



## Willow Grove YMCA | September 8th - September 14th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYPUMP</b> 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>	8:15AM-9:00AM (Les Mills) <i>Stephen A.</i>  11:30AM-12:30PM (Les Mills) <i>Lauren H.</i>
<b>KidZone Open Care</b> 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)
<b>LES MILLS BODYBALANCE</b> Studio C	8:00AM-8:45AM (Les Mills) <i>Mary B.</i>						
<b>TRX</b> Queenax/Lower Turf	9:00AM-10:00AM (Sgt) <i>Lissa G.</i>						
<b>Lap Swimming</b> Lap Pool (5 Lanes)	9:15AM-10:00AM (Lap Swimming)  12:30PM-1:15PM (Lap Swimming)  8:00PM-9:30PM (Lap Swimming)	9:15AM-10:00AM (Lap Swimming)  8:00PM-9:30PM (Lap Swimming)	9:15AM-10:00AM (Lap Swimming)  8:30PM-9:30PM (Lap Swimming)	8:00AM-10:00AM (Lap Swimming)	9:15AM-10:00AM (Lap Swimming)	1:15PM-6:30PM (Lap Swimming)	8:00AM-8:45AM (Lap Swimming)  12:30PM-6:30PM (Lap Swimming)
<b>Water Walking</b> Lap Pool (1 Lane)	9:15AM-10:00AM (Water Walking)  12:30PM-1:15PM (Water Walking)	9:15AM-10:00AM (Water Walking)	9:15AM-10:00AM (Water Walking)	8:00AM-10:00AM (Water Walking)	9:15AM-10:00AM (Water Walking)	1:30PM-4:30PM (Water Walking)	8:00AM-8:45AM (Water Walking)  8:00AM-8:45AM (Water Walking)  1:30PM-4:30PM (Water Walking)
<b>Aqua Boot Camp</b> Program Pool	9:15AM-10:00AM (Aqua) <i>Stephanie M.</i>	9:15AM-10:00AM (Aqua) <i>Karen S.</i>		9:15AM-10:00AM (Aqua) <i>Karen S.</i>			
<b>Women &amp; Weights</b> Training Zone/Upper Turf	9:30AM-10:30AM (Sgt) <i>Anita B.</i>						
<b>LES MILLS BODYATTACK</b> Studio A	9:30AM-10:15AM (Les Mills) <i>Shannon S.</i>						
<b>H.I.I.T.</b> Studio B	10:15AM-11:00AM (Strength) <i>Lori R.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Silver Cycle</b> Cycle Studio	10:30AM-11:15AM (Active Older Adult) <i>Lissa G.</i>						
<b>Silver &amp; Fit</b> 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>			
<b>SilverSneakers Enerchi</b> Studio B	12:15PM-1:00PM (Active Older Adult) <i>Alissa M.</i>				12:15PM-1:00PM (Active Older Adult) <i>Karen S.</i>		
<b>Aqua Cardio &amp; Strength</b> Program Pool	12:30PM-1:15PM (Aqua) <i>Mary B.</i>						
<b>Lap Swimming</b> Lap Pool (4 Lanes)	4:00PM-8:00PM (Lap Swimming)	4:00PM-8:00PM (Lap Swimming)	4:00PM-8:00PM (Lap Swimming)	4:00PM-8:00PM (Lap Swimming)		9:00AM-1:15PM (Lap Swimming)	8:45AM-12:30PM (Lap Swimming)
<b>LES MILLS BODYCOMBAT</b> 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>
<b>Zumba</b> 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>
<b>Cycle</b> Cycle Studio	5:30PM-6:15PM (Cycle) <i>Sue M.</i>	5:15AM-6:00AM (Cycle) <i>Robin B.</i>  9:30AM-10:15AM (Cycle) <i>Evan S.</i>  5:15PM-6:00PM (Cycle) <i>Pat R.</i>  6:15PM-7:00PM (Cycle) <i>Pat R.</i>	9:30AM-10:15AM (Cycle) <i>Angie C.</i>  5:30PM-6:15PM (Cycle) <i>Angie C.</i>	5:15AM-6:00AM (Cycle) <i>Christopher Q.</i>  9:30AM-10:15AM (Cycle) <i>Evan S.</i>  5:30PM-6:30PM (Cycle) <i>Patti S.</i>  7:00PM-7:45PM (Cycle) <i>Stephanie W.</i>	9:30AM-10:15AM (Cycle) <i>Pat R.</i>  5:30PM-6:15PM (Cycle) <i>Rick R.</i>	8:30AM-9:30AM (Cycle) <i>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>
<b>Pilates</b> Studio C	5:30PM-6:15PM (Yoga & Pilates) <i>Angie C.</i>	9:30AM-10:30AM (Yoga & Pilates) <i>Angie C.</i>					
<b>LES MILLS BODYSTEP</b> Studio A	6:00PM-7:00PM (Les Mills) <i>Lauren H.</i>			9:15AM-10:15AM (Les Mills) <i>Mary B.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Teen Strength Training</b> Training Zone/Upper Turf	6:00PM-7:00PM (Sgt) <i>Zach R.</i>		6:00PM-7:00PM (Sgt) <i>Zach R.</i>				
<b>Yoga</b> 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>			
<b>Core Training</b> Studio A	7:15PM-7:45PM (Strength) <i>Lauren H.</i>						
<b>Pickleball</b> Gym B	8:15PM-9:45PM (Pickleball)	9:15AM-12:00PM (Pickleball)	8:15PM-9:45PM (Pickleball)	9:15AM-12:00PM (Pickleball)	9:15AM-12:00PM (Pickleball)	4:30PM-6:45PM (Pickleball)	9:00AM-1:00PM (Pickleball)
<b>LES MILLS BODYCOMBAT</b> Studio B		8:00AM-8:45AM (Les Mills) <i>Eleanor H.</i>					
<b>Pickleball</b> Gym A		9:15AM-12:00PM (Pickleball)		9:15AM-12:00PM (Pickleball)	9:15AM-12:00PM (Pickleball)		
<b>LES MILLS BODYBALANCE</b> Studio A		9:30AM-10:30AM (Les Mills) <i>Suzanne S.</i>					
<b>Meditation</b> Studio C		10:45AM-11:15AM (Yoga & Pilates) <i>Alissa M.</i>					10:15AM-10:45AM (Yoga & Pilates) <i>Karen S.</i>
<b>Pop-up Reiki</b> Studio C		11:30AM-12:30PM (Pop Up) <i>Nicole R.</i>		5:15PM-6:15PM (Pop Up) <i>Nicole R.</i>			
<b>Zumba</b> Studio A		12:00PM-12:45PM (Dance) <i>Michelle S.</i>	12:00PM-1:00PM (Dance) <i>Maureen L.</i>		5:00PM-5:45PM (Dance) <i>Elina M.</i>		
<b>Stretch &amp; Balance</b> Studio B		12:15PM-12:45PM (Stretch) <i>Lissa G.</i>		12:15PM-12:45PM (Stretch) <i>Lissa G.</i>			
<b>SilverSneakers Enerchi</b> Studio C		1:00PM-1:30PM (Active Older Adult) <i>Alissa M.</i>					
<b>PFD Free Time</b> Family Pool		3:10PM-3:50PM (Family Swim)  7:00PM-7:40PM (Family Swim)		3:10PM-3:50PM (Family Swim)			
<b>Family Yoga</b> Studio B		5:30PM-6:15PM (Family) <i>Nakesha M.</i>					
<b>MetCon</b> Training Zone/Upper Turf		6:00PM-7:00PM (Sgt) <i>Zach R.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Sports Performance</b> Studio A		6:00PM-7:00PM (Sgt) <i>Eric S.</i>					
<b>Dynamic Boxing</b> Queenax/Lower Turf		6:00PM-7:00PM (Sgt) <i>Jalen D.</i>		6:00PM-7:00PM (Sgt) <i>Samantha Z.</i>		1:00PM-2:00PM (Sgt) <i>Jalen D.</i>	
<b>LES MILLS DANCE</b> Studio C		6:30PM-7:15PM (Les Mills) <i>Ann S.</i>					
<b>LES MILLS CORE</b> Studio C		7:30PM-8:00PM (Les Mills) <i>Ann S.</i>					
<b>Strength</b> Studio B			8:00AM-8:45AM (Strength) <i>Lissa G.</i>				
<b>Aqua ZUMBA</b> Program Pool			9:15AM-10:00AM (Aqua) <i>Lisa W.</i>		9:15AM-10:00AM (Aqua) <i>Lisa W.</i>		8:00AM-8:45AM (Aqua) <i>Lisa W.</i>
<b>Shock</b> Queenax/Lower Turf			9:15AM-10:15AM (Sgt) <i>Lissa G.</i>		12:30PM-1:30PM (Sgt) <i>Lissa G.</i>		
<b>H.I.I.T.</b> Studio C			10:00AM-10:45AM (Strength) <i>Lori R.</i>				
<b>Launch - LES MILLS BARRE</b> Studio A			10:15AM-10:45AM (Les Mills) <i>Karen D.</i>				
<b>LES MILLS CORE</b> Studio A			10:45AM-11:15AM (Les Mills) <i>Karen D.</i>		10:30AM-11:00AM (Les Mills) <i>Karen D.</i>		
<b>SilverSneakers Classic</b> Studio B			11:00AM-12:00PM (Active Older Adult) <i>Dawn T.</i>		9:00AM-9:45AM (Active Older Adult) <i>Dawn T.</i>  10:00AM-11:00AM (Active Older Adult) <i>Dawn T.</i>		
<b>BOOM</b> Studio C			11:00AM-11:50AM (Active Older Adult) <i>Maureen L.</i>				
<b>Senior Circuit Express</b> Studio C			12:00PM-12:45PM (Active Older Adult) <i>Lori R.</i>				
<b>Chair Yoga</b> Studio B			12:15PM-1:00PM (Active Older Adult) <i>Alissa M.</i>		11:15AM-12:00PM (Active Older Adult) <i>Karen S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Line Dancing</b> Studio A			1:30PM-2:30PM (Dance) <i>Richarda B.</i>				
<b>Women &amp; Weights</b> Queenax/Lower Turf			6:15PM-7:15PM (Sgt) <i>Trina J.</i>				
<b>Cardio Kickboxing</b> Training Zone/Upper Turf			7:00PM-8:00PM (Cardio) <i>Jeremiah S.</i>				
<b>Vinyasa Yoga</b> Studio C				8:00AM-9:00AM (Yoga & Pilates) <i>DeMarie J.</i>  9:30AM-10:30AM (Yoga & Pilates) <i>Ami K.</i>	5:30AM-6:30AM (Yoga & Pilates) <i>Susan C.</i>  9:00AM-10:00AM (Yoga & Pilates) <i>Susan C.</i>	9:30AM-10:30AM (Yoga & Pilates) <i>Ami K.</i>	
<b>Aquacise</b> Program Pool				8:00AM-8:45AM (Aqua) <i>Mary B.</i>			
<b>Zumba Gold</b> Studio B				10:05AM-11:00AM (Active Older Adult) <i>Richarda B.</i>			
<b>H.I.I.T.</b> Studio A				10:30AM-11:15AM (Strength) <i>Lori R.</i>			
<b>Zumba Gold</b> Studio A				11:30AM-12:30PM (Active Older Adult) <i>Richarda B.</i>			
<b>LES MILLS BARRE</b> Studio A				4:45PM-5:15PM (Les Mills) <i>Patti S.</i>	10:00AM-10:30AM (Les Mills) <i>Karen D.</i>		
<b>LES MILLS BODYSTEP</b> Studio B				5:00PM-6:00PM (Les Mills) <i>Suzanne S.</i>			10:15AM-11:15AM (Les Mills) <i>Lauren H.</i>
<b>Yin Yoga</b> Studio C				6:30PM-7:30PM (Yoga & Pilates) <i>Mindy C.</i>			9:15AM-10:15AM (Yoga & Pilates) <i>Karen S.</i>
<b>Youth Strength Training</b> Training Zone/Upper Turf				6:30PM-7:30PM (Sgt) <i>Zach R.</i>			
<b>Family Swim</b> Family Pool					4:30PM-7:30PM (Family Swim)	1:30PM-4:30PM (Family Swim)	1:30PM-4:30PM (Family Swim)
<b>Family Swim</b> Program Pool					4:30PM-7:30PM (Family Swim)	1:30PM-4:30PM (Family Swim)	1:30PM-4:30PM (Family Swim)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Boot Camp</b> Training Zone/Upper Turf						8:30AM-9:15AM (Strength) <i>Samantha Z.</i>	
<b>POUND</b> Studio A						9:30AM-10:15AM (Yoga & Pilates) <i>Sue D.</i>	
<b>Qigong</b> Studio C							8:30AM-9:00AM (Yoga & Pilates) <i>Derek D.</i>
<b>Strength</b> Studio A							9:00AM-10:00AM (Strength) <i>Lissa G.</i>



