawn T.</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>				
Women & Weights Queenax/Lower Turf			6:00PM-7:00PM (Sgt) <i>Trina J.</i>				
Aquacise Program Pool				8:00AM-8:45AM (Aqua) <i>Mary B.</i>			
Vinyasa Yoga Studio C				8:00AM-9:00AM (Yoga & Pilates) <i>DeMarie J.</i> 9:20AM-10:20AM (Yoga & Pilates) <i>Ami K.</i>	5:30AM-6:30AM (Yoga & Pilates) <i>Kristin R.</i> 9:00AM-10:00AM (Yoga & Pilates) <i>Derek D.</i>	9:30AM-10:30AM (Yoga & Pilates) <i>Ami K.</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>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>			
Dynamic Boxing Queenax/Lower Turf				6:00PM-7:00PM (Sgt) <i>Samantha Z.</i>			
Yin Yoga Studio C				6:30PM-7:30PM (Yoga & Pilates) <i>Mindy C.</i>			9:15AM-10:15AM (Yoga & Pilates) <i>Derek D.</i>
Family Swim Family Pool					4:00PM-7:30PM (Family Swim)	1:30PM-3:30PM (Family Swim)	1:30PM-3:30PM (Family Swim)
Family Swim Program Pool					4:00PM-7:30PM (Family Swim)	1:30PM-3:30PM (Family Swim)	1:30PM-3:30PM (Family Swim)
Boot Camp Training Zone/Upper Turf						8:30AM-9:15AM (Strength) <i>Samantha Z.</i>	
POUND Studio A						9:30AM-10:15AM (Yoga & Pilates) <i>Sue D.</i>	
LES MILLS FUNCTIONAL STRENGTH Studio B						9:30AM-10:15AM (Les Mills) <i>Pat R.</i>	
Lap Swimming Lap Pool (3 Lanes)						9:00PM-12:45PM (Lap Swimming)	
Aqua ZUMBA Program Pool							8:00AM-8:45AM (Aqua) <i>Lisa W.</i>
Qigong Studio C							8:30AM-9:00AM (Yoga & Pilates) <i>Derek D.</i>
Strength Studio A							9:00AM-10:00AM (Strength) <i>Lissa G.</i>



Columbia North YMCA | July 14th - July 20th

	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 (3 Lanes)	5:30AM-9:00AM (Lap Swimming) 3:00PM-4:30PM (Lap Swimming) 4:30PM-7:00PM (Lap Swimming)	5:30AM-10:00AM (Lap Swimming) 4:30PM-7:00PM (Lap Swimming)	5:30AM-9:00AM (Lap Swimming) 3:00PM-4:30PM (Lap Swimming) 4:30PM-7:00PM (Lap Swimming)	5:30AM-10:00AM (Lap Swimming) 5:30AM-10:00AM (Lap Swimming) 4:30PM-7:00PM (Lap Swimming)	5:30AM-9:00AM (Lap Swimming) 3:00PM-4:30PM (Lap Swimming)	7:00AM-9:30AM (Lap Swimming)	7:00AM-9:30AM (Lap Swimming)
Water Walking Lap Pool (3 Lanes)	5:30AM-9:00AM (Water Walking) 3:00PM-4:30PM (Water Walking)	5:30AM-10:00AM (Water Walking)	5:30AM-9:00AM (Water Walking) 3:00PM-4:30PM (Water Walking)	5:30AM-10:00AM (Water Walking) 5:30AM-10:00AM (Water Walking)	5:30AM-9:00AM (Water Walking) 3:00PM-4:30PM (Water Walking)	7:00AM-9:30AM (Water Walking)	7:00AM-9:30AM (Water Walking)
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)	6:00AM-8:30PM (Sauna & Whirlpool)	8:00AM-5:30PM (Sauna & Whirlpool)	8:00AM-5:30PM (Sauna & Whirlpool)
Fit Camp Studio 3	8:00AM-9:00AM (Strength) <i>Femi M.</i>		8:00AM-9:00AM (Strength) <i>Femi M.</i>				
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)	
Lap Swimming Lap Pool (2 Lanes)	9:00AM-10:00AM (Lap Swimming) 12:00PM-3:00PM (Lap Swimming) 7:00PM-8:30PM (Lap Swimming)	1:00PM-4:15PM (Lap Swimming) 7:00PM-8:30PM (Lap Swimming)	9:00AM-10:00AM (Lap Swimming) 12:00PM-3:00PM (Lap Swimming) 7:00PM-8:30PM (Lap Swimming)	1:00PM-4:15PM (Lap Swimming) 7:00PM-8:30PM (Lap Swimming)	9:00AM-3:00PM (Lap Swimming)	9:30AM-1:30PM (Lap Swimming)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Reserved Lap Pool (4 Lanes)	9:00AM-3:00PM (Reserved)		9:00AM-3:00PM (Reserved)		9:00AM-3:00PM (Reserved)	9:30AM-2:30PM (Reserved)	9:30AM-2:30PM (Reserved)
Senior Circuit Express Gym A	9:15AM-10:00AM (Active Older Adult) <i>Nathaniel G.</i>		9:15AM-10:00AM (Active Older Adult) <i>Nathaniel G.</i>		9:15AM-10:00AM (Active Older Adult) <i>Nathaniel G.</i>		
Cycle Studio 1	10:00AM-11:00AM (Cycle) <i>Deeian M.</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>	
Pool Reserved Lap Pool (2 Lanes)	10:00AM-12:00PM (Reserved)	10:00AM-12:00PM (Reserved)	10:00AM-12:00PM (Reserved)	10:00AM-12:00PM (Reserved) 10:00AM-12:00PM (Reserved)			
Pool Reserved Lap Pool (3 Lanes)	4:30PM-7:00PM (Reserved)	4:30PM-7:00PM (Reserved)	4:30PM-7:00PM (Reserved)	4:30PM-7:00PM (Reserved)			
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>	6:00PM-7:00PM (Dance) <i>Alicia S.</i>		6:00PM-7:00PM (Dance) <i>Hannah N.</i>			
Total Body Conditioning Studio 3	6:00PM-7:00PM (Cardio) <i>Abbie A.</i>		6:00PM-7:00PM (Cardio) <i>Abbie A.</i>				
Family Swim Lap Pool (4 Lanes)	7:00PM-8:30PM (Family Swim)	1:00PM-4:15PM (Family Swim) 7:00PM-8:30PM (Family Swim)	7:00PM-8:30PM (Family Swim)	1:00PM-4:15PM (Family Swim) 7:00PM-8:30PM (Family Swim)			
Yoga Studio 3	7:00PM-8:00PM (Yoga & Pilates) <i>Abbie A.</i>		7:00PM-8:00PM (Yoga & Pilates) <i>Abbie A.</i>				
Aquacise Lap Pool		8:00AM-9:00AM (Aqua) <i>Nathaniel G.</i>		8:00AM-9:00AM (Aqua) <i>Nathaniel G.</i>			
Lap Swimming Lap Pool (4 Lanes)		10:00AM-12:00PM (Lap Swimming)		10:00AM-12:00PM (Lap Swimming)			
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>			
Family Swim Lap Pool (6 Lanes)					4:30PM-8:30PM (Family Swim)		
Strength Studio 3						9:00AM-10:00AM (Strength) <i>Femi M.</i>	
Pop-up Slow Flow Vinyasa Studio 1						9:00AM-9:45AM (Pop Up) <i>Derek D.</i>	
Family Swim Lap Pool (5 Lanes)						2:30PM-4:30PM (Family Swim)	2:30PM-4:30PM (Family Swim)
Lap Swimming Lap Pool (1 Lane)						2:30PM-4:30PM (Lap Swimming)	9:30AM-1:30PM (Lap Swimming) 2:30PM-4:30PM (Lap Swimming)



