



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)	10:00AM-4:00PM (Water Walking)	10:00AM-4:00PM (Water Walking)	5:00PM-6:00PM (Water Walking)	12:45PM-1:30PM (Water Walking)
			7:30PM-9:00PM (Water Walking)	8:00PM-9:30PM (Water Walking)	7:00PM-8:30PM (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)