## Haverford Area YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Water Walking</b> 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)	10:00AM-7:00PM (Water Walking)  10:00AM-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)		7:00AM-6:30PM (Water Walking)
<b>Lap Swimming</b> 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-11:00AM (Lap Swimming)  11:00AM-4:30PM (Lap Swimming)  8:00PM-9:30PM (Lap Swimming)	5:00AM-8:45AM (Lap Swimming)  10:00AM-7:00PM (Lap Swimming)  10:00AM-4:30PM (Lap Swimming)  8:00PM-9:30PM (Lap Swimming)	5:00AM-8:45AM (Lap Swimming)  10:00AM-4:00PM (Lap Swimming)  10:00AM-4:30PM (Lap Swimming)  2:05PM-2:40PM (Lap Swimming)  3:10PM-4:30PM (Lap Swimming)  8:00PM-9:30PM (Lap Swimming)	5:00AM-7:45AM (Lap Swimming)  9:00AM-1:00PM (Lap Swimming)  1:00PM-4:00PM (Lap Swimming)  8:00PM-8:30PM (Lap Swimming)	1:00PM-4:30PM (Lap Swimming)  4:30PM-6:30PM (Lap Swimming)	7:00AM-9:00AM (Lap Swimming)  1:00PM-2:00PM (Lap Swimming)  4:30PM-6:30PM (Lap Swimming)
<b>Sauna Hours</b> 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)
<b>Whirlpool Hours</b> Whirlpool	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)
<b>Strength</b> Group Ex Studio	5:15AM-6:00AM (Strength) <i>Kristen R.</i>	9:00AM-9:45AM (Strength) <i>Sara F.</i>		9:45AM-10:25AM (Strength) <i>Sara F.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Cycle Studio	5:15AM-6:15AM (Cycle) <i>Kate S.</i>	6:15AM-7:00AM (Cycle) <i>Jim T.</i>	5:15AM-6:15AM (Cycle) <i>Kate S.</i>	6:00AM-6:45AM (Cycle) <i>Jess M.</i>	5:15AM-6:15AM (Cycle) <i>Kate S.</i>	7:15AM-8:25AM (Cycle) <i>Kate S.</i>	7:30AM-8:45AM (Cycle) <i>Kate S.</i>
	6:30AM-7:00AM (Cycle) <i>Emily J.</i>	8:15AM-9:00AM (Cycle) <i>Jay K.</i>	6:30AM-7:15AM (Cycle) <i>Alison G.</i>	8:30AM-9:15AM (Cycle) <i>Jay K.</i>	6:30AM-7:00AM (Cycle) <i>Emily J.</i>	8:45AM-9:45AM (Cycle) <i>Jay K.</i>	9:00AM-9:45AM (Cycle) <i>Emily J.</i>
	9:30AM-10:15AM (Cycle) <i>Alison G.</i>	9:30AM-10:15AM (Cycle) <i>Jess M.</i>	8:15AM-9:00AM (Cycle) <i>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>		
<b>Water Walking</b> 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)
		3:30PM-4:00PM (Water Walking)	8:00AM-4:00PM (Water Walking)	8:00AM-11:00AM (Water Walking)	11:00AM-4:00PM (Water Walking)	9:00AM-6:30PM (Water Walking)	4:00PM-4:30PM (Water Walking)
			8:00PM-9:30PM (Water Walking)	1:00PM-4:00PM (Water Walking)	8:00PM-8:30PM (Water Walking)	4:00PM-4:30PM (Water Walking)	4:00PM-6:30PM (Water Walking)
			8:00PM-8:30PM (Water Walking)	1:00PM-3:30PM (Water Walking)  8:00PM-8:30PM (Water Walking)		4:00PM-4:30PM (Water Walking)  4:00PM-6:30PM (Water Walking)	
<b>Quick Fit</b> Group Ex Studio	6:30AM-7:00AM (Strength) <i>Kate S.</i>		6:30AM-7:00AM (Strength) <i>Kate S.</i>				
<b>KidZone Open Care</b> 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)		
<b>Lap Swimming</b> Lap Pool (2 Lanes)	8:45AM-10:00AM (Lap Swimming)	8:45AM-10:00AM (Lap Swimming)			7:45AM-9:00AM (Lap Swimming)	7:30AM-9:00AM (Lap Swimming)	
		7:15PM-8:00PM (Lap Swimming)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Total Body Conditioning</b> Group Ex Studio	8:45AM-9:30AM (Cardio) <i>Kristin A.</i>		8:30AM-9:15AM (Cardio) <i>Sara F.</i>	5:15AM-6:00AM (Cardio) <i>Kristen R.</i>  8:45AM-9:30AM (Cardio) <i>Susie G.</i>	6:15AM-7:00AM (Cardio) <i>Kate S.</i>  8:15AM-9:00AM (Cardio) <i>Kristin A.</i>  4:30PM-5:15PM (Cardio) <i>Kristen R.</i>	7:15AM-8:00AM (Cardio) <i>Summer P.</i>	
<b>Aqua Combo</b> 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>		
<b>Yoga</b> Mind/Body Studio	9:30AM-10:30AM (Yoga & Pilates) <i>Bethany M.</i>	12:00PM-1:00PM (Yoga & Pilates) <i>Amy S.</i>	4:30PM-5:30PM (Yoga & Pilates) <i>Mary B.</i>  6:30PM-7:30PM (Yoga & Pilates) <i>Tom P.</i>	10:30AM-11:30AM (Yoga & Pilates) <i>Priscilla F.</i>	10:30AM-11:30AM (Yoga & Pilates) <i>Priscilla F.</i>  6:30PM-7:30PM (Yoga & Pilates) <i>Abby S.</i>		9:00AM-10:00AM (Yoga & Pilates) <i>Janette M.</i>  1:30PM-2:45PM (Yoga & Pilates) <i>Sheila H.</i>  5:00PM-6:00PM (Yoga & Pilates) <i>Abby S.</i>
<b>Shock</b> 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>			
<b>LES MILLS BODYPUMP</b> Group Ex Studio	9:45AM-10:35AM (Les Mills) <i>Heather B.</i>  5:30PM-6:30PM (Les Mills) <i>Whitney H.</i>	6:00AM-6:45AM (Les Mills) <i>Cealy W.</i>  5:30PM-6:15PM (Les Mills) <i>Christyn R.</i>  8:00PM-9:00PM (Les Mills) <i>Leslie H.</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>Christina R.</i>  8:00PM-9:00PM (Les Mills) <i>Leslie H.</i>	5:15AM-6:00AM (Les Mills) <i>Simone M.</i>  10:30AM-11:15AM (Les Mills) <i>Whitney H.</i>	9:15AM-10:15AM (Les Mills) <i>Kristy C.</i>  12:45PM-1:30PM (Les Mills) <i>Simone M.</i>	9:00AM-10:00AM (Les Mills) <i>Whitney H.</i>  12:40PM-1:40PM (Les Mills) <i>Christyn R.</i>
<b>Silver Cardio Fusion</b> 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>				
<b>Strength Training</b> 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
<b>Dance Fitness</b> Group Ex Studio	11:00AM-12:00PM (Dance) <i>Meeka V.</i>				11:30AM-12:30PM (Dance) <i>Meeka V.</i>		
<b>Water Walking</b> Progam Pool (Deep)	12:00PM-1:00PM (Water Walking)						
<b>Vinyasa Yoga</b> 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>Molly D.</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>	
<b>Total Body Cycle</b> Cycle Studio	12:00PM-12:45PM (Cycle) <i>Amy S.</i>	5:15AM-6:00AM (Cycle) <i>Emily J.</i>					
<b>TRX</b> Mezzanine	12:00PM-1:00PM (Sgt) <i>Corrinne F.</i>	9:30AM-10:30AM (Sgt) <i>Stephanie A.</i>			11:00AM-12:00PM (Sgt) <i>Corrinne F.</i>		
<b>Pilates</b> Group Ex Studio	12:15PM-12:45PM (Yoga & Pilates) <i>Meeka V.</i>				12:45PM-1:15PM (Yoga & Pilates) <i>Meeka V.</i>		
<b>Pop-up LES MILLS GRIT</b> Group Ex Studio	1:05PM-1:35PM (Pop Up) <i>Ted M.</i>						
<b>Youth Open Basketball</b> Gym A	3:00PM-4:15PM (Basketball)	3:00PM-4:15PM (Basketball)	3:00PM-4:15PM (Basketball)	3:00PM-4:15PM (Basketball)  5:30PM-7:15PM (Basketball)			
<b>Lap Swimming</b> Lap Pool (3 Lanes)	4:00PM-8:00PM (Lap Swimming)	4:30PM-7:15PM (Lap Swimming)	4:30PM-8:00PM (Lap Swimming)	4:30PM-8:00PM (Lap Swimming)	4:00PM-8:00PM (Lap Swimming)	1:00PM-4:30PM (Lap Swimming)	2:00PM-4:30PM (Lap Swimming)
<b>LES MILLS BODYATTACK</b> 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>			
<b>Hatha Yoga</b> Mind/Body Studio	4:30PM-5:30PM (Yoga & Pilates) <i>Sheila H.</i>		6:10AM-7:10AM (Yoga & Pilates) <i>Maryanne S.</i>  8:30AM-9:30AM (Yoga & Pilates) <i>Sheila H.</i>	9:00AM-10:00AM (Yoga & Pilates) <i>Tom P.</i>  5:00PM-6:00PM (Yoga & Pilates) <i>Robert (.</i>			
<b>Open Basketball</b> Gym B	5:00PM-6:00PM (Basketball)	7:00AM-11:45AM (Basketball)	7:00AM-11:45AM (Basketball)  9:00PM-9:45PM (Basketball)	9:15AM-11:45AM (Basketball)	5:00AM-2:45PM (Basketball)	7:00AM-10:15AM (Basketball)  1:30PM-6:45PM (Basketball)	7:00AM-10:45AM (Basketball)  12:00PM-6:45PM (Basketball)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Meditation</b> Mind/Body Studio	5:45PM-6:30PM (Yoga & Pilates) <i>Sheila H.</i>						
<b>Ping Pong</b> Multipurpose Room	6:00PM-9:45PM (Ping Pong)	6:00PM-9:45PM (Ping Pong)	12:00PM-5:00PM (Ping Pong)	6:05PM-9:30PM (Ping Pong)	12:00PM-4:00PM (Ping Pong)  6:30PM-8:45PM (Ping Pong)	12:00PM-6:45PM (Ping Pong)	12:00PM-6:45PM (Ping Pong)
<b>Adult Open Gym</b> Gym B	6:15PM-9:45PM (Open Gym)	6:00PM-9:45PM (Open Gym)					
<b>Open Basketball</b> Gym A	6:30PM-9:45PM (Basketball)	9:00AM-10:45AM (Basketball)  12:00PM-2:45PM (Basketball)  9:00PM-9:45PM (Basketball)	10:30AM-2:45PM (Basketball)	10:00AM-1:45PM (Basketball)		5:15PM-6:45PM (Basketball)	1:00PM-6:45PM (Basketball)
<b>LES MILLS BODYCOMBAT</b> 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>	8:10AM-9:00AM (Les Mills) <i>Kristin A.</i>  11:45AM-12:30PM (Les Mills) <i>Simone M.</i>	10:15AM-11:15AM (Les Mills) <i>Jeffrey P.</i>  2:00PM-2:45PM (Les Mills) <i>Leslie M.</i>
<b>LES MILLS BODYBALANCE</b> Mind/Body Studio	6:45PM-7:30PM (Les Mills) <i>Kelly M.</i>						
<b>Zumba</b> 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>
<b>General Open Gym</b> Gym A		5:00AM-6:00AM (Open Gym)  7:00AM-7:45AM (Open Gym)	5:00AM-7:30AM (Open Gym)	5:00AM-6:00AM (Open Gym)  7:00AM-7:45AM (Open Gym)	5:00AM-9:45AM (Open Gym)	7:00AM-9:15AM (Open Gym)	7:00AM-8:45AM (Open Gym)
<b>General Open Gym</b> Gym B		5:00AM-6:00AM (Open Gym)	5:00AM-6:30AM (Open Gym)	5:00AM-6:30AM (Open Gym)			
<b>LES MILLS GRIT</b> Group Ex Studio		5:15AM-5:45AM (Les Mills) <i>Ted M.</i>	1:05PM-1:35PM (Les Mills) <i>Ted M.</i>	8:00AM-8:30AM (Les Mills) <i>Ted M.</i>  6:00PM-6:30PM (Les Mills) <i>Brian M.</i>			
<b>LES MILLS CORE</b> Main Studio		7:00AM-7:45AM (Les Mills) <i>Christina R.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Stretch &amp; Balance</b> Mind/Body Studio		7:20AM-7:50AM (Stretch) <i>Maura P.</i>		3:30PM-4:30PM (Stretch) <i>Maura P.</i>			
<b>Silver &amp; Fit</b> Gym A		8:00AM-8:45AM (Active Older Adult) <i>Eileen C.</i>		8:00AM-8:45AM (Active Older Adult) <i>Eileen C.</i>			
<b>Gentle Yoga</b> Mind/Body Studio		9:00AM-10:00AM (Yoga & Pilates) <i>Mary B.</i>	9:45AM-10:45AM (Yoga & Pilates) <i>Sheila H.</i>				
<b>H.I.I.T.</b> Group Ex Studio		10:00AM-10:30AM (Strength) <i>Sara F.</i>	12:00PM-12:45PM (Strength) <i>Katie M.</i>				
<b>Arthritis Foundation Aquatics Program</b> Program Pool		11:15AM-11:45AM (Aqua) <i>Terry F.</i>		11:15AM-11:45AM (Aqua) <i>Terry F.</i>	10:00AM-10:45AM (Aqua) <i>Terry F.</i>		
<b>SilverSneakers Splash</b> Program Pool		11:50AM-12:35PM (Active Older Adult) <i>Terry F.</i>		11:50AM-12:35PM (Active Older Adult) <i>Terry F.</i>			
<b>Pickleball</b> Gym B		12:00PM-5:15PM (Pickleball)	12:00PM-5:15PM (Pickleball)	12:00PM-5:15PM (Pickleball)			
<b>Yin Yoga</b> Mind/Body Studio		1:30PM-2:30PM (Yoga & Pilates) <i>Sheila H.</i>			5:15PM-6:15PM (Yoga & Pilates) <i>Sharrie L.</i>		
<b>LES MILLS BODYSTEP</b> Group Ex Studio		4:30PM-5:15PM (Les Mills) <i>Jackie B.</i>	5:15AM-6:15AM (Les Mills) <i>Summer P.</i>				8:00AM-8:45AM (Les Mills) <i>Leann D.</i>
<b>Kettlebells</b> Mezzanine		4:45PM-5:45PM (Sgt) <i>Amanda M.</i>			5:30AM-6:30AM (Sgt) <i>Summer P.</i>		
<b>Yoga/Pilates</b> Mind/Body Studio		5:00PM-6:00PM (Yoga & Pilates) <i>Susan G.</i>			9:00AM-10:00AM (Yoga & Pilates) <i>Susan G.</i>		
<b>Teen Volleyball</b> Gym A		6:30PM-8:45PM (Volleyball)					
<b>Aqua ZUMBA</b> Lap Pool		7:15PM-8:00PM (Aqua) <i>Liliya M.</i>			8:00AM-8:45AM (Aqua) <i>Danielle S.</i>		
<b>Lap Swimming</b> Lap Pool (1 Lane)			8:45AM-10:00AM (Lap Swimming)	8:45AM-10:00AM (Lap Swimming)			
<b>Aqua Deep</b> Lap Pool			9:00AM-9:45AM (Aqua) <i>Esther P.</i>			7:45AM-8:45AM (Aqua) <i>Esther P.</i>	
<b>LES MILLS BODYCOMBAT</b> Gym A			9:15AM-10:00AM (Les Mills) <i>Daniella E.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS CORE</b> Group Ex Studio			10:45AM-11:15AM (Les Mills) <i>Kristy C.</i>				
<b>Tai Chi</b> Multipurpose Room			11:00AM-11:45AM (Yoga & Pilates) <i>Qunbin (.</i>				
<b>Silver Women &amp; Weights</b> Mezzanine			11:15AM-12:15PM (Sgt) <i>Jack F.</i>				
<b>Silver Cycle</b> Cycle Studio			12:00PM-12:30PM (Active Older Adult) <i>Jess M.</i>		12:00PM-12:30PM (Active Older Adult) <i>Michele M.</i>		
<b>Strong Survivors</b> Mind/Body Studio			12:00PM-1:00PM (Strength) <i>Carol L.</i>				
<b>Teen Strength Training</b> Mezzanine			4:00PM-5:00PM (Sgt) <i>Ricky D.</i>				
<b>LES MILLS BODYBALANCE</b> Group Ex Studio			5:30PM-6:30PM (Les Mills) <i>Whitney H.</i>				
<b>Adult Pickleball</b> Gym B			5:30PM-8:45PM (Pickleball)		6:00PM-8:45PM (Pickleball)		
<b>LES MILLS RPM</b> Cycle Studio			6:00PM-6:45PM (Les Mills) <i>Joe R.</i>				
<b>Intro to Triathlon</b> Indoor Track			7:00PM-8:00PM (Sgt) <i>Michele M.</i>				
<b>Family Swim</b> Family Fun Pool			7:00PM-8:00PM (Family Swim)		4:30PM-8:00PM (Family Swim)	1:15PM-4:00PM (Family Swim)	
<b>Adult Open Gym</b> Gym A			7:30PM-9:45PM (Open Gym)	7:30PM-9:45PM (Open Gym)			
<b>LES MILLS SPRINT</b> Cycle Studio				5:15AM-5:45AM (Les Mills) <i>Meghan F.</i>			
<b>Aqua Shallow</b> Lap Pool				9:00AM-9:45AM (Aqua) <i>Judy W.</i>			
<b>Line Dancing</b> Multipurpose Room				10:00AM-10:45AM (Dance) <i>Vonda P.</i>			
<b>Silver Cardio Fusion</b> Group Ex Studio				10:45AM-11:30AM (Active Older Adult) <i>Miriam R.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Women &amp; Weights</b> Mezzanine				10:45AM-11:45AM (Sgt) <i>Carol L.</i>			
<b>Tai Chi</b> Mind/Body Studio				12:30PM-1:30PM (Yoga & Pilates) <i>Kirsten E.</i>	3:30PM-4:45PM (Yoga & Pilates) <i>April S.</i>		
<b>PFD Free Time</b> Family Fun Pool				2:00PM-3:00PM (Family Swim)	11:00AM-12:30PM (Family Swim)  2:00PM-3:00PM (Family Swim)		
<b>Lap Swimming</b> Lap Pool (4 Lanes)				2:40PM-3:10PM (Lap Swimming)		9:00AM-1:00PM (Lap Swimming)	9:00AM-1:00PM (Lap Swimming)
<b>Xtreme Hip Hop Step™</b> Group Ex Studio				4:45PM-5:45PM (Dance) <i>Melanie F.</i>			
<b>Zero to 5K Running Club</b> Indoor Track				5:00PM-6:00PM (Sgt) <i>Elissa S.</i>			
<b>KidZone Open Play</b> Gym A				5:30PM-6:15PM (Kidzone)			
<b>Youth Open Basketball</b> Gym B				6:30PM-9:45PM (Basketball)	3:00PM-5:45PM (Basketball)		
<b>Pilates</b> Multipurpose Room					8:00AM-8:45AM (Yoga & Pilates) <i>Barbara M.</i>  10:00AM-10:45AM (Yoga & Pilates) <i>Daniella E.</i>		
<b>Chair Yoga</b> Multipurpose Room					9:00AM-9:45AM (Active Older Adult) <i>Robert (.</i>  11:00AM-11:45AM (Active Older Adult) <i>Mary P.</i>		
<b>Adult Volleyball</b> Gym A					3:00PM-5:15PM (Volleyball)		
<b>Family Swim</b> Program Pool					4:00PM-8:00PM (Family Swim)	1:00PM-3:00PM (Family Swim)  1:00PM-4:00PM (Family Swim)	1:00PM-4:00PM (Family Swim)
<b>Family LES MILLS BODYCOMBAT</b> Group Ex Studio					6:30PM-7:30PM (Family) <i>Leslie H.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Volleyball</b> Gym A					7:30PM-8:45PM (Volleyball)	2:00PM-5:00PM (Volleyball)	
<b>Total Body Conditioning</b> Mind/Body Studio						8:15AM-9:15AM (Cardio) <i>Eileen C.</i>	
<b>Pickleball</b> Gym A						10:30AM-12:45PM (Pickleball)	
<b>Aqua ZUMBA</b> Program Pool							8:00AM-8:45AM (Aqua) <i>Liliya M.</i>
<b>Gentle Yoga</b> Multipurpose Room							10:30AM-11:30AM (Yoga & Pilates) <i>Chelsea N.</i>



## Ambler YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Water Walking</b> Program Pool	5:00AM-9:30AM (Water Walking)  10:30AM-7:30PM (Water Walking)  8:30PM-9:30PM (Water Walking)	5:00AM-9:30AM (Water Walking)  10:30AM-5:00PM (Water Walking)  8:00PM-9:30PM (Water Walking)	5:00AM-8:00AM (Water Walking)  10:30AM-5:00PM (Water Walking)  7:30PM-9:30PM (Water Walking)	5:00AM-9:30AM (Water Walking)  10:30AM-4:30PM (Water Walking)  7:30PM-9:30PM (Water Walking)	5:00AM-8:00AM (Water Walking)  9:00AM-4:00PM (Water Walking)	7:00AM-9:00AM (Water Walking)  12:00PM-1:00PM (Water Walking)  5:00PM-6:30PM (Water Walking)	7:00AM-9:00AM (Water Walking)  5:00PM-6:30PM (Water Walking)
<b>Whirlpool/Sauna Hours</b> 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-6:30PM (Sauna & Whirlpool)	7:00AM-6:30PM (Sauna & Whirlpool)
<b>Lap Swimming</b> 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-4:00PM (Lap Swimming)  6:00PM-8:30PM (Lap Swimming)		
<b>Open Basketball</b> Near Gym	5:00AM-7:00AM (Basketball)  12:00PM-4:15PM (Basketball)  7:15PM-9:45PM (Basketball)	5:00AM-6:45AM (Basketball)  1:00PM-5:15PM (Basketball)  7:15PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball)  12:00PM-5:30PM (Basketball)  7:15PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball)  12:00PM-4:15PM (Basketball)	5:00AM-7:00AM (Basketball)  12:00PM-8:45PM (Basketball)	12:00PM-6:45PM (Basketball)	7:00AM-8:00AM (Basketball)  1:45PM-3:00PM (Basketball)  5:30PM-6:45PM (Basketball)
<b>Open Basketball</b> Far Gym	5:00AM-7:00AM (Basketball)  12:00PM-5:15PM (Basketball)  7:15PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball)  1:00PM-7:15PM (Basketball)  7:15PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball)  12:00PM-5:30PM (Basketball)  7:15PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball)  12:00PM-5:00PM (Basketball)	5:00AM-7:00AM (Basketball)	7:00AM-8:30AM (Basketball)  12:00PM-6:45PM (Basketball)	7:00AM-8:00AM (Basketball)  10:00AM-6:45PM (Basketball)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Cycle Studio	5:15AM-6:15AM (Cycle) <i>Eleanor S.</i>  5:30PM-6:15PM (Cycle) <i>Robin B.</i>	6:00AM-6:45AM (Cycle) <i>Jennifer L.</i>  9:15AM-10:15AM (Cycle) <i>Casey K.</i>	5:15AM-6:15AM (Cycle) <i>Eleanor S.</i>  9:15AM-10:00AM (Cycle) <i>Michelle P.</i>  6:00PM-7:00PM (Cycle) <i>Jennifer L.</i>	6:00AM-6:45AM (Cycle) <i>Jennifer L.</i>  9:30AM-10:15AM (Cycle) <i>Jane K.</i>		9:00AM-10:00AM (Cycle) <i>Krystle H.</i>	
<b>LES MILLS BODYPUMP</b> Large Studio	5:30AM-6:30AM (Les Mills) <i>Karen D.</i>  9:15AM-10:15AM (Les Mills) <i>Karen D.</i>  7:00PM-8:00PM (Les Mills) <i>Michelle M.</i>	8:00AM-9:00AM (Les Mills) <i>Jackie A.</i>  11:45AM-12:45PM (Les Mills) <i>Andrea E.</i>  5:45PM-6:45PM (Les Mills) <i>Lauren H.</i>	5:30AM-6:30AM (Les Mills) <i>Karen D.</i>  9:15AM-10:15AM (Les Mills) <i>Jackie A.</i>  7:00PM-8:00PM (Les Mills) <i>William H.</i>	8:00AM-9:00AM (Les Mills) <i>Michelle M.</i>  11:45AM-12:45PM (Les Mills) <i>Andrea E.</i>  5:45PM-6:45PM (Les Mills) <i>Jack A.</i>	9:15AM-10:15AM (Les Mills) <i>Andrea E.</i>  3:30PM-4:30PM (Les Mills) <i>Michelle M.</i>	10:30AM-11:30AM (Les Mills) <i>Jennifer W.</i>	8:15AM-9:15AM (Les Mills) <i>Amy P.</i>  10:15AM-11:15AM (Les Mills) <i>Gina D.</i>
<b>Yoga</b> Small Studio	7:00AM-8:00AM (Yoga & Pilates) <i>Alicia M.</i>		7:00AM-8:00AM (Yoga & Pilates) <i>Alicia M.</i>  4:15PM-5:30PM (Yoga & Pilates) <i>Jennifer L.</i>	11:30AM-12:30PM (Yoga & Pilates) <i>Alicia M.</i>  7:00PM-8:00PM (Yoga & Pilates) <i>Nancy K.</i>	7:00AM-8:00AM (Yoga & Pilates) <i>Jennifer L.</i>  9:15AM-10:15AM (Yoga & Pilates) <i>Dan R.</i>		
<b>Kettlebells</b> Mezzanine	7:00AM-8:00AM (Sgt) <i>Spike M.</i>						
<b>Pickleball</b> Near Gym	7:00AM-12:00PM (Pickleball)		7:00AM-12:00PM (Pickleball)	7:00AM-12:00PM (Pickleball)	7:00AM-12:00PM (Pickleball)		
<b>Pickleball</b> Far Gym	7:00AM-12:00PM (Pickleball)	7:00AM-1:00PM (Pickleball)	7:00AM-12:00PM (Pickleball)	7:00AM-12:00PM (Pickleball)	7:00AM-12:00PM (Pickleball)		
<b>Trim and Sculpt</b> 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>  4:30PM-5:30PM (Strength) <i>Sonia T.</i>		8:00AM-8:45AM (Strength) <i>Casey K.</i>		
<b>KidZone Open Care</b> 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)