Rocky Run YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swimming Lap Pool (5 Lanes)	5:00AM-8:00AM (Lap Swimming) 10:00AM-12:30PM (Lap Swimming) 3:00PM-4:00PM (Lap Swimming)	5:00AM-7:00AM (Lap Swimming) 8:00AM-12:30PM (Lap Swimming) 3:00PM-4:00PM (Lap Swimming) 8:00PM-9:30PM (Lap Swimming)	5:00AM-7:15AM (Lap Swimming) 8:30AM-12:15PM (Lap Swimming) 7:00PM-9:30PM (Lap Swimming)	5:00AM-6:45AM (Lap Swimming) 8:00AM-4:00PM (Lap Swimming) 8:00PM-9:30PM (Lap Swimming)	5:00AM-7:00AM (Lap Swimming) 8:30AM-12:30PM (Lap Swimming) 3:00PM-8:30PM (Lap Swimming)	7:00AM-9:15AM (Lap Swimming) 2:00PM-4:30PM (Lap Swimming)	7:00AM-10:00AM (Lap Swimming) 2:00PM-4:30PM (Lap Swimming)
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)
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)
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)
Cycle Studio 3 - Cycle	5:15AM-6:00AM (Cycle) <i>Brittany S.</i> 9:00AM-9:30AM (Cycle) <i>Lisa F.</i> 10:00AM-10:30AM (Cycle) <i>Ed W.</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>Jamie S.</i>	9:00AM-10:00AM (Cycle) <i>Sarah C.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYPUMP Studio 4 - Main	6:00AM-6:55AM (Les Mills) <i>Gabe H.</i> 9:30AM-10:25AM (Les Mills) <i>Donna G.</i> 5:30PM-6:25PM (Les Mills) <i>Steve K.</i>	6:30PM-7:25PM (Les Mills) <i>Sonia H.</i>	6:00AM-6:55AM (Les Mills) <i>Gabe H.</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>Gabe H.</i> 8:15AM-8:45AM (Les Mills) <i>Melissa W.</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>Chris P.</i>		7:00AM-7:55AM (Active Older Adult) <i>Karyn M.</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) 12:30PM-3:00PM (Lap Swimming)	7:00AM-8:00AM (Lap Swimming) 12:30PM-3:00PM (Lap Swimming) 4:30PM-5:30PM (Lap Swimming)	7:15AM-8:30AM (Lap Swimming) 12:30PM-3:00PM (Lap Swimming) 4:00PM-7:00PM (Lap Swimming)	4:30PM-8:00PM (Lap Swimming)	7:00AM-8:30AM (Lap Swimming) 12:30PM-3:00PM (Lap Swimming)	9:15AM-2:00PM (Lap Swimming)	10:00AM-2:00PM (Lap Swimming)
Yoga Studio 1 - Mind/Body	8:15AM-9:10AM (Yoga & Pilates) <i>Jerianne M.</i> 10:35AM-11:30AM (Yoga & Pilates) <i>Allie H.</i>				8:15AM-9:10AM (Yoga & Pilates) <i>Jerianne M.</i> 10:30AM-11:25AM (Yoga & Pilates) <i>Allie H.</i>		
Water Walking Therapy Pool	8:30AM-10:00AM (Water Walking) 12:00PM-5:30PM (Water Walking) 6:30PM-9:30PM (Water Walking)	8:00AM-9:15AM (Water Walking) 12:30PM-4:00PM (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) 12:30PM-9:30PM (Water Walking)	8:30AM-9:15AM (Water Walking) 12:30PM-8:30PM (Water Walking)	9:00AM-11:00AM (Water Walking) 1:15PM-4:30PM (Water Walking)	9:00AM-10:00AM (Water Walking) 1:15PM-4:30PM (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)
H.I.I.T. Studio 4 - Main	8:55AM-9:25AM (Strength) <i>Rhonda G.</i>			6:00AM-6:30AM (Strength) <i>Brittany S.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Indoor Row Studio 2 - Multipurpose	9:15AM-9:45AM (Cardio) <i>Ed W.</i>	5:15AM-6:00AM (Cardio) <i>Brittany S.</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>Greg S.</i>			
Barre Studio 1 - Mind/Body	9:30AM-10:25AM (Yoga & Pilates) <i>Rachel K.</i>			9:30AM-10:25AM (Yoga & Pilates) <i>Sema L.</i> 5:00PM-5:55PM (Yoga & Pilates) <i>laura M.</i>		10:05AM-11:00AM (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>Travis P.</i>	8:30AM-9:15AM (Les Mills) <i>Donna G.</i>	9:30AM-10:25AM (Les Mills) <i>Melissa W.</i>				
Aqua Cardio & Strength Therapy Pool	10:00AM-10:45AM (Aqua) <i>Barbara B.</i>	6:00PM-6:45PM (Aqua) <i>Shelly P.</i>					
Pop-up Adaptive Fitness Studio 2 - Multipurpose	10:40AM-11:35AM (Pop Up) <i>Eileen N.</i>						
Zumba Studio 4 - Main	10:40AM-11:35AM (Dance) <i>Karyn M.</i>					11:15AM-12:15PM (Dance) <i>Stefanie E.</i>	
Aqua Stretch & Strength Therapy Pool	11:00AM-11:45AM (Aqua) <i>Barbara B.</i>		9:45AM-10:30AM (Aqua) <i>Rosemary C.</i>	9:30AM-10:15AM (Aqua) <i>Jacqui L.</i> 10:15AM-11:00AM (Aqua) <i>Jacqui L.</i>			
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>Eileen N.</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>				
Slide Hours Family Pool	3:00PM-6:00PM (Open Swim)	3:00PM-6:00PM (Open Swim)					
Lap Swimming Lap Pool (4 Lanes)	4:00PM-9:30PM (Lap Swimming)						
Family Swim Family Pool	4:00PM-8:00PM (Family Swim)	4:00PM-8:00PM (Family Swim)	1:00PM-8:00PM (Family Swim)	1:00PM-8:00PM (Family Swim)	1:00PM-8:00PM (Family Swim)	11:00AM-4:00PM (Family Swim)	10:00AM-4:00PM (Family Swim)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp Studio 4 - Main	4:30PM-5:15PM (Strength) <i>Diana R.</i>				4:30PM-5:15PM (Strength) <i>Diana R.</i>		
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)
Zumba Studio 1 - Mind/Body	5:15PM-6:15PM (Dance) <i>Filiz A.</i>	6:30PM-7:25PM (Dance) <i>Jorge A.</i>		6:15PM-7:00PM (Dance) <i>Elizabeth S.</i>			
Aqua Boot Camp Therapy Pool	5:30PM-6:30PM (Aqua) <i>Elizabeth S.</i>	7:00PM-8:00PM (Aqua) <i>Karyn 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>Sara F.</i>	6:30PM-7:25PM (Les Mills) <i>Sonia H.</i>	10:35AM-11:20AM (Les Mills) <i>Raina A.</i> 4:30PM-5:00PM (Les Mills) <i>Lisa T.</i>	9:30AM-10:25AM (Les Mills) <i>Melissa W.</i>	10:05AM-11:05AM (Les Mills) <i>Lisa T.</i>	
LES MILLS SPRINT Studio 3 - Cycle	6:35PM-7:05PM (Les Mills) <i>Steve K.</i>	9:30AM-10:00AM (Les Mills) <i>Donna G.</i>		5:45PM-6:15PM (Les Mills) <i>Sara F.</i>			
LES MILLS GRIT Studio 4 - Main		6:00AM-6:30AM (Les Mills) <i>Andrew H.</i> 9:30AM-10:00AM (Les Mills) <i>Melissa W.</i>		8:55AM-9:25AM (Les Mills) <i>Melissa W.</i>	8:55AM-9:25AM (Les Mills) <i>Melissa W.</i>		
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>	5:15PM-6:15PM (Dance) <i>Meeka V.</i>				
Programming - Reserved Gymnasium A		9:30AM-10:30AM (Open Gym)	4:45PM-8:00PM (Open Gym)			8:45AM-12:00PM (Open Gym)	
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>Lisa T.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>Greg S.</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>			
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>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-10:15AM (Cardio) <i>Donna G.</i>			
Pickleball Gymnasium A		4:45PM-9:45PM (Pickleball)					
Meditation Studio 1 - Mind/Body		4:45PM-5:30PM (Yoga & Pilates) <i>Allie H.</i>					
Lap Swimming Lap Pool (2 Lanes)		5:30PM-8:00PM (Lap Swimming)		6:45AM-8:00AM (Lap Swimming)			
LES MILLS BODYBALANCE Studio 2 - Multipurpose		5:30PM-6:15PM (Les Mills) <i>Lisa T.</i>					
Trim and Sculpt Studio 4 - Main		5:30PM-6:25PM (Strength) <i>Rhonda G.</i>					
Adult Volleyball Gymnasium B		7:00PM-9:45PM (Volleyball)					
H.I.I.T. Studio 2 - Multipurpose			5:15AM-6:00AM (Strength) <i>Brittany S.</i>				
Dance Fitness Studio 4 - Main			8:00AM-8:45AM (Dance) <i>Chris P.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>	
LES MILLS BODYBALANCE Studio 1 - Mind/Body			10:15AM-11:10AM (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>Donna G.</i>				
Power Yoga Studio 1 - Mind/Body			6:30PM-7:25PM (Yoga & Pilates) <i>Allie H.</i>				
Yoga/Pilates Studio 1 - Mind/Body				8:30AM-9:15AM (Yoga & Pilates) <i>Lisa T.</i>			
Zumba Toning Studio 4 - Main				11:35AM-12:30PM (Dance) <i>Marla G.</i>			
Pop-up Senior Cardio Drumming Studio 1 - Mind/Body				1:15PM-2:00PM (Pop Up) <i>Janet T.</i>			
Meditation Studio 2 - Multipurpose				4:45PM-5:30PM (Yoga & Pilates) <i>Allie H.</i>			
LES MILLS CORE Studio 4 - Main				5:00PM-5:30PM (Les Mills) <i>Lisa T.</i>	10:35AM-11:15AM (Les Mills) <i>Sara F.</i>		
LES MILLS BODYBALANCE Studio 4 - Main				5:30PM-6:00PM (Les Mills) <i>Lisa T.</i>			
Volleyball Gymnasium B				5:45PM-9:45PM (Volleyball)		1:00PM-6:45PM (Volleyball)	
Open Basketball Full Gym					5:00AM-8:30AM (Basketball)		
Barre Studio 2 - Multipurpose					8:20AM-8:55AM (Yoga & Pilates) <i>Brittany D.</i>		
Pickleball - Intermediate/Advanced Full Gym					8:30AM-12:00PM (Pickleball)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>Brittany D.</i>	10:05AM-11:05AM (Les Mills) <i>Margie R.</i>	
Aqua Intermediate Therapy Pool					10:00AM-10:45AM (Aqua) <i>Jacqui L.</i> 11:00AM-11:45AM (Aqua) <i>Jacqui L.</i>		
Launch - LES MILLS GRIT Studio 4 - Main						8:20AM-8:50AM (Les Mills) <i>Andrew H.</i>	8:20AM-8:50AM (Les Mills) <i>Melissa W.</i>
Launch - LES MILLS GRIT Studio 4 Main B						8:20AM-8:50AM (Les Mills) <i>Ted M.</i>	8:20AM-8:55AM (Les Mills) <i>Brian 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>Allie H.</i>	
Launch - LES MILLS BODYPUMP Studio 4 - Main						9:00AM-9:55AM (Les Mills) <i>Melissa W.</i>	
Launch - LES MILLS BODYPUMP Studio 4 Main B						9:00AM-9:55AM (Les Mills) <i>Mary D.</i>	9:00AM-9:55AM (Les Mills) <i>Danielle B.</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)
Yin Yoga Studio 1 - Mind/Body							8:00AM-8:55AM (Yoga & Pilates) <i>Jerianne M.</i>
Launch - LES MILLS BODYCOMBAT Studio 4 - Main							10:00AM-10:55AM (Les Mills) <i>Judi F.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Launch - LES MILLS BODYCOMBAT Studio 4 Main B							10:00AM-10:55AM (Les Mills) <i>Danielle B.</i>
Functional Pilates Studio 1 - Mind/Body							10:00AM-10:55AM (Yoga & Pilates) <i>Rachel K.</i>
Launch - LES MILLS BODYBALANCE Studio 1 - Mind/Body							11:00AM-11:45AM (Les Mills) <i>Judi F.</i>
Launch - LES MILLS BODYBALANCE Studio 4 Main B							11:00AM-11:45AM (Les Mills) <i>Danielle B.</i>



Christian Street YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Basketball Gym A	5:00AM-7:00AM (Basketball) 7:30PM-8:45PM (Basketball)	5:00AM-7:00AM (Basketball) 7:15PM-8:45PM (Basketball)	5:00AM-7:00AM (Basketball)	5:00AM-7:00AM (Basketball) 8:15PM-8:45PM (Basketball)	5:00AM-7:00AM (Basketball) 6:15PM-8:45PM (Basketball)	7:00AM-9:15AM (Basketball) 9:15AM-12:30PM (Basketball)	7:00AM-9:00AM (Basketball) 12:00PM-4:45PM (Basketball)
Pickleball Gym B	5:00AM-7:00AM (Pickleball)	5:00AM-7:00AM (Pickleball)		5:00AM-7:00AM (Pickleball)	5:00AM-7:00AM (Pickleball)	10:00AM-1:00PM (Pickleball)	7:00AM-9:00AM (Pickleball)
Lap Swimming Lap Pool (4 Lanes)	5:15AM-8:50AM (Lap Swimming)	5:15AM-9:20AM (Lap Swimming) 12:30PM-3:00PM (Lap Swimming)	5:15AM-8:50AM (Lap Swimming) 2:45PM-4:30PM (Lap Swimming)	5:15AM-9:20AM (Lap Swimming) 12:15PM-3:00PM (Lap Swimming)	5:15AM-8:50AM (Lap Swimming) 2:30PM-4:50PM (Lap Swimming) 7:30PM-8:00PM (Lap Swimming)	7:15AM-9:30AM (Lap Swimming)	7:15AM-9:30AM (Lap Swimming)
Water Walking Lap Pool (1 Lane)	5:15AM-8:50AM (Water Walking) 2:30PM-4:30PM (Water Walking)	5:15AM-9:20AM (Water Walking) 12:30PM-4:30PM (Water Walking)	5:15AM-8:50AM (Water Walking) 2:45PM-4:30PM (Water Walking)	5:15AM-9:20AM (Water Walking) 12:15PM-4:30PM (Water Walking)	5:15AM-8:50AM (Water Walking) 2:30PM-4:50PM (Water Walking) 7:30PM-8:00PM (Water Walking)	7:15AM-9:30AM (Water Walking)	7:15AM-9:30AM (Water Walking)
Programming - Reserved Gym B	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)		
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)	
Lap Swimming Lap Pool (2 Lanes)	8:50AM-9:50AM (Lap Swimming) 4:30PM-8:00PM (Lap Swimming)	9:20AM-12:30PM (Lap Swimming) 3:00PM-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-9:50AM (Lap Swimming) 4:50PM-7:30PM (Lap Swimming)	1:30PM-4:15PM (Lap Swimming)	2:00PM-4:30PM (Lap Swimming)
Pool Reserved Lap Pool (3 Lanes)	8:50AM-9:50AM (Reserved) 4:30PM-8:00PM (Reserved)	9:20AM-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-9:50AM (Reserved)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>		
TRX Gym B	9:00AM-10:00AM (Sgt) <i>Jake D.</i>						
H.I.I.T. Main Studio	9:00AM-9:45AM (Strength) <i>Michelle P.</i>						
Pool Reserved Lap Pool (5 Lanes)	10:00AM-2:00PM (Reserved)		12:45PM-3:00PM (Reserved)	6:45PM-8:00PM (Reserved)	10:00AM-2:00PM (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>		
Lap Swimming Lap Pool (3 Lanes)	2:30PM-4:30PM (Lap Swimming)						
Pool Reserved Lap Pool (1 Lane)	3:50PM-4:30PM (Reserved)						
Dance Fitness Main Studio	4:00PM-5:00PM (Dance) <i>Sarah T.</i>	7:00PM-8:00PM (Dance) <i>Taj C.</i>		4:00PM-5:00PM (Dance) <i>Sarah T.</i>	4:00PM-5:00PM (Dance) <i>Taj C.</i>		
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>		
Pickleball 101 Instruction Gym B	6:15PM-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>	
Programming - Reserved Gym A	6:30PM-7:30PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym) 7:30PM-8:45PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)		
Strength Main Studio		6:30AM-7:00AM (Strength) <i>Agnes P.</i>	3:30PM-4:15PM (Strength) <i>Sandra T.</i>	6:30AM-7:00AM (Strength) <i>Agnes P.</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>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Stretch & Strength Lap Pool		10:15AM-11:15AM (Aqua) <i>Moonstone S.</i>					
Gentle Yoga Main Studio		10:15AM-11:15AM (Yoga & Pilates) <i>Kristof Z.</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>	
BOOM Main Studio		12:30PM-1:15PM (Active Older Adult) <i>Janet F.</i>					
Family Swim Lap Pool (2 Lanes)		3:00PM-4:00PM (Family Swim)		3:00PM-4:00PM (Family Swim)			
Total Body Conditioning Main Studio		3:30PM-4:15PM (Cardio) <i>Theresa P.</i>			9:00AM-9:45AM (Cardio) <i>Theresa P.</i>		
Open Basketball Gym B		6:15PM-8:45PM (Basketball)	6:15PM-8:45PM (Basketball)	6:15PM-8:45PM (Basketball)	6:15PM-8:45PM (Basketball)	7:00AM-10:00AM (Basketball) 2:30PM-4:45PM (Basketball)	9:00AM-4:45PM (Basketball)
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>			
Stretch & Balance Main Studio				10:30AM-11:00AM (Stretch) <i>Deborah H.</i>			
SilverSneakers Classic Main Studio				11:15AM-12:15PM (Active Older Adult) <i>Janet F.</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>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Main Studio					10:15AM-11:00AM (Yoga & Pilates) <i>Deborah H.</i>		
Family Swim Lap Pool (3 Lanes)					4:00PM-7:30PM (Family Swim)	1:30PM-4:15PM (Family Swim)	2:00PM-4:15PM (Family Swim)
Advanced Tai Chi Main Studio						12:15PM-1:00PM (Yoga & Pilates) <i>David B.</i>	
General Open Gym Gym A						12:30PM-4:45PM (Open Gym)	
Family Gym Time Gym A							9:00AM-11:00AM (Family)



