



Willow Grove YMCA | April 28th - May 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|--|---|--|--|
| Open Basketball Gym A | 5:00AM-4:00PM (Basketball) 8:15PM-9:45PM (Basketball) | 5:00AM-9:00AM (Basketball) 12:15PM-12:45PM (Basketball) 2:00PM-4:00PM (Basketball) 8:15PM-9:45PM (Basketball) | 5:00AM-4:00PM (Basketball) 8:15PM-9:45PM (Basketball) | 5:00AM-9:00AM (Basketball) 12:15PM-5:00PM (Basketball) 9:00PM-9:45PM (Basketball) | 5:00AM-9:00AM (Basketball) 12:15PM-8:45PM (Basketball) | 7:00AM-7:45AM (Basketball) 12:00PM-6:45PM (Basketball) | 7:00AM-6:45PM (Basketball) |
| Open Basketball Gym B | 5:00AM-9:00AM (Basketball) 10:15AM-11:00AM (Basketball) 12:15PM-4:00PM (Basketball) | 5:00AM-9:00AM (Basketball) 12:15PM-12:45PM (Basketball) 2:00PM-4:00PM (Basketball) 8:15PM-9:45PM (Basketball) | 5:00AM-4:00PM (Basketball) | 5:00AM-9:00AM (Basketball) 12:15PM-4:00PM (Basketball) 9:00PM-9:45PM (Basketball) | 5:00AM-9:00AM (Basketball) 12:15PM-8:45PM (Basketball) | 7:00AM-7:45AM (Basketball) 12:00PM-4:15PM (Basketball) | 7:00AM-9:00AM (Basketball) 1:15PM-6:45PM (Basketball) |
| Water Walking Lap Pool (1 Lane) | 5:00AM-8:00AM (Water Walking) 9:15AM-10:00AM (Water Walking) | 5:00AM-10:00AM (Water Walking) | 9:15AM-10:00AM (Water Walking) 9:00PM-9:30PM (Water Walking) | 8:00AM-10:00AM (Water Walking) | 9:15AM-10:00AM (Water Walking) | 1:30PM-5:00PM (Water Walking) | 1:30PM-5:00PM (Water Walking) |
| Lap Swimming Lap Pool (5 Lanes) | 5:00AM-10:00AM (Lap Swimming) 5:00AM-8:00AM (Lap Swimming) 9:15AM-10:00AM (Lap Swimming) 12:30PM-4:00PM (Lap Swimming) 8:30PM-9:30PM (Lap Swimming) | 7:00AM-9:00AM (Lap Swimming) | 8:30PM-9:30PM (Lap Swimming) | 8:00AM-10:00AM (Lap Swimming) | 9:15AM-10:00AM (Lap Swimming) | 1:30PM-2:45PM (Lap Swimming) 3:45PM-5:00PM (Lap Swimming) | 1:30PM-2:45PM (Lap Swimming) 3:45PM-5:00PM (Lap Swimming) |
| Sauna Hours 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) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|--|--|---|--|
| Launch - LES MILLS BODYCOMBAT Studio A | 5:30AM-6:15AM (Les Mills) <i>Aniela B.</i> | | | | | | |
| LES MILLS BODYBALANCE Studio C | 8:00AM-8:45AM (Les Mills) <i>Mary B.</i> | | | | | | |
| KidZone Open Care 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) |
| Lap Swimming Lap Pool | 8:00AM-9:15AM (Lap Swimming) 10:00AM-12:30PM (Lap Swimming) | 10:00AM-4:00PM (Lap Swimming) 8:30PM-9:30PM (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) 8:30PM-9:30PM (Lap Swimming) | 5:00AM-9:15AM (Lap Swimming) 10:00AM-5:00PM (Lap Swimming) | 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) |