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

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Trim and Sculpt</b> Studio C	5:35PM-6:35PM (Strength) <i>Sonia T.</i>						
<b>LES MILLS BODYSTEP</b> Large Studio	5:45PM-6:45PM (Les Mills) <i>Michelle M.</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>Michelle M.</i>	9:15AM-10:15AM (Les Mills) <i>Michelle M.</i>		8:00AM-9:00AM (Les Mills) <i>Michelle M.</i>	
<b>POUND</b> Studio B	6:15PM-7:00PM (Yoga & Pilates) <i>Sue D.</i>			6:15PM-7:00PM (Yoga & Pilates) <i>Sue D.</i>			
<b>Aqua Yoga/Pilates</b> 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>		
<b>Lap Swimming</b> Lap Pool (5 Lanes)		5:00AM-4:00PM (Lap Swimming)		8:30PM-9:30PM (Lap Swimming)			7:00AM-6:30PM (Lap Swimming)
<b>Boot Camp</b> Large Studio		5:15AM-6:15AM (Strength) <i>Chris B.</i>		5:15AM-6:15AM (Strength) <i>Chris B.</i>			
<b>Stretch &amp; Balance</b> 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>
<b>Quick Fit</b> Studio C		8:30AM-9:00AM (Strength) <i>Casey K.</i>					
<b>Strength Training</b> Mezzanine		9:00AM-10:00AM (Sgt) <i>Richard R.</i>					
<b>LES MILLS BARRE</b> Studio C		9:15AM-10:00AM (Les Mills) <i>Karen D.</i>					
<b>SilverSneakers Stability</b> Small Studio		9:15AM-10:00AM (Active Older Adult) <i>Dana R.</i>		1:00PM-2:00PM (Active Older Adult) <i>Jackie A.</i>			
<b>Pilates</b> Studio B		9:30AM-10:30AM (Yoga & Pilates) <i>Beth T.</i>					10:15AM-11:15AM (Yoga & Pilates) <i>Angie C.</i>
<b>LES MILLS DANCE</b> Small Studio		10:15AM-11:00AM (Les Mills) <i>Dana R.</i>  6:00PM-6:45PM (Les Mills) <i>Jessika T.</i>					10:15AM-11:00AM (Les Mills) <i>Dana R.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS SHAPES</b> Studio C		10:15AM-11:00AM (Les Mills) <i>Karen D.</i>	4:45PM-5:30PM (Les Mills) <i>Alicia M.</i>	7:15PM-8:00PM (Les Mills) <i>Allison H.</i>			
<b>Silver Cardio Fusion</b> Large Studio		10:30AM-11:30AM (Active Older Adult) <i>Jane K.</i>		10:30AM-11:30AM (Active Older Adult) <i>Jane K.</i>			
<b>Yin Yoga</b> 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>
<b>LES MILLS TONE</b> Studio C		11:15AM-12:00PM (Les Mills) <i>Dana R.</i>					
<b>Meditation</b> Small Studio		12:30PM-1:00PM (Yoga & Pilates) <i>Dan R.</i>					1:45PM-2:15PM (Yoga & Pilates) <i>Ami K.</i>
<b>Abilities Dance Fitness</b> Small Studio		2:00PM-2:45PM (Dance) <i>Jenna P.</i>					
<b>Lap Swimming</b> Lap Pool (3 Lanes)		4:00PM-9:30PM (Lap Swimming)	9:45AM-10:35AM (Lap Swimming)		4:00PM-6:00PM (Lap Swimming)	7:00AM-9:30AM (Lap Swimming)	
<b>Pool Reserved</b> Program Reserved		5:00PM-8:00PM (Reserved)	5:00PM-7:30PM (Reserved)	4:30PM-7:30PM (Reserved)		9:00AM-12:00PM (Reserved)	9:00AM-12:15PM (Reserved)
<b>TRX</b> Mezzanine		6:00PM-7:00PM (Sgt) <i>Bonita J.</i>	10:30AM-11:30AM (Sgt) <i>Ami K.</i>	11:30AM-12:30PM (Sgt) <i>Ami K.</i>  6:00PM-7:00PM (Sgt) <i>Bonita J.</i>	10:00AM-11:00AM (Sgt) <i>Ami K.</i>		11:00AM-12:00PM (Sgt) <i>Ami K.</i>
<b>LES MILLS RPM</b> Cycle Studio		6:15PM-7:00PM (Les Mills) <i>Allison H.</i>					10:00AM-10:45AM (Les Mills) <i>Beth B.</i>
<b>Gentle Yoga</b> Small Studio		7:00PM-8:00PM (Yoga & Pilates) <i>Michelle M.</i>				8:00AM-9:00AM (Yoga & Pilates) <i>Molly D.</i>	
<b>Lap Swimming</b> Program Reserved			8:30AM-9:45AM (Lap Swimming)				
<b>Aquacise</b> Lap Pool			9:00AM-9:45AM (Aqua) <i>Dori C.</i>				
<b>Zumba Toning</b> Studio C			10:30AM-11:30AM (Dance) <i>Beth T.</i>				
<b>SilverSneakers Circuit</b> Large Studio			10:30AM-11:30AM (Active Older Adult) <i>Jackie A.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pilates</b> Studio C				8:00AM-9:00AM (Yoga & Pilates) <i>Beth J.</i>			
<b>Boot Camp</b> Studio C				9:15AM-10:15AM (Strength) <i>Jen P.</i>			
<b>Power Yoga</b> 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>	
<b>Silver Strength</b> Small Studio				10:30AM-11:15AM (Active Older Adult) <i>Casey K.</i>			
<b>Meditation</b> Studio B				11:00AM-11:30AM (Yoga & Pilates) <i>Alissa M.</i>			
<b>Qigong</b> Studio B				11:45AM-12:30PM (Yoga & Pilates) <i>Alissa M.</i>			
<b>LES MILLS SPRINT</b> Cycle Studio				6:15PM-6:45PM (Les Mills) <i>Allison H.</i>		8:15AM-8:45AM (Les Mills) <i>Allison H.</i>	
<b>Aqua Combo</b> Lap Pool				7:30PM-8:30PM (Aqua) <i>Maureen B.</i>			
<b>Adult Volleyball</b> Near Gym				7:30PM-9:45PM (Volleyball)			3:30PM-5:30PM (Volleyball)
<b>Adult Volleyball</b> Far Gym				7:30PM-9:45PM (Volleyball)			
<b>Fit Camp</b> Large Studio					5:15AM-6:15AM (Strength) <i>Eleanor S.</i>		
<b>LES MILLS BODYPUMP</b> Studio C					5:30AM-6:30AM (Les Mills) <i>Sonia T.</i>		
<b>Zumba Gold</b> Studio B					9:30AM-10:15AM (Active Older Adult) <i>Jane K.</i>		
<b>Zumba</b> Large Studio					10:30AM-11:30AM (Dance) <i>Jane K.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Silver Strength</b> Studio C					10:30AM-11:30AM (Active Older Adult) <i>Patty K.</i>		
<b>General Open Gym</b> Far Gym					12:00PM-8:45PM (Open Gym)		
<b>Family Swim</b> Program Pool					4:00PM-7:30PM (Family Swim)	1:00PM-5:00PM (Family Swim)	1:00PM-5:00PM (Family Swim)
<b>Pilates</b> Small Studio					4:15PM-5:15PM (Yoga & Pilates) <i>Angie C.</i>		
<b>General Open Gym</b> Near Gym						7:00AM-8:30AM (Open Gym)	
<b>Aquacise</b> Lap Pool (3 Lanes)						7:30AM-8:25AM (Aqua) <i>Maureen B.</i>  8:30AM-9:25AM (Aqua) <i>Maureen B.</i>	
<b>LES MILLS BODYCOMBAT</b> Large Studio						9:15AM-10:15AM (Les Mills) <i>Allison H.</i>	
<b>LES MILLS DANCE</b> Studio C						9:15AM-10:00AM (Les Mills) <i>Aerielle W.</i>	
<b>POUND</b> Studio C						10:15AM-11:00AM (Yoga & Pilates) <i>Lauren H.</i>	
<b>LES MILLS BODYBALANCE</b> Studio C						11:15AM-12:15PM (Les Mills) <i>Allison H.</i>	
<b>LES MILLS SHAPES</b> Large Studio							9:15AM-10:00AM (Les Mills) <i>Karen D.</i>
<b>Family Gym Time</b> Near Gym							10:00AM-1:45PM (Family)
<b>Zumba Gold</b> Studio C							1:00PM-2:00PM (Active Older Adult) <i>Kelly M.</i>



## Rocky Run YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Basketball</b> 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)
<b>Open Basketball</b> 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)
<b>Whirlpool Hours</b> 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)
<b>Lap Swimming</b> Lap Pool (5 Lanes)	5:00AM-8:00AM (Lap Swimming)  10:00AM-12:30PM (Lap Swimming)  8:00PM-9:30PM (Lap Swimming)	5:00AM-7:00AM (Lap Swimming)  8:00AM-12:30PM (Lap Swimming)  1:00PM-3:45PM (Lap Swimming)  3:00PM-4:00PM (Lap Swimming)  8:00PM-9:30PM (Lap Swimming)	5:00AM-7:15AM (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)  1:00PM-8:30PM (Lap Swimming)	7:00AM-9:15AM (Lap Swimming)  2:00PM-6:30PM (Lap Swimming)	7:00AM-9:15AM (Lap Swimming)  2:00PM-6:30PM (Lap Swimming)  5:00PM-6:30PM (Lap Swimming)
<b>Sauna Hours</b> 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)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Studio 3 - Cycle	5:15AM-6:10AM (Cycle) <i>Jen B.</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>Sarah C.</i>	5:15AM-6:10AM (Cycle) <i>Noah G.</i>	9:00AM-9:45AM (Cycle) <i>Brittany S.</i>	9:00AM-10:00AM (Cycle) <i>Sarah C.</i>
<b>LES MILLS BODYPUMP</b> Studio 4 - Main	6:00AM-6:55AM (Les Mills) <i>Gabe H.</i>  9:30AM-10:25AM (Les Mills) <i>Becky S.</i>  5:30PM-6:25PM (Les Mills) <i>Steve K.</i>	8:30AM-9:15AM (Les Mills) <i>Donna G.</i>  6:30PM-7:25PM (Les Mills) <i>Sonia H.</i>	6:00AM-6:55AM (Les Mills) <i>Gabe H.</i>  9:30AM-10:25AM (Les Mills) <i>Taryn L.</i>  4:30PM-5:10PM (Les Mills) <i>Donna G.</i>	6:30PM-7:25PM (Les Mills) <i>Sara F.</i>	6:00AM-6:55AM (Les Mills) <i>Gabe H.</i>  8:15AM-8:45AM (Les Mills) <i>Melissa W.</i>	9:00AM-9:55AM (Les Mills) <i>Mary D.</i>	9:00AM-9:55AM (Les Mills) <i>Marielle O.</i>
<b>Senior Strut</b> Studio 1 - Mind/Body	7:00AM-7:55AM (Active Older Adult) <i>Pam D.</i>		7:00AM-7:55AM (Active Older Adult) <i>Pam D.</i>				
<b>Pickleball - Intermediate/Advanced</b> Gymnasium A	7:30AM-1:00PM (Pickleball)		7:30AM-1:00PM (Pickleball)				
<b>Lap Swimming</b> Lap Pool (3 Lanes)	8:00AM-10:00AM (Lap Swimming)  5:00PM-6:00PM (Lap Swimming)	7:00AM-8:00AM (Lap Swimming)  11:45AM-1:00PM (Lap Swimming)  12:30PM-3:00PM (Lap Swimming)  4:30PM-5:30PM (Lap Swimming)	4:00PM-7:00PM (Lap Swimming)	4:30PM-8:00PM (Lap Swimming)	11:45AM-1:00PM (Lap Swimming)	9:15AM-2:00PM (Lap Swimming)	9:15AM-2:00PM (Lap Swimming)  3:45PM-5:00PM (Lap Swimming)
<b>KidZone Open Care</b> 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)
<b>Water Walking</b> Therapy Pool	8:30AM-10:00AM (Water Walking)  12:00PM-5:30PM (Water Walking)  6:30PM-9:30PM (Water Walking)	8:30AM-9:15AM (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-6:30PM (Water Walking)	9:00AM-10:00AM (Water Walking)  1:15PM-6:30PM (Water Walking)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>H.I.I.T.</b> Studio 4 - Main	8:55AM-9:25AM (Strength) <i>Rhonda G.</i>						
<b>Indoor Row</b> Studio 2 - Multipurpose	9:15AM-9:45AM (Cardio) <i>Ed W.</i>	5:15AM-6:10AM (Cardio) <i>Jen B.</i>  9:45AM-10:15AM (Cardio) <i>Greg S.</i>	5:30PM-6:25PM (Cardio) <i>Rhonda G.</i>	9:30AM-10:00AM (Cardio) <i>Greg S.</i>			
<b>LES MILLS BODYPUMP</b> Studio 4 Main B	9:30AM-10:25AM (Les Mills) <i>Taryn L.</i>	8:30AM-9:15AM (Les Mills) <i>Donna G.</i>				9:00AM-9:55AM (Les Mills) <i>Melissa W.</i>	
<b>Barre</b> Studio 1 - Mind/Body	9:30AM-10:25AM (Yoga & Pilates) <i>Rachel K.</i>			9:30AM-10:25AM (Yoga & Pilates) <i>Rachel K.</i>  5:00PM-5:55PM (Yoga & Pilates) <i>laura M.</i>		10:05AM-11:00AM (Yoga & Pilates) <i>Rachel K.</i>	
<b>Aqua Cardio &amp; Strength</b> Therapy Pool	10:00AM-10:45AM (Aqua) <i>Barbara B.</i>	6:00PM-6:45PM (Aqua) <i>Shelly P.</i>					
<b>Yoga</b> Studio 1 - Mind/Body	10:35AM-11:30AM (Yoga & Pilates) <i>Jerianne M.</i>		8:30AM-9:25AM (Yoga & Pilates) <i>Allie H.</i>		8:15AM-9:10AM (Yoga & Pilates) <i>Jerianne M.</i>  10:30AM-11:25AM (Yoga & Pilates) <i>Bernadette F.</i>		
<b>Pop-up Adaptive Fitness</b> Studio 2 - Multipurpose	10:40AM-11:35AM (Pop Up) <i>Eileen N.</i>		11:30AM-12:15PM (Pop Up) <i>Eileen N.</i>				
<b>Zumba</b> Studio 4 - Main	10:40AM-11:35AM (Dance) <i>Karyn M.</i>					11:15AM-12:15PM (Dance) <i>Stefanie E.</i>	
<b>Aqua Stretch &amp; Strength</b> 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>			
<b>Tai Chi</b> Studio 4 - Main	11:40AM-12:35PM (Yoga & Pilates) <i>April L.</i>		11:40AM-12:35PM (Yoga & Pilates) <i>April L.</i>				
<b>SilverSneakers Classic</b> Studio 1 - Mind/Body	12:00PM-12:45PM (Active Older Adult) <i>Elizabeth S.</i>		12:30PM-1:15PM (Active Older Adult) <i>Eileen N.</i>		12:30PM-1:30PM (Active Older Adult) <i>Pam D.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Chair Yoga</b> 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>				
<b>Lap Swimming</b> Lap Pool (4 Lanes)	4:00PM-9:30PM (Lap Swimming)	3:45PM-6:00PM (Lap Swimming)		4:30PM-5:45PM (Lap Swimming)  7:00PM-8:00PM (Lap Swimming)			
<b>Family Swim</b> Family Pool	4:00PM-8:00PM (Family Swim)	4:00PM-8:00PM (Family Swim)	4:00PM-8:00PM (Family Swim)	4:00PM-8:00PM (Family Swim)	4:00PM-8:00PM (Family Swim)	11:00AM-4:00PM (Family Swim)	10:00AM-4:00PM (Family Swim)
<b>Boot Camp</b> Studio 4 - Main	4:30PM-5:15PM (Strength) <i>Diana R.</i>				4:30PM-5:15PM (Strength) <i>Diana R.</i>		
<b>Programming - Reserved</b> Gymnasium B	4:45PM-8:00PM (Open Gym)	11:00AM-2:00PM (Open Gym)  6:00PM-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)
<b>Zumba</b> Studio 1 - Mind/Body	5:15PM-6:15PM (Dance) <i>Filiz A.</i>	6:30PM-7:25PM (Dance) <i>Jorge A.</i>	5:15PM-6:15PM (Dance) <i>Filiz A.</i>	6:30PM-7:25PM (Dance) <i>Elizabeth S.</i>			
<b>Aqua Boot Camp</b> Therapy Pool	5:30PM-6:30PM (Aqua) <i>Ginny M.</i>	7:00PM-8:00PM (Aqua) <i>Karyn M.</i>	6:00PM-6:45PM (Aqua) <i>Ginny M.</i>				
<b>Lap Swimming</b> Lap Pool (2 Lanes)	6:00PM-8:00PM (Lap Swimming)	5:30PM-8:00PM (Lap Swimming)	6:00PM-8:00PM (Lap Swimming)	6:45AM-8:00AM (Lap Swimming)  5:45PM-7:00PM (Lap Swimming)			
<b>Power Yoga</b> Studio 1 - Mind/Body	6:30PM-7:25PM (Yoga & Pilates) <i>Barb P.</i>		6:30PM-7:25PM (Yoga & Pilates) <i>Barb P.</i>				
<b>LES MILLS BODYCOMBAT</b> Studio 4 - Main	6:30PM-7:25PM (Les Mills) <i>Marielle O.</i>	10:00AM-10:55AM (Les Mills) <i>Raina A.</i>	6:30PM-7:25PM (Les Mills) <i>Sonia H.</i>	4:30PM-5:00PM (Les Mills) <i>Judi F.</i>	9:30AM-10:25AM (Les Mills) <i>Margie R.</i>	10:05AM-11:05AM (Les Mills) <i>Travis P.</i>	10:00AM-10:55AM (Les Mills) <i>Judi F.</i>
<b>LES MILLS SPRINT</b> Studio 3 - Cycle	6:35PM-7:05PM (Les Mills) <i>Steve K.</i>						
<b>LES MILLS GRIT</b> Studio 4 - Main		6:00AM-6:30AM (Les Mills) <i>Andrew H.</i>  9:30AM-10:00AM (Les Mills) <i>Ted M.</i>		6:00AM-6:30AM (Les Mills) <i>Brittany S.</i>	8:55AM-9:25AM (Les Mills) <i>Melissa W.</i>	8:20AM-8:50AM (Les Mills) <i>Andrew H.</i>	
<b>Aqua Combo</b> Lap Pool		7:00AM-7:45AM (Aqua) <i>Dawn A.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pilates</b> 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>		10:00AM-10:55AM (Yoga & Pilates) <i>Maureen M.</i>
<b>Programming - Reserved</b> Gymnasium A		9:30AM-10:30AM (Open Gym)	4:45PM-8:00PM (Open Gym)			8:45AM-12:00PM (Open Gym)	
<b>Pickleball - Beginner/Intermediate</b> Gymnasium A		10:30AM-12:00PM (Pickleball)		8:30AM-12:00PM (Pickleball)  4:45PM-9:45PM (Pickleball)			
<b>Silver Cycle</b> 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>		
<b>Gentle Yoga</b> Studio 1 - Mind/Body		10:35AM-11:30AM (Yoga & Pilates) <i>Sema L.</i>		10:35AM-11:30AM (Yoga & Pilates) <i>Sema L.</i>			
<b>Dance Fitness</b> Studio 4 - Main		11:35AM-12:30PM (Dance) <i>Meeka V.</i>	8:00AM-8:45AM (Dance) <i>Chris P.</i>				
<b>Silver &amp; Fit</b> 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>			
<b>Stand Up Paddleboard Yoga</b> Lap Pool (2 Lanes)		12:00PM-12:45PM (Aqua) <i>Bernadette F.</i>  12:00PM-12:45PM (Aqua) <i>Bernadette F.</i>			12:00PM-12:45PM (Aqua) <i>Bernadette F.</i>		
<b>Zumba Gold</b> Studio 4 - Main		1:15PM-2:00PM (Active Older Adult) <i>Chris P.</i>	10:40AM-11:25AM (Active Older Adult) <i>Bonnie B.</i>	1:15PM-2:00PM (Active Older Adult) <i>Chris P.</i>	1:00PM-1:45PM (Active Older Adult) <i>Bonnie B.</i>		
<b>Family Gym Time</b> Gymnasium B		2:00PM-4:30PM (Family)					
<b>Total Body Conditioning</b> Studio 4 - Main		4:30PM-5:15PM (Cardio) <i>Lisa T.</i>		9:30AM-10:15AM (Cardio) <i>Donna G.</i>			
<b>Pickleball</b> Gymnasium A		4:45PM-9:45PM (Pickleball)					
<b>Meditation</b> Studio 2 - Multipurpose		4:45PM-5:30PM (Yoga & Pilates) <i>Allie H.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYBALANCE</b> Studio 2 - Multipurpose		5:30PM-6:15PM (Les Mills) <i>Lisa T.</i>					
<b>Trim and Sculpt</b> Studio 4 - Main		5:30PM-6:25PM (Strength) <i>Rhonda G.</i>					
<b>Adult Volleyball</b> Gymnasium B		7:00PM-9:45PM (Volleyball)					
<b>Ping Pong</b> Half Gym		7:00PM-9:00PM (Ping Pong)		7:00PM-9:00PM (Ping Pong)			
<b>H.I.I.T.</b> Studio 2 - Multipurpose			5:15AM-6:00AM (Strength) <i>Jen B.</i>				
<b>LES MILLS CORE</b> Studio 1 - Mind/Body			9:30AM-10:15AM (Les Mills) <i>Lisa T.</i>			11:15AM-12:00PM (Les Mills) <i>Judi F.</i>	
<b>LES MILLS BODYBALANCE</b> Studio 1 - Mind/Body			10:15AM-11:10AM (Les Mills) <i>Lisa T.</i>				11:00AM-11:45AM (Les Mills) <i>Judi F.</i>
<b>Chair Pilates</b> Studio 1 - Mind/Body			11:15AM-12:10PM (Active Older Adult) <i>Elleen S.</i>				
<b>Pilates</b> Studio 4 - Main			5:10PM-5:50PM (Yoga & Pilates) <i>Donna G.</i>				
<b>Core Training</b> Studio 2 - Multipurpose				5:30AM-6:00AM (Strength) <i>Jen B.</i>			
<b>Yoga/Pilates</b> Studio 1 - Mind/Body				8:30AM-9:15AM (Yoga & Pilates) <i>Lisa T.</i>			
<b>Zumba Toning</b> Studio 4 - Main				10:35AM-11:30AM (Dance) <i>Marla G.</i>			
<b>Pop-up TRX</b> Studio 2 - Multipurpose				10:45AM-11:15AM (Pop Up) <i>Taryn L.</i>			
<b>Pop-up Senior Cardio Drumming</b> Studio 1 - Mind/Body				1:00PM-1:45PM (Pop Up) <i>Janet T.</i>			
<b>LES MILLS CORE</b> Studio 4 - Main				5:00PM-5:30PM (Les Mills) <i>Judi F.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYBALANCE</b> Studio 4 - Main				5:30PM-6:00PM (Les Mills) <i>Judi F.</i>			
<b>Volleyball</b> Gymnasium B				5:45PM-9:45PM (Volleyball)		1:00PM-6:45PM (Volleyball)	
<b>Open Basketball</b> Full Gym					5:00AM-8:30AM (Basketball)		
<b>Pickleball - Intermediate/Advanced</b> Full Gym					8:30AM-12:00PM (Pickleball)		
<b>Tai Chi</b> Studio 2 - Multipurpose					9:00AM-10:30AM (Yoga & Pilates) <i>Andrea B.</i>		
<b>LES MILLS BODYCOMBAT</b> Studio 4 Main B					9:30AM-10:25AM (Les Mills) <i>Brittany D.</i>	10:05AM-11:05AM (Les Mills) <i>Margie R.</i>	
<b>Aqua Intermediate</b> Therapy Pool					10:00AM-10:45AM (Aqua) <i>Barbara B.</i>  11:00AM-11:45AM (Aqua) <i>Barbara B.</i>		
<b>Fit Camp</b> Studio 4 - Main					10:35AM-11:15AM (Strength) <i>Margie R.</i>		
<b>LES MILLS GRIT</b> Studio 4 Main B						8:20AM-8:50AM (Les Mills) <i>Ted M.</i>	
<b>Pilates</b> Studio 2 - Multipurpose						8:45AM-9:40AM (Yoga & Pilates) <i>Elleen S.</i>	
<b>Vinyasa Yoga</b> Studio 1 - Mind/Body						9:00AM-9:55AM (Yoga & Pilates) <i>Jerianne M.</i>	
<b>Aqua ZUMBA</b> Therapy Pool						9:30AM-10:15AM (Aqua) <i>Elizabeth S.</i>	
<b>Aqua Mind Body Mix</b> Therapy Pool						10:30AM-11:15AM (Aqua) <i>Elizabeth S.</i>	
<b>PFD Free Time</b> Family Pool						11:00AM-12:00PM (Family Swim)	10:00AM-11:00AM (Family Swim)
<b>LES MILLS GRIT CARDIO</b> Studio 4 - Main							8:20AM-8:50AM (Les Mills) <i>Marielle O.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yin Yoga</b> Studio 1 - Mind/Body							9:00AM-9:55AM (Yoga & Pilates) <i>Jerianne M.</i>