Boyertown YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Basketball Full Gym	5:00AM-8:45AM (Basketball) 3:15PM-4:45PM (Basketball)	5:00AM-9:00AM (Basketball) 3:15PM-4:30PM (Basketball)		5:00AM-8:45AM (Basketball) 3:15PM-8:00PM (Basketball)	5:30PM-8:45PM (Basketball)	7:00AM-9:00AM (Basketball) 9:00AM-4:45PM (Basketball)	12:00PM-4:45PM (Basketball)
Whirlpool/Sauna Hours Whirlpool/Sauna	5:15AM-8:45PM (Sauna & Whirlpool)	5:15AM-8:45PM (Sauna & Whirlpool)	5:15AM-8:45PM (Sauna & Whirlpool)	5:15AM-8:45PM (Sauna & Whirlpool)	5:15AM-7:45PM (Sauna & Whirlpool)	7:00AM-4:00PM (Sauna & Whirlpool)	7:00AM-4:00PM (Sauna & Whirlpool)
Water Walking Lap Pool (3 Lanes)	5:15AM-8:45AM (Water Walking)	5:15AM-9:00AM (Water Walking)	5:15AM-8:15AM (Water Walking)	5:15AM-8:15AM (Water Walking)			
Adult Lap Swimming Lap Pool (2 Lanes)	5:15AM-9:15AM (Lap Swimming) 9:15AM-11:15AM (Lap Swimming) 11:15AM-4:45PM (Lap Swimming) 4:45PM-6:30PM (Lap Swimming)	10:15AM-12:00PM (Lap Swimming)	9:00AM-11:15AM (Lap Swimming) 5:15PM-7:00PM (Lap Swimming)	9:15AM-12:15PM (Lap Swimming)	9:15AM-11:15AM (Lap Swimming)		
Total Body Conditioning SMB Studio	6:00AM-7:00AM (Cardio) <i>Tina S.</i>						
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>				
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)	
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>				
Cycle Cycle Studio	8:30AM-9:00AM (Cycle) <i>Heidi F.</i>	6:30PM-7:15PM (Cycle) <i>Val S.</i>	8:30AM-9:00AM (Cycle) <i>Sandra M.</i>	6:30PM-7:15PM (Cycle) <i>Val S.</i>		8:00AM-8:45AM (Cycle) <i>Nadine D.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>Ceil F.</i>		9:15AM-10:15AM (Yoga & Pilates) <i>Natalie T.</i>				
Strength Group Exercise Studio	9:15AM-10:00AM (Strength) <i>Heidi F.</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>		
Arthritis Foundation Aquatics Program Lap Pool	10:15AM-11:00AM (Aqua) <i>Connie S.</i>		10:15AM-11:00AM (Aqua) <i>Chris F.</i>		9:00AM-9:45AM (Aqua) <i>Chris F.</i>		
Senior Circuit Express Gymnasium	10:30AM-11:15AM (Active Older Adult) <i>Natalie T.</i>						
Water Walking Lap Pool (2 Lanes)	11:15AM-1:00PM (Water Walking)						
Chair Yoga Group Exercise Studio	11:30AM-12:15PM (Active Older Adult) <i>Natalie T.</i>						
Family Swim Lap Pool (4 Lanes)	1:00PM-4:30PM (Family Swim) 8:00PM-8:45PM (Family Swim)	1:30PM-5:15PM (Family Swim) 8:00PM-8:45PM (Family Swim)	12:30PM-4:45PM (Family Swim) 7:45PM-8:45PM (Family Swim)	1:30PM-4:15PM (Family Swim) 7:45PM-8:45PM (Family Swim)	3:15PM-7:45PM (Family Swim)	1:30PM-3:45PM (Family Swim)	12:00PM-3:45PM (Family Swim)
KidZone Open Care Child Watch (Ages 6-11)	4:00PM-8:00PM (Kidzone) 8:00PM-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)	
Vinyasa Yoga SMB Studio	4:30PM-5:30PM (Yoga & Pilates) <i>Amy C.</i>			9:30AM-10:30AM (Yoga & Pilates) <i>Michele M.</i>		9:00AM-10:00AM (Yoga & Pilates) <i>Allison S.</i>	
Cardio Kickboxing Group Exercise Studio	5:40PM-6:20PM (Cardio) <i>Val S.</i>	9:15AM-10:00AM (Cardio) <i>Heidi F.</i>					
Adult Lap Swimming Lap Pool (4 Lanes)	6:30PM-8:45PM (Lap Swimming)	12:15PM-5:15PM (Lap Swimming) 8:15PM-8:45PM (Lap Swimming)	11:15AM-5:15PM (Lap Swimming) 7:15PM-8:45PM (Lap Swimming)	12:15PM-4:45PM (Lap Swimming) 8:15PM-8:45PM (Lap Swimming)	3:00PM-7:45PM (Lap Swimming)	7:00AM-8:15AM (Lap Swimming) 10:15AM-3:45PM (Lap Swimming)	7:00AM-3:45PM (Lap Swimming)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap Swimming Lap Pool (5 Lanes)		5:15AM-9:00AM (Lap Swimming)	5:15AM-9:00AM (Lap Swimming)	5:15AM-9:15AM (Lap Swimming)	5:15AM-7:15AM (Lap Swimming)		
Stretch & Balance Group Exercise Studio		8:15AM-9:00AM (Stretch) <i>Ceil F.</i>			11:30AM-12:15PM (Stretch) <i>Nadine D.</i>		
Core Training SMB Studio		8:30AM-9:00AM (Strength) <i>Heidi F.</i>					
Adult Lap Swimming Lap Pool (1 Lane)		9:00AM-10:15AM (Lap Swimming)					
Aqua Yoga/Pilates Lap Pool		9:15AM-10:00AM (Aqua) <i>Ceil F.</i>					
Zumba Gymnasium		9:15AM-10:15AM (Dance) <i>Michelle E.</i>			9:15AM-10:15AM (Dance) <i>Michelle E.</i>		
Aqua Shallow Lap Pool		10:15AM-11:00AM (Aqua) <i>Connie S.</i>		10:15AM-11:00AM (Aqua) <i>Chris F.</i>			
Silver Cardio Fusion Group Exercise Studio		10:15AM-11:00AM (Active Older Adult) <i>Heidi F.</i>					
Zumba Group Exercise Studio		4:30PM-5:30PM (Dance) <i>Sallie R.</i>					
Total Body Conditioning Group Exercise Studio		5:45PM-6:45PM (Cardio) <i>Sandra M.</i>	9:15AM-10:00AM (Cardio) <i>Heidi F.</i> 4:15PM-5:15PM (Cardio) <i>Amy C.</i>				
General Open Gym Full Gym		6:30PM-9:45PM (Open Gym)					
Functional Pilates SMB Studio			8:15AM-9:00AM (Yoga & Pilates) <i>Ceil F.</i>				
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>			
Water Walking Lap Pool (4 Lanes)			11:15AM-12:30PM (Water Walking)		7:00AM-8:30AM (Water Walking)	7:00AM-8:30AM (Water Walking)	9:30AM-12:00PM (Water Walking)
Line Dancing Group Exercise Studio			11:30AM-12:15PM (Dance) <i>Robin W.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>		
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>			
LES MILLS BODYCOMBAT Group Exercise Studio				5:30PM-6:30PM (Les Mills) <i>Kim C.</i>			
Gentle Yoga SMB Studio				7:05PM-8:00PM (Yoga & Pilates) <i>Kate S.</i>	9:30AM-10:30AM (Yoga & Pilates) <i>Kate S.</i>		
SilverSneakers Classic Group Exercise Studio					8:15AM-9:00AM (Active Older Adult) <i>Ceil F.</i>		
Senior Circuit Express Group Exercise Studio					10:30AM-11:15AM (Active Older Adult) <i>Natalie T.</i>		
Aqua ZUMBA Lap Pool					10:30AM-11:15AM (Aqua) <i>Michelle E.</i>		
Launch - LES MILLS BODYPUMP Group Exercise Studio						9:00AM-10:00AM (Les Mills) <i>Zack S.</i>	
Barre Group Exercise Studio						10:05AM-11:05AM (Yoga & Pilates) <i>Nadine D.</i>	
PFD Free Time Lap Pool (4 Lanes)						12:00PM-1:30PM (Family Swim)	
Pickleball Full Gym							7:00AM-9:00AM (Pickleball)



