



Willow Grove YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Walking Program Pool						7:00AM-9:00AM (Water Walking) 5:00PM-6:00PM (Water Walking)	7:00AM-9:00AM (Water Walking) 12:45PM-1:30PM (Water Walking) 5:00PM-6:00PM (Water Walking)
Sauna Hours Sauna						7:00AM-6:30PM (Sauna & Whirlpool)	7:00AM-6:30PM (Sauna & Whirlpool)
Open Basketball Gym A						7:00AM-7:45AM (Basketball) 12:00PM-6:45PM (Basketball)	7:00AM-6:45PM (Basketball)
Open Basketball Gym B						7:00AM-7:45AM (Basketball) 12:00PM-4:15PM (Basketball)	7:00AM-9:00AM (Basketball) 1:15PM-6:45PM (Basketball)
Lap Swimming Lap Pool (4 Lanes)						7:00AM-9:00AM (Lap Swimming) 2:45PM-3:45PM (Lap Swimming)	2:45PM-3:45PM (Lap Swimming)
KidZone Open Care Child Watch Area						8:00AM-1:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)
LES MILLS BODYPUMP Studio B						8:00AM-9:00AM (Les Mills) <i>Pat R.</i>	11:30AM-12:30PM (Les Mills) <i>Lauren H.</i>
LES MILLS BODYCOMBAT Studio A						8:15AM-9:15AM (Les Mills) <i>Nancy B.</i>	10:30AM-11:15AM (Les Mills) <i>Sue D.</i>
LES MILLS SHAPES Studio C						8:15AM-9:00AM (Les Mills) <i>Richarda B.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Cycle Studio						8:30AM-9:30AM (Cycle) <i>Robin B.</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>
Boot Camp Training Zone/Upper Turf						8:30AM-9:15AM (Strength) <i>Mary P.</i>	
Lap Swimming Lap Pool (3 Lanes)						9:00AM-12:45PM (Lap Swimming) 9:00PM-12:45PM (Lap Swimming)	9:00AM-12:45PM (Lap Swimming)
Vinyasa Yoga Studio C						9:30AM-10:30AM (Yoga & Pilates) <i>Ami K.</i>	
POUND Studio A						9:30AM-10:15AM (Yoga & Pilates) <i>Sue D.</i>	
Strength Studio B						9:30AM-10:30AM (Strength) <i>Mary P.</i>	
LES MILLS FUNCTIONAL STRENGTH Studio A						10:30AM-11:15AM (Les Mills) <i>Stephen A.</i>	
Zumba Studio B						10:45AM-11:45AM (Dance) <i>Lauren D.</i>	
Lap Swimming Lap Pool						12:45PM-1:30PM (Lap Swimming) 5:00PM-6:30PM (Lap Swimming)	7:00AM-9:00AM (Lap Swimming) 12:45PM-1:30PM (Lap Swimming) 5:00PM-6:30PM (Lap Swimming)
Water Walking Lap Pool (1 Lane)						1:30PM-5:00PM (Water Walking)	1:30PM-5:00PM (Water Walking)
Lap Swimming Lap Pool (5 Lanes)						1:30PM-2:45PM (Lap Swimming) 3:45PM-5:00PM (Lap Swimming)	1:30PM-2:45PM (Lap Swimming) 3:45PM-5:00PM (Lap Swimming)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim Program Pool						1:30PM-2:30PM (Family Swim) 4:00PM-5:00PM (Family Swim)	1:30PM-2:30PM (Family Swim) 4:00PM-5:00PM (Family Swim)
Family Swim Family Pool						1:30PM-2:30PM (Family Swim) 4:00PM-5:00PM (Family Swim)	1:30PM-2:30PM (Family Swim) 4:00PM-5:00PM (Family Swim)
PFD Free Time Lap Pool (1 Lane)						2:45PM-3:45PM (Family Swim)	2:45PM-3:45PM (Family Swim)
PFD Free Time Program Pool						2:45PM-3:45PM (Family Swim) 2:45PM-3:45PM (Family Swim)	2:45PM-3:45PM (Family Swim)
Pickleball Gym B						4:30PM-6:45PM (Pickleball)	9:00AM-1:00PM (Pickleball)
LES MILLS FUNCTIONAL STRENGTH Studio B							8:15AM-9:00AM (Les Mills) <i>Stephen A.</i>
Strength Studio A							9:00AM-10:00AM (Strength) <i>Lissa G.</i>
LES MILLS SHAPES Studio B							9:15AM-10:00AM (Les Mills) <i>Patti S.</i>
LES MILLS BODYSTEP Studio B							10:15AM-11:15AM (Les Mills) <i>Lauren H.</i>
PFD Free Time Family Pool							2:45PM-3:45PM (Family Swim)