



Boyertown YMCA | May 12th - May 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Basketball Full Gym					5:00AM-9:00AM (Basketball) 10:30AM-12:30PM (Basketball) 2:30PM-8:45PM (Basketball)	7:00AM-9:00AM (Basketball) 11:30AM-6:45PM (Basketball)	12:00PM-6:45PM (Basketball)
Adult Lap Swimming Lap Pool (2 Lanes)					5:15AM-6:15AM (Lap Swimming) 9:00AM-11:00AM (Lap Swimming) 5:30PM-6:30PM (Lap Swimming)		10:00AM-2:30PM (Lap Swimming)
Whirlpool/Sauna Hours Whirlpool/Sauna					5:15AM-11:00AM (Sauna & Whirlpool) 1:00PM-8:00PM (Sauna & Whirlpool)	7:00AM-6:00PM (Sauna & Whirlpool)	7:00AM-6:00PM (Sauna & Whirlpool)
Adult Lap Swimming Lap Pool (5 Lanes)					6:15AM-9:00AM (Lap Swimming)		
Water Walking Lap Pool (3 Lanes)					6:15AM-9:00AM (Water Walking)		
KidZone Open Care Child Watch (Ages 5 & Under)					8:00AM-12:00PM (Kidzone)	8:00AM-12:00PM (Kidzone)	
SilverSneakers Classic Group Exercise Studio					8:15AM-9:00AM (Active Older Adult) <i>Ceil F.</i>		
Functional Pilates SMB Studio					8:15AM-9:00AM (Yoga & Pilates) <i>Heidi F.</i>		
Arthritis Foundation Aquatics Program Lap Pool					9:00AM-9:45AM (Aqua) <i>Chris F.</i>		
LES MILLS BODYPUMP Group Exercise Studio					9:15AM-10:15AM (Les Mills) <i>Zack S.</i>		

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Zumba Gymnasium					9:15AM-10:15AM (Dance) <i>Michelle E.</i>		
Aqua Deep Lap Pool					9:45AM-10:30AM (Aqua) <i>Chris F.</i>		
Aqua ZUMBA Lap Pool					10:30AM-11:15AM (Aqua) <i>Michelle E.</i>		
Senior Circuit Express Gymnasium					10:30AM-11:15AM (Active Older Adult) <i>Natalie T.</i>		
Stretch & Balance Group Exercise Studio					11:30AM-12:15PM (Stretch) <i>Natalie T.</i>		
Pickleball Full Gym					12:30PM-2:30PM (Pickleball)		7:00AM-9:00AM (Pickleball)
Adult Lap Swimming Lap Pool (4 Lanes)					1:00PM-5:30PM (Lap Swimming)	11:30AM-6:00PM (Lap Swimming)	7:00AM-10:00AM (Lap Swimming) 2:30PM-6:00PM (Lap Swimming)
Family Swim Lap Pool (4 Lanes)					1:00PM-3:15PM (Family Swim) 6:30PM-8:00PM (Family Swim)	12:00PM-6:00PM (Family Swim)	2:30PM-6:00PM (Family Swim)
Zumba Toning Group Exercise Studio					4:30PM-5:30PM (Dance) <i>Sallie R.</i>		
Adult Lap Swimming Lap Pool (3 Lanes)						7:00AM-8:30AM (Lap Swimming)	
KidZone Open Care Child Watch (Ages 6-11)						8:00AM-12:00PM (Kidzone)	
Cycle Cycle Studio						8:00AM-8:45AM (Cycle) <i>Nadine D.</i>	
Adult Lap Swimming Lap Pool (1 Lane)						8:30AM-11:30AM (Lap Swimming)	
Power Yoga SMB Studio						9:00AM-9:50AM (Yoga & Pilates) <i>Nadine D.</i>	
Strength Group Exercise Studio						9:00AM-9:45AM (Strength) <i>Val S.</i>	

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Barre Group Exercise Studio						10:00AM-11:00AM (Yoga & Pilates) <i>Nadine D.</i>	
Water Walking Lap Pool (4 Lanes)						12:00PM-6:00PM (Water Walking)	7:00AM-10:00AM (Water Walking) 2:30PM-6:00PM (Water Walking)