Mt. Laurel YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
General Open Gym Full Gym	5:00AM-7:30AM (Open Gym) 12:30PM-3:00PM (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-3:00PM (Open Gym) 7:45PM-8:30PM (Open Gym)	7:00AM-10:00AM (Open Gym) 12:00PM-4:30PM (Open Gym)	7:00AM-8:45AM (Open Gym) 11:15AM-3:15PM (Open Gym) 3:45PM-4:30PM (Open Gym)
Lap Swimming Lap Pool (6 Lanes)	5:15AM-8:00AM (Lap Swimming) 3:30PM-4:30PM (Lap Swimming) 7:30PM-9:30PM (Lap Swimming)	5:15AM-9:00AM (Lap Swimming) 8:30PM-9:30PM (Lap Swimming)	5:15AM-8:00AM (Lap Swimming) 3:30PM-4:30PM (Lap Swimming) 7:30PM-9:30PM (Lap Swimming)	5:15AM-9:00AM (Lap Swimming) 7:30PM-9:30PM (Lap Swimming)	5:15AM-8:00AM (Lap Swimming) 1:00PM-2:00PM (Lap Swimming) 7:00PM-8:30PM (Lap Swimming)	7:15AM-8:50AM (Lap Swimming) 12:00PM-12:30PM (Lap Swimming) 3:00PM-4:30PM (Lap Swimming)	7:15AM-12:30PM (Lap Swimming) 4:00PM-4:30PM (Lap Swimming)
Boot Camp Studio B	6:00AM-6:50AM (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) 4:00PM-5:00PM (Open Gym)	7:35AM-10:30AM (Open Gym) 12:30PM-1:30PM (Open Gym) 1:30PM-3:00PM (Open Gym) 4:00PM-5:15PM (Open Gym)	7:00AM-8:00AM (Open Gym) 4:00PM-5:15PM (Open Gym)	7:35AM-9:45AM (Open Gym)		8:45AM-11:15AM (Open Gym)
Lap Swimming Lap Pool (3 Lanes)	8:00AM-9:00AM (Lap Swimming) 10:00AM-3:30PM (Lap Swimming)	12:00PM-3:00PM (Lap Swimming) 3:00PM-4:30PM (Lap Swimming) 7:30PM-8:30PM (Lap Swimming)	8:00AM-10:00AM (Lap Swimming) 11:00AM-3:30PM (Lap Swimming)	11:00AM-3:00PM (Lap Swimming) 4:00PM-4:30PM (Lap Swimming)	8:00AM-10:00AM (Lap Swimming) 11:00AM-1:00PM (Lap Swimming) 3:00PM-4:00PM (Lap Swimming) 5:00PM-7:00PM (Lap Swimming)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>			
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>		
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) 4:30PM-7:30PM (Lap Swimming)	10:00AM-11:00AM (Lap Swimming) 4:30PM-5:30PM (Lap Swimming)	4:30PM-5:30PM (Lap Swimming)	10:00AM-11:00AM (Lap Swimming) 4:30PM-7:30PM (Lap Swimming)	2:00PM-3:00PM (Lap Swimming)		
Kettlebells Studio C	9:30AM-10:20AM (Strength) <i>Sasha Y.</i>					9:00AM-9:50AM (Strength) <i>Sasha Y.</i>	
Total Body Conditioning Studio B	9:30AM-10:20AM (Cardio) <i>Mary G.</i>		9:30AM-10:20AM (Cardio) <i>Kathleen D.</i>		9:30AM-10:20AM (Cardio) <i>Kathleen D.</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>Mary G.</i>		11:00AM-12:00PM (Active Older Adult) <i>Kathleen D.</i>		10:00AM-10:50AM (Active Older Adult) <i>Karen W.</i>		
General Open Gym Gym A	3:00PM-5:00PM (Open Gym) 5:30PM-6:30PM (Open Gym)	5:30PM-7:30PM (Open Gym)	5:30PM-7:00PM (Open Gym)	5:15PM-7:30PM (Open Gym)	3:00PM-6:00PM (Open Gym) 6:15PM-7:30PM (Open Gym)	10:00AM-12:00PM (Open Gym)	3:15PM-3:45PM (Open Gym)
Programming - Reserved Gym B	3:00PM-5:00PM (Open Gym) 5:30PM-6:30PM (Open Gym)	3:00PM-4:00PM (Open Gym) 5:30PM-7:30PM (Open Gym)	3:00PM-4:00PM (Open Gym) 6:00PM-7:00PM (Open Gym)	3:00PM-4:00PM (Open Gym) 5:30PM-7:30PM (Open Gym)	3:00PM-5:00PM (Open Gym) 6:15PM-7:45PM (Open Gym)	10:00AM-12:00PM (Open Gym)	3:15PM-3:45PM (Open Gym)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Fusion Studio B	6:00PM-6:50PM (Cardio) <i>Janelle C.</i>	8:00AM-8:50AM (Cardio) <i>Trish H.</i>	5:30PM-6:20PM (Cardio) <i>Lynn M.</i>	8:00AM-8:50AM (Cardio) <i>Trish H.</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)			
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)			
Aqua Cardio & Strength Lap Pool		9:00AM-9:50AM (Aqua) <i>Lesley D.</i>		9:00AM-9:50AM (Aqua) <i>Lesley D.</i>			
Lap Swimming Lap Pool (1 Lane)		9:00AM-10:00AM (Lap Swimming) 11:00AM-12:00PM (Lap Swimming)		9:00AM-10:00AM (Lap Swimming) 3:00PM-4:00PM (Lap Swimming)		12:30PM-3:00PM (Lap Swimming)	12:30PM-4:00PM (Lap Swimming)
Launch - LES MILLS RPM Studio A		9:00AM-9:50AM (Les Mills) <i>Kathleen D.</i>					
Aqua Intermediate Lap Pool		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>	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>Camille G.</i>			10:45AM-11:35AM (Yoga & Pilates) <i>Camille G.</i>	8:30AM-9:20AM (Yoga & Pilates) <i>Anu S.</i>	9:30AM-10:20AM (Yoga & Pilates) <i>Annette G.</i>
SilverSneakers Classic Full Gym		11:00AM-11:50AM (Active Older Adult) <i>Linda M.</i>		11:00AM-11:50AM (Active Older Adult) <i>Linda M.</i>			
Meditation Studio B		12:00PM-12:20PM (Yoga & Pilates) <i>Celeste H.</i>		12:00PM-12:20PM (Yoga & Pilates) <i>Celeste H.</i>			
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)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim Lap Pool (3 Lanes)		3:00PM-4:30PM (Family Swim)			2:00PM-4:00PM (Family Swim) 5:00PM-7:00PM (Family Swim)	12:30PM-3:00PM (Family Swim)	
Cardio Kickboxing Studio B		5:15PM-6:05PM (Cardio) <i>Cherri S.</i>		5:30PM-6:20PM (Cardio) <i>Cherri S.</i>			
Family Swim Lap Pool (2 Lanes)		5:30PM-7:30PM (Family Swim)	5:30PM-7:30PM (Family Swim)	3:00PM-4:30PM (Family Swim)			
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-7:45PM (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>	
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>			
Lap Swimming Lap Pool (4 Lanes)			10:00AM-11:00AM (Lap Swimming)				
Pilates Studio B			10:30AM-11:20AM (Yoga & Pilates) <i>Dorie N.</i>	9:30AM-10:20AM (Yoga & Pilates) <i>Annette G.</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
Line Dancing Studio B				1:30PM-2:30PM (Dance) <i>Jeremy D.</i>		12:15PM-1:05PM (Dance) <i>Shamsun N.</i>	
LES MILLS BODYPUMP Studio B				6:30PM-7:20PM (Les Mills) <i>Renee K.</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>
Launch - LES MILLS BODYBALANCE Studio B						10:30AM-11:20AM (Les Mills) <i>Sheryl D.</i>	
Trim and Sculpt Studio C							9:00AM-9:50AM (Strength) <i>Joemille S.</i>



Haverford Area YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swimming Lap Pool (5 Lanes)	5:00AM-8:45AM (Lap Swimming) 10:00AM-4:00PM (Lap Swimming) 8:00PM-9:30PM (Lap Swimming)	5:00AM-8:45AM (Lap Swimming) 10:00AM-1:00PM (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-12:00PM (Lap Swimming) 8:00PM-9:30PM (Lap Swimming)	5:00AM-7:45AM (Lap Swimming) 9:00AM-1:00PM (Lap Swimming) 4:00PM-8:30PM (Lap Swimming)	7:00AM-7:30AM (Lap Swimming) 1:00PM-4:30PM (Lap Swimming)	7:00AM-9:00AM (Lap Swimming) 1:00PM-4:30PM (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-4:30PM (Water Walking)	7:00AM-4:30PM (Water Walking)
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-4:30PM (Sauna & Whirlpool)	7:00AM-4:30PM (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-4:30PM (Sauna & Whirlpool)	7:00AM-4:30PM (Sauna & Whirlpool)
Open Basketball Gym B	5:00AM-8:45AM (Basketball) 10:15AM-11:45AM (Basketball) 4:15PM-5:30PM (Basketball)	5:00AM-8:45AM (Basketball) 10:15AM-11:45AM (Basketball) 2:15PM-4:00PM (Basketball)	5:00AM-8:45AM (Basketball) 10:15AM-11:45AM (Basketball) 9:00PM-9:45PM (Basketball)	5:00AM-8:45AM (Basketball) 10:15AM-11:45AM (Basketball)	5:00AM-8:45AM (Basketball) 10:15AM-11:00AM (Basketball) 4:15PM-5:30PM (Basketball)	7:00AM-10:45AM (Basketball) 4:00PM-4:45PM (Basketball)	7:00AM-4:45PM (Basketball)