## Christian Street YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Basketball</b> 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-8:45AM (Basketball)  12:45PM-5:45PM (Basketball)
<b>Pickleball</b> 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)
<b>Lap Swimming</b> Lap Pool (4 Lanes)	5:15AM-8:50AM (Lap Swimming)	5:15AM-9:20AM (Lap Swimming)  12:30PM-4:00PM (Lap Swimming)	5:15AM-8:50AM (Lap Swimming)  11:00AM-4:00PM (Lap Swimming)	5:15AM-9:20AM (Lap Swimming)  12:15PM-4:00PM (Lap Swimming)	5:15AM-8:50AM (Lap Swimming)  10:00AM-4:50PM (Lap Swimming)  7:00PM-8:00PM (Lap Swimming)	7:15AM-8:50AM (Lap Swimming)	7:15AM-8:50AM (Lap Swimming)
<b>Water Walking</b> Lap Pool (1 Lane)	5:15AM-8:50AM (Water Walking)  10:00AM-4:00PM (Water Walking)	5:15AM-9:20AM (Water Walking)  12:30PM-4:00PM (Water Walking)	5:15AM-8:50AM (Water Walking)  11:00AM-4:00PM (Water Walking)	5:15AM-9:20AM (Water Walking)  12:15PM-4:00PM (Water Walking)	5:15AM-8:50AM (Water Walking)  10:00AM-4:50PM (Water Walking)	7:15AM-8:50AM (Water Walking)	7:15AM-8:50AM (Water Walking)
<b>Programming - Reserved</b> 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)		
<b>KidZone Open Care</b> 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)	
<b>Pool Reserved</b> Lap Pool (3 Lanes)	8:50AM-9:50AM (Reserved)  4:30PM-8:00PM (Reserved)	8:50AM-11:00AM (Reserved)  4:00PM-6:15PM (Reserved)	8:50AM-11:00AM (Reserved)  4:00PM-8:00PM (Reserved)	9:20AM-12:15PM (Reserved)  4:00PM-6:15PM (Reserved)	8:50AM-10:00AM (Reserved)		
<b>Lap Swimming</b> Lap Pool (2 Lanes)	8:50AM-10:00AM (Lap Swimming)  4:30PM-8:00PM (Lap Swimming)	9:20AM-12:30PM (Lap Swimming)  4:00PM-6:15PM (Lap Swimming)  6:15PM-8:00PM (Lap Swimming)	8:50AM-11:00AM (Lap Swimming)  4:00PM-8:00PM (Lap Swimming)	9:20AM-12:15PM (Lap Swimming)  4:00PM-6:15PM (Lap Swimming)	8:50AM-9:50AM (Lap Swimming)  4:50PM-8:00PM (Lap Swimming)	1:30PM-5:15PM (Lap Swimming)	3:15PM-5:15PM (Lap Swimming)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aquacise</b> 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>		
<b>H.I.I.T.</b> Main Studio	9:00AM-9:45AM (Strength) <i>Michelle P.</i>						
<b>TRX</b> Gym B	9:00AM-10:00AM (Sgt) <i>Jake D.</i>						
<b>Dance Fitness</b> Main Studio	10:00AM-11:00AM (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>		
<b>Lap Swimming</b> Lap Pool (3 Lanes)	10:00AM-4:00PM (Lap Swimming)						
<b>Hatha Yoga</b> 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>		
<b>Pool Reserved</b> Lap Pool (1 Lane)	3:50PM-4:30PM (Reserved)						
<b>Vinyasa Yoga</b> Main Studio	5:30PM-6:15PM (Yoga & Pilates) <i>Amina M.</i>		5:30PM-6:30PM (Yoga & Pilates) <i>Amina M.</i>		5:15PM-6:00PM (Yoga & Pilates) <i>Juliet O.</i>	1:30PM-2:30PM (Yoga & Pilates) <i>Amina M.</i>	
<b>Pickleball 101 Instruction</b> Gym B	6:15PM-8:45PM (Pickleball)						
<b>Zumba Toning</b> 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>	
<b>Programming - Reserved</b> 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)		
<b>Strength</b> Main Studio		6:00AM-6:30AM (Strength) <i>Agnes P.</i>	3:30PM-4:15PM (Strength) <i>Sandra T.</i>	6:00AM-6:30AM (Strength) <i>Agnes P.</i>  9:45AM-10:30AM (Strength) <i>Deborah H.</i>		9:00AM-9:45AM (Strength) <i>Agnes P.</i>	
<b>LES MILLS BODYPUMP</b> Main Studio		9:00AM-10:00AM (Les Mills) <i>Deborah H.</i>					
<b>Gentle Yoga</b> Main Studio		10:15AM-11:15AM (Yoga & Pilates) <i>Kristof Z.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua Stretch &amp; Strength</b> Lap Pool		10:15AM-11:15AM (Aqua) <i>Moonstone S.</i>					
<b>Arthritis Foundation Aquatics Program</b> 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>			
<b>Tai Chi</b> Main Studio		11:30AM-12:30PM (Yoga & Pilates) <i>David B.</i>				11:30AM-12:15PM (Yoga & Pilates) <i>David B.</i>	
<b>BOOM</b> Main Studio		12:30PM-1:15PM (Active Older Adult) <i>Janet F.</i>					
<b>Total Body Conditioning</b> Main Studio		3:30PM-4:15PM (Cardio) <i>Theresa P.</i>			9:00AM-9:45AM (Cardio) <i>Theresa P.</i>		
<b>Open Basketball</b> 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)	11:00AM-5:45PM (Basketball)
<b>Pool Reserved</b> Lap Pool (5 Lanes)		6:15PM-8:00PM (Reserved)		6:15PM-8:00PM (Reserved)			
<b>Cardio Kickboxing &amp; Core</b> Main Studio			9:00AM-10:00AM (Cardio) <i>Michelle P.</i>				
<b>Cardio Fusion</b> Main Studio				9:00AM-9:30AM (Cardio) <i>Deborah H.</i>			
<b>Aqua Yoga/Pilates</b> Lap Pool				9:30AM-10:30AM (Aqua) <i>Janet F.</i>			
<b>Stretch &amp; Balance</b> Main Studio				10:30AM-11:00AM (Stretch) <i>Deborah H.</i>			
<b>SilverSneakers Classic</b> Main Studio				11:15AM-12:15PM (Active Older Adult) <i>Janet F.</i>			
<b>Chair Yoga</b> Main Studio				12:15PM-1:00PM (Active Older Adult) <i>Janet F.</i>			
<b>Yoga</b> Main Studio				6:30PM-7:30PM (Yoga & Pilates) <i>Amina M.</i>			
<b>Pilates</b> Main Studio					10:15AM-11:00AM (Yoga & Pilates) <i>Deborah H.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Family Swim</b> Lap Pool (3 Lanes)					5:00PM-7:00PM (Family Swim)	2:00PM-5:00PM (Family Swim)	3:30PM-5:00PM (Family Swim)
<b>Advanced Tai Chi</b> Main Studio						12:15PM-1:00PM (Yoga & Pilates) <i>David B.</i>	
<b>General Open Gym</b> Gym A						12:30PM-4:45PM (Open Gym)	
<b>Family Gym Time</b> Gym A							9:00AM-11:00AM (Family)
<b>Family Gym Time</b> Gym B							9:00AM-11:00AM (Family)



## Boyertown YMCA | September 8th - September 14th

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

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cardio Kickboxing</b> Group Exercise Studio	5:40PM-6:20PM (Cardio) <i>Val S.</i>	9:15AM-10:15AM (Cardio) <i>Heidi F.</i>					
<b>Total Body Conditioning</b> SMB Studio		5:15AM-6:00AM (Cardio) <i>Tina S.</i>					
<b>Stretch &amp; Balance</b> Group Exercise Studio		8:15AM-9:00AM (Stretch) <i>Natalie T.</i>			11:30AM-12:15PM (Stretch) <i>Nadine D.</i>		
<b>Core Training</b> SMB Studio		8:30AM-9:00AM (Strength) <i>Heidi F.</i>					
<b>Zumba</b> Gymnasium		9:15AM-10:15AM (Dance) <i>Michelle E.</i>			9:15AM-10:15AM (Dance) <i>Michelle E.</i>		
<b>Aqua Shallow</b> Lap Pool		10:15AM-11:00AM (Aqua) <i>Gail B.</i>		10:15AM-11:00AM (Aqua) <i>Gail B.</i>			
<b>Silver Cardio Fusion</b> Group Exercise Studio		10:30AM-11:15AM (Active Older Adult) <i>Heidi F.</i>					
<b>Zumba</b> Group Exercise Studio		4:30PM-5:30PM (Dance) <i>Sallie R.</i>		6:45PM-7:45PM (Dance) <i>Pam K.</i>			
<b>Total Body Conditioning</b> 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>Tina S.</i>				
<b>General Open Gym</b> Full Gym		6:30PM-9:45PM (Open Gym)					
<b>Functional Pilates</b> SMB Studio			8:15AM-9:00AM (Yoga & Pilates) <i>Nadine D.</i>				
<b>Silver Strength</b> 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>			
<b>Line Dancing</b> Group Exercise Studio			11:30AM-12:15PM (Dance) <i>Robin W.</i>				
<b>Pilates</b> Group Exercise Studio			5:30PM-6:20PM (Yoga & Pilates) <i>Nadine D.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYPUMP</b> Group Exercise Studio			6:30PM-7:30PM (Les Mills) <i>Val S.</i>		9:15AM-10:15AM (Les Mills) <i>Zack S.</i>		
<b>LES MILLS BODYATTACK</b> Group Exercise Studio				9:15AM-10:00AM (Les Mills) <i>Zack S.</i>			
<b>SilverSneakers Splash</b> Lap Pool				9:30AM-10:15AM (Active Older Adult) <i>Connie S.</i>			
<b>Barre</b> SMB Studio				5:30PM-6:30PM (Yoga & Pilates) <i>Kelly W.</i>			
<b>LES MILLS BODYCOMBAT</b> Group Exercise Studio				5:30PM-6:30PM (Les Mills) <i>Kim C.</i>		8:00AM-8:45AM (Les Mills) <i>Jenn G.</i>	
<b>Gentle Yoga</b> SMB Studio				7:05PM-8:00PM (Yoga & Pilates) <i>Allison S.</i>			
<b>SilverSneakers Classic</b> Group Exercise Studio					8:15AM-9:00AM (Active Older Adult) <i>Natalie T.</i>		
<b>Aqua ZUMBA</b> Lap Pool					10:30AM-11:15AM (Aqua) <i>Michelle E.</i>		
<b>Water Walking</b> Lap Pool (2 Lanes)					11:00AM-3:00PM (Water Walking)	12:00PM-6:00PM (Water Walking)	7:15AM-10:00AM (Water Walking)  3:30PM-6:00PM (Water Walking)
<b>Pickleball</b> Gymnasium					11:30AM-1:30PM (Pickleball)		
<b>Zumba Toning</b> Group Exercise Studio					4:30PM-5:30PM (Dance) <i>Sallie R.</i>		
<b>Barre</b> Group Exercise Studio						10:00AM-11:00AM (Yoga & Pilates) <i>Nadine D.</i>	
<b>Adult Lap Swimming</b> Lap Pool (2 Lanes)							10:00AM-12:30PM (Lap Swimming)



## Roxborough YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Basketball</b> Full Gym	5:00AM-10:30AM (Basketball)  1:00PM-3:00PM (Basketball)  7:15PM-9:00PM (Basketball)	5:00AM-11:00AM (Basketball)  6:00PM-9:00PM (Basketball)	5:00AM-10:30AM (Basketball)  1:00PM-3:00PM (Basketball)  7:15PM-9:00PM (Basketball)	5:00AM-3:00PM (Basketball)	5:00AM-10:30AM (Basketball)  1:00PM-3:00PM (Basketball)	7:00AM-11:30AM (Basketball)  12:45PM-6:00PM (Basketball)	7:00AM-6:00PM (Basketball)
<b>Lap Swimming</b> Lap Pool (4 Lanes)	5:00AM-9:00AM (Lap Swimming)	5:00AM-5:45AM (Lap Swimming)  7:15AM-9:00AM (Lap Swimming)	5:00AM-9:00AM (Lap Swimming)	5:00AM-9:00AM (Lap Swimming)	5:00AM-9:00AM (Lap Swimming)  7:30PM-8:30PM (Lap Swimming)	7:00AM-8:00AM (Lap Swimming)  4:30PM-5:30PM (Lap Swimming)	7:00AM-9:30AM (Lap Swimming)  4:30PM-5:30PM (Lap Swimming)
<b>Kettlebells</b> Studio A	6:00AM-6:45AM (Strength) <i>Chris G.</i>		7:30PM-8:30PM (Strength) <i>John G.</i>				8:15AM-9:00AM (Strength) <i>John G.</i>
<b>LES MILLS BODYPUMP</b> Studio A	8:00AM-9:00AM (Les Mills) <i>Beth B.</i>  7:05PM-8:05PM (Les Mills) <i>Tamar P.</i>		8:30AM-9:15AM (Les Mills) <i>Beth B.</i>  6:20PM-7:20PM (Les Mills) <i>Janine G.</i>	5:30PM-6:30PM (Les Mills) <i>Brittany F.</i>	5:30AM-6:15AM (Les Mills) <i>Chris G.</i>	8:30AM-9:30AM (Les Mills) <i>Brittany F.</i>	
<b>KidZone Open Care</b> 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)
<b>LES MILLS BODYBALANCE</b> Studio A	9:00AM-9:45AM (Les Mills) <i>Sarah M.</i>	12:15PM-1:15PM (Les Mills) <i>Beth B.</i>					
<b>Water Walking</b> Lap Pool (2 Lanes)	9:00AM-10:30AM (Water Walking)  11:15AM-4:30PM (Water Walking)	9:00AM-10:00AM (Water Walking)  12:00PM-4:30PM (Water Walking)	10:00AM-4:30PM (Water Walking)	9:00AM-10:00AM (Water Walking)  12:00PM-4:30PM (Water Walking)	9:00AM-3:30PM (Water Walking)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swimming</b> Lap Pool (2 Lanes)	9:00AM-4:30PM (Lap Swimming)  4:30PM-8:30PM (Lap Swimming)	5:45AM-10:00AM (Lap Swimming)  9:00AM-10:00AM (Lap Swimming)  12:00PM-8:30PM (Lap Swimming)	10:00AM-4:30PM (Lap Swimming)  4:30PM-8:30PM (Lap Swimming)	9:00AM-10:00AM (Lap Swimming)  12:00PM-8:30PM (Lap Swimming)	9:00AM-7:30PM (Lap Swimming)	1:30PM-4:30PM (Lap Swimming)	1:30PM-4:30PM (Lap Swimming)
<b>Pickleball</b> Full Gym	10:30AM-1:00PM (Pickleball)		10:30AM-1:00PM (Pickleball)		10:30AM-1:00PM (Pickleball)		
<b>SilverSneakers Splash</b> Lap Pool	10:30AM-11:15AM (Active Older Adult) <i>Karen M.</i>		9:15AM-10:00AM (Active Older Adult) <i>Danielle M.</i>				
<b>Pool Reserved</b> Lap Pool (2 Lanes)	10:30AM-11:15AM (Reserved) <i>Karen M.</i>  4:30PM-8:30PM (Reserved)	5:45AM-7:15AM (Reserved)  4:30PM-8:30PM (Reserved)	4:30PM-8:30PM (Reserved)	4:30PM-8:30PM (Reserved)			10:30AM-1:30PM (Reserved)
<b>SilverSneakers Stability</b> Studio B	11:45AM-12:30PM (Active Older Adult) <i>Karen M.</i>	10:00AM-10:45AM (Active Older Adult) <i>Danielle M.</i>					
<b>Programming - Reserved</b> Full Gym	3:00PM-7:15PM (Open Gym)	3:00PM-6:00PM (Open Gym)	3:00PM-6:00PM (Open Gym)			11:30AM-12:45PM (Open Gym)	
<b>Cycle</b> Studio B	5:30PM-6:15PM (Cycle) <i>Courtney M.</i>		9:15AM-10:00AM (Cycle) <i>Cailin M.</i>	6:00PM-6:45PM (Cycle) <i>Abby Y.</i>	6:00PM-7:00PM (Cycle) <i>John G.</i>	8:00AM-8:45AM (Cycle) <i>John G.</i>	
<b>Zumba</b> 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>	
<b>Yoga</b> 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>Taylor T.</i>			
<b>LES MILLS GRIT</b> Studio A		5:30AM-6:00AM (Les Mills) <i>Amber R.</i>		5:30AM-6:00AM (Les Mills) <i>Haley M.</i>			
<b>Pop-up Cycle</b> Studio B		6:00AM-6:45AM (Pop Up) <i>John G.</i>					
<b>Boot Camp</b> Studio A		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>
<b>Lap Swimming</b> Lap Pool (1 Lane)		10:00AM-12:00PM (Lap Swimming)	9:00AM-10:00AM (Lap Swimming)	10:00AM-12:00PM (Lap Swimming)		8:00AM-1:30PM (Lap Swimming)	9:30AM-1:30PM (Lap Swimming)
<b>Pool Reserved</b> Lap Pool (3 Lanes)		10:00AM-12:00PM (Reserved) <i>Beverly R.</i>	9:15AM-10:00AM (Reserved) <i>Danielle M.</i>	10:00AM-12:00PM (Reserved) <i>Beverly R.</i>		8:00AM-1:30PM (Reserved)	9:00AM-10:30AM (Reserved)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Arthritis Foundation Aquatics Program</b> Lap Pool		10:00AM-11:00AM (Aqua) <i>Beverly R.</i>		10:00AM-11:00AM (Aqua) <i>Beverly R.</i>			
<b>Pilates</b> Studio A		10:15AM-11:00AM (Yoga & Pilates) <i>Diane R.</i>					
<b>Aqua Ai Chi</b> Lap Pool		11:00AM-12:00PM (Aqua) <i>Beverly R.</i>		11:00AM-12:00PM (Aqua) <i>Beverly R.</i>			
<b>Trim and Sculpt</b> Studio A		11:15AM-12:00PM (Strength) <i>Diane R.</i>					
<b>Boot Camp</b> Studio B		6:15PM-7:00PM (Strength) <i>Felicia P.</i>	5:15PM-6:00PM (Strength) <i>T'sidiquah M.</i>			9:00AM-10:00AM (Strength) <i>T'sidiquah M.</i>	
<b>LES MILLS CORE</b> Studio B		7:10PM-7:50PM (Les Mills) <i>Rivkah M.</i>					
<b>Total Body Cycle</b> Studio B			6:00AM-6:45AM (Cycle) <i>John G.</i>				
<b>Yoga</b> Studio A			9:30AM-10:30AM (Yoga & Pilates) <i>Marilyn B.</i>	8:00AM-9:00AM (Yoga & Pilates) <i>Belle k.</i>	10:00AM-11:00AM (Yoga & Pilates) <i>Jennifer M.</i>		11:00AM-12:00PM (Yoga & Pilates) <i>Rivkah M.</i>
<b>LES MILLS BODYCOMBAT</b> Studio A			5:15PM-6:15PM (Les Mills) <i>Faith B.</i>			9:35AM-10:35AM (Les Mills) <i>Beth B.</i>	
<b>H.I.I.T.</b> Studio A				9:15AM-10:00AM (Strength) <i>Danielle M.</i>			
<b>Barre</b> Studio A				10:15AM-11:00AM (Yoga & Pilates) <i>Danielle M.</i>			
<b>SilverSneakers Classic</b> Studio B				11:00AM-12:00PM (Active Older Adult) <i>Karen M.</i>			
<b>Line Dancing</b> Studio A				12:00PM-1:00PM (Dance) <i>Divora B.</i>			
<b>Programming - Reserved</b> Gymnasium				3:00PM-6:00PM (Open Gym)	3:00PM-6:00PM (Open Gym)		
<b>Open Basketball</b> Gymnasium				6:00PM-9:00PM (Basketball)	6:00PM-9:00PM (Basketball)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SilverSneakers Circuit</b> Studio B					10:00AM-11:00AM (Active Older Adult) <i>Karen M.</i>		
<b>Family Swim</b> Lap Pool (2 Lanes)					3:30PM-7:30PM (Family Swim)	1:30PM-4:30PM (Family Swim)	1:30PM-4:30PM (Family Swim)
<b>Zumba Kids</b> Studio A						12:00PM-12:30PM (Dance) <i>Patricia C.</i>	
<b>LES MILLS BODYCOMBAT</b> Studio B							10:00AM-11:00AM (Les Mills) <i>Ginger D.</i>
<b>Pop-up Strength/Kickboxing</b> Studio A							10:10AM-10:50AM (Pop Up) <i>T'sidiquah M.</i>
<b>Family Yoga</b> Studio A							12:30PM-1:00PM (Family) <i>Rivkah M.</i>