| LES MILLS BODYPUMP Studio B | 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> | | 5:30PM-6:30PM (Les Mills) <i>Lauren H.</i> | 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 | 9:00AM-10:00AM (Les Mills) <i>Samantha Z.</i> 4:30PM-5:15PM (Les Mills) <i>Eleanor H.</i> | | | | 5:30AM-6:15AM (Les Mills) <i>Aniela B.</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-11:15AM (Les Mills) <i>Sue D.</i> |
| Silver TRX Queenax/Lower Turf | 9:00AM-10:00AM (Sgt) <i>Lissa G.</i> | | | | | | |
| Aqua Boot Camp 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> | | | |
| Women & Weights Training Zone/Upper Turf | 9:30AM-10:30AM (Sgt) <i>Eric S.</i> | | 9:30AM-10:30AM (Sgt) <i>Eric S.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|---|---|--|---|
| H.I.I.T. Studio B | 10:15AM-11:00AM (Strength) <i>Lori R.</i> | | | | | | |
| Silver Cycle Cycle Studio | 10:30AM-11:15AM (Active Older Adult) <i>Lissa G.</i> | | | | | | |
| Silver & Fit 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> | | | |
| SilverSneakers Enerchi Studio B | 12:15PM-1:00PM (Active Older Adult) <i>Alissa M.</i> | | | | 12:15PM-1:00PM (Active Older Adult) <i>Alissa M.</i> | | |
| Aqua Stretch & Strength Program Pool | 12:30PM-1:15PM (Aqua) <i>Mary B.</i> | | | | | | |
| Water Walking Program Pool | 1:25PM-4:00PM (Water Walking) | 10:00AM-4:00PM (Water Walking) | 5:00AM-9:15AM (Water Walking) | 5:00AM-8:00AM (Water Walking) | 5:00AM-9:10AM (Water Walking) | 7:00AM-9:00AM (Water Walking) | 7:00AM-9:00AM (Water Walking) |
| | 8:00PM-9:00PM (Water Walking) | 8:00PM-9:30PM (Water Walking) | 10:00AM-4:00PM (Water Walking) 7:30PM-9:00PM (Water Walking) | 10:00AM-4:00PM (Water Walking) 8:00PM-9:30PM (Water Walking) | 10:00AM-4:00PM (Water Walking) 7:00PM-8:30PM (Water Walking) | 5:00PM-6:00PM (Water Walking) | 12:45PM-1:30PM (Water Walking) 5:00PM-6:00PM (Water Walking) |
| Lap Swimming Lap Pool (4 Lanes) | 4:00PM-5:00PM (Lap Swimming) | 4:00PM-5:00PM (Lap Swimming) | 4:00PM-5:30PM (Lap Swimming) | 4:00PM-5:00PM (Lap Swimming) | | 7:00AM-9:00AM (Lap Swimming) 2:45PM-3:45PM (Lap Swimming) | 2:45PM-3:45PM (Lap Swimming) |
| Zumba 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> | |
| Cycle Cycle Studio | 5:30PM-6:15PM (Cycle) <i>Rick R.</i> | 5:15AM-6:00AM (Cycle) <i>Robin B.</i> | 9:30AM-10:15AM (Cycle) <i>Diane R.</i> | 5:15AM-6:00AM (Cycle) <i>Christopher Q.</i> | 9:30AM-10:15AM (Cycle) <i>Pat R.</i> | 8:30AM-9:30AM (Cycle) <i>Robin B.</i> | 8:30AM-9:15AM (Cycle) <i>Sue M.</i> |
| | | 9:30AM-10:15AM (Cycle) <i>Evan S.</i> | 5:30PM-6:15PM (Cycle) <i>Rick R.</i> | 9:30AM-10:15AM (Cycle) <i>Evan S.</i> | 5:30PM-6:15PM (Cycle) <i>Rick R.</i> | 10:00AM-11:00AM (Cycle) <i>Dave G.</i> | |
| | | 5:15PM-6:00PM (Cycle) <i>Pat R.</i> | | 5:30PM-6:30PM (Cycle) <i>Patti S.</i> | | 12:15PM-1:00PM (Cycle) <i>Rick R.</i> | |
| | | 6:15PM-7:00PM (Cycle) <i>Pat R.</i> | | 7:00PM-7:45PM (Cycle) <i>Sue M.</i> | | | |