	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>Jim T.</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>Colleen D.</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>Michele M.</i>	8:15AM-9:00AM (Cycle) <i>Colleen R.</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> 6:00PM-6:45PM (Cycle) <i>Jay K.</i>		
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>			
Water Walking Program Pool	6:00AM-8:00AM (Water Walking)	6:00AM-8:00AM (Water Walking)	6:00AM-8:00AM (Water Walking)	6:00AM-8:00AM (Water Walking)	6:00AM-9:00AM (Water Walking)	7:00AM-9:00AM (Water Walking)	7:00AM-8:00AM (Water Walking)
	8:00PM-9:30PM (Water Walking)	8:00PM-8:30PM (Water Walking)	8:00PM-9:30PM (Water Walking)	8:00PM-9:30PM (Water Walking)	3:30PM-4:00PM (Water Walking) 8:00PM-8:30PM (Water Walking)	4:00PM-4:30PM (Water Walking)	4:00PM-4:30PM (Water Walking)
Quick Fit Group Ex Studio	6:30AM-7:00AM (Strength) <i>Kate S.</i>		6:30AM-7:00AM (Strength) <i>Kate S.</i>				
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)		
Barre Mind/Body Studio	8:00AM-8:45AM (Yoga & Pilates) <i>Janette M.</i>						
Water Walking Progarm Pool (Deep)	8:00AM-11:30AM (Water Walking)	8:00AM-11:00AM (Water Walking)	8:00AM-11:30AM (Water Walking)	8:00AM-11:00AM (Water Walking)			
	12:00PM-1:00PM (Water Walking)		8:00AM-11:30AM (Water Walking)	12:35PM-4:00PM (Water Walking)			
Lap Swimming Lap Pool (2 Lanes)	8:45AM-10:00AM (Lap Swimming)	8:45AM-10:00AM (Lap Swimming) 7:15PM-8:00PM (Lap Swimming)			7:45AM-9:00AM (Lap Swimming)	7:30AM-9:00AM (Lap Swimming)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Conditioning Group Ex Studio	8:45AM-9:30AM (Cardio) <i>Susie G.</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>Brian M.</i>	7:05AM-7:50AM (Cardio) <i>Summer 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>	3:00PM-4:00PM (Yoga & Pilates) <i>Sarah B.</i> 4:30PM-5:30PM (Yoga & Pilates) <i>Tom P.</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>Janette M.</i> 1:30PM-2:45PM (Yoga & Pilates) <i>Sheila H.</i> 3:30PM-4:30PM (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>Kristy C.</i> 5:30PM-6:30PM (Les Mills) <i>Whitney H.</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> 1:00PM-2:00PM (Les Mills) <i>Tamar P.</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>		9:00AM-10:00AM (Les Mills) <i>Jamie P.</i> 12:40PM-1:40PM (Les Mills) <i>Christyn R.</i>
Silver Cardio Fusion Gym A	10:00AM-10:45AM (Active Older Adult) <i>Michele M.</i>	11:00AM-11:45AM (Active Older Adult) <i>Miriam R.</i>	8:00AM-8:45AM (Active Older Adult) <i>Eileen C.</i>				
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>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance Fitness Group Ex Studio	11:00AM-12:00PM (Dance) <i>Neffertina G.</i>				11:30AM-12:30PM (Dance) <i>Neffertina G.</i>		
Pickleball Gym A	11:00AM-2:45PM (Pickleball)	12:00PM-4:15PM (Pickleball)		11:00AM-2:45PM (Pickleball)	12:00PM-2:45PM (Pickleball)		
Tai Chi Child Watch Area	11:00AM-11:45AM (Yoga & Pilates) <i>Qunbin (.</i>		11:00AM-11:45AM (Yoga & Pilates) <i>Qunbin (.</i>				
Total Body Cycle Cycle Studio	12:00PM-12:45PM (Cycle) <i>Amy S.</i>	5:15AM-6:00AM (Cycle) <i>Emily J.</i>					
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>		
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>Amy S.</i> 6:30PM-7:30PM (Yoga & Pilates) <i>Susan G.</i>		11:00AM-12:00PM (Yoga & Pilates) <i>Tom P.</i> 1:15PM-2:15PM (Yoga & Pilates) <i>Alicia B.</i>	
Ping Pong Lobby	12:00PM-3:45PM (Ping Pong)	12:00PM-3:45PM (Ping Pong)	1:00PM-3:45PM (Ping Pong)	1:00PM-3:45PM (Ping Pong)	1:00PM-3:45PM (Ping Pong)		
PFD Free Time Program Pool (Shallow)	12:00PM-1:00PM (Family Swim)			12:35PM-4:00PM (Family Swim)			
PFD Free Time Family Fun Pool	12:00PM-1:00PM (Family Swim)		12:00PM-1:00PM (Family Swim)				
Pilates Group Ex Studio	12:15PM-12:45PM (Yoga & Pilates) <i>Christina S.</i>				12:45PM-1:15PM (Yoga & Pilates) <i>Christina S.</i>		
Youth Open Basketball Gym A	3:00PM-4:15PM (Basketball)		3:00PM-4:15PM (Basketball)	3:00PM-4:15PM (Basketball)			
Lap Swimming Lap Pool (3 Lanes)	4:00PM-8:00PM (Lap Swimming)	4:00PM-7:10PM (Lap Swimming)	7:00PM-8:00PM (Lap Swimming)	12:00PM-4:00PM (Lap Swimming)			
LES MILLS BODYATTACK Group Ex Studio	4:30PM-5:15PM (Les Mills) <i>Theresa C.</i>	12:00PM-12:45PM (Les Mills) <i>Jackie B.</i>	4:30PM-5:15PM (Les Mills) <i>Leann D.</i>	11:45AM-12:30PM (Les Mills) <i>Jackie B.</i>			
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>Robert (.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meditation Mind/Body Studio	5:45PM-6:30PM (Yoga & Pilates) <i>Sheila H.</i>						
Adult Basketball Gym B	6:00PM-9:45PM (Basketball)	6:00PM-9:45PM (Basketball)		6:00PM-9:45PM (Basketball)			
Ping Pong Multipurpose Room	6:30PM-9:00PM (Ping Pong)	6:30PM-9:00PM (Ping Pong)	6:30PM-9:00PM (Ping Pong)	6:30PM-9:00PM (Ping Pong)	6:30PM-8:45PM (Ping Pong)	12:00PM-4:45PM (Ping Pong)	12:00PM-4:45PM (Ping Pong)
LES MILLS BODYCOMBAT Group Ex Studio	6:40PM-7:40PM (Les Mills) <i>Leslie H.</i>	6:30PM-7:30PM (Les Mills) <i>Leslie M.</i>			9:15AM-10:15AM (Les Mills) <i>Jeffrey P.</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>						
Open Basketball Gym A	7:30PM-9:45PM (Basketball)	5:00AM-7:30AM (Basketball) 9:00AM-10:45AM (Basketball)	5:00AM-7:30AM (Basketball) 11:15AM-2:45PM (Basketball)	5:00AM-7:30AM (Basketball) 9:00AM-9:45AM (Basketball) 7:30PM-9:45PM (Basketball)		7:00AM-8:45AM (Basketball) 3:30PM-4:45PM (Basketball)	7:00AM-9:45AM (Basketball) 2:00PM-4:45PM (Basketball)
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>
LES MILLS GRIT Group Ex Studio		5:15AM-5:45AM (Les Mills) <i>Ted M.</i>	1:05PM-1:35PM (Les Mills) <i>Ted M.</i>	6:00PM-6:30PM (Les Mills) <i>Brian M.</i>			
Pop-up LES MILLS GRIT Group Ex Studio		6:00AM-6:30AM (Pop Up) <i>Ted M.</i>					
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>Eileen C.</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>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
H.I.I.T. Group Ex Studio		10:00AM-10:30AM (Strength) <i>Sara F.</i>	12:00PM-12:45PM (Strength) <i>Katie M.</i>				
Arthritis Foundation Aquatics Program Family Fun Pool		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>			
Lap Swimming Lap Pool (4 Lanes)		1:00PM-4:00PM (Lap Swimming)		4:00PM-8:00PM (Lap Swimming)	1:00PM-4:00PM (Lap Swimming)	9:00AM-1:00PM (Lap Swimming)	9:00AM-1:00PM (Lap Swimming)
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>Jackie B.</i>	5:15AM-6:15AM (Les Mills) <i>Summer P.</i>	4:45PM-5:45PM (Les Mills) <i>Kristen R.</i>			8:00AM-8:45AM (Les Mills) <i>Leann D.</i>
Kettlebells Mezzanine		4:45PM-5:45PM (Sgt) <i>Amanda M.</i>			5:45AM-6:45AM (Sgt) <i>Summer P.</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>Karyn M.</i>		
Volleyball Gym A		7:30PM-9:45PM (Volleyball)			3:00PM-5:15PM (Volleyball) 7:30PM-8:45PM (Volleyball)	2:00PM-3:15PM (Volleyball)	
Lap Swimming Lap Pool (1 Lane)			8:45AM-10:00AM (Lap Swimming)	8:45AM-10:00AM (Lap Swimming)			
Aqua Deep Lap Pool			9:00AM-9:45AM (Aqua) <i>Esther P.</i>			7:45AM-8:45AM (Aqua) <i>Esther P.</i>	
LES MILLS BODYCOMBAT Gym A			9:15AM-10:00AM (Les Mills) <i>Daniella E.</i>				
Dance Fitness Gym A			10:15AM-11:00AM (Dance) <i>Karyn M.</i>				
Women & Weights Mezzanine			11:15AM-12:15PM (Sgt) <i>Jack F.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>Michele M.</i>		12:00PM-12:30PM (Active Older Adult) <i>Stephanie A.</i>		
Silver Women & Weights Mezzanine			12:45PM-1:45PM (Sgt) <i>Jack F.</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)	11:00AM-2:00PM (Pickleball)	
Intro to Triathlon Lobby			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>			
Silver Cardio Fusion Group Ex Studio				10:45AM-11:30AM (Active Older Adult) <i>Miriam R.</i>			
Arthritis Foundation Aquatics Program Program Pool				11:15AM-11:45AM (Aqua) <i>Terry F.</i>			
Tai Chi Mind/Body Studio				12:30PM-1:30PM (Yoga & Pilates) <i>Kirsten E.</i>	3:30PM-4:45PM (Yoga & Pilates) <i>April Z.</i>		
KidZone Open Play Gym A				5:30PM-6:15PM (Kidzone)			
Stretch & Balance Gym A					8:00AM-8:45AM (Stretch) <i>Robert (.</i>		
Chair Yoga Gym A					9:00AM-9:45AM (Active Older Adult) <i>Robert (.</i> 11:00AM-11:45AM (Active Older Adult) <i>Mary P.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Gym A					10:00AM-10:45AM (Yoga & Pilates) <i>Daniella E.</i>		
Family Swim Program Pool					11:00AM-1:00PM (Family Swim) 4:00PM-8:00PM (Family Swim)	1:00PM-3:00PM (Family Swim)	1:00PM-4:00PM (Family Swim)
Family Swim Family Fun Pool					4:30PM-8:00PM (Family Swim)	1:00PM-4:00PM (Family Swim)	1:00PM-4:00PM (Family Swim)
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>		
Launch - LES MILLS BODYCOMBAT Group Ex Studio						8:00AM-9:00AM (Les Mills) <i>Kristin A.</i> 11:45AM-12:30PM (Les Mills) <i>Simone M.</i>	
Total Body Conditioning Mind/Body Studio						8:15AM-9:15AM (Cardio) <i>Susie G.</i>	
Launch - LES MILLS BODYPUMP Group Ex Studio						9:15AM-10:15AM (Les Mills) <i>Tina B.</i> 12:45PM-1:30PM (Les Mills) <i>Simone M.</i>	
Family Pickleball Gym B						2:00PM-3:45PM (Family)	
Aqua ZUMBA Program Pool							8:00AM-8:45AM (Aqua) <i>Liliya M.</i>
Gentle Yoga Multipurpose Room							10:30AM-11:30AM (Yoga & Pilates) <i>Chelsea N.</i>
Pop-up Jump Rope + Conditioning Group Ex Studio							3:00PM-3:45PM (Pop Up) <i>Dan B.</i>