## Mt. Laurel YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>General Open Gym</b> Full Gym	5:00AM-7:30AM (Open Gym)  12:30PM-5:30PM (Open Gym)  6:35PM-9:30PM (Open Gym)	5:00AM-6:45AM (Open Gym)  5:00PM-5:30PM (Open Gym)  7:30PM-9:30PM (Open Gym)	5:00AM-7:30AM (Open Gym)  7:00PM-9:30PM (Open Gym)	5:00AM-6:45AM (Open Gym)  7:30PM-9:30PM (Open Gym)	5:00AM-7:30AM (Open Gym)  12:30PM-6:15PM (Open Gym)  7:30PM-8:30PM (Open Gym)	7:00AM-8:30AM (Open Gym)  12:20PM-6:30PM (Open Gym)	7:00AM-8:45AM (Open Gym)  11:15AM-6:30PM (Open Gym)
<b>Lap Swimming</b> Lap Pool (6 Lanes)	5:15AM-7:50AM (Lap Swimming)  10:00AM-12:50PM (Lap Swimming)  3:00PM-3:50PM (Lap Swimming)  9:00PM-9:30PM (Lap Swimming)	5:15AM-8:50AM (Lap Swimming)  12:00PM-3:50PM (Lap Swimming)  9:00PM-9:30PM (Lap Swimming)	5:15AM-7:50AM (Lap Swimming)  12:15PM-3:50PM (Lap Swimming)  9:00PM-9:30PM (Lap Swimming)	5:15AM-8:50AM (Lap Swimming)  12:00PM-12:50PM (Lap Swimming)  3:00PM-3:50PM (Lap Swimming)  9:00PM-9:30PM (Lap Swimming)	5:15AM-7:50AM (Lap Swimming)  11:00AM-1:00PM (Lap Swimming)  2:00PM-3:20PM (Lap Swimming)  8:00PM-8:30PM (Lap Swimming)	7:15AM-8:10AM (Lap Swimming)  3:00PM-6:30PM (Lap Swimming)	
<b>Boot Camp</b> Studio B	5:45AM-6:35AM (Strength) <i>Maureen G.</i>						
<b>Adult Basketball</b> Gym A	7:35AM-10:30AM (Basketball)		7:35AM-10:30AM (Basketball)		7:35AM-9:45AM (Basketball)		
<b>General Open Gym</b> Gym B	7:35AM-10:30AM (Open Gym)	7:00AM-8:00AM (Open Gym)  3:00PM-5:00PM (Open Gym)	7:35AM-10:30AM (Open Gym)  12:30PM-5:15PM (Open Gym)	7:00AM-8:00AM (Open Gym)  3:00PM-5:00PM (Open Gym)	7:35AM-9:45AM (Open Gym)		8:45AM-11:15AM (Open Gym)
<b>Aquacise</b> 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>	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>	8:00AM-8:50AM (Aqua) <i>Patricia H.</i>  9:00AM-9:50AM (Aqua) <i>Patricia H.</i>  10:00AM-10:50AM (Aqua) <i>Patricia H.</i>		
<b>Stretch &amp; Balance</b> Studio B	8:00AM-8:50AM (Stretch) <i>Denette B.</i>		8:00AM-8:50AM (Stretch) <i>Denette B.</i>		8:00AM-8:50AM (Stretch) <i>Denette B.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swimming</b> Lap Pool (3 Lanes)	8:00AM-8:50AM (Lap Swimming)	11:00AM-12:00PM (Lap Swimming)	8:00AM-9:50AM (Lap Swimming)  11:30AM-12:15PM (Lap Swimming)	11:00AM-12:00PM (Lap Swimming)	8:00AM-11:00AM (Lap Swimming)	12:30PM-3:00PM (Lap Swimming)	4:30PM-6:30PM (Lap Swimming)
<b>KidZone Open Care</b> 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)	
<b>Cycle</b> 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>
<b>Lap Swimming</b> Lap Pool (2 Lanes)	9:00AM-10:00AM (Lap Swimming)  4:00PM-4:20PM (Lap Swimming)	10:00AM-10:50AM (Lap Swimming)	4:00PM-4:20PM (Lap Swimming)	10:00AM-10:50AM (Lap Swimming)			4:00PM-4:30PM (Lap Swimming)
<b>Total Body Conditioning</b> Studio B	9:30AM-10:20AM (Cardio) <i>Kathleen D.</i>		9:30AM-10:20AM (Cardio) <i>Kathleen D.</i>		9:30AM-10:20AM (Cardio) <i>Kathleen D.</i>		
<b>Kettlebells</b> Studio C	9:30AM-10:20AM (Strength) <i>Sasha Y.</i>					9:00AM-9:50AM (Strength) <i>Sasha Y.</i>	
<b>Barre</b> Studio B	11:00AM-11:50AM (Yoga & Pilates) <i>Cindy M.</i>						
<b>Silver &amp; Fit</b> Gymnasium	11:00AM-12:00PM (Active Older Adult) <i>Kathleen D.</i>		11:00AM-12:00PM (Active Older Adult) <i>Kathleen D.</i>		10:00AM-10:50AM (Active Older Adult) <i>Karen W.</i>		
<b>Tai Chi</b> Studio B	12:45PM-1:35PM (Yoga & Pilates) <i>Elaine S.</i>						
<b>Lap Swimming</b> Lap Pool (4 Lanes)	1:00PM-3:00PM (Lap Swimming)		10:00AM-11:20AM (Lap Swimming)	1:00PM-3:00PM (Lap Swimming)		8:15AM-8:45AM (Lap Swimming)	
<b>Family Swim</b> Lap Pool (2 Lanes)	1:00PM-3:00PM (Family Swim)			1:00PM-3:00PM (Family Swim)			
<b>Line Dancing</b> Studio B	2:00PM-3:00PM (Dance) <i>Jeremy D.</i>			1:30PM-2:30PM (Dance) <i>Jeremy D.</i>		12:15PM-1:05PM (Dance) <i>Shamsun N.</i>	
<b>General Open Gym</b> Gym A	5:30PM-6:30PM (Open Gym)	5:30PM-7:30PM (Open Gym)	5:30PM-7:00PM (Open Gym)	5:15PM-7:30PM (Open Gym)	6:15PM-7:30PM (Open Gym)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Programming - Reserved</b> Gym B	5:30PM-6:35PM (Open Gym)	5:30PM-7:30PM (Open Gym)	6:00PM-7:00PM (Open Gym)	5:30PM-7:30PM (Open Gym)	6:15PM-7:30PM (Open Gym)		
<b>Cardio Fusion</b> Studio B	6:00PM-6:50PM (Cardio) <i>Janelle C.</i>	8:00AM-8:50AM (Cardio) <i>Karen W.</i>	5:30PM-6:20PM (Cardio) <i>Lynn M.</i>	8:00AM-8:50AM (Cardio) <i>Karen W.</i>	5:30PM-6:20PM (Cardio) <i>Janelle C.</i>		
<b>Yin Yoga</b> Studio B	7:00PM-7:50PM (Yoga & Pilates) <i>Liz G.</i>						
<b>Lap Swimming</b> Lap Pool (1 Lane)	7:30PM-9:00PM (Lap Swimming)	9:00AM-9:50AM (Lap Swimming)  7:45PM-9:00PM (Lap Swimming)	8:00PM-9:00PM (Lap Swimming)	9:00AM-9:50AM (Lap Swimming)  7:45PM-9:00PM (Lap Swimming)	3:30PM-5:00PM (Lap Swimming)		11:30AM-1:30PM (Lap Swimming)
<b>Programming - Reserved</b> Gym A		7:00AM-8:30AM (Open Gym)	12:30PM-1:30PM (Open Gym)	7:00AM-8:30AM (Open Gym)			
<b>Pickleball</b> Gym B		8:00AM-8:30AM (Pickleball)		8:00AM-8:30AM (Pickleball)			
<b>Pickleball</b> Full Gym		8:30AM-10:30AM (Pickleball)		8:30AM-10:30AM (Pickleball)			
<b>Aqua Cardio &amp; Strength</b> Lap Pool		9:00AM-9:50AM (Aqua) <i>Lesley D.</i>		9:00AM-9:50AM (Aqua) <i>Lesley D.</i>			
<b>Launch - LES MILLS RPM</b> Studio A		9:00AM-9:50AM (Les Mills) <i>Betty R.</i>					
<b>Aqua Intermediate</b> Lap Pool		10:00AM-10:50AM (Aqua) <i>Lesley D.</i>		10:00AM-10:50AM (Aqua) <i>Lesley D.</i>			
<b>Yoga</b> 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>
<b>SilverSneakers Classic</b> Full Gym		11:00AM-11:50AM (Active Older Adult) <i>Linda M.</i>		11:00AM-11:50AM (Active Older Adult) <i>Mary G.</i>			
<b>Meditation</b> Studio B		12:00PM-12:20PM (Yoga & Pilates) <i>Celeste H.</i>		12:00PM-12:20PM (Yoga & Pilates) <i>Celeste H.</i>			
<b>Chair Yoga</b> Studio B		12:30PM-1:20PM (Active Older Adult) <i>Celeste H.</i>		12:30PM-1:20PM (Active Older Adult) <i>Celeste H.</i>			
<b>Pickleball</b> Gym A		3:00PM-5:00PM (Pickleball)	1:30PM-5:15PM (Pickleball)	3:00PM-5:00PM (Pickleball)			8:45AM-11:15AM (Pickleball)
<b>Cardio Kickboxing</b> Studio B		5:15PM-6:05PM (Cardio) <i>Cherri S.</i>		5:30PM-6:20PM (Cardio) <i>Cherri S.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Programming - Reserved</b> Full Gym		5:30PM-6:30PM (Open Gym)					
<b>Core Training</b> Studio B		6:15PM-6:45PM (Strength) <i>Cherri S.</i>	7:30PM-8:00PM (Strength) <i>Sheryl D.</i>				
<b>H.I.I.T.</b> 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>			
<b>LES MILLS BODYPUMP</b> Studio B		7:00PM-7:50PM (Les Mills) <i>Debbie C.</i>		6:30PM-7:20PM (Les Mills) <i>Renee K.</i>			
<b>Trim and Sculpt</b> Studio B			5:45AM-6:35AM (Strength) <i>Maureen G.</i>				
<b>LES MILLS RPM</b> Studio A			8:30AM-9:20AM (Les Mills) <i>Kathleen D.</i>	9:00AM-9:50AM (Les Mills) <i>Kathleen D.</i>			
<b>Pilates</b> Studio B			10:30AM-11:20AM (Yoga & Pilates) <i>Karen W.</i>	9:30AM-10:20AM (Yoga & Pilates) <i>Annette G.</i>			
<b>Silver Cycle</b> Studio A			12:00PM-12:50PM (Active Older Adult) <i>Audrey W.</i>		12:00PM-12:50PM (Active Older Adult) <i>Irene E.</i>		
<b>Yoga/Pilates</b> Studio C			6:30PM-7:20PM (Yoga & Pilates) <i>Anu S.</i>				
<b>Zumba</b> Studio B			6:30PM-7:20PM (Dance) <i>Joemille S.</i>			1:15PM-2:05PM (Dance) <i>Shamsun N.</i>	
<b>Boot Camp</b> Weight Room				6:00AM-6:50AM (Strength) <i>Sasha Y.</i>  9:30AM-10:20AM (Strength) <i>Sasha Y.</i>			
<b>Silver Cardio Fusion</b> Gymnasium					11:00AM-11:50AM (Active Older Adult) <i>Shamsun N.</i>		
<b>Zumba Gold</b> Studio B					12:00PM-12:50PM (Active Older Adult) <i>Shamsun N.</i>		12:00PM-12:50PM (Active Older Adult) <i>Denette B.</i>
<b>Advanced Tai Chi</b> Studio B					1:00PM-1:50PM (Yoga & Pilates) <i>Elaine S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swimming</b> Lap Pool (5 Lanes)					1:00PM-2:00PM (Lap Swimming)  5:00PM-5:50PM (Lap Swimming)	12:00PM-12:20PM (Lap Swimming)	
<b>Launch - LES MILLS BODYPUMP</b> Studio B						9:30AM-10:20AM (Les Mills) <i>Sheryl D.</i>	
<b>Launch - LES MILLS BODYBALANCE</b> Studio B						10:30AM-11:20AM (Les Mills) <i>Sheryl D.</i>	
<b>Family Swim</b> Lap Pool (3 Lanes)						12:30PM-3:00PM (Family Swim)	4:00PM-6:30PM (Family Swim)
<b>Strong Nation</b> Studio C							9:00AM-9:50AM (Dance) <i>Joemille S.</i>



