



## Haverford Area YMCA | May 12th - May 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Whirlpool Hours</b> Whirlpool				5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-8:30PM (Sauna & Whirlpool)	7:00AM-6:30PM (Sauna & Whirlpool)	
<b>Sauna Hours</b> Sauna				5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-8:30PM (Sauna & Whirlpool)	7:00AM-6:30PM (Sauna & Whirlpool)	7:00AM-6:30PM (Sauna & Whirlpool)
<b>Lap Swimming</b> Lap Pool (5 Lanes)				5:00AM-8:45AM (Lap Swimming)  10:00AM-5:00PM (Lap Swimming)  7:45PM-9:30PM (Lap Swimming)	5:00AM-7:45AM (Lap Swimming)  9:00AM-8:30PM (Lap Swimming)	7:00AM-7:30AM (Lap Swimming)  12:45PM-6:30PM (Lap Swimming)	7:00AM-9:00AM (Lap Swimming)  12:00PM-6:30PM (Lap Swimming)
<b>Water Walking</b> Lap Pool (1 Lane)				5:00AM-8:45AM (Water Walking)  10:00AM-9:30PM (Water Walking)	5:00AM-7:45AM (Water Walking)  9:00AM-8:30PM (Water Walking)	9:00AM-6:30PM (Water Walking)	7:00AM-6:30PM (Water Walking)
<b>Open Basketball</b> Half Gym				5:00AM-5:45AM (Basketball)  7:00AM-7:45AM (Basketball)	5:00AM-10:45AM (Basketball)  3:00PM-3:45PM (Basketball)		
<b>Total Body Conditioning</b> Group Ex Studio				5:15AM-6:00AM (Cardio) <i>Kristen R.</i>  8:45AM-9:30AM (Cardio) <i>Susie G.</i>	6:15AM-7:00AM (Cardio) <i>Kate S.</i>  8:15AM-9:00AM (Cardio) <i>Sara F.</i>  4:30PM-5:15PM (Cardio) <i>Kristen R.</i>	7:15AM-8:00AM (Cardio) <i>Summer P.</i>	
<b>Strength Training</b> Mezzanine				5:30AM-6:30AM (Sgt) <i>Stephanie A.</i>  6:45AM-7:45AM (Sgt) <i>Stephanie A.</i>	9:30AM-10:30AM (Sgt) <i>Taylor F.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Cycle Studio				6:00AM-6:45AM (Cycle) <i>Jim T.</i>  8:30AM-9:15AM (Cycle) <i>Jay K.</i>  9:30AM-10:15AM (Cycle) <i>Amy S.</i>  4:45PM-5:30PM (Cycle) <i>Maura P.</i>  6:00PM-6:45PM (Cycle) <i>Tom C.</i>	5:15AM-6:15AM (Cycle) <i>Kate S.</i>  6:30AM-7:00AM (Cycle) <i>Emily J.</i>  8:00AM-8:45AM (Cycle) <i>Kristin A.</i>  9:30AM-10:15AM (Cycle) <i>Amy S.</i>	7:15AM-8:25AM (Cycle) <i>Kate S.</i>  8:45AM-9:45AM (Cycle) <i>Tom C.</i>  11:45AM-12:30PM (Cycle) <i>Julian J.</i>	7:30AM-8:45AM (Cycle) <i>Kate S.</i>  9:00AM-9:45AM (Cycle) <i>Emily J.</i>
<b>Water Walking</b> Program Pool				6:30AM-9:45AM (Water Walking)  12:35PM-4:00PM (Water Walking)	6:00AM-9:00AM (Water Walking)  2:00PM-4:00PM (Water Walking)	7:00AM-9:00AM (Water Walking)  1:00PM-3:00PM (Water Walking)	7:00AM-8:00AM (Water Walking)
<b>LES MILLS BODYPUMP</b> Group Ex Studio				7:00AM-7:45AM (Les Mills) <i>Christina R.</i>  8:00PM-9:00PM (Les Mills) <i>Tina B.</i>	5:15AM-6:00AM (Les Mills) <i>Simone M.</i>  10:30AM-11:15AM (Les Mills) <i>Whitney H.</i>	9:15AM-10:15AM (Les Mills) <i>Heather B.</i>  12:45PM-1:30PM (Les Mills) <i>Simone M.</i>	9:00AM-10:00AM (Les Mills) <i>Whitney H.</i>  12:40PM-1:40PM (Les Mills) <i>Christyn R.</i>
<b>KidZone Open Care</b> Child Watch Area				8:00AM-1:00PM (Kidzone)  4:00PM-8:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)  4:00PM-7:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)