Northeast Family YMCA | July 14th - July 20th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers Classic Full Gym	11:45AM-12:30PM (Active Older Adult) <i>Jaclyn R.</i>						
Lap Swimming Lap Pool (1 Lane)	11:45AM-8:00PM (Lap Swimming)	11:45AM-7:45PM (Lap Swimming)	11:45AM-8:00PM (Lap Swimming)	11:45AM-4:45PM (Lap Swimming)	11:45AM-4:00PM (Lap Swimming)		
Zumba Toning Studio	12:45PM-1:30PM (Dance) <i>Lisa F.</i>		12:45PM-1:30PM (Dance) <i>Lisa F.</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>				
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>Elena T.</i> 4:00PM-5:00PM (Dance) <i>Elena T.</i>	10:00AM-11:00AM (Dance) <i>Kyneisha H.</i>	
Functional Pilates Studio	7:30PM-8:00PM (Yoga & Pilates) <i>Rebecca G.</i>	7:30PM-8:00PM (Yoga & Pilates) <i>Rebecca G.</i>		5:30PM-6:15PM (Yoga & Pilates) <i>Melissa G.</i>			
Core Training Studio		6:00AM-6:30AM (Strength) <i>Janet M.</i>					8:00AM-8:45AM (Strength) <i>Janet M.</i>
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>		9:10AM-9:40AM (Les Mills) <i>Samar O.</i>	9:00AM-10:00AM (Les Mills) <i>Janet M.</i>
Cycle Studio		8:30AM-9:00AM (Cycle) <i>Melissa G.</i>	4:30PM-5:15PM (Cycle) <i>Janet M.</i>	8:30AM-9:00AM (Cycle) <i>Melissa G.</i>			
Aqua ZUMBA Shallow End		9:00AM-9:45AM (Aqua) <i>Christina A.</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>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 Outdoor Basketball Court		7:00PM-9:00PM (Pickleball) <i>Joann C.</i>					
SilverSneakers Splash Shallow End			10:15AM-11:15AM (Active Older Adult) <i>Alicia M.</i>				
SilverSneakers Classic Studio			11:45AM-12:30PM (Active Older Adult) <i>Jessica B.</i>		10:05AM-10:50AM (Active Older Adult) <i>Janet M.</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>				
TRX Shock Fitness Center			7:00PM-8:00PM (Sgt) <i>Diana O.</i>				
Adult Lap Swimming Lap Pool (3 Lanes)			8:00PM-8:30PM (Lap Swimming)	5:15AM-8:45AM (Lap Swimming)			
LES MILLS BODYSTEP Studio				6:00AM-6:30AM (Les Mills) <i>Janet M.</i>			
Aqua Deep Deep End				9:00AM-9:45AM (Aqua) <i>Lauren I.</i>			
Qigong Studio				9:15AM-9:45AM (Yoga & Pilates) <i>Tamika W.</i>			
Women & Weights Fitness Center				9:30AM-10:30AM (Sgt) <i>Melissa G.</i>			
Lap Swimming Lap Pool (3 Lanes)				7:55PM-8:30PM (Lap Swimming)	5:15AM-8:45AM (Lap Swimming) 10:00AM-11:45AM (Lap Swimming)	7:15AM-9:00AM (Lap Swimming)	
Meditation Studio					8:45AM-9:00AM (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>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vinyasa Yoga Studio					9:00AM-10:00AM (Yoga & Pilates) <i>Melissa G.</i>		
Pickleball - Beginner Outdoor Basketball Court					1:00PM-3:00PM (Pickleball) <i>Joann C.</i>		
Splash Pad Play Splash Pad					4:00PM-7:30PM (Open Swim)	1:30PM-4:00PM (Open Swim)	10:00AM-4:00PM (Open Swim)
Sensory Friendly Family Swim - Reservation Required Shallow End					4:00PM-5:30PM (Reserved)		
Sensory Friendly Family Swim - Reservation Required Deep End					4:00PM-5:30PM (Reserved)		
Family Swim - Reservation Required Deep End					6:00PM-7:30PM (Reserved)	1:45PM-4:30PM (Reserved)	1:45PM-4:30PM (Reserved)
Family Swim - Reservation Required Shallow End					6:00PM-7:30PM (Reserved)	1:45PM-4:30PM (Reserved)	1:45PM-4:30PM (Reserved)
Teen Strength Training Fitness Center						10:00AM-11:00AM (Sgt) <i>Tiffany S.</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 | July 14th - July 20th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Walking Family Pool	5:15AM-9:15AM (Water Walking) 11:00AM-12:00PM (Water Walking) 1:00PM-4:00PM (Water Walking) 8:00PM-9:30PM (Water Walking)	5:15AM-9:00AM (Water Walking) 12:00PM-4:00PM (Water Walking)	5:15AM-9:15AM (Water Walking) 11:00AM-12:00PM (Water Walking) 1:00PM-4:00PM (Water Walking) 7:45PM-9:30PM (Water Walking)	5:15AM-9:00AM (Water Walking) 12:00PM-4:00PM (Water Walking) 8:00PM-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-4:30PM (Water Walking)	7:15AM-9:30AM (Water Walking) 11:40AM-4:30PM (Water Walking)
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>Jennifer S.</i> 5:15PM-6:15PM (Les Mills) <i>Martha C.</i>	9:15AM-10:15AM (Les Mills) <i>Dianne V.</i> 6:45PM-7:45PM (Les Mills) <i>Amanda H.</i>	6:00AM-7:00AM (Les Mills) <i>Martha C.</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>Sherry C.</i>	9:30AM-10:30AM (Les Mills) <i>Martha C.</i>	7:15AM-8:15AM (Les Mills) <i>Sandra C.</i> 10:30AM-11:30AM (Les Mills) <i>Megan Y.</i>
PAID - APEX Metcon APEX Studio	5:45AM-6:30AM (Membership Add On) <i>Michelle R.</i> 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>Stephanie P.</i>		9:30AM-10:15AM (Membership Add On) <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>Tricia G.</i>		9:15AM-10:15AM (Yoga & Pilates) <i>Marlaina C.</i>		
Open Basketball Gym A	7:00AM-12:00PM (Basketball) 4:00PM-9:45PM (Basketball)	4:00PM-9:45PM (Basketball)	7:00AM-12:00PM (Basketball) 4:00PM-9:45PM (Basketball)	12:00PM-9:45PM (Basketball)	12:00PM-9:45PM (Basketball)	7:00AM-5:00PM (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)	8:00AM-9:00AM (Family Swim)	8:00AM-9:00AM (Family Swim) 11:00AM-12:00PM (Family Swim)	8:00AM-9:00AM (Family Swim)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Kickboxing Studio A	8:00AM-9:00AM (Cardio) <i>Linda N.</i>						
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>Michele M.</i>	6:00AM-6:45AM (Cycle) <i>Michelle R.</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> 6:00PM-7:00PM (Yoga & Pilates) <i>Marcela K.</i>	6:15PM-7:15PM (Yoga & Pilates) <i>Liz M.</i>		9:30AM-10:30AM (Yoga & Pilates) <i>Amanda H.</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>Jackie G.</i>		
LES MILLS BODYBALANCE Studio C	10:45AM-11:45AM (Les Mills) <i>Dianne V.</i>						11:45AM-12:45PM (Les Mills) <i>Dianne V.</i>
Silver Cardio Fusion Studio B	10:45AM-11:45AM (Active Older Adult) <i>Linda N.</i>		10:45AM-11:45AM (Active Older Adult) <i>Jackie G.</i>				
Lap Swimming Lap Pool (3 Lanes)	11:00AM-12:00PM (Lap Swimming) 5:00PM-6:30PM (Lap Swimming)	5:00PM-5:40PM (Lap Swimming)	11:00AM-12:00PM (Lap Swimming) 5:00PM-5:40PM (Lap Swimming)	5:00PM-5:40PM (Lap Swimming) 6:30PM-8:00PM (Lap Swimming) 9:15PM-10:15AM (Lap Swimming)	11:00AM-12:00PM (Lap Swimming)	9:00AM-10:15AM (Lap Swimming)	9:00AM-10:15AM (Lap Swimming)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim Family Pool	11:00AM-12:00PM (Family Swim) 1:00PM-4:00PM (Family Swim) 8:00PM-9:00PM (Family Swim)	1:00PM-4:00PM (Family Swim) 8:00PM-9:30PM (Family Swim) 8:00PM-9:00PM (Family Swim)	1:00PM-4:00PM (Family Swim) 7:45PM-9:00PM (Family Swim)	12:00PM-4:00PM (Family Swim) 8:00PM-9:00PM (Family Swim)	8:00AM-11:00AM (Family Swim) 4:00PM-7:30PM (Family Swim)	1:00PM-4:30PM (Family Swim)	12:00PM-4:30PM (Family Swim)
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>		
Pool Open - Pass Required Outdoor Pool	11:30AM-7:30PM (Outdoor Swim)	11:30AM-7:30PM (Outdoor Swim)	11:30AM-7:30PM (Outdoor Swim)	11:30AM-7:30PM (Outdoor Swim)	11:30AM-7:30PM (Outdoor Swim)	11:30AM-7:30PM (Outdoor Swim)	11:30AM-7:30PM (Outdoor Swim)
SilverSneakers Classic Studio B	12:00PM-1:00PM (Active Older Adult) <i>Marnie S.</i>				10:45AM-11:45AM (Active Older Adult) <i>Alice N.</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>		
Adult Pickleball Gym A	12:00PM-4:00PM (Pickleball)	7:00AM-4:00PM (Pickleball)	12:00PM-4:00PM (Pickleball)		7:00AM-12:00PM (Pickleball)		
PFD Free Time Family Pool	1:00PM-4:00PM (Family Swim) 8:00PM-9:00PM (Family Swim)	1:00PM-4:00PM (Family Swim) 1:00PM-4:00PM (Family Swim) 8:00PM-9:00PM (Family Swim)	1:00PM-4:00PM (Family Swim) 7:45PM-9:00PM (Family Swim)	12:00PM-4:00PM (Family Swim) 8:00PM-9:00PM (Family Swim)	8:00AM-11:00AM (Family Swim) 4:00PM-7:30PM (Family Swim)	1:00PM-4:30PM (Family Swim)	12:00PM-4:30PM (Family Swim)
Chair Yoga Studio B	1:15PM-2:15PM (Active Older Adult) <i>Chris C.</i>		12:00PM-1:00PM (Active Older Adult) <i>Chris C.</i>		12:00PM-1:00PM (Active Older Adult) <i>Maddy B.</i>		
LES MILLS BODYATTACK Studio A	1:15PM-2:00PM (Les Mills) <i>Liz T.</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>Megan Y.</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>
Adult Pickleball Gym B	6:00PM-9:45PM (Pickleball)		6:15PM-9:45PM (Pickleball)		6:00PM-9:45PM (Pickleball)		
PAID - APEX Sports Performance APEX Studio	6:00PM-6:45PM (Membership Add On) <i>Sean S.</i>			6:00PM-6:45PM (Membership Add On) <i>Sean S.</i>			
Cardio Fusion Studio A	6:15PM-7:00PM (Cardio) <i>Celina M.</i>	8:00AM-9:00AM (Cardio) <i>Evan B.</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>Karen C.</i>		
Adult Volleyball Gym D	6:15PM-9:45PM (Volleyball)			6:15PM-9:45PM (Volleyball)		12:00PM-4:00PM (Volleyball)	
Adult Volleyball Gym C	6:15PM-9:45PM (Volleyball)			6:15PM-9:45PM (Volleyball)			
Yin Yoga Studio C	7:20PM-8:20PM (Yoga & Pilates) <i>Marcela K.</i>	7:30PM-8:30PM (Yoga & Pilates) <i>Liz M.</i>			10:30AM-11:30AM (Yoga & Pilates) <i>Marlaina C.</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>Lauren S.</i>			5:45AM-6:15AM (Les Mills) <i>Megan Y.</i>		8:30AM-9:00AM (Les Mills) <i>Megan Y.</i>
LES MILLS RPM Cycle Studio		9:15AM-10:00AM (Les Mills) <i>Melissa A.</i> 6:00PM-6:45PM (Les Mills) <i>Stephanie P.</i>		9:15AM-10:00AM (Les Mills) <i>Melissa A.</i> 6:00PM-6:45PM (Les Mills) <i>Lyndsay L.</i>		8:30AM-9:30AM (Les Mills) <i>Lyndsay L.</i>	9:15AM-10:00AM (Les Mills) <i>Amanda H.</i>
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>		
Aqua Boot Camp Lap Pool		9:15AM-10:00AM (Aqua) <i>Jackie G.</i>		9:15AM-10:00AM (Aqua) <i>Jackie G.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swimming Lap Pool (2 Lanes)		9:15AM-10:25AM (Lap Swimming) 5:40PM-7:15PM (Lap Swimming)		5:40PM-6:30PM (Lap Swimming)		11:15AM-12:00PM (Lap Swimming)	
Hatha Yoga Studio C		9:30AM-10:30AM (Yoga & Pilates) <i>Amanda H.</i>					
Zumba Studio B		9:30AM-10:30AM (Dance) <i>Shanel K.</i> 6:30PM-7:30PM (Dance) <i>Jess C.</i>		9:30AM-10:30AM (Dance) <i>Michelle E.</i> 6:30PM-7:30PM (Dance) <i>Nicole B.</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>Nadine D.</i>			
Silver Strength Studio B		10:45AM-11:45AM (Active Older Adult) <i>Anne B.</i>		10:45AM-11:45AM (Active Older Adult) <i>Christy S.</i>			
Stretch & Balance Studio B		12:00PM-12:45PM (Stretch) <i>Anne B.</i>		12:00PM-12:45PM (Stretch) <i>Christy S.</i>			
Line Dancing Studio A		1:00PM-2:00PM (Dance) <i>Joan W.</i>					
Whirlpool/Sauna Hours Whirlpool		6:00PM-9:30PM (Sauna & Whirlpool)					
Open Basketball Gym B		7:15PM-9:45PM (Basketball)		6:00PM-9:45PM (Basketball)			
Lap Swimming Lap Pool (4 Lanes)		7:15PM-8:00PM (Lap Swimming) 10:25PM-12:00PM (Lap Swimming)	5:40PM-6:30PM (Lap Swimming)			12:00PM-12:45PM (Lap Swimming)	
Adult Pickleball Gym A/B			5:00AM-7:00AM (Pickleball)	5:00AM-7:00AM (Pickleball)			7:00AM-12:00PM (Pickleball)
Barre Studio A			9:30AM-10:15AM (Yoga & Pilates) <i>Celina M.</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>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Studio C			6:00PM-7:00PM (Yoga & Pilates) <i>Julie W.</i>	6:00PM-7:00PM (Yoga & Pilates) <i>Julie W.</i>			8:05AM-9:15AM (Yoga & Pilates) <i>Andrew S.</i>
Zumba Studio A			7:15PM-8:15PM (Dance) <i>Stephanie P.</i>			10:15AM-11:15AM (Dance) <i>Shanel K.</i>	9:30AM-10:30AM (Dance) <i>Jess C.</i>
Pickleball Gym A				7:00AM-12:00PM (Pickleball)			
Strength Studio A				8:00AM-9:00AM (Strength) <i>Evan B.</i>			
PAID - APEX Strength APEX Studio				9:30AM-10:15AM (Membership Add On) <i>Karen C.</i>	6:30AM-7:15AM (Membership Add On) <i>Michelle G.</i>		
Beginner Line Dancing Studio A				1:15PM-2:15PM (Dance) <i>Carolyn Q.</i>			
General Open Gym Gym D					5:00AM-7:00AM (Open Gym)		
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>		
Chair Pilates Studio B					1:15PM-2:00PM (Active Older Adult) <i>Maddy B.</i>		
Aqua Cardio & Strength Family Pool					3:00PM-4:00PM (Aqua) <i>Karen M.</i>		
Adult Pickleball Gym C						7:00AM-9:30AM (Pickleball)	
Pickleball Gym B						7:00AM-5:00PM (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>	
Pickleball Gym C							7:00AM-8:30AM (Pickleball)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Gold Studio A							10:45AM-11:30AM (Active Older Adult) <i>Jess C.</i>
Barre Studio B							11:45AM-12:30PM (Yoga & Pilates) <i>Nadine D.</i>
Open Basketball Gym A/B							12:00PM-5:00PM (Basketball)