## Phoenixville YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Steam Room Hours</b> 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)	
<b>Sauna Hours</b> 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)
<b>General Open Gym</b> BTC Gym	5:00AM-9:45PM (Open Gym)	5:00AM-9:45PM (Open Gym)	5:00AM-9:45PM (Open Gym)	5:00AM-9:45PM (Open Gym)	5:00AM-8:45PM (Open Gym)		7:00AM-6:45PM (Open Gym)
<b>General Open Gym</b> West Gym	5:00AM-6:00AM (Open Gym)  8:00AM-9:30AM (Open Gym)  2:00PM-4:00PM (Open Gym)  5:30PM-9:45PM (Open Gym)	5:00AM-6:00AM (Open Gym)  8:00AM-9:45AM (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)  6:00PM-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)	7:00AM-6:45PM (Open Gym)	7:00AM-9:00AM (Open Gym)
<b>Lap Swimming</b> Myrin Pool	5:00AM-10:00AM (Lap Swimming)  12:00PM-3:15PM (Lap Swimming)  9:00PM-9:30PM (Lap Swimming)	5:00AM-10:00AM (Lap Swimming)  9:00PM-9:30PM (Lap Swimming)	5:00AM-3:15PM (Lap Swimming)  9:00PM-9:30PM (Lap Swimming)	5:00AM-10:00AM (Lap Swimming)  11:00AM-3:15PM (Lap Swimming)  9:00PM-9:30PM (Lap Swimming)	5:00AM-10:00AM (Lap Swimming)  11:00AM-1:00PM (Lap Swimming)	7:00AM-10:15AM (Lap Swimming)  2:15PM-6:45PM (Lap Swimming)	7:00AM-9:00AM (Lap Swimming)  3:00PM-6:45PM (Lap Swimming)
<b>Pickleball</b> 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)
<b>KidZone Open Care</b> 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)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Gentle Yoga</b> Studio A	11:30AM-12:30PM (Yoga & Pilates) <i>Annette V.</i>	7:00PM-8:00PM (Yoga & Pilates) <i>Kelly N.</i>	11:00AM-12:00PM (Yoga & Pilates) <i>Ashley L.</i>				
<b>Family Swim</b> Heritage Pool (3 Lanes)	12:00PM-4:00PM (Family Swim)	12:15PM-4:30PM (Family Swim)	12:15PM-4:30PM (Family Swim)	12:15PM-4:30PM (Family Swim)			
	8:30PM-9:00PM (Family Swim)	8:00PM-9:00PM (Family Swim)		8:00PM-9:00PM (Family Swim)			
<b>Chair Yoga</b> Studio A	1:00PM-2:00PM (Active Older Adult) <i>Annette V.</i>						
<b>Lap Swimming</b> Heritage Pool (2 Lanes)	4:00PM-7:00PM (Lap Swimming)		4:30PM-8:30PM (Lap Swimming)		12:00PM-8:30PM (Lap Swimming)	12:15PM-6:45PM (Lap Swimming)	10:00AM-12:15PM (Lap Swimming)  12:15PM-6:45PM (Lap Swimming)
<b>Family Swim</b> Heritage Pool (1 Lane)	4:00PM-8:30PM (Family Swim)	7:30PM-8:00PM (Family Swim)		7:30PM-8:00PM (Family Swim)			
<b>LES MILLS BODYCOMBAT</b> Studio B	4:45PM-5:30PM (Les Mills) <i>Patti K.</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>	
<b>LES MILLS BODYSTEP</b> 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>
<b>Cycle</b> Cycle Studio	5:45PM-6:30PM (Cycle) <i>Lily S.</i>			6:00PM-6:45PM (Cycle) <i>Amina H.</i>		9:30AM-10:15AM (Cycle) <i>Amina H.</i>	
<b>Zumba</b> Studio A	6:00PM-7:00PM (Dance) <i>Jess C.</i>						
<b>Lap Swimming</b> Heritage Pool (1 Lane)	7:00PM-8:30PM (Lap Swimming)	4:30PM-8:00PM (Lap Swimming)		4:30PM-8:00PM (Lap Swimming)			
<b>Yin Yoga</b> Studio A	7:15PM-8:30PM (Yoga & Pilates) <i>Sherry M.</i>		5:45PM-6:45PM (Yoga & Pilates) <i>Rob S.</i>	11:30AM-12:30PM (Yoga & Pilates) <i>Annette V.</i>			
<b>H.I.I.T.</b> Studio B		8:30AM-9:05AM (Strength) <i>Jamie C.</i>		8:30AM-9:05AM (Strength) <i>Lily S.</i>			
<b>Dance Fitness</b> Studio B		9:30AM-10:30AM (Dance) <i>Christa K.</i>					
<b>Pop-up Core Sculpt</b> Studio A		9:30AM-10:30AM (Pop Up) <i>Jamie C.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SilverSneakers Classic</b> West Gym		10:00AM-11:00AM (Active Older Adult) <i>Beth M.</i>		10:00AM-11:00AM (Active Older Adult) <i>Beth M.</i>			
<b>Aqua Combo</b> Myrin Pool (3 Lanes)		10:15AM-11:00AM (Aqua) <i>Victoria N.</i>					
<b>LES MILLS BODYBALANCE</b> Studio A		11:00AM-12:00PM (Les Mills) <i>Dianne V.</i>			11:00AM-12:00PM (Les Mills) <i>Dianne V.</i>		
<b>Aquacise</b> 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>	
<b>Family Swim</b> Heritage Pool (2 Lanes)		4:30PM-6:30PM (Family Swim)	4:30PM-6:30PM (Family Swim)	4:30PM-6:30PM (Family Swim)	12:00PM-6:00PM (Family Swim)	12:15PM-6:45PM (Family Swim)	2:30PM-4:45PM (Family Swim)
<b>LES MILLS BODYATTACK</b> Studio B		4:45PM-5:30PM (Les Mills) <i>Alissa Z.</i>			5:30AM-6:15AM (Les Mills) <i>Noelle S.</i>		8:15AM-9:15AM (Les Mills) <i>Alissa Z.</i>
<b>Core &amp; Barre</b> Studio B		5:30PM-6:30PM (Yoga & Pilates) <i>Noelle S.</i>					
<b>Dance Fitness</b> Studio A		5:45PM-6:30PM (Dance) <i>Emily M.</i>		8:30AM-9:15AM (Dance) <i>Emily M.</i>	9:15AM-10:00AM (Dance) <i>Christa K.</i>	10:00AM-10:50AM (Dance) <i>Laura H.</i>	11:00AM-11:45AM (Dance) <i>Diane L.</i>
<b>Kettlebells</b> Studio B		6:45PM-7:30PM (Strength) <i>Lance L.</i>					
<b>Power Yoga</b> 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>	
<b>Pilates</b> Studio B			8:15AM-9:00AM (Yoga & Pilates) <i>Amanda V.</i>	10:45AM-11:30AM (Yoga & Pilates) <i>Ruby L.</i>			
<b>Rhythmic Cycle</b> Cycle Studio			9:45AM-10:30AM (Cycle) <i>Jamie C.</i>  5:45PM-6:30PM (Cycle) <i>Katelyn C.</i>		9:15AM-10:00AM (Cycle) <i>Jess P.</i>		
<b>Cardio Kickboxing</b> Studio A			10:00AM-10:45AM (Cardio) <i>Connie G.</i>				
<b>Tai Chi</b> Studio B			11:00AM-11:30AM (Yoga & Pilates) <i>Beth M.</i>		11:15AM-11:45AM (Yoga & Pilates) <i>Beth M.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pop-up TRX</b> Studio A			12:15PM-1:00PM (Pop Up) <i>Amanda V.</i>				
<b>Boot Camp</b> Studio B			4:45PM-5:30PM (Strength) <i>Pedro C.</i>				
<b>Barre</b> Studio A			4:45PM-5:30PM (Yoga & Pilates) <i>Tara G.</i>				
<b>Strength</b> Studio B				9:30AM-10:30AM (Strength) <i>Connie G.</i>	8:30AM-9:00AM (Strength) <i>Lily S.</i>		
<b>Rhythmic Cycle &amp; Core</b> Cycle Studio				9:30AM-10:15AM (Cycle) <i>Jamie C.</i>			
<b>Aqua Combo</b> Myrin Pool				10:15AM-11:00AM (Aqua) <i>Victoria N.</i>			
<b>Qigong</b> Studio B				12:15PM-1:00PM (Yoga & Pilates) <i>Amy A.</i>			
<b>LES MILLS GRIT</b> Studio B				4:45PM-5:15PM (Les Mills) <i>Christina S.</i>			
<b>LES MILLS CORE</b> Studio B				5:30PM-6:00PM (Les Mills) <i>Christina S.</i>		10:00AM-10:30AM (Les Mills) <i>Noelle S.</i>	9:20AM-9:50AM (Les Mills) <i>Sara G.</i>
<b>LES MILLS BODYBALANCE</b> Studio B				6:15PM-7:15PM (Les Mills) <i>Christina S.</i>		10:45AM-11:45AM (Les Mills) <i>Sara G.</i>	
<b>LES MILLS DANCE</b> Studio A				6:30PM-7:15PM (Les Mills) <i>Zack S.</i>			
<b>Core Training</b> Studio B					9:00AM-9:15AM (Strength) <i>Lily S.</i>		
<b>Silver Strength</b> West Gym					9:45AM-10:30AM (Active Older Adult) <i>Beth M.</i>		
<b>Water Walking</b> Heritage Pool (2 Lanes)					12:00PM-6:00PM (Water Walking)	12:15PM-6:45PM (Water Walking)	10:00AM-12:15PM (Water Walking)
<b>Programming - Reserved</b> BTC Gym						7:00AM-4:00PM (Open Gym)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Barre</b> Studio B						9:20AM-10:00AM (Yoga & Pilates) <i>Noelle S.</i>	
<b>Sauna Hours</b> Steam Room							7:00AM-6:45PM (Sauna & Whirlpool)
<b>Family Pickleball</b> West Gym							9:00AM-11:00AM (Family)
<b>Family Swim</b> Heritage Pool (4 Lanes)							12:15PM-2:30PM (Family Swim)  4:45PM-6:45PM (Family Swim)



## Spring Valley YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Adult Pickleball</b> Gym A	5:00AM-8:00AM (Pickleball)	5:00AM-8:00AM (Pickleball)	5:00AM-8:00AM (Pickleball)		5:00AM-8:00AM (Pickleball)		
<b>Adult Pickleball</b> Gym B	5:00AM-10:45AM (Pickleball)	5:00AM-8:30AM (Pickleball)  9:00AM-10:45AM (Pickleball)	5:00AM-10:45AM (Pickleball)	5:00AM-10:45AM (Pickleball)	5:00AM-10:45AM (Pickleball)		
<b>Open Basketball</b> Gym C	5:00AM-12:45PM (Basketball)  2:00PM-5:15PM (Basketball)	5:00AM-10:00AM (Basketball)  11:00AM-4:00PM (Basketball)  7:30PM-9:45PM (Basketball)	5:00AM-10:15AM (Basketball)  11:30AM-1:45PM (Basketball)  3:00PM-4:15PM (Basketball)  5:30PM-9:45PM (Basketball)	5:00AM-8:30AM (Basketball)  9:00AM-9:45AM (Basketball)  11:00AM-4:15PM (Basketball)	5:00AM-11:15AM (Basketball)  12:00PM-8:45PM (Basketball)	7:00AM-8:45AM (Basketball)  5:00PM-6:45PM (Basketball)	7:00AM-10:45AM (Basketball)  1:00PM-6:45PM (Basketball)
<b>Open Basketball</b> Gym D	5:00AM-11:30AM (Basketball)  1:30PM-6:15PM (Basketball)	5:00AM-11:30AM (Basketball)  1:30PM-9:45PM (Basketball)	5:00AM-11:30AM (Basketball)  1:30PM-4:00PM (Basketball)  6:30PM-9:45PM (Basketball)	5:00AM-8:00AM (Basketball)  8:30AM-11:30AM (Basketball)  1:30PM-6:15PM (Basketball)	5:00AM-11:30AM (Basketball)  1:30PM-8:45PM (Basketball)	7:00AM-12:00PM (Basketball)  5:00PM-6:45PM (Basketball)	7:00AM-6:45PM (Basketball)
<b>PAID - APEX Metcon</b> APEX Studio	5:30AM-6:15AM (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>  5:45PM-6:30PM (Membership Add On) <i>Kaitlyn S.</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>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYPUMP</b> 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>Christine D.</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>
<b>Cycle</b> Cycle Studio	5:45AM-6:30AM (Cycle) <i>Michelle G.</i>  9:30AM-10:15AM (Cycle) <i>Michelle G.</i>	5:15AM-6:00AM (Cycle) <i>Celina M.</i>	5:45AM-6:30AM (Cycle) <i>Martha C.</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>
<b>Power Yoga</b> Studio C	6:00AM-7:00AM (Yoga & Pilates) <i>Marlaina C.</i>		9:30AM-10:30AM (Yoga & Pilates) <i>Christy W.</i>		9:15AM-10:15AM (Yoga & Pilates) <i>Jennifer P.</i>		
<b>Lap Swimming</b> Outdoor Pool	7:00AM-6:30PM (Lap Swimming)  7:00AM-6:30PM (Outdoor Swim)	7:00AM-6:30PM (Lap Swimming)  7:00AM-6:30PM (Outdoor Swim)	7:00AM-6:30PM (Lap Swimming)  7:00AM-6:30PM (Outdoor Swim)	7:00AM-6:30PM (Lap Swimming)  7:00AM-6:30PM (Outdoor Swim)	7:00AM-6:30PM (Lap Swimming)  7:00AM-6:30PM (Outdoor Swim)	10:00AM-2:00PM (Lap Swimming)  10:00AM-2:00PM (Outdoor Swim)	10:00AM-2:00PM (Lap Swimming)  10:00AM-2:00PM (Outdoor Swim)
<b>KidZone Open Care</b> 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)
<b>Cardio Kickboxing</b> Studio A	8:00AM-9:00AM (Cardio) <i>Linda N.</i>						
<b>Open Basketball</b> Gym A	8:00AM-12:00PM (Basketball)  3:00PM-9:45PM (Basketball)	8:30AM-12:00PM (Basketball)	8:00AM-12:00PM (Basketball)	5:00AM-12:00PM (Basketball)	8:00AM-12:00PM (Basketball)	7:00AM-12:00PM (Basketball)  12:00PM-3:00PM (Basketball)	
<b>LES MILLS BODYSTEP</b> Studio A	9:15AM-10:15AM (Les Mills) <i>Zack S.</i>			5:30PM-6:30PM (Les Mills) <i>Cristina W.</i>		11:30AM-12:30PM (Les Mills) <i>Cristina W.</i>	
<b>Vinyasa Yoga</b> Studio C	9:30AM-10:30AM (Yoga & Pilates) <i>Maddy B.</i>	6:15PM-7:15PM (Yoga & Pilates) <i>Liz M.</i>		9:30AM-10:30AM (Yoga & Pilates) <i>Amanda H.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua ZUMBA</b> Outdoor Pool	10:15AM-11:00AM (Aqua) <i>Michelle E.</i>		9:15AM-10:00AM (Aqua) <i>Michelle E.</i>  10:15AM-11:00AM (Aqua) <i>Michelle E.</i>				
<b>Total Body Conditioning</b> 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>Kathleen Y.</i>		
<b>Silver Cardio Fusion</b> Studio B	10:45AM-11:45AM (Active Older Adult) <i>Christine D.</i>		10:45AM-11:45AM (Active Older Adult) <i>Marnie S.</i>				
<b>LES MILLS BODYBALANCE</b> Studio C	10:45AM-11:45AM (Les Mills) <i>Dianne V.</i>  6:00PM-7:00PM (Les Mills) <i>Zack S.</i>		10:45AM-11:45AM (Les Mills) <i>Kim D.</i>			10:45AM-11:45AM (Les Mills) <i>Theresa P.</i>	11:45AM-12:45PM (Les Mills) <i>Noelle S.</i>
<b>SilverSneakers Classic</b> Studio B	12:00PM-1:00PM (Active Older Adult) <i>Marnie S.</i>				10:45AM-11:45AM (Active Older Adult) <i>Linda N.</i>		
<b>Adult Pickleball</b> Gym A/B	12:00PM-3:00PM (Pickleball)	12:00PM-3:00PM (Pickleball)	12:00PM-3:00PM (Pickleball)	12:00PM-3:00PM (Pickleball)	12:00PM-3:00PM (Pickleball)		
<b>LES MILLS BODYATTACK</b> Studio A	1:15PM-2:00PM (Les Mills) <i>Catherine K.</i>						
<b>Chair Yoga</b> Studio B	1:15PM-2:15PM (Active Older Adult) <i>Chris C.</i>		12:00PM-1:00PM (Active Older Adult) <i>Christine D.</i>		12:00PM-1:00PM (Active Older Adult) <i>Maddy B.</i>		
<b>Walking Group</b> Outside	1:15PM-2:15PM (Cardio) <i>Dianne V.</i>				1:15PM-2:00PM (Cardio) <i>Dianne V.</i>		
<b>Open Basketball</b> Gym B	3:00PM-6:15PM (Basketball)  7:30PM-9:45PM (Basketball)					7:00AM-12:45PM (Basketball)	
<b>Family Swim</b> Outdoor Pool	4:00PM-6:30PM (Family Swim)	4:00PM-6:30PM (Family Swim)	4:00PM-6:30PM (Family Swim)	4:00PM-6:30PM (Family Swim)	4:00PM-6:30PM (Family Swim)	10:00AM-2:00PM (Family Swim)	10:00AM-2:00PM (Family Swim)
<b>Quick Fit</b> Studio A	4:30PM-5:00PM (Strength) <i>Nadine D.</i>		4:30PM-5:00PM (Strength) <i>Megan Y.</i>				
<b>Core Training</b> Studio A	5:05PM-5:35PM (Strength) <i>Nadine D.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYCOMBAT</b> Studio B	5:30PM-6:30PM (Les Mills) <i>Amanda H.</i>		5:45AM-6:45AM (Les Mills) <i>Sandra C.</i>  5:30PM-6:30PM (Les Mills) <i>Amanda H.</i>			7:10AM-8:10AM (Les Mills) <i>Sandra C.</i>	9:15AM-10:15AM (Les Mills) <i>Sherry C.</i>
<b>PAID - APEX Sports Performance</b> APEX Studio	6:00PM-6:45PM (Membership Add On) <i>Sean S.</i>			6:00PM-6:45PM (Membership Add On) <i>Sean S.</i>			
<b>Cardio Fusion</b> 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>		8:00AM-9:00AM (Cardio) <i>Michele M.</i>		
<b>Adult Volleyball</b> Gym C	6:15PM-9:45PM (Volleyball)					12:00PM-5:00PM (Volleyball)	
<b>Adult Volleyball</b> Gym D	6:15PM-9:45PM (Volleyball)			6:15PM-9:45PM (Volleyball)		12:00PM-5:00PM (Volleyball)	
<b>Line Dancing</b> Studio A	7:15PM-8:15PM (Dance) <i>Katherine L.</i>	1:00PM-2:00PM (Dance) <i>Joan W.</i>					
<b>Yin Yoga</b> 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>Jennifer P.</i>		
<b>LES MILLS GRIT</b> 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>
<b>LES MILLS BODYCOMBAT</b> 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>		
<b>LES MILLS RPM</b> Cycle Studio		9:15AM-10:00AM (Les Mills) <i>Melissa A.</i>  6:00PM-6:45PM (Les Mills) <i>Zack S.</i>		9:15AM-10:00AM (Les Mills) <i>Melissa A.</i>  6:00PM-6:45PM (Les Mills) <i>Lyndsay L.</i>		8:30AM-9:15AM (Les Mills) <i>Lyndsay L.</i>	
<b>Aqua Boot Camp</b> Outdoor Pool		9:15AM-10:00AM (Aqua) <i>Jackie G.</i>		9:15AM-10:00AM (Aqua) <i>Jackie G.</i>			
<b>Zumba</b> Studio B		9:30AM-10:30AM (Dance) <i>Shanel K.</i>  6:30PM-7:30PM (Dance) <i>Nicole B.</i>		9:30AM-10:30AM (Dance) <i>Michelle E.</i>  6:30PM-7:30PM (Dance) <i>Jess C.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Hatha Yoga</b> Studio C		9:30AM-10:30AM (Yoga & Pilates) <i>Amanda H.</i>					
<b>Pilates</b> Studio A		10:30AM-11:30AM (Yoga & Pilates) <i>Jackie G.</i>  6:30PM-7:30PM (Yoga & Pilates) <i>Nadine D.</i>		10:30AM-11:30AM (Yoga & Pilates) <i>Jackie G.</i>  6:45PM-7:45PM (Yoga & Pilates) <i>Dianne V.</i>			
<b>Silver Strength</b> Studio B		10:45AM-11:45AM (Active Older Adult) <i>Kathleen Y.</i>		10:45AM-11:45AM (Active Older Adult) <i>Christy S.</i>			
<b>Stretch &amp; Balance</b> Studio B		12:00PM-12:45PM (Stretch) <i>Kathleen Y.</i>		12:00PM-12:45PM (Stretch) <i>Christy S.</i>			
<b>Open Basketball</b> Gym A/B		3:00PM-9:45PM (Basketball)	3:00PM-5:15PM (Basketball)  6:30PM-9:45PM (Basketball)	3:00PM-9:45PM (Basketball)	3:00PM-8:45PM (Basketball)	3:00PM-6:45PM (Basketball)	7:00AM-6:45PM (Basketball)
<b>LES MILLS BODYCOMBAT</b> Gym B			8:00AM-9:00AM (Les Mills) <i>Christy S.</i>				
<b>Barre</b> Studio A			9:30AM-10:15AM (Yoga & Pilates) <i>Christine D.</i>		5:45AM-6:30AM (Yoga & Pilates) <i>Celina M.</i>		
<b>Open Gymnastics (Special Abilities)</b> Gymnastics Room			4:15PM-5:15PM (Open Gym)				
<b>LES MILLS CORE</b> 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>
<b>Yoga</b> Studio C			6:00PM-7:00PM (Yoga & Pilates) <i>Julie W.</i>				8:05AM-9:15AM (Yoga & Pilates) <i>Andrew S.</i>
<b>Zumba</b> 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>
<b>Strength</b> Studio A				8:00AM-9:00AM (Strength) <i>Evan B.</i>			
<b>PAID - APEX Strength</b> APEX Studio				9:30AM-10:15AM (Membership Add On) <i>Sebastian L.</i>	6:30AM-7:15AM (Membership Add On) <i>Michelle G.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Zumba Gold</b> Studio A				11:45AM-12:45PM (Active Older Adult) <i>Karina S.</i>			
<b>Beginner Line Dancing</b> Studio A				1:00PM-2:00PM (Dance) <i>Carolyn Q.</i>			
<b>Pop-up Sunset LES MILLS BODYBALANCE</b> Outside				6:00PM-7:00PM (Pop Up) <i>Theresa P.</i>			
<b>LES MILLS CORE</b> Studio B					6:15AM-6:45AM (Les Mills) <i>Megan Y.</i>		
<b>Core Training</b> Cycle Studio					10:15AM-10:45AM (Strength) <i>Michelle G.</i>		
<b>Chair Pilates</b> Studio B					1:15PM-2:00PM (Active Older Adult) <i>Maddy B.</i>	11:00AM-11:45AM (Active Older Adult) <i>Christine D.</i>	
<b>LES MILLS BODYATTACK</b> Studio B						8:15AM-9:15AM (Les Mills) <i>Megan Y.</i>	
<b>Total Body Cycle</b> Cycle Studio						9:30AM-10:30AM (Cycle) <i>Michelle G.</i>	
<b>Gentle Yoga</b> Studio C						9:30AM-10:30AM (Yoga & Pilates) <i>Christine D.</i>	
<b>Open Gymnastics</b> Gymnastics Room						11:00AM-12:00PM (Open Gym)	
<b>Pickleball</b> Gym B						2:15PM-6:45PM (Pickleball)	
<b>LES MILLS SPRINT</b> Cycle Studio							9:15AM-9:45AM (Les Mills) <i>Amanda H.</i>
<b>Family Cycle</b> Cycle Studio							11:00AM-11:45AM (Family) <i>Theresa P.</i>
<b>Barre</b> Studio B							11:45AM-12:30PM (Yoga & Pilates) <i>Celina M.</i>