<b>Silver &amp; Fit</b> Gym A				8:00AM-8:45AM (Active Older Adult) <i>Jim T.</i>			
<b>Lap Swimming</b> Lap Pool (1 Lane)				8:45AM-10:00AM (Lap Swimming)			
<b>Hatha Yoga</b> Mind/Body Studio				9:00AM-10:00AM (Yoga & Pilates) <i>Jeanne R.</i>  5:00PM-6:00PM (Yoga & Pilates) <i>Tom P.</i>			
<b>Aqua Shallow</b> Lap Pool				9:00AM-9:45AM (Aqua) <i>Judy W.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength</b> Group Ex Studio				9:45AM-10:25AM (Strength) <i>Sara F.</i>			
<b>Line Dancing</b> Multipurpose Room				10:00AM-10:45AM (Dance) <i>Steph A.</i>			
<b>Yoga</b> Mind/Body Studio				10:30AM-11:30AM (Yoga & Pilates) <i>Amy S.</i>	10:30AM-11:30AM (Yoga & Pilates) <i>Tom P.</i>  6:30PM-7:30PM (Yoga & Pilates) <i>Abby S.</i>		9:00AM-10:00AM (Yoga & Pilates) <i>Janette M.</i>  1:30PM-2:45PM (Yoga & Pilates) <i>Sheila H.</i>  5:00PM-6:00PM (Yoga & Pilates) <i>Abby S.</i>
<b>Silver Cardio Fusion</b> Group Ex Studio				10:45AM-11:30AM (Active Older Adult) <i>Miriam R.</i>			
<b>Arthritis Foundation Aquatics Program</b> Program Pool				11:15AM-11:45AM (Aqua) <i>Terry F.</i>			
<b>LES MILLS BODYATTACK</b> Group Ex Studio				11:45AM-12:30PM (Les Mills) <i>Nicole O.</i>			
<b>SilverSneakers Splash</b> Program Pool				11:50AM-12:35PM (Active Older Adult) <i>Terry F.</i>			
<b>Qigong</b> Multipurpose Room				12:00PM-1:00PM (Yoga & Pilates) <i>Kirsten E.</i>			
<b>PFD Free Time</b> Family Fun Pool				12:35PM-3:00PM (Family Swim)			
<b>PFD Free Time</b> Program Pool (Shallow)				12:35PM-4:00PM (Family Swim)			
<b>Pickleball</b> Gym A				1:00PM-4:15PM (Pickleball)	11:00AM-2:45PM (Pickleball)		
<b>Tai Chi</b> Multipurpose Room				1:00PM-1:30PM (Yoga & Pilates) <i>Kirsten E.</i>			
<b>Stretch &amp; Balance</b> Mind/Body Studio				3:30PM-4:30PM (Stretch) <i>Maura P.</i>			
<b>LES MILLS CORE</b> Group Ex Studio				4:00PM-4:30PM (Les Mills) <i>Heather B.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYSTEP</b> Group Ex Studio				4:45PM-5:45PM (Les Mills) <i>Leslie M.</i>			8:00AM-8:45AM (Les Mills) <i>Leann D.</i>
<b>Lap Swimming</b> Lap Pool (4 Lanes)				5:00PM-7:00PM (Lap Swimming)		9:00AM-12:45PM (Lap Swimming)	9:00AM-12:00PM (Lap Swimming)
<b>KidZone Open Play</b> Gym A				5:30PM-6:15PM (Kidzone)			
<b>LES MILLS GRIT</b> Group Ex Studio				6:00PM-6:30PM (Les Mills) <i>Brian M.</i>			
<b>Shock</b> Mezzanine				6:00PM-7:00PM (Sgt) <i>Sean K.</i>			
<b>Vinyasa Yoga</b> Mind/Body Studio				6:30PM-7:30PM (Yoga & Pilates) <i>Susan G.</i>		11:00AM-12:00PM (Yoga & Pilates) <i>Tom P.</i>  1:15PM-2:15PM (Yoga & Pilates) <i>Alicia B.</i>	
<b>Zumba</b> Group Ex Studio				6:45PM-7:45PM (Dance) <i>Marielle O.</i>		10:30AM-11:30AM (Dance) <i>Anna D.</i>	11:25AM-12:25PM (Dance) <i>Stefanie E.</i>
<b>Lap Swimming</b> Lap Pool (3 Lanes)				7:00PM-7:45PM (Lap Swimming)			
<b>Adult Basketball</b> Half Gym				7:30PM-9:45PM (Basketball)			
<b>Family Swim</b> Program Pool				7:45PM-9:30PM (Family Swim)	4:00PM-8:00PM (Family Swim)		1:00PM-4:00PM (Family Swim)