Phoenixville YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
General Open Gym West Gym	5:00AM-6:00AM (Open Gym) 8:00AM-9:30AM (Open Gym) 2:00PM-4:00PM (Open Gym) 5:00PM-9:45PM (Open Gym)	8:00AM-10:00AM (Open Gym) 2:00PM-4:00PM (Open Gym) 8:00PM-9:45PM (Open Gym)	5:00AM-6:00AM (Open Gym) 8:00AM-9:30AM (Open Gym) 2:00PM-4:00PM (Open Gym) 7:00PM-9:45PM (Open Gym)	5:00AM-6:00AM (Open Gym) 8:00AM-9:30AM (Open Gym) 2:00PM-4:00PM (Open Gym) 8:00PM-9:45PM (Open Gym)	5:00AM-6:00AM (Open Gym) 8:00AM-9:30AM (Open Gym) 2:00PM-4:00PM (Open Gym) 5:00PM-6:00PM (Open Gym)	7:00AM-4:45PM (Open Gym)	7:00AM-9:00AM (Open Gym) 4:00PM-4:45PM (Open Gym)
General Open Gym BTC Gym	5:00AM-6:30AM (Open Gym) 6:00PM-9:45PM (Open Gym)	5:00AM-6:30AM (Open Gym) 6:00PM-9:45PM (Open Gym)	6:00PM-9:45PM (Open Gym)	5:00AM-6:30AM (Open Gym) 6:00PM-9:45PM (Open Gym)	5:00AM-6:30AM (Open Gym) 6:00PM-8:45PM (Open Gym)	7:00AM-4:45PM (Open Gym)	7:00AM-4:45PM (Open Gym)
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-4:45PM (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)	
Lap Swimming Myrin Pool	5:00AM-10:15AM (Lap Swimming) 12:00PM-9:30PM (Lap Swimming)	5:00AM-10:15AM (Lap Swimming) 11:15AM-4:45PM (Lap Swimming) 7:00PM-9:30PM (Lap Swimming)	5:00AM-9:30PM (Lap Swimming)	5:00AM-10:15AM (Lap Swimming) 11:15AM-9:30PM (Lap Swimming) 7:30PM-9:30PM (Lap Swimming)	5:00AM-10:15AM (Lap Swimming) 10:15AM-11:00AM (Lap Swimming) 11:00AM-8:45PM (Lap Swimming)	7:00AM-4:30PM (Lap Swimming)	7:00AM-4:30PM (Lap Swimming) 7:00AM-9:00AM (Lap Swimming) 2:15PM-6:45PM (Lap Swimming)
Pickleball West Gym	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)	6:00AM-8:00AM (Pickleball) 12:00PM-2:00PM (Pickleball) 6:00PM-8:00PM (Pickleball)		12:00PM-4:00PM (Pickleball)
Programming - Reserved BTC Gym	6:30AM-6:00PM (Open Gym)						
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)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim - Pass Required Baker Park - Z Pool	11:30AM-7:00PM (Outdoor Swim)	11:30AM-7:00PM (Outdoor Swim)	11:30AM-7:00PM (Outdoor Swim)	11:30AM-7:00PM (Outdoor Swim)	11:30AM-7:00PM (Outdoor Swim)	11:30AM-7:00PM (Outdoor Swim)	11:30AM-7:00PM (Outdoor Swim)
Gentle Yoga Studio A	11:30AM-12:30PM (Yoga & Pilates) <i>Annette V.</i>	7:00PM-8:00PM (Yoga & Pilates) <i>Krishna M.</i>	11:00AM-12:00PM (Yoga & Pilates) <i>Ashley L.</i>				
Family Swim Heritage Pool (2 Lanes)	12:45PM-3:45PM (Family Swim)	7:30PM-9:00PM (Family Swim)		7:30PM-9:00PM (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)	4:15PM-6:45PM (Lap Swimming)	4:15PM-7:30PM (Lap Swimming)	4:15PM-6:45PM (Lap Swimming)	6:00PM-8:45PM (Lap Swimming)	1:00PM-4:45PM (Lap Swimming)	
	7:00PM-9:00PM (Lap Swimming)	7:30PM-9:00PM (Lap Swimming)		7:30PM-9:00PM (Lap Swimming)			
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>Lily S.</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>Lily S.</i>		8:30AM-9:05AM (Strength) <i>Jamie C.</i>			
Barre Studio A		9:00AM-10:00AM (Yoga & Pilates) <i>Tara G.</i>					
Dance Fitness Studio B		9:30AM-10:30AM (Dance) <i>Christa K.</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>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYBALANCE Studio A		11:00AM-12:00PM (Les Mills) <i>Dianne V.</i>			11:00AM-12:00PM (Les Mills) <i>Amanda 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>					
LES MILLS GRIT Studio B		4:45PM-5:15PM (Les Mills) <i>Christina S.</i>		4:45PM-5:15PM (Les Mills) <i>Christina S.</i>			
LES MILLS CORE Studio B		5:30PM-6:15PM (Les Mills) <i>Christina S.</i>		5:30PM-6:00PM (Les Mills) <i>Gen G.</i>		10:00AM-10:30AM (Les Mills) <i>Gen G.</i>	9:20AM-9:50AM (Les Mills) <i>Samantha C.</i>
Dance Fitness Studio A		5:45PM-6:30PM (Dance) <i>Emily M.</i>			9:15AM-10:00AM (Dance) <i>Christa K.</i>	10:00AM-10:50AM (Dance) <i>Cristina H.</i>	11:00AM-11:45AM (Dance) <i>Diane L.</i>
Kettlebells Studio B		6:45PM-7:30PM (Strength) <i>Lance L.</i>					
Power Yoga Studio A			6:00AM-7:00AM (Yoga & Pilates) <i>Sherry M.</i>	5:15PM-6:15PM (Yoga & Pilates) <i>Eric S.</i>		8:30AM-9:45AM (Yoga & Pilates) <i>Sherry M.</i>	
Pilates Studio B			8:15AM-9:00AM (Yoga & Pilates) <i>Amanda V.</i>	10:45AM-11:30AM (Yoga & Pilates) <i>Ruby L.</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)
Pop-up Core Sculpt Studio A			9:00AM-9:50AM (Pop Up) <i>Jamie C.</i>				
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>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swimming Heritage Pool (3 Lanes)			7:30PM-9:00PM (Lap Swimming)				11:15AM-2:15PM (Lap Swimming)
Rhythmic Cycle & Core Cycle Studio				9:30AM-10:15AM (Cycle) <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>		
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 BODYBALANCE Studio B				6:15PM-7:15PM (Les Mills) <i>Gen G.</i>		10:45AM-11:45AM (Les Mills) <i>Gen G.</i>	
LES MILLS BODYATTACK Studio B					7:00AM-7:45AM (Les Mills) <i>Liz T.</i>		8:15AM-9:15AM (Les Mills) <i>Catherine K.</i>
Core Training Studio B					9:00AM-9:15AM (Strength) <i>Jamie C.</i>		
Rhythmic Cycle Cycle Studio					9:30AM-10:05AM (Cycle) <i>Jamie C.</i>		
Silver Strength West Gym					9:45AM-10:30AM (Active Older Adult) <i>Beth M.</i>		
Water Walking Heritage Pool						7:00AM-9:00AM (Water Walking)	
Water Walking Heritage Pool (3 Lanes)						7:00AM-9:00AM (Water Walking)	
Barre Studio B						9:20AM-10:00AM (Yoga & Pilates) <i>Maria S.</i>	
H.I.I.T. Baker Park - Z Pool						10:30AM-11:15AM (Strength) <i>Amanda V.</i>	
Family Swim Heritage Pool (4 Lanes)						1:00PM-6:45PM (Family Swim)	
Sauna Hours Steam Room							7:00AM-6:45PM (Sauna & Whirlpool)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Pickleball West Gym							9:00AM-11:00AM (Family)
Lap Swimming Myrin Pool (3 Lanes)							9:00AM-2:15PM (Lap Swimming)
Family Swim Heritage Pool (3 Lanes)							2:15PM-4:45PM (Family Swim)



