



## Ambler YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>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-12:15PM (Sauna & Whirlpool)  3:00PM-8:30PM (Sauna & Whirlpool)	7:00AM-6:30PM (Sauna & Whirlpool)	7:00AM-6:30PM (Sauna & Whirlpool)
<b>Water Walking</b> Program Pool		5:00AM-9:30AM (Water Walking)  10:30AM-5:30PM (Water Walking)  6:30PM-9:30PM (Water Walking)	5:00AM-9:30AM (Water Walking)  10:30AM-9:30PM (Water Walking)	5:00AM-9:30AM (Water Walking)  10:30AM-4:00PM (Water Walking)  7:30PM-9:30PM (Water Walking)	5:00AM-8:00AM (Water Walking)  9:00AM-4:00PM (Water Walking)  7:30PM-8:30PM (Water Walking)	7:00AM-9:00AM (Water Walking)  12:25PM-1:00PM (Water Walking)  5:00PM-6:30PM (Water Walking)	7:00AM-10:00AM (Water Walking)  5:00PM-6:30PM (Water Walking)
<b>Open Basketball</b> Far Gym		5:00AM-7:00AM (Basketball)  1:00PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball)  12:00PM-5:30PM (Basketball)  7:30PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball)  12:00PM-5:45PM (Basketball)	5:00AM-7:00AM (Basketball)  12:00PM-8:45PM (Basketball)		7:00AM-8:00AM (Basketball)  10:00AM-6:45PM (Basketball)
<b>Open Basketball</b> Near Gym		5:00AM-7:00AM (Basketball)  1:00PM-5:15PM (Basketball)  7:00PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball)  12:00PM-5:30PM (Basketball)  7:30PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball)  12:00PM-1:00PM (Basketball)  2:00PM-4:45PM (Basketball)	5:00AM-7:00AM (Basketball)  12:00PM-8:45PM (Basketball)	7:00AM-8:30AM (Basketball)	7:00AM-8:00AM (Basketball)  1:45PM-3:00PM (Basketball)  5:30PM-6:45PM (Basketball)
<b>Boot Camp</b> Large Studio		5:15AM-6:15AM (Strength) <i>Chris B.</i>		5:15AM-6:15AM (Strength) <i>Chris B.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Cycle Studio		6:00AM-6:45AM (Cycle) <i>Jennifer L.</i>  9:15AM-10:15AM (Cycle) <i>Jane P.</i>	5:15AM-6:15AM (Cycle) <i>Eleanor S.</i>  9:15AM-10:00AM (Cycle) <i>Michelle P.</i>  6:00PM-7:00PM (Cycle) <i>Krystle H.</i>	6:00AM-6:45AM (Cycle) <i>Jennifer L.</i>  9:30AM-10:15AM (Cycle) <i>Jane K.</i>		9:00AM-10:00AM (Cycle) <i>Krystle H.</i>	
<b>Pickleball - Beginner/Intermediate</b> Far Gym		7:00AM-1:00PM (Pickleball)					
<b>Programing - Reserved</b> Near Gym		7:00AM-1:00PM (Open Gym)  5:15PM-7:00PM (Open Gym)	5:30PM-7:15PM (Open Gym)	4:45PM-6:00PM (Open Gym)  6:00PM-7:15PM (Open Gym)		8:30AM-12:00PM (Open Gym)  12:00PM-3:00PM (Open Gym)	8:00AM-10:00AM (Open Gym)
<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>Martina S.</i>
<b>LES MILLS BODYPUMP</b> Large Studio		8:00AM-9:00AM (Les Mills) <i>Amy P.</i>  11:45AM-12:45PM (Les Mills) <i>Andrea E.</i>  5:45PM-6:45PM (Les Mills) <i>Jack A.</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>Karen D.</i>  6:00PM-6:45PM (Les Mills) <i>Dana R.</i>	9:15AM-10:15AM (Les Mills) <i>Andrea E.</i>  3:30PM-4:30PM (Les Mills) <i>Amy P.</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>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-1:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)
<b>Quick Fit</b> Studio C		8:30AM-9:00AM (Strength) <i>Andrea E.</i>					
<b>Strength Training</b> Mezzanine		9:00AM-10:00AM (Sgt) <i>Marla P.</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>LES MILLS BARRE</b> Studio C		9:15AM-10:00AM (Les Mills) <i>Karen D.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYSTEP</b> Large Studio		9:15AM-10:15AM (Les Mills) <i>Michelle M.</i>  7:00PM-8:00PM (Les Mills) <i>Lauren H.</i>	5:45PM-6:45PM (Les Mills) <i>Tom P.</i>	9:15AM-10:15AM (Les Mills) <i>Michelle M.</i>		8:00AM-9:00AM (Les Mills) <i>Michelle M.</i>	