| Pilates Studio C | 5:30PM-6:15PM (Yoga & Pilates) <i>Diane R.</i> | 9:30AM-10:30AM (Yoga & Pilates) <i>Diane R.</i> | 8:00AM-9:00AM (Yoga & Pilates) <i>Valerie P.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|--|---|-------------------------------|-------------------------------|
| LES MILLS BODYSTEP Studio A | 6:00PM-7:00PM (Les Mills) <i>Lauren H.</i> | | | 9:15AM-10:15AM (Les Mills) <i>Jane U.</i> | | | |
| Teen Strength Training Training Zone/Upper Turf | 6:00PM-7:00PM (Sgt) <i>Zach R.</i> | | 6:00PM-7:00PM (Sgt) <i>Zach R.</i> | | | | |
| Yoga 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>Susan C.</i> | | | |
| Core Training Studio A | 7:15PM-7:45PM (Strength) <i>Lauren H.</i> | | | | | | |
| Pickleball 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) |
| LES MILLS SHAPES Studio A | | 7:30AM-8:00AM (Les Mills) <i>Diane R.</i> | | 7:30AM-8:00AM (Les Mills) <i>Diane R.</i> | 10:00AM-10:30AM (Les Mills) <i>Karen D.</i> | | |
| LES MILLS BODYCOMBAT Studio B | | 8:00AM-8:45AM (Les Mills) <i>Eleanor H.</i> | | | | | |
| Pickleball Gym A | | 9:15AM-12:00PM (Pickleball) | | 9:15AM-12:00PM (Pickleball) | 9:15AM-12:00PM (Pickleball) | | |
| LES MILLS BODYBALANCE Studio A | | 9:30AM-10:30AM (Les Mills) <i>Suzanne S.</i> | | | | | |
| Meditation Studio C | | 10:45AM-11:15AM (Yoga & Pilates) <i>Nicole R.</i> | | | | | |
| Pop-up Reiki Studio C | | 11:30AM-12:30PM (Pop Up) <i>Nicole R.</i> | | 5:15PM-6:15PM (Pop Up) <i>Nicole R.</i> | | | |
| Zumba Studio A | | 12:00PM-12:45PM (Dance) <i>Richarda B.</i> | 12:00PM-1:00PM (Dance) <i>Maureen L.</i> | | | | |
| Stretch & Balance Studio B | | 12:15PM-12:45PM (Stretch) <i>Lissa G.</i> | | 12:15PM-12:45PM (Stretch) <i>Lissa G.</i> | | | |
| Programming - Reserved Gym A | | 12:45PM-2:00PM (Open Gym) | | 7:00PM-9:00PM (Open Gym) | | | |
| Programming - Reserved Gym B | | 12:45PM-2:00PM (Open Gym) | | 7:00PM-9:00PM (Open Gym) | | | |
| SilverSneakers Enerchi Studio C | | 1:00PM-1:30PM (Active Older Adult) <i>Alissa M.</i> | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|--|--|---|--|---|--------|
| Family Yoga Studio B | | 5:30PM-6:15PM (Family) <i>Nakesha M.</i> | | | | | |
| MetCon Training Zone/Upper Turf | | 6:00PM-7:00PM (Sgt) <i>Zach R.</i> | | | | | |
| LES MILLS DANCE Studio C | | 6:30PM-7:15PM (Les Mills) <i>Ann S.</i> | | | | | |
| LES MILLS CORE Studio C | | 7:30PM-8:00PM (Les Mills) <i>Ann S.</i> | | | | | |
| LES MILLS FUNCTIONAL STRENGTH Studio A | | | 7:15AM-8:00AM (Les Mills) <i>Diane R.</i> | 5:00PM-5:45PM (Les Mills) <i>Pat R.</i> | | 10:30AM-11:15AM (Les Mills) <i>Stephen A.</i> | |
| Strength Studio B | | | 8:00AM-8:45AM (Strength) <i>Lissa G.</i> | | | 9:30AM-10:30AM (Strength) <i>Mary P.</i> | |
| Aqua ZUMBA Program Pool | | | 9:15AM-10:00AM (Aqua) <i>Lisa W.</i> | | 9:15AM-10:00AM (Aqua) <i>Lisa W.</i> | | |