## Northeast Family YMCA | September 8th - September 14th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua Stretch &amp; Strength</b> Shallow End	10:00AM-11:00AM (Aqua) <i>Leanne K.</i>						
<b>Pilates</b> Studio	10:30AM-11:15AM (Yoga & Pilates) <i>Fran S.</i>		10:30AM-11:15AM (Yoga & Pilates) <i>Fran S.</i>				
<b>Lap Swimming</b> 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)		
<b>SilverSneakers Classic</b> Full Gym	11:45AM-12:30PM (Active Older Adult) <i>Jaclyn R.</i>		11:45AM-12:30PM (Active Older Adult) <i>Jessica B.</i>		10:05AM-10:50AM (Active Older Adult) <i>Janet M.</i>		
<b>Zumba Toning</b> Studio	12:45PM-1:30PM (Dance) <i>Lisa F.</i>		12:45PM-1:30PM (Dance) <i>Lisa F.</i>				
<b>Open Basketball</b> Gymnasium	12:45PM-4:00PM (Basketball)		2:30PM-4:00PM (Basketball)  8:15PM-9:00PM (Basketball)				
<b>LES MILLS BODYCOMBAT</b> Studio	3:30PM-4:15PM (Les Mills) <i>Ginger D.</i>		6:30PM-7:25PM (Les Mills) <i>Ginger D.</i>				
<b>Cycle</b> Studio	4:30PM-5:15PM (Cycle) <i>Christina J.</i>	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>			
<b>Zumba</b> Studio	6:30PM-7:30PM (Dance) <i>Marlene V.</i>	11:00AM-12:00PM (Dance) <i>Leanne K.</i>  6:30PM-7:30PM (Dance) <i>Beatriz S.</i>		11:00AM-12:00PM (Dance) <i>Leanne K.</i>  6:30PM-7:30PM (Dance) <i>Natalie V.</i>	11:00AM-12:00PM (Dance) <i>Gina M.</i>	10:00AM-11:00AM (Dance) <i>Kyneisha H.</i>	11:00AM-12:00PM (Dance) <i>Elena T.</i>
<b>Functional Pilates</b> 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>			
<b>Core Training</b> Studio		6:00AM-6:30AM (Strength) <i>Janet M.</i>					8:00AM-8:45AM (Strength) <i>Rhiannon H.</i>
<b>LES MILLS BODYBALANCE</b> 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>
<b>Aqua ZUMBA</b> Shallow End		9:00AM-9:45AM (Aqua) <i>Christina A.</i>					
<b>Chair Yoga</b> Studio		9:15AM-10:00AM (Active Older Adult) <i>Jessica B.</i>		10:00AM-11:00AM (Active Older Adult) <i>Basheerah M.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga</b> Studio		12:15PM-1:00PM (Yoga & Pilates) <i>Denise V.</i>		12:10PM-12:50PM (Yoga & Pilates) <i>Ashlan W.</i>			
<b>Tai Chi</b> Studio		1:05PM-1:50PM (Yoga & Pilates) <i>Melissa G.</i>					
<b>Line Dancing</b> Studio		3:00PM-4:00PM (Dance) <i>Cil R.</i>		3:00PM-4:00PM (Dance) <i>Cil R.</i>			
<b>LES MILLS BODYPUMP</b> Studio		5:15PM-6:15PM (Les Mills) <i>Ryan P.</i>				8:00AM-8:45AM (Les Mills) <i>Sharon H.</i>	
<b>Pickleball - Intermediate/Advanced</b> Full Gym		7:00PM-9:00PM (Pickleball) <i>Joann C.</i>					
<b>SilverSneakers Splash</b> Shallow End			10:15AM-11:15AM (Active Older Adult) <i>Leanne K.</i>				
<b>Fit Camp</b> Studio			3:30PM-4:00PM (Strength) <i>Melissa G.</i>				
<b>LES MILLS CORE</b> Studio			6:00PM-6:30PM (Les Mills) <i>Ginger D.</i>				
<b>TRX Shock</b> Fitness Center			7:00PM-8:00PM (Sgt) <i>Diana O.</i>				
<b>LES MILLS BODYSTEP</b> Studio				6:00AM-6:30AM (Les Mills) <i>Janet M.</i>			
<b>Aqua Deep</b> Deep End				9:00AM-9:45AM (Aqua) <i>Lauren I.</i>			
<b>Qigong</b> Studio				9:15AM-9:45AM (Yoga & Pilates) <i>Tamika W.</i>			
<b>Women &amp; Weights</b> Fitness Center				9:30AM-10:30AM (Sgt) <i>Melissa G.</i>			
<b>Meditation</b> Studio					8:45AM-9:00AM (Yoga & Pilates) <i>Melissa G.</i>		
<b>Vinyasa Yoga</b> Studio					9:00AM-10:00AM (Yoga & Pilates) <i>Melissa G.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aquacise</b> Shallow End					9:00AM-10:00AM (Aqua) <i>Alicia M.</i>	8:30AM-9:30AM (Aqua) <i>Alicia M.</i>	
<b>Pickleball - Beginner</b> Full Gym					1:00PM-3:00PM (Pickleball) <i>Joann C.</i>		
<b>Family Swim - Reservation Required</b> Shallow End					6:00PM-7:30PM (Reserved)	1:45PM-4:30PM (Reserved)	1:45PM-4:30PM (Reserved)
<b>Family Swim - Reservation Required</b> Deep End					6:00PM-7:30PM (Reserved)	1:45PM-4:30PM (Reserved)	1:45PM-4:30PM (Reserved)
<b>Silver &amp; Fit</b> Studio						11:30AM-12:30PM (Active Older Adult) <i>Tiffany S.</i>	
<b>Pickleball</b> Full Gym						1:00PM-3:00PM (Pickleball) <i>Joann C.</i>	
<b>Lap Swimming</b> Lap Pool						4:30PM-5:30PM (Lap Swimming)	



## West Philadelphia YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Whirlpool Hours</b> Whirlpool	5:00AM-8:00PM (Sauna & Whirlpool)	5:00AM-8:00PM (Sauna & Whirlpool)	5:00AM-8:00PM (Sauna & Whirlpool)	5:00AM-8:00PM (Sauna & Whirlpool)	5:00AM-8:00PM (Sauna & Whirlpool)	7:00AM-5:00PM (Sauna & Whirlpool)	7:00AM-5:00PM (Sauna & Whirlpool)
<b>Lap Swimming</b> Lap Pool (4 Lanes)	5:00AM-7:00PM (Lap Swimming)	5:00AM-8:00PM (Lap Swimming)	5:00AM-7:00PM (Lap Swimming)	5:00AM-7:00PM (Lap Swimming)	5:00AM-7:00PM (Lap Swimming)	7:00AM-5:00PM (Lap Swimming)	7:00AM-5:00PM (Lap Swimming)
<b>Water Walking</b> Lap Pool (2 Lanes)	5:00AM-3:45PM (Water Walking)	5:00AM-4:00PM (Water Walking)	5:00AM-3:45PM (Water Walking)	5:00AM-4:00PM (Water Walking)	5:00AM-4:00PM (Water Walking)	7:00AM-9:00AM (Water Walking)	7:00AM-9:45AM (Water Walking)
<b>Open Basketball</b> 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)
<b>Cycle</b> Spin Studio	6:00AM-7:00AM (Cycle) <i>Arlene R.</i>  7:15PM-8:15PM (Cycle) <i>Setiva C.</i>	10:30AM-11:30AM (Cycle) <i>Ife W.</i>  6:15PM-7:15PM (Cycle) <i>Ife W.</i>	6:00AM-7:00AM (Cycle) <i>Arlene R.</i>  7:15PM-8:15PM (Cycle) <i>Setiva C.</i>	10:30AM-11:30AM (Cycle) <i>Ife W.</i>  6:15PM-7:15PM (Cycle) <i>Angela D.</i>	6:00AM-7:00AM (Cycle) <i>Arlene R.</i>	9:00AM-10:00AM (Cycle) <i>Setiva C.</i>	
<b>KidZone Open Care</b> 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>	
<b>LES MILLS BODYPUMP</b> Aerobic Studio	8:00AM-8:45AM (Les Mills) <i>Nicole K.</i>		7:00AM-7:45AM (Les Mills) <i>Carla J.</i>		7:00AM-7:45AM (Les Mills) <i>Nicole K.</i>		
<b>Total Body Conditioning</b> 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>		
<b>Vinyasa Yoga</b> Aerobic Studio	10:00AM-11:00AM (Yoga & Pilates) <i>Abbie A.</i>  1:00PM-2:00PM (Yoga & Pilates) <i>Lydia K.</i>		10:00AM-11:00AM (Yoga & Pilates) <i>Abbie A.</i>		10:00AM-11:00AM (Yoga & Pilates) <i>Abbie A.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aquacise</b> Lap Pool (2 Lanes)	10:00AM-11:00AM (Aqua) <i>Arlene R.</i>	9:15AM-10:00AM (Aqua) <i>Arlene R.</i>  5:00PM-6:00PM (Aqua) <i>Ms. J.</i>		10:00AM-11:00AM (Aqua) <i>Arlene R.</i>  5:00PM-6:00PM (Aqua) <i>Ms. J.</i>			
<b>Core Training</b> Spin Studio	11:00AM-11:45AM (Strength) <i>Abbie A.</i>		11:00AM-11:45AM (Strength) <i>Abbie A.</i>				
<b>Chair Yoga</b> Aerobic Studio	11:00AM-12:00PM (Active Older Adult) <i>Arlene R.</i>		11:00AM-12:00PM (Active Older Adult) <i>Arlene R.</i>				
<b>Silver &amp; Fit</b> Aerobic Studio	12:00PM-1:00PM (Active Older Adult) <i>Arlene R.</i>		12:00PM-1:00PM (Active Older Adult) <i>Arlene R.</i>				
<b>Family Gym Time</b> Gym B	12:00PM-2:30PM (Family)						
<b>Stretch &amp; Balance</b> Aerobic Studio	2:10PM-2:55PM (Stretch) <i>Monique M.</i>		2:10PM-2:55PM (Stretch) <i>Monique M.</i>			9:00AM-9:45AM (Stretch) <i>Monique M.</i>	
<b>Programming - Reserved</b> 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)
<b>H.I.I.T.</b> Aerobic Studio	5:00PM-5:45PM (Strength) <i>Towonda C.</i>						
<b>Programming - Reserved</b> Classroom B	5:30PM-6:00PM (Open Gym)			5:30PM-6:00PM (Open Gym)		10:00AM-10:30AM (Open Gym)	11:00AM-11:45AM (Open Gym)
	6:00PM-6:30PM (Open Gym)					10:30AM-11:00AM (Open Gym)	
						11:00AM-11:45AM (Open Gym)	
						12:00PM-12:45PM (Open Gym)	
<b>Zumba</b> 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>	
<b>Adult Lap Swimming</b> 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)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Gentle Yoga</b> Aerobic Studio		7:00AM-8:00AM (Yoga & Pilates) <i>Xander C.</i>		7:00AM-8:00AM (Yoga & Pilates) <i>Xander C.</i>			
<b>Pilates</b> Aerobic Studio		8:30AM-9:30AM (Yoga & Pilates) <i>Elleen S.</i>	8:00AM-9:00AM (Yoga & Pilates) <i>Elleen S.</i>	8:30AM-9:30AM (Yoga & Pilates) <i>Elleen S.</i>	11:00AM-12:00PM (Yoga & Pilates) <i>Elleen S.</i>		
<b>Dance</b> Aerobic Studio		10:35AM-11:25AM (Dance) <i>Somer J.</i>		10:35AM-11:25AM (Dance) <i>Somer J.</i>			
<b>SilverSneakers Classic</b> Aerobic Studio		11:30AM-12:15PM (Active Older Adult) <i>Arlene R.</i>  1:15PM-2:15PM (Active Older Adult) <i>Kookie S.</i>		11:30AM-12:15PM (Active Older Adult) <i>Arlene R.</i>  1:15PM-2:15PM (Active Older Adult) <i>Kookie S.</i>			
<b>Line Dancing</b> Aerobic Studio		12:15PM-1:15PM (Dance) <i>Arlene R.</i>		12:15PM-1:15PM (Dance) <i>Arlene R.</i>			
<b>Family Swim</b> Lap Pool (2 Lanes)		4:00PM-7:00PM (Family Swim)		4:00PM-7:00PM (Family Swim)	4:00PM-7:00PM (Family Swim)	1:30PM-5:00PM (Family Swim)	1:30PM-5:00PM (Family Swim)
<b>Cardio Fusion</b> Aerobic Studio		5:15PM-6:00PM (Cardio) <i>Towonda C.</i>		5:15PM-6:00PM (Cardio) <i>Towonda C.</i>			
<b>Programming - Reserved</b> 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)	
<b>Aqua Cardio &amp; Strength</b> Lap Pool (1 Lane)		6:15PM-7:00PM (Aqua) <i>Lisa C.</i>					
<b>Programming - Reserved</b> 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)
<b>Yoga</b> Aerobic Studio		7:15PM-8:00PM (Yoga & Pilates) <i>Ms. J.</i>		7:15PM-8:00PM (Yoga & Pilates) <i>Ms. J.</i>			
<b>Yin Yoga</b> Aerobic Studio			1:00PM-2:00PM (Yoga & Pilates) <i>Lydia K.</i>		8:00AM-8:45AM (Yoga & Pilates) <i>Lydia K.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Xtreme Hip Hop Step™</b> Aerobic Studio				6:10PM-7:10PM (Dance) <i>Melanie F.</i>			
<b>Chair Pilates</b> Aerobic Studio					12:00PM-1:00PM (Active Older Adult) <i>Elleen S.</i>		
<b>Youth Open Basketball</b> Full Gym					3:30PM-6:00PM (Basketball)	4:00PM-5:45PM (Basketball)	
<b>Family Gym Time</b> Full Gym						7:15AM-9:00AM (Family)	
<b>Trim and Sculpt</b> Aerobic Studio						10:15AM-11:00AM (Strength) <i>Monique M.</i>	
<b>Programming - Reserved</b> Classroom A						11:00AM-11:45AM (Open Gym)	
<b>Pilates</b> Spin Studio						12:30PM-1:30PM (Yoga & Pilates) <i>Elleen S.</i>	
<b>Family Gym Time</b> Gym A							7:15AM-9:00AM (Family)
<b>Family Gym Time</b> Family Room							12:00PM-2:00PM (Family)
<b>Programming - Reserved</b> Aerobic Studio							4:00PM-4:45PM (Open Gym)  5:00PM-5:45PM (Open Gym)



## Columbia North YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Water Walking</b> 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)
<b>Lap Swimming</b> 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)
<b>Sauna Hours</b> 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)
<b>Yoga</b> Studio 1	7:00AM-8:00AM (Yoga & Pilates) <i>Erika F.</i>		7:00AM-8:00AM (Yoga & Pilates) <i>Erika F.</i>				
<b>KidZone Open Care</b> 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)	
<b>Fit Camp</b> Studio 3	8:00AM-9:00AM (Strength) <i>Femi M.</i>		8:00AM-9:00AM (Strength) <i>Femi M.</i>				
<b>Lap Swimming</b> 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)	
<b>Pool Reserved</b> Lap Pool (4 Lanes)	9:00AM-3:00PM (Reserved)		9:00AM-3:00PM (Reserved)		9:00AM-3:00PM (Reserved)	9:30AM-2:30PM (Reserved)	
<b>Senior Circuit Express</b> Gym A	9:00AM-10:00AM (Active Older Adult) <i>Nathaniel G.</i>		9:15AM-10:00AM (Active Older Adult) <i>Nathaniel G.</i>	9:00AM-10:00AM (Active Older Adult) <i>Deeian M.</i>	9:15AM-10:00AM (Active Older Adult) <i>Nathaniel G.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> 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>	
<b>Pool Reserved</b> 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)			
<b>Pool Reserved</b> Lap Pool (3 Lanes)	4:30PM-7:00PM (Reserved)	4:30PM-7:00PM (Reserved)	4:30PM-7:00PM (Reserved)	4:30PM-7:00PM (Reserved)			
<b>Line Dancing</b> Studio 1	5:00PM-6:00PM (Dance) <i>Lucia M.</i>		5:00PM-6:00PM (Dance) <i>Lucia M.</i>				
<b>Zumba</b> Studio 1	6:00PM-7:00PM (Dance) <i>Alicia S.</i>			6:00PM-7:00PM (Dance) <i>Kyesha O.</i>			
<b>Total Body Conditioning</b> Studio 3	6:00PM-7:00PM (Cardio) <i>Abbie A.</i>	9:00AM-10:00AM (Cardio) <i>Abbie A.</i>	6:00PM-7:00PM (Cardio) <i>Abbie A.</i>	9:00AM-10:00AM (Cardio) <i>Abbie A.</i>			
<b>Family Swim</b> 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)			
<b>Yoga</b> Studio 3	7:00PM-8:00PM (Yoga & Pilates) <i>Abbie A.</i>	10:00AM-11:00AM (Yoga & Pilates) <i>Abbie A.</i>	7:00PM-8:00PM (Yoga & Pilates) <i>Abbie A.</i>	10:00AM-11:00AM (Yoga & Pilates) <i>Abbie A.</i>			
<b>Aquacise</b> Lap Pool		8:00AM-9:00AM (Aqua) <i>Nathaniel G.</i>		8:00AM-9:00AM (Aqua) <i>Nathaniel G.</i>			
<b>Lap Swimming</b> Lap Pool (4 Lanes)		10:00AM-12:00PM (Lap Swimming)		10:00AM-12:00PM (Lap Swimming)			
<b>Silver Strength</b> Studio 1		11:00AM-12:00PM (Active Older Adult) <i>Ms. J.</i>		11:00AM-12:00PM (Active Older Adult) <i>Ms. J.</i>			
<b>Core Training</b> Studio 3		11:00AM-12:00PM (Strength) <i>Abbie A.</i>		11:00AM-12:00PM (Strength) <i>Abbie A.</i>			
<b>Pilates</b> 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
<b>Aqua Yoga/Pilates</b> Lap Pool		1:00PM-2:00PM (Aqua) <i>Ms. J.</i>		1:00PM-2:00PM (Aqua) <i>Ms. J.</i>			
<b>Zumba</b> Studio 3		6:00PM-7:00PM (Dance) <i>Alicia S.</i>					
<b>Adult Open Gym</b> Full Gym			3:00PM-5:00PM (Open Gym)  5:00PM-8:45PM (Open Gym)	5:00AM-9:00AM (Open Gym)  12:00PM-3:00PM (Open Gym)  3:00PM-5:00PM (Open Gym)  7:15PM-8:45PM (Open Gym)	5:00AM-9:00AM (Open Gym)  12:00PM-3:00PM (Open Gym)  3:00PM-8:45PM (Open Gym)	7:00AM-8:15AM (Open Gym)	
<b>Programming - Reserved</b> Gym A				9:00AM-10:00AM (Open Gym)			
<b>Programming - Reserved</b> Full Gym				10:00AM-12:00PM (Open Gym)  5:00PM-7:15PM (Open Gym)	9:00AM-10:00AM (Open Gym)  10:00AM-12:00PM (Open Gym)		
<b>Family Swim</b> Lap Pool (6 Lanes)					4:30PM-8:30PM (Family Swim)		
<b>Pop-up Reiki</b> Studio 3					6:30PM-7:30PM (Pop Up) <i>Zelette H.</i>		
<b>Pop-up Slow Flow Vinyasa</b> Studio 1						9:00AM-9:45AM (Pop Up) <i>Derek D.</i>	
<b>Pop-up Group Hike</b> Hermit's Cave & Lincoln Drive Loop						10:00AM-12:00PM (Pop Up) <i>Femi M.</i>	
<b>Family Swim</b> Lap Pool (5 Lanes)						2:30PM-4:30PM (Family Swim)	2:30PM-4:30PM (Family Swim)
<b>Lap Swimming</b> Lap Pool (1 Lane)						2:30PM-4:30PM (Lap Swimming)	9:30AM-1:30PM (Lap Swimming)  2:30PM-4:30PM (Lap Swimming)
<b>General Open Gym</b> Full Gym							7:00AM-9:00AM (Open Gym)