<b>Pilates</b> Studio B		9:30AM-10:30AM (Yoga & Pilates) <i>Beth T.</i>					10:15AM-11:15AM (Yoga & Pilates) <i>Martina S.</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>			
<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>
<b>LES MILLS CORE</b> Studio C		10:15AM-10:45AM (Les Mills) <i>Karen D.</i>	8:15AM-8:45AM (Les Mills) <i>Alicia M.</i>				
<b>Silver Cardio Fusion</b> Large Studio		10:30AM-11:30AM (Active Older Adult) <i>Jane P.</i>		10:30AM-11:30AM (Active Older Adult) <i>Jane K.</i>			
<b>Qigong</b> Studio B		10:45AM-11:45AM (Yoga & Pilates) <i>Joan R.</i>		11:45AM-12:30PM (Yoga & Pilates) <i>Alissa M.</i>			
<b>LES MILLS TONE</b> Studio C		11:15AM-12:00PM (Les Mills) <i>Dana R.</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>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>Lap Swimming</b> Lap Pool (3 Lanes)		4:00PM-9:30PM (Lap Swimming)				7:00AM-9:30AM (Lap Swimming)	
<b>LES MILLS BODYBALANCE</b> Small Studio		4:30PM-5:30PM (Les Mills) <i>Amy P.</i>	10:30AM-11:30AM (Les Mills) <i>Michelle B.</i>	4:30PM-5:30PM (Les Mills) <i>Amy P.</i>	8:15AM-9:00AM (Les Mills) <i>Michelle B.</i>  5:30PM-6:30PM (Les Mills) <i>Amy P.</i>		11:15AM-12:15PM (Les Mills) <i>Beth B.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Trim and Sculpt</b> Studio C		4:45PM-5:45PM (Strength) <i>Sonia T.</i>					
<b>Pool Reserved</b> Program Pool		5:30PM-6:30PM (Open Swim)					
<b>LES MILLS BODYCOMBAT</b> Studio C		6:00PM-7:00PM (Les Mills) <i>Tom P.</i>	9:15AM-10:15AM (Les Mills) <i>Andrea E.</i>  6:00PM-6:45PM (Les Mills) <i>William H.</i>	5:45PM-6:45PM (Les Mills) <i>Tom P.</i>	9:15AM-10:15AM (Les Mills) <i>Gina D.</i>  5:15PM-6:15PM (Les Mills) <i>Alicia M.</i>		9:15AM-10:15AM (Les Mills) <i>Tom P.</i>
<b>PFD Free Time</b> Family Pool		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>Family Swim</b> Family Pool		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>LES MILLS RPM</b> Cycle Studio		6:15PM-7:00PM (Les Mills) <i>Allison H.</i>					10:00AM-10:45AM (Les Mills) <i>Allison H.</i>
<b>Gentle Yoga</b> Small Studio		7:00PM-8:00PM (Yoga & Pilates) <i>Michelle M.</i>				8:00AM-9:00AM (Yoga & Pilates) <i>Joan R.</i>	
<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-8:30PM (Lap Swimming)		
<b>Pickleball - Beginner/Intermediate</b> Near Gym			7:00AM-12:00PM (Pickleball)	7:00AM-12:00PM (Pickleball)	7:00AM-12:00PM (Pickleball)		
<b>Pickleball - Intermediate/Advanced</b> Far Gym			7:00AM-12:00PM (Pickleball)	7:00AM-12:00PM (Pickleball)	7:00AM-12:00PM (Pickleball)		
<b>Yoga</b> Small Studio			7:00AM-8:00AM (Yoga & Pilates) <i>Alicia M.</i>  4:15PM-5:30PM (Yoga & Pilates) <i>Ruby C.</i>	11:30AM-12:30PM (Yoga & Pilates) <i>Alicia M.</i>  7:00PM-8:00PM (Yoga & Pilates) <i>Chris K.</i>	7:00AM-8:00AM (Yoga & Pilates) <i>Jennifer L.</i>  9:15AM-10:15AM (Yoga & Pilates) <i>Dan R.</i>		
<b>Trim and Sculpt</b> Large Studio			8:00AM-8:45AM (Strength) <i>Casey K.</i>  4:30PM-5:30PM (Strength) <i>Sonia T.</i>		8:00AM-8:45AM (Strength) <i>Patty K.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Zumba</b> Small Studio			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>Lap Swimming</b> Lap Pool (1 Lane)			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			9:00AM-9:45AM (Aqua) <i>Dori C.</i>				
<b>Vinyasa Yoga</b> Small Studio			9:15AM-10:15AM (Yoga & Pilates) <i>Ami K.</i>  7:00PM-8:00PM (Yoga & Pilates) <i>Martina S.</i>				
