



## Upper Perkiomen Valley YMCA | May 12th - May 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS STRENGTH DEVELOPMENT</b> Group Exercise Studio					5:30AM-6:15AM (Les Mills) <i>Bekkah F.</i>  9:15AM-10:00AM (Les Mills) <i>Amanda H.</i>		
<b>Open Basketball</b> Gym A					5:45AM-9:15AM (Basketball)  2:30PM-6:00PM (Basketball)	12:00PM-6:45PM (Basketball)	10:00AM-12:30PM (Basketball)  12:30PM-6:45PM (Basketball)
<b>Open Basketball</b> Gym B					5:45AM-12:00PM (Basketball)  3:00PM-4:00PM (Basketball)	11:00AM-6:45PM (Basketball)	10:00AM-6:45PM (Basketball)
<b>Lap Swimming</b> 6 Lane Pool					6:15AM-12:00PM (Lap Swimming)		
<b>Sauna Hours</b> Sauna					6:15AM-12:00PM (Sauna & Whirlpool)  3:00PM-8:30PM (Sauna & Whirlpool)	7:15AM-5:00PM (Sauna & Whirlpool)	7:15AM-5:00PM (Sauna & Whirlpool)
<b>Whirlpool Hours</b> Whirlpool					6:15AM-12:00PM (Sauna & Whirlpool)  3:00PM-8:30PM (Sauna & Whirlpool)	7:15AM-5:00PM (Sauna & Whirlpool)	7:15AM-5:00PM (Sauna & Whirlpool)
<b>Water Walking</b> Program Pool					7:00AM-10:00AM (Water Walking)	7:15AM-9:00AM (Water Walking)	8:00AM-12:00PM (Water Walking)
<b>LES MILLS BODYBALANCE</b> Spirit/Mind/Body Studio					8:00AM-9:00AM (Les Mills) <i>Darlene D.</i>	8:05AM-9:05AM (Les Mills) <i>Amy L.</i>	9:45AM-10:45AM (Les Mills) <i>Bekkah F.</i>
<b>KidZone Open Care</b> Child Watch Area					8:00AM-12:00PM (Kidzone)  4:00PM-8:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)

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<b>LES MILLS SPRINT</b> Cycle Studio					8:15AM-8:45AM (Les Mills) <i>Amanda H.</i>	8:30AM-9:00AM (Les Mills) <i>Novi D.</i>	8:30AM-9:00AM (Les Mills) <i>Novi D.</i>
<b>Stretch &amp; Balance</b> Spirit/Mind/Body Studio					9:15AM-10:00AM (Stretch) <i>Sue W.</i>	9:15AM-10:00AM (Stretch) <i>Christine M.</i>	
<b>Programming - Reserved</b> Gym A					9:15AM-12:00PM (Open Gym)	8:45AM-12:00PM (Open Gym)	
<b>Aqua ZUMBA</b> Program Pool					10:15AM-11:00AM (Aqua) <i>Kate S.</i>		
<b>Silver Cardio Fusion</b> Spirit/Mind/Body Studio					10:15AM-11:00AM (Active Older Adult) <i>Ceil F.</i>		
<b>Zumba</b> Group Exercise Studio					10:30AM-11:30AM (Dance) <i>Krista C.</i>		
<b>Pickleball</b> Full Gym					12:00PM-2:30PM (Pickleball)  6:00PM-8:00PM (Pickleball)		8:00AM-10:00AM (Pickleball)
<b>Lap Swimming</b> 6 Lane Pool (6 Lanes)					3:00PM-4:00PM (Lap Swimming)	9:30AM-5:00PM (Lap Swimming)	7:15AM-5:00PM (Lap Swimming)
<b>Water Walking</b> Program Pool - Half Pool					4:00PM-7:00PM (Water Walking)		
<b>Family Swim</b> Program Pool - Half Pool					4:00PM-7:00PM (Family Swim)		
<b>Programming - Reserved</b> Gym B					4:00PM-6:00PM (Open Gym)	8:45AM-11:00AM (Open Gym)	
<b>Lap Swimming</b> 6 Lane Pool (2 Lanes)					5:30PM-8:30PM (Lap Swimming)		
<b>Lap Swimming</b> 6 Lane Pool (1 Lane)						7:15AM-9:30AM (Lap Swimming)	
<b>Open Basketball</b> Full Gym						7:15AM-8:45AM (Basketball)	7:15AM-8:00AM (Basketball)
<b>LES MILLS BODYCOMBAT</b> Group Exercise Studio						8:15AM-9:00AM (Les Mills) <i>Amy C.</i>	
<b>LES MILLS BODYPUMP</b> Group Exercise Studio						9:15AM-10:15AM (Les Mills) <i>Samantha L.</i>	8:00AM-8:45AM (Les Mills) <i>Melissa H.</i>

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<b>LES MILLS SHAPES</b> Group Exercise Studio						10:30AM-11:15AM (Les Mills) <i>Amy C.</i>	
<b>LES MILLS DANCE</b> Spirit/Mind/Body Studio						10:30AM-11:15AM (Les Mills) <i>Zach S.</i>	
<b>Family Swim</b> Family Fun Pool						12:00PM-5:00PM (Family Swim)	9:00AM-5:00PM (Family Swim)
<b>PFD Free Time</b> Program Pool						2:00PM-5:00PM (Family Swim)	2:00PM-5:00PM (Family Swim)
<b>Yoga</b> Spirit/Mind/Body Studio							8:30AM-9:30AM (Yoga & Pilates) <i>Rick B.</i>
<b>LES MILLS GRIT</b> Group Exercise Studio							9