



## Haverford Area YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swimming</b> Lap Pool (5 Lanes)							7:00AM-9:00AM (Lap Swimming)  9:00AM-6:30PM (Lap Swimming)
<b>Water Walking</b> Lap Pool (1 Lane)							7:00AM-8:45AM (Water Walking)  9:00AM-6:30PM (Water Walking)
<b>Open Basketball</b> Half Gym							7:00AM-10:45AM (Basketball)  2:00PM-6:45PM (Basketball)
<b>Cycle</b> Cycle Studio							7:30AM-8:45AM (Cycle) <i>Kate S.</i>  9:00AM-9:45AM (Cycle) <i>Emily J.</i>
<b>LES MILLS BODYSTEP</b> Group Ex Studio							8:00AM-8:45AM (Les Mills) <i>Leann D.</i>
<b>Aqua ZUMBA</b> Program Pool							8:00AM-8:45AM (Aqua) <i>Liliya M.</i>
<b>KidZone Open Care</b> Child Watch Area							8:00AM-1:00PM (Kidzone)
<b>Yoga</b> Mind/Body Studio							9:00AM-10:00AM (Yoga & Pilates) <i>Amy S.</i>  1:30PM-2:45PM (Yoga & Pilates) <i>Sheila H.</i>  5:00PM-6:00PM (Yoga & Pilates) <i>Abby S.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Water Walking</b> Program Pool							9:00AM-11:00AM (Water Walking)  1:00PM-2:00PM (Water Walking)  4:00PM-6:00PM (Water Walking)
<b>LES MILLS BODYPUMP</b> Group Ex Studio							9:00AM-10:00AM (Les Mills) <i>Whitney H.</i>  12:40PM-1:40PM (Les Mills) <i>Kristy C.</i>
<b>LES MILLS BODYCOMBAT</b> Group Ex Studio							10:15AM-11:15AM (Les Mills) <i>Jeffrey P.</i>  2:00PM-2:45PM (Les Mills) <i>Leslie M.</i>
<b>Gentle Yoga</b> Mind/Body Studio							10:30AM-11:30AM (Yoga & Pilates) <i>Chelsea N.</i>
<b>Pickleball</b> Half Gym							11:00AM-1:45PM (Pickleball)
<b>Zumba</b> Group Ex Studio							11:25AM-12:25PM (Dance) <i>Marielle O.</i>
<b>Family Swim</b> Program Pool (Shallow)							2:00PM-4:00PM (Family Swim)
<b>Water Walking</b> Progam Pool (Deep)							2:00PM-4:00PM (Water Walking)
<b>Pop-up Jump Rope Class</b> Group Ex Studio							3:00PM-3:45PM (Pop Up) <i>Dan B.</i>