## Upper Perkiomen Valley YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Basketball</b> Gym B	5:45AM-12:00PM (Basketball)  2:30PM-4:30PM (Basketball)  7:00PM-8:00PM (Basketball)	5:45AM-7:00AM (Basketball)  10:00AM-4:30PM (Basketball)	5:45AM-12:00PM (Basketball)  2:30PM-4:30PM (Basketball)  6:00PM-8:00PM (Basketball)	5:45AM-7:00AM (Basketball)  10:00AM-4:30PM (Basketball)  7:00PM-8:00PM (Basketball)	5:45AM-12:00PM (Basketball)  2:30PM-4:30PM (Basketball)	8:45AM-12:00PM (Basketball)  12:00PM-6:45PM (Basketball)	10:00AM-6:45PM (Basketball)
<b>Open Basketball</b> Gym A	5:45AM-6:45AM (Basketball)  8:30AM-10:20AM (Basketball)  2:30PM-4:45PM (Basketball)	5:45AM-6:45AM (Basketball)  10:00AM-4:45PM (Basketball)	5:45AM-6:45AM (Basketball)  8:30AM-12:00PM (Basketball)  2:30PM-8:00PM (Basketball)	10:00AM-5:45PM (Basketball)	5:45AM-6:45AM (Basketball)  2:30PM-6:00PM (Basketball)	12:00PM-6:45PM (Basketball)	10:00AM-1:30PM (Basketball)  1:30PM-6:45PM (Basketball)
<b>LES MILLS SHAPES</b> Group Exercise Studio	5:45AM-6:30AM (Les Mills) <i>Bekkah F.</i>  6:45PM-7:30PM (Les Mills) <i>Melissa H.</i>	6:30PM-7:15PM (Les Mills) <i>Amy L.</i>	12:00PM-12:45PM (Les Mills) <i>Sherry C.</i>	6:10AM-6:40AM (Les Mills) <i>Bekkah F.</i>  10:15AM-11:00AM (Les Mills) <i>Amanda H.</i>			
<b>Lap Swimming</b> 6 Lane Pool	6:15AM-4:00PM (Lap Swimming)  7:30PM-8:30PM (Lap Swimming)	6:15AM-4:00PM (Lap Swimming)  7:30PM-8:30PM (Lap Swimming)	6:15AM-4:00PM (Lap Swimming)  7:30PM-8:30PM (Lap Swimming)	6:15AM-4:00PM (Lap Swimming)  7:30PM-8:30PM (Lap Swimming)	6:15AM-4:00PM (Lap Swimming)  7:30PM-8:30PM (Lap Swimming)	9:00AM-5:00PM (Lap Swimming)	7:15AM-5:00PM (Lap Swimming)
<b>Whirlpool Hours</b> Whirlpool	6:15AM-8:30PM (Sauna & Whirlpool)	6:15AM-8:30PM (Sauna & Whirlpool)	6:15AM-8:30PM (Sauna & Whirlpool)	6:15AM-8:30PM (Sauna & Whirlpool)	6:15AM-11:15AM (Sauna & Whirlpool)  3:00PM-8:30PM (Sauna & Whirlpool)	7:15AM-9:00AM (Sauna & Whirlpool)	7:15AM-5:00PM (Sauna & Whirlpool)
<b>Sauna Hours</b> 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)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Programming - Reserved</b> Gym A	6:45AM-8:30AM (Open Gym)  10:20AM-11:30AM (Open Gym)  4:45PM-5:45PM (Open Gym)  5:45PM-6:45PM (Open Gym)  6:45PM-7:45PM (Open Gym)	6:45AM-8:30AM (Open Gym)  4:45PM-5:45PM (Open Gym)  5:45PM-6:45PM (Open Gym)  6:45PM-7:45PM (Open Gym)	6:45AM-8:30AM (Open Gym)	6:45AM-8:30AM (Open Gym)  5:45PM-7:00PM (Open Gym)  7:00PM-8:00PM (Open Gym)	6:45AM-8:30AM (Open Gym)  9:15AM-12:00PM (Open Gym)  5:00PM-6:00PM (Open Gym)	8:45AM-12:00PM (Open Gym)	
<b>Water Walking</b> Program Pool	7:00AM-9:00AM (Water Walking)  11:00AM-5:00PM (Water Walking)	7:00AM-9:00AM (Water Walking)  11:00AM-5:00PM (Water Walking)	7:00AM-5:00PM (Water Walking)  3:00PM-5:00PM (Water Walking)	7:00AM-9:00AM (Water Walking)  11:30AM-5:00PM (Water Walking)	7:00AM-10:15AM (Water Walking)  11:00AM-5:00PM (Water Walking)	7:15AM-9:00AM (Water Walking)  12:00PM-2:00PM (Water Walking)	8:00AM-10:00AM (Water Walking)
<b>KidZone Open Care</b> 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)
<b>Silver Strength</b> Spirit/Mind/Body Studio	8:15AM-9:00AM (Active Older Adult) <i>Sue W.</i>						
<b>LES MILLS SPRINT</b> Cycle Studio	8:15AM-8:45AM (Les Mills) <i>Amanda H.</i>	6:00PM-6:30PM (Les Mills) <i>Bekkah F.</i>	8:15AM-8:45AM (Les Mills) <i>Amanda H.</i>	5:30AM-6:00AM (Les Mills) <i>Bekkah F.</i>  6:00PM-6:30PM (Les Mills) <i>Novi D.</i>	8:15AM-8:45AM (Les Mills) <i>Amanda H.</i>	8:30AM-9:00AM (Les Mills) <i>Novi D.</i>	
<b>Aqua Yoga/Pilates</b> Program Pool	9:00AM-9:45AM (Aqua) <i>Darlene D.</i>						
<b>LES MILLS BODYPUMP</b> Group Exercise Studio	9:15AM-10:15AM (Les Mills) <i>Jodi B.</i>  5:00PM-5:30PM (Les Mills) <i>Amanda H.</i>		5:30AM-6:30AM (Les Mills) <i>Bekkah F.</i>  9:15AM-10:15AM (Les Mills) <i>Amanda H.</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>
<b>Stretch &amp; Balance</b> Spirit/Mind/Body Studio	9:15AM-10:00AM (Stretch) <i>Sue W.</i>	12:00PM-12:45PM (Stretch) <i>Sue W.</i>			9:15AM-10:00AM (Stretch) <i>Sue W.</i>	9:15AM-10:00AM (Stretch) <i>Christine M.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Cycle Studio	9:15AM-10:00AM (Cycle) <i>Sarah T.</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>
<b>Water Walking</b> Program Pool - Half Pool	10:00AM-11:00AM (Water Walking)	10:00AM-11:00AM (Water Walking)		10:00AM-11:30AM (Water Walking)		2:00PM-5:00PM (Water Walking)	10:00AM-5:00PM (Water Walking)
<b>Zumba</b> Group Exercise Studio	10:30AM-11:30AM (Dance) <i>Krista C.</i>				10:30AM-11:30AM (Dance) <i>Krista C.</i>		
<b>Yoga</b> Spirit/Mind/Body Studio	10:30AM-11:30AM (Yoga & Pilates) <i>Sarah T.</i>			10:15AM-11:15AM (Yoga & Pilates) <i>Jen P.</i>			
<b>Line Dancing</b> Group Exercise Studio	11:45AM-12:45PM (Dance) <i>Joan W.</i>						
<b>Pickleball</b> Full Gym	12:00PM-2:30PM (Pickleball)	8:30AM-10:00AM (Pickleball)	12:00PM-2:30PM (Pickleball)	8:30AM-10:00AM (Pickleball)	12:00PM-2:30PM (Pickleball)  6:00PM-8:00PM (Pickleball)		8:00AM-10:00AM (Pickleball)
<b>Lap Swimming</b> 6 Lane Pool (1 Lane)	4:00PM-5:30PM (Lap Swimming)	4:00PM-7:30PM (Lap Swimming)	4:00PM-7:30PM (Lap Swimming)	4:00PM-7:30PM (Lap Swimming)	4:00PM-7:30PM (Lap Swimming)	7:15AM-9:15AM (Lap Swimming)	
<b>Yoga/Pilates</b> Spirit/Mind/Body Studio	4:15PM-5:15PM (Yoga & Pilates) <i>Darlene D.</i>		10:30AM-11:30AM (Yoga & Pilates) <i>Darlene D.</i>				
<b>Programming - Reserved</b> Gym B	4:30PM-6:00PM (Open Gym)  6:00PM-7:00PM (Open Gym)	4:30PM-6:00PM (Open Gym)  6:00PM-7:45PM (Open Gym)	4:30PM-6:00PM (Open Gym)	4:30PM-6:00PM (Open Gym)  6:00PM-7:00PM (Open Gym)	4:30PM-6:00PM (Open Gym)		
<b>LES MILLS BODYBALANCE</b> Spirit/Mind/Body Studio	5:30PM-6:30PM (Les Mills) <i>Zach S.</i>			6:40PM-7:40PM (Les Mills) <i>Amy L.</i>	8:00AM-9:00AM (Les Mills) <i>Darlene D.</i>	8:05AM-9:05AM (Les Mills) <i>Amy L.</i>  11:30AM-12:30PM (Les Mills) <i>Zach S.</i>	9:45AM-10:45AM (Les Mills) <i>Amy L.</i>
<b>Launch - LM STRENGTH DEVELOPMENT</b> Group Exercise Studio	5:45PM-6:30PM (Les Mills) <i>Samantha L.</i>						
<b>LES MILLS RPM</b> Cycle Studio	6:30PM-7:15PM (Les Mills) <i>Bekkah F.</i>						
<b>Open Basketball</b> Full Gym	8:00PM-9:45PM (Basketball)		8:00PM-9:45PM (Basketball)			7:15AM-8:45AM (Basketball)	7:15AM-8:00AM (Basketball)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS GRIT</b> Group Exercise Studio		6:00AM-6:30AM (Les Mills) <i>Bekkah F.</i>  5:45PM-6:15PM (Les Mills) <i>Amy L.</i>	4:45PM-5:15PM (Les Mills) <i>Melissa H.</i>				9:00AM-9:30AM (Les Mills) <i>Amy L.</i>
<b>Pickleball</b> Gym B		7:00AM-8:30AM (Pickleball)		7:00AM-8:30AM (Pickleball)			
<b>Chair Yoga</b> Spirit/Mind/Body Studio		8:30AM-9:30AM (Active Older Adult) <i>Darlene D.</i>	9:15AM-10:00AM (Active Older Adult) <i>Sue W.</i>				
<b>Aqua Stretch &amp; Strength</b> Program Pool		9:00AM-9:45AM (Aqua) <i>Kathy D.</i>					
<b>LES MILLS BODYCOMBAT</b> Group Exercise Studio		9:15AM-10:00AM (Les Mills) <i>Amanda H.</i>		5:30PM-6:30PM (Les Mills) <i>Amy L.</i>		8:15AM-9:00AM (Les Mills) <i>Amy C.</i>	
<b>Gentle Yoga</b> Spirit/Mind/Body Studio		9:45AM-10:45AM (Yoga & Pilates) <i>Kate S.</i>	8:00AM-8:45AM (Yoga & Pilates) <i>Darlene D.</i>				
<b>PFD Free Time</b> Program Pool - Half Pool		10:00AM-11:00AM (Family Swim)				2:00PM-5:00PM (Family Swim)	2:15PM-5:00PM (Family Swim)
<b>LES MILLS CORE</b> Group Exercise Studio		10:15AM-10:45AM (Les Mills) <i>Amanda H.</i>					
<b>Functional Pilates</b> Spirit/Mind/Body Studio		11:00AM-11:45AM (Yoga & Pilates) <i>Kate S.</i>					
<b>LES MILLS STRENGTH DEVELOPMENT</b> Group Exercise Studio		11:45AM-12:30PM (Les Mills) <i>Sherry C.</i>		11:45AM-12:30PM (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>		
<b>Family Swim</b> Family Fun Pool		5:00PM-7:00PM (Family Swim)	5:00PM-7:00PM (Family Swim)		4:00PM-7:00PM (Family Swim)	9:00AM-5:00PM (Family Swim)	9:00AM-5:00PM (Family Swim)
<b>Vinyasa Yoga</b> Spirit/Mind/Body Studio		5:30PM-6:30PM (Yoga & Pilates) <i>Kimberly W.</i>					
<b>Adult Basketball</b> Full Gym		8:00PM-9:45PM (Basketball)					
<b>Silver Cardio Fusion</b> Group Exercise Studio			10:30AM-11:00AM (Active Older Adult) <i>Sue W.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Stretch &amp; Balance</b> Group Exercise Studio			11:05AM-11:35AM (Stretch) <i>Sue W.</i>				
<b>Hatha Yoga</b> Spirit/Mind/Body Studio			6:40PM-7:40PM (Yoga & Pilates) <i>Kimberly W.</i>	4:15PM-5:15PM (Yoga & Pilates) <i>Darlene D.</i>			8:30AM-9:30AM (Yoga & Pilates) <i>Kimberly W.</i>
<b>LES MILLS DANCE</b> Group Exercise Studio			6:45PM-7:30PM (Les Mills) <i>Zach S.</i>			10:30AM-11:15AM (Les Mills) <i>Zach S.</i>	
<b>Tai Chi</b> Spirit/Mind/Body Studio				8:00AM-9:00AM (Yoga & Pilates) <i>Charles B.</i>			
<b>Aqua Cardio &amp; Strength</b> Program Pool				9:00AM-9:45AM (Aqua) <i>Kathy D.</i>			
<b>LES MILLS BODYCOMBAT</b> Spirit/Mind/Body Studio				9:00AM-10:00AM (Les Mills) <i>Amy C.</i>			
<b>Strength</b> Group Exercise Studio				9:15AM-10:00AM (Strength) <i>Sarah T.</i>			
<b>Line Dancing</b> Spirit/Mind/Body Studio				11:30AM-12:30PM (Dance) <i>Ken W.</i>			
<b>Zumba</b> Spirit/Mind/Body Studio				5:30PM-6:15PM (Dance) <i>Kamna A.</i>			
<b>Volleyball</b> Full Gym				8:00PM-9:45PM (Volleyball)			
<b>Silver Cardio Fusion</b> Spirit/Mind/Body Studio					10:15AM-11:00AM (Active Older Adult) <i>Darlene D.</i>		
<b>Aqua ZUMBA</b> Program Pool					10:15AM-11:00AM (Aqua) <i>Kate S.</i>		



## Pottstown YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Water Walking</b> Lap Pool (1 Lane)	6:00AM-10:00AM (Water Walking)  4:00PM-7:00PM (Water Walking)	6:00AM-10:00AM (Water Walking)  4:00PM-7:00PM (Water Walking)	6:00AM-10:00PM (Water Walking)  4:00PM-7:00PM (Water Walking)	6:00AM-10:00AM (Water Walking)	6:00AM-10:00AM (Water Walking)  4:00PM-7:00PM (Water Walking)	7:30AM-8:45AM (Water Walking)  11:15AM-1:00PM (Water Walking)	
<b>Lap Swimming</b> Lap Pool (2 Lanes)	6:00AM-10:00AM (Lap Swimming)	6:00AM-10:00AM (Lap Swimming)	6:00AM-10:00AM (Lap Swimming)	6:00AM-10:00AM (Lap Swimming)	6:00AM-10:00AM (Lap Swimming)		
<b>KidZone Open Care</b> Child Watch Area	8:30AM-11:30AM (Kidzone)  4:30PM-7:45PM (Kidzone)	8:30AM-11:30AM (Kidzone)  4:30PM-7:45PM (Kidzone)	8:30AM-11:30AM (Kidzone)  4:30PM-7:45PM (Kidzone)	8:30AM-11:30AM (Kidzone)  4:30PM-7:45PM (Kidzone)	8:30AM-11:30AM (Kidzone)	8:00AM-12:00PM (Kidzone)	
<b>Aquacise</b> Lap Pool (2 Lanes)	8:30AM-9:30AM (Aqua) <i>Freddie J.</i>				8:30AM-9:30AM (Aqua) <i>Freddie J.</i>		
<b>Adult Lap Swimming</b> Lap Pool (1 Lane)	4:00PM-7:00PM (Lap Swimming)  4:00PM-7:00PM (Lap Swimming)	4:00PM-7:00PM (Lap Swimming)	4:00PM-7:00PM (Lap Swimming)				
<b>Family Swim</b> Lap Pool (1 Lane)	4:00PM-6:30PM (Family Swim)	4:00PM-6:00PM (Family Swim)	4:00PM-5:45PM (Family Swim)		4:00PM-6:30PM (Family Swim)	11:15AM-12:45PM (Family Swim)	
<b>Hatha Yoga</b> Group Exercise Room	5:30PM-6:30PM (Yoga & Pilates) <i>Kaitlyn L.</i>			5:30PM-6:30PM (Yoga & Pilates) <i>Kaitlyn L.</i>			
<b>Zumba</b> 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>
<b>Launch - LES MILLS CORE</b> Group Exercise Room		7:00AM-7:30AM (Les Mills) <i>Amy C.</i>	7:00AM-7:30AM (Les Mills) <i>Amy C.</i>	7:00AM-7:30AM (Les Mills) <i>Amy C.</i>	7:00AM-7:30AM (Les Mills) <i>Amy C.</i>		
<b>Pilates</b> Group Exercise Room		9:00AM-9:45AM (Yoga & Pilates) <i>Carol B.</i>			9:00AM-9:45AM (Yoga & Pilates) <i>Carol B.</i>		
<b>Launch - LES MILLS BODYPUMP</b> Group Exercise Room		9:55AM-10:55AM (Les Mills) <i>Carol B.</i>		9:55AM-10:55AM (Les Mills) <i>Carol B.</i>			
<b>Aquacise</b> Lap Pool (1 Lane)			8:30AM-9:30AM (Aqua) <i>Freddie J.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cardio Fusion</b> Group Exercise Room			9:00AM-10:00AM (Cardio) <i>Carol B.</i>				
<b>Core Training</b> Group Exercise Room			10:10AM-10:45AM (Strength) <i>Carol B.</i>				
<b>PFD Free Time</b> Lap Pool (1 Lane)			4:00PM-5:00PM (Family Swim)			11:45AM-12:45PM (Family Swim)	
<b>Cardio Kickboxing</b> Group Exercise Room				9:00AM-9:45AM (Cardio) <i>Carol B.</i>			
<b>Tai Chi</b> Group Exercise Room				11:00AM-12:00PM (Yoga & Pilates) <i>Charles B.</i>			
<b>Vinyasa Yoga</b> Group Exercise Room					10:00AM-10:45AM (Yoga & Pilates) <i>Carol B.</i>		
<b>Adult Lap Swimming</b> Lap Pool					4:00PM-7:00PM (Lap Swimming)		
<b>Lap Swimming</b> Lap Pool (1 Lane)						7:30AM-8:45AM (Lap Swimming)  11:15AM-1:00PM (Lap Swimming)	
<b>LES MILLS BODYCOMBAT</b> Group Exercise Room						8:00AM-8:45AM (Les Mills) <i>Liz T.</i>	



## PhilaYatHome | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cardio Fusion</b> Zoom Room	8:15AM-9:00AM (Cardio (Virtual)) <i>Christy S.</i>						
<b>BOOM MUSCLE</b> Zoom Room	10:00AM-10:45AM (Active Older Adult (Virtual)) <i>Mary G.</i>						
<b>Gentle Yoga</b> Zoom Room	11:00AM-12:00PM (Yoga & Pilates (Virtual)) <i>Mary G.</i>		9:00AM-9:45AM (Yoga & Pilates (Virtual)) <i>Jennifer P.</i>				
<b>Zumba</b> 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>			
<b>Chair Pilates</b> Zoom Room		8:30AM-9:15AM (Active Older Adult (Virtual)) <i>Lissa G.</i>					
<b>BOOM</b> 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>			
<b>Silver Barre</b> Zoom Room		11:00AM-11:45AM (Active Older Adult (Virtual)) <i>Maureen L.</i>					
<b>Strength</b> Zoom Room		12:00PM-12:45PM (Strength (Virtual)) <i>Jennifer S.</i>			8:30AM-9:15AM (Strength (Virtual)) <i>Jennifer S.</i>		
<b>Barre</b> Zoom Room			8:00AM-8:45AM (Yoga & Pilates (Virtual)) <i>Maureen L.</i>				
<b>Senior Strut</b> Zoom Room			10:00AM-10:45AM (Active Older Adult (Virtual)) <i>Pam D.</i>		10:00AM-10:45AM (Active Older Adult (Virtual)) <i>Pam D.</i>		
<b>Core Training</b> 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
<b>Chair Yoga</b> 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>			
<b>Pilates</b> Zoom Room				8:30AM-9:15AM (Yoga & Pilates (Virtual)) <i>Lissa G.</i>			
<b>Silver Dance</b> Zoom Room				11:00AM-11:45AM (Active Older Adult (Virtual)) <i>Maureen L.</i>			