| Shock Queenax/Lower Turf | | | 9:15AM-10:15AM (Sgt) <i>Lissa G.</i> | | 12:30PM-1:30PM (Sgt) <i>Lissa G.</i> | | |
| H.I.I.T. Studio C | | | 10:00AM-10:45AM (Strength) <i>Lori R.</i> | | | | |
| Launch - LES MILLS BARRE Studio A | | | 10:15AM-10:45AM (Les Mills) <i>Karen D.</i> | | | | |
| LES MILLS CORE Studio A | | | 10:45AM-11:15AM (Les Mills) <i>Karen D.</i> | | 10:30AM-11:00AM (Les Mills) <i>Karen D.</i> | | |
| SilverSneakers Classic 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> | | |
| BOOM Studio C | | | 11:00AM-11:50AM (Active Older Adult) <i>Maureen L.</i> | | | | |
| Senior Circuit Express Studio C | | | 12:00PM-12:45PM (Active Older Adult) <i>Lori R.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|--|---|---|--|--|
| Chair Yoga Studio B | | | 12:15PM-1:00PM (Active Older Adult) <i>Alissa M.</i> | | 11:15AM-12:00PM (Active Older Adult) <i>Alissa M.</i> | | |
| Line Dancing Studio A | | | 1:30PM-2:30PM (Dance) <i>Richarda B.</i> | | | | |
| Vinyasa Yoga 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> | |
| Aquacise Program Pool | | | | 8:00AM-8:45AM (Aqua) <i>Lisa W.</i> | | | |
| LES MILLS FUNCTIONAL STRENGTH Studio B | | | | 9:00AM-9:45AM (Les Mills) <i>Karen D.</i> | | | 8:15AM-9:00AM (Les Mills) <i>Stephen A.</i> |
| Zumba Gold Studio B | | | | 10:05AM-11:00AM (Active Older Adult) <i>Richarda B.</i> | | | |
| H.I.I.T. Studio A | | | | 10:30AM-11:15AM (Strength) <i>Lori R.</i> | | | |
| Zumba Gold Studio A | | | | 11:30AM-12:30PM (Active Older Adult) <i>Richarda B.</i> | | | |
| LES MILLS BARRE Studio C | | | | 4:45PM-5:15PM (Les Mills) <i>Patti S.</i> | | | |
| LES MILLS BODYSTEP Studio B | | | | 5:00PM-6:00PM (Les Mills) <i>Suzanne S.</i> | | | 10:15AM-11:15AM (Les Mills) <i>Lauren H.</i> |
| Youth Strength Training Training Zone/Upper Turf | | | | 6:00PM-7:00PM (Sgt) <i>Zach R.</i> | | | |
| Yin Yoga Studio C | | | | 6:30PM-7:30PM (Yoga & Pilates) <i>Mindy C.</i> | | | |
| Family Swim Program Pool | | | | | 4:00PM-7:00PM (Family Swim) | 1:30PM-2:30PM (Family Swim) 4:00PM-5:00PM (Family Swim) | 1:30PM-2:30PM (Family Swim) 4:00PM-5:00PM (Family Swim) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|----------|--------------------------------|--|--|
| Family Swim Family Pool | | | | | 4:00PM-7:00PM (Family Swim) | 1:30PM-2:30PM (Family Swim) 4:00PM-5:00PM (Family Swim) | 1:30PM-2:30PM (Family Swim) 4:00PM-5:00PM (Family Swim) |
| LES MILLS SHAPES Studio C | | | | | | 8:15AM-9:00AM (Les Mills) <i>Richarda B.</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) |
| POUND Studio A | | | | | | 9:30AM-10:15AM (Yoga & Pilates) <i>Sue D.</i> | |
| 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) |
| 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> |
| PFD Free Time Family Pool | | | | | | | 2:45PM-3:45PM (Family Swim) |