<b>Kettlebells</b> Mezzanine					5:45AM-6:45AM (Sgt) <i>Summer P.</i>		
<b>Lap Swimming</b> Lap Pool (2 Lanes)					7:45AM-9:00AM (Lap Swimming)	7:30AM-9:00AM (Lap Swimming)	
<b>Aqua ZUMBA</b> Lap Pool					8:00AM-8:45AM (Aqua) <i>Liliya M.</i>		
<b>Pilates</b> Multipurpose Room					8:00AM-8:45AM (Yoga & Pilates) <i>Sheila H.</i>  10:00AM-10:45AM (Yoga & Pilates) <i>Daniella E.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua Combo</b> Lap Pool					9:00AM-9:45AM (Aqua) <i>John H.</i>		
<b>Yoga/Pilates</b> Mind/Body Studio					9:00AM-10:00AM (Yoga & Pilates) <i>Susan G.</i>		
<b>Chair Yoga</b> Multipurpose Room					9:00AM-9:45AM (Active Older Adult) <i>Sheila H.</i>  11:00AM-11:45AM (Active Older Adult) <i>Mary P.</i>		
<b>LES MILLS BODYCOMBAT</b> Group Ex Studio					9:15AM-10:15AM (Les Mills) <i>Jeffrey P.</i>	8:10AM-9:00AM (Les Mills) <i>Kristin A.</i>  11:45AM-12:30PM (Les Mills) <i>Simone M.</i>	10:15AM-11:15AM (Les Mills) <i>Jeffrey P.</i>  2:00PM-2:45PM (Les Mills) <i>Leslie M.</i>
<b>Family Swim</b> Family Fun Pool					9:45AM-2:00PM (Family Swim)  4:30PM-8:00PM (Family Swim)		
<b>Dance Fitness</b> Group Ex Studio					11:30AM-12:30PM (Dance) <i>Neffertina G.</i>		
<b>TRX</b> Mezzanine					11:45AM-12:45PM (Sgt) <i>Corrinne F.</i>		
<b>Silver Cycle</b> Cycle Studio					12:00PM-12:30PM (Active Older Adult) <i>Amy S.</i>		
<b>Qigong</b> Mind/Body Studio					12:30PM-1:10PM (Yoga & Pilates) <i>April Z.</i>		
<b>Pilates</b> Group Ex Studio					12:45PM-1:15PM (Yoga & Pilates) <i>Christina S.</i>		
<b>Tai Chi</b> Mind/Body Studio					1:15PM-2:00PM (Yoga & Pilates) <i>April Z.</i>		
<b>Volleyball</b> Half Gym					4:00PM-5:15PM (Volleyball)		
<b>Slide Hours</b> Family Fun Pool					5:00PM-7:00PM (Open Swim)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yin Yoga</b> Mind/Body Studio					5:15PM-6:15PM (Yoga & Pilates) <i>Sharrie L.</i>		
<b>Adult Pickleball</b> Gym B					6:00PM-8:45PM (Pickleball)		
<b>Family LES MILLS BODYCOMBAT</b> Group Ex Studio					6:30PM-7:30PM (Family) <i>Leslie H.</i>		
<b>Volleyball</b> Gym A					7:30PM-8:45PM (Volleyball)		
<b>Open Basketball</b> Gym B						7:00AM-10:45AM (Basketball)  2:00PM-6:45PM (Basketball)	7:00AM-6:45PM (Basketball)
<b>Open Basketball</b> Gym A						7:00AM-8:45AM (Basketball)  2:00PM-6:45PM (Basketball)	7:00AM-8:45AM (Basketball)  2:00PM-6:45PM (Basketball)
<b>Aqua Deep</b> Lap Pool						7:45AM-8:45AM (Aqua) <i>Esther P.</i>	
<b>Total Body Conditioning</b> Mind/Body Studio						8:15AM-9:15AM (Cardio) <i>Anne G.</i>	
<b>Pickleball</b> Gym B						11:00AM-2:00PM (Pickleball)	
<b>Ping Pong</b> Multipurpose Room						12:00PM-6:30PM (Ping Pong)	3:30PM-6:30PM (Ping Pong)
<b>Aqua ZUMBA</b> Program Pool							8:00AM-8:45AM (Aqua) <i>Liliya M.</i>
<b>Gentle Yoga</b> Mind/Body Studio							10:30AM-11:30AM (Yoga & Pilates) <i>Chelsea N.</i>
<b>Pop-up Jump Rope Class</b> Group Ex Studio							3:00PM-3:45PM (Pop Up) <i>Dan B.</i>