



## Upper Perkiomen Valley YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Whirlpool Hours</b> Whirlpool							7:15AM-5:00PM (Sauna & Whirlpool)
<b>Open Basketball</b> Full Gym							7:15AM-8:00AM (Basketball)
<b>Sauna Hours</b> Sauna							7:15AM-5:00PM (Sauna & Whirlpool)
<b>Lap Swimming</b> 6 Lane Pool (6 Lanes)							7:15AM-5:00PM (Lap Swimming)
<b>LES MILLS BODYPUMP</b> Group Exercise Studio							8:00AM-8:45AM (Les Mills) <i>Amy L.</i>
<b>KidZone Open Care</b> Child Watch Area							8:00AM-1:00PM (Kidzone)
<b>Pickleball</b> Full Gym							8:00AM-10:00AM (Pickleball)
<b>Yoga</b> Spirit/Mind/Body Studio							8:30AM-9:30AM (Yoga & Pilates) <i>Rick B.</i>
<b>Cycle</b> Cycle Studio							8:30AM-9:00AM (Cycle) <i>Kelly W.</i>
<b>LES MILLS GRIT</b> Group Exercise Studio							9:00AM-9:30AM (Les Mills) <i>Amy L.</i>
<b>Water Walking</b> Program Pool							9:00AM-12:00PM (Water Walking)
<b>LES MILLS BODYBALANCE</b> Spirit/Mind/Body Studio							9:45AM-10:45AM (Les Mills) <i>Bekkah F.</i>
<b>Open Basketball</b> Gym A							10:00AM-12:30PM (Basketball)  12:30PM-4:00PM (Basketball)
<b>Open Basketball</b> Gym B							10:00AM-4:00PM (Basketball)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Family Swim</b> Family Fun Pool							11:00AM-5:00PM (Family Swim)
<b>PFD Free Time</b> Program Pool							2:00PM-5:00PM (Family Swim)