<b>LES MILLS SHAPES</b> Studio B			9:30AM-10:15AM (Les Mills) <i>Michelle B.</i>				9:15AM-10:00AM (Les Mills) <i>Dana R.</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>		
<b>TRX</b> Mezzanine			10:30AM-11:30AM (Sgt) <i>Ami K.</i>	11:45AM-12:45PM (Sgt) <i>Ami K.</i>			11:00AM-12:00PM (Sgt) <i>Ami K.</i>
<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>				
<b>Chair Yoga</b> Small Studio			11:45AM-12:45PM (Active Older Adult) <i>Chris K.</i>		11:45AM-12:45PM (Active Older Adult) <i>Martina S.</i>		
<b>SilverSneakers Classic</b> Large Studio			11:45AM-12:45PM (Active Older Adult) <i>Michelle M.</i>		11:45AM-12:45PM (Active Older Adult) <i>Jackie A.</i>		
<b>Tai Chi</b> Small Studio			1:00PM-2:00PM (Yoga & Pilates) <i>Doris F.</i>		1:00PM-2:00PM (Yoga & Pilates) <i>Martina S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swimming</b> Lap Pool (4 Lanes)			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>LES MILLS SHAPES</b> Studio C			5:00PM-5:45PM (Les Mills) <i>Alicia M.</i>	10:45AM-11:30AM (Les Mills) <i>Karen D.</i>  7:15PM-8:00PM (Les Mills) <i>Allison H.</i>			
<b>Programming - Reserved</b> Far Gym			5:30PM-7:15PM (Open Gym)	6:00PM-7:15PM (Open Gym)		8:30AM-12:00PM (Open Gym)  12:00PM-3:00PM (Open Gym)	8:00AM-10:00AM (Open Gym)
<b>Dynamic Boxing</b> Mezzanine				8:00AM-9:00AM (Sgt) <i>Laura M.</i>			
<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>LES MILLS BODYCOMBAT</b> Studio B				10:00AM-10:45AM (Les Mills) <i>Andrea E.</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>Seated Pickleball</b> Near Gym				1:00PM-2:00PM (Pickleball)			
<b>Pool Reserved</b> Program Reserved				4:00PM-7:30PM (Open Swim)		9:00AM-12:25PM (Open Swim)	10:00AM-12:00PM (Open Swim)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>POUND</b> Studio B				6:15PM-7:00PM (Yoga & Pilates) <i>Sue D.</i>		10:15AM-11:00AM (Yoga & Pilates) <i>Lauren H.</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>LES MILLS TONE</b> Large Studio				7:00PM-7:45PM (Les Mills) <i>Dana R.</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>Aqua Combo</b> Lap Pool				7:30PM-8:30PM (Aqua) <i>Maureen B.</i>			
<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>Michelle M.</i>		
<b>Aqua Yoga/Pilates</b> Program Pool					8:00AM-8:45AM (Aqua) <i>Karen S.</i>		
<b>Aquacise</b> Lap Pool (5 Lanes)					9:00AM-9:45AM (Aqua) <i>Dori C.</i>		
<b>Total Body Cycle</b> Cycle Studio					9:15AM-10:30AM (Cycle) <i>Michelle P.</i>		
<b>Zumba Gold</b> Studio B					9:30AM-10:15AM (Active Older Adult) <i>Jane K.</i>		
<b>Silver Strength</b> Studio C					10:30AM-11:30AM (Active Older Adult) <i>Patty K.</i>		
<b>Zumba</b> Large Studio					10:30AM-11:30AM (Dance) <i>Jane K.</i>		
<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>Martina S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>General Open Gym</b> Far Gym						7:00AM-8:30AM (Open Gym)  3:00PM-6:45PM (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 B						9:15AM-10:00AM (Les Mills) <i>Jessika T.</i>	
<b>LES MILLS BODYBALANCE</b> Studio B						11:15AM-12:15PM (Les Mills) <i>Allison H.</i>	
<b>Zumba Gold</b> Large Studio						1:00PM-2:00PM (Active Older Adult) <i>Kelly M.</i>	1:00PM-2:00PM (Active Older Adult) <i>Kelly M.</i>
<b>General Open Gym</b> Near Gym						3:00PM-6:45PM (Open Gym)	
<b>LES MILLS CORE</b> Large Studio							9:30AM-10:00AM (Les Mills) <i>Alicia M.</i>
<b>Family Gym Time</b> Near Gym							10:00AM-1:45PM (Family)
<b>Tai Chi</b> Studio B							11:30AM-12:45PM (Yoga & Pilates) <i>Martina S.</i>