West Philadelphia YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Whirlpool Hours Whirlpool	5:00AM-1:00PM (Sauna & Whirlpool)	5:00AM-8:00PM (Sauna & Whirlpool)	5:00AM-1:00PM (Sauna & Whirlpool)	5:00AM-8:00PM (Sauna & Whirlpool)	5:00AM-1:00PM (Sauna & Whirlpool)	7:00AM-4:00PM (Sauna & Whirlpool)	7:00AM-4:00PM (Sauna & Whirlpool)
Water Walking Lap Pool (1 Lane)	5:00AM-12:45PM (Water Walking)		5:00AM-12:45PM (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>Suzanne (.</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>Monique M.</i>	9:00AM-10:00AM (Cardio) <i>Abbie A.</i>	9:35AM-10:25AM (Cardio) <i>Monique M.</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>		
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>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Training Spin Studio	11:00AM-11:45AM (Strength) <i>Abbie A.</i>	10:45AM-11:45AM (Strength) <i>Monique M.</i>	11:00AM-11:45AM (Strength) <i>Abbie A.</i>	10:45AM-11:45AM (Strength) <i>Monique M.</i>			
Family Swim Lap Pool (3 Lanes)	11:00AM-12:45PM (Family Swim)	1:00PM-2:00PM (Family Swim)	11:00AM-12:45PM (Family Swim)	1:00PM-2:00PM (Family Swim)	3:00PM-4:00PM (Family Swim)	1:00PM-2:00PM (Family Swim)	1:00PM-2:00PM (Family Swim)
	3:00PM-3:45PM (Family Swim)	2:45PM-3:45PM (Family Swim)	3:00PM-3:45PM (Family Swim)	2:45PM-3:45PM (Family Swim)	4:45PM-6:00PM (Family Swim) 11:00PM-12:45PM (Family Swim)	2:45PM-4:00PM (Family Swim)	2:45PM-4:00PM (Family Swim)
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 Gym Time Gym B	12:00PM-2:30PM (Family)						
Pilates Aerobic Studio	1:00PM-2:00PM (Yoga & Pilates) <i>Monique M.</i>	8:30AM-9:30AM (Yoga & Pilates) <i>Elleen S.</i>	8:00AM-9:00AM (Yoga & Pilates) <i>Elleen S.</i> 1:00PM-2:00PM (Yoga & Pilates) <i>Monique M.</i>	8:30AM-9:30AM (Yoga & Pilates) <i>Elleen S.</i>	11:00AM-12:00PM (Yoga & Pilates) <i>Elleen S.</i>		
Stretch & Balance Aerobic Studio	2:00PM-3:00PM (Stretch) <i>Monique M.</i>		2:00PM-3:00PM (Stretch) <i>Monique M.</i>			9:00AM-9:45AM (Stretch) <i>Monique M.</i>	
Lap Swimming Lap Pool (4 Lanes)	3:00PM-5:00PM (Lap Swimming)	5:00AM-8:00PM (Lap Swimming)	3:00PM-5:00PM (Lap Swimming)	5:00AM-8:00PM (Lap Swimming)	3:00PM-7:00PM (Lap Swimming)	7:00AM-9:00AM (Lap Swimming)	7:00AM-10:00AM (Lap Swimming)
						1:00PM-4:00PM (Lap Swimming)	3:30PM-4:00PM (Lap Swimming)
Programming - Reserved Gym A	4:45PM-5:15PM (Open Gym)	4:00PM-5:15PM (Open Gym)				9:15AM-9:45AM (Open Gym)	9:15AM-9:45AM (Open Gym)
	5:45PM-6:15PM (Open Gym)	5:30PM-6:00PM (Open Gym)				10:15AM-10:45AM (Open Gym)	10:00AM-10:30AM (Open Gym)
						12:00PM-12:45PM (Open Gym)	11:00AM-11:45AM (Open Gym)
H.I.I.T. Aerobic Studio	5:00PM-5:45PM (Strength) <i>Towonda C.</i>						
Lap Swimming Lap Pool (1 Lane)	5:00PM-7:00PM (Lap Swimming)		5:00PM-7:00PM (Lap Swimming)			9:00AM-1:00PM (Lap Swimming)	10:00AM-1:00PM (Lap Swimming)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)
Zumba Aerobic Studio	6:00PM-6:45PM (Dance) <i>Gina D.</i>	6:15PM-7:00PM (Dance) <i>Jarrett S.</i>	6:00PM-6:45PM (Dance) <i>Gina D.</i>			11:30AM-12:30PM (Dance) <i>Jarrett S.</i>	
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)		
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>	
Water Walking Lap Pool (2 Lanes)		5:00AM-1:00PM (Water Walking)		5:00AM-1:00PM (Water Walking)		7:00AM-9:00AM (Water Walking)	7:00AM-10:00AM (Water Walking)
Dance Aerobic Studio		10:35AM-11:25AM (Dance) <i>Rasaq L.</i>		10:35AM-11:25AM (Dance) <i>Leticia T.</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>			
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)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>			
Lap Swimming Lap Pool (3 Lanes)			5:00AM-12:45PM (Lap Swimming)				
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>			
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)	
Trim and Sculpt Aerobic Studio						10:15AM-11:15AM (Strength) <i>Monique M.</i>	
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)



Upper Perkiomen Valley YMCA | July 14th - July 20th

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

	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)
Silver Strength Spirit/Mind/Body Studio	8:15AM-9:00AM (Active Older Adult) <i>Sue W.</i>						
LES MILLS SPRINT Cycle Studio	8:15AM-8:45AM (Les Mills) <i>Amanda H.</i>	6:00PM-6:30PM (Les Mills) <i>Novi D.</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>Kelly W.</i>	8:15AM-8:45AM (Les Mills) <i>Amanda H.</i>	8:30AM-9:00AM (Les Mills) <i>Novi D.</i>	
Aqua Yoga/Pilates Program Pool	9:00AM-9:45AM (Aqua) <i>Darlene D.</i>						
KidZone Open Care Gym B	9:00AM-11:00AM (Kidzone)	9:00AM-11:00AM (Kidzone)	9:00AM-11:00AM (Kidzone)	9:00AM-11:00AM (Kidzone)	9:00AM-11:00AM (Kidzone)		
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>Christine M.</i>	9:15AM-10:00AM (Stretch) <i>Christine M.</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>Samantha L.</i>	8:00AM-8:45AM (Les Mills) <i>Amy L.</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>
Zumba Group Exercise Studio	10:30AM-11:30AM (Dance) <i>Krista C.</i>				10:30AM-11:30AM (Dance) <i>Krista C.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Spirit/Mind/Body Studio	10:30AM-11:30AM (Yoga & Pilates) <i>Sarah T.</i>		6:40PM-7:40PM (Yoga & Pilates) <i>Darlene D.</i>	10:15AM-11:15AM (Yoga & Pilates) <i>Jen P.</i>			8:30AM-9:30AM (Yoga & Pilates) <i>Darlene D.</i>
Family Swim Outdoor Family Pool	11:00AM-7:30PM (Outdoor Swim)	12:00PM-7:30PM (Outdoor Swim)	11:00AM-7:30PM (Outdoor Swim)	12:00PM-7:30PM (Outdoor Swim)	11:00AM-7:30PM (Outdoor Swim)	11:00AM-7:00PM (Outdoor Swim)	11:00AM-7:00PM (Outdoor Swim)
Lap Swimming Outdoor 6 Lane Pool (2 Lanes)	11:00AM-7:30PM (Outdoor Swim)	12:00PM-5:00PM (Outdoor Swim)	11:00AM-7:30PM (Outdoor Swim)	12:00PM-7:30PM (Outdoor Swim)	11:00AM-7:30PM (Outdoor Swim)	11:00AM-7:00PM (Outdoor Swim)	11:00AM-7:00PM (Outdoor Swim)
Family Swim Outdoor 6 Lane Pool (4 Lanes)	11:00AM-7:30PM (Outdoor Swim)	12:00PM-5:00PM (Outdoor Swim)	11:00AM-7:30PM (Outdoor Swim)	12:00PM-7:30PM (Outdoor Swim)	11:00AM-7:30PM (Outdoor Swim)	11:00AM-7:00PM (Outdoor Swim)	11:00AM-7:00PM (Outdoor Swim)
Line Dancing Group Exercise Studio	11:35AM-12:35PM (Dance) <i>Joan W.</i>						
Family Swim Outdoor Slides	12:00PM-6:00PM (Outdoor Swim)	12:00PM-6:00PM (Outdoor Swim)	12:00PM-6:00PM (Outdoor Swim)	12:00PM-6:00PM (Outdoor Swim)	12:00PM-6:00PM (Outdoor Swim)	1:00PM-5:00PM (Outdoor Swim)	1:00PM-5:00PM (Outdoor Swim)
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 (4 Lanes)	5:00PM-7:00PM (Lap Swimming)	5:00PM-7:00PM (Lap Swimming)	5:00PM-7:00PM (Lap Swimming)	5:00PM-7:00PM (Lap Swimming)	5:00PM-7:00PM (Lap Swimming)		
Zumba Spirit/Mind/Body Studio	5:30PM-6:30PM (Dance) <i>Kamna A.</i>						
LES MILLS STRENGTH DEVELOPMENT Group Exercise Studio	5:30PM-6:15PM (Les Mills) <i>Bekkah F.</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>		
Open Basketball Full Gym	8:00PM-9:45PM (Basketball)		8:00PM-9:45PM (Basketball)			7:15AM-8:45AM (Basketball)	7:15AM-8:00AM (Basketball)
LES MILLS GRIT Group Exercise Studio		6:15AM-6:45AM (Les Mills) <i>Bekkah F.</i> 5:45PM-6:15PM (Les Mills) <i>Bekkah F.</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-9:15AM (Active Older Adult) <i>Lesley W.</i>	9:15AM-10:00AM (Active Older Adult) <i>Sue W.</i>				
Aqua Stretch & Strength Program Pool		9:00AM-9:45AM (Aqua) <i>Kathy D.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYCOMBAT Group Exercise Studio		9:15AM-10:00AM (Les Mills) <i>Sherry C.</i>		5:30PM-6:30PM (Les Mills) <i>Bekkah F.</i>		8:15AM-9:00AM (Les Mills) <i>Amy C.</i>	
Gentle Yoga Spirit/Mind/Body Studio		9:45AM-10:45AM (Yoga & Pilates) <i>Kate S.</i>					
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>					
PFD Free Time Program Pool - Half Pool		11:00AM-12:00PM (Family Swim)		11:00AM-12:00PM (Family Swim)			
Adult Basketball Full Gym		8:00PM-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>				
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>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>Darlene D.</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>Bekkah F.</i>
Volleyball Full Gym				8:00PM-9:45PM (Volleyball)			
Aqua ZUMBA Program Pool					10:15AM-11:00AM (Aqua) <i>Kate S.</i>		
Silver Cardio Fusion Spirit/Mind/Body Studio					10:15AM-11:00AM (Active Older Adult) <i>Ceil F.</i>		
Pickleball Full Gym					6:00PM-8:00PM (Pickleball)		8:00AM-10:00AM (Pickleball)
Lap Swimming 6 Lane Pool						7:15AM-12:00PM (Lap Swimming)	7:15AM-12:00PM (Lap Swimming)
LES MILLS DANCE Spirit/Mind/Body Studio						10:30AM-11:15AM (Les Mills) <i>Zach S.</i>	



Pottstown YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Walking Lap Pool (1 Lane)	6:00AM-10:00AM (Water Walking) 12:00PM-7:00PM (Water Walking)	6:00AM-7:00PM (Water Walking)	6:00AM-10:00PM (Water Walking) 12:00PM-7:00PM (Water Walking)	6:00AM-10:00AM (Water Walking)	6:00AM-10:00AM (Water Walking) 12:00PM-4:00PM (Water Walking)	7:30AM-8:45AM (Water Walking) 11:15AM-1:00PM (Water Walking)	
Lap Swimming Lap Pool (2 Lanes)	6:00AM-7:00PM (Lap Swimming)	6:00AM-7:00PM (Lap Swimming)	6:00AM-7:00PM (Lap Swimming)	6:00AM-4:30PM (Lap Swimming)	6:00AM-4:00PM (Lap Swimming)		
Aquacise Lap Pool (2 Lanes)	8:30AM-9:30AM (Aqua) <i>Freddie J.</i>				8:30AM-9:30AM (Aqua) <i>Freddie J.</i>		
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)	
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>				
PFD Free Time Lap Pool (1 Lane)	12:00PM-6:30PM (Family Swim)		12:00PM-5:00PM (Family Swim)			11:45AM-12:45PM (Family Swim)	
Family Swim Lap Pool (1 Lane)	12:00PM-6:30PM (Family Swim)	12:00PM-4:30PM (Family Swim)	12:00PM-6:30PM (Family Swim)	11:00AM-4:30PM (Family Swim)	12:00PM-4:00PM (Family Swim)	11:15AM-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
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>			
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 | July 14th - July 20th

	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>Shamsun N.</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>Jennifer S.</i>			8:30AM-9:15AM (Strength (Virtual)) <i>Jennifer 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>Mary G.</i>		10:00AM-10:45AM (Active Older Adult (Virtual)) <i>Mary G.</i>		
Core Training Zoom Room			12:00PM-12:45PM (Strength (Virtual)) <i>Jennifer S.</i>		9:30AM-10:15AM (Strength (Virtual)) <i>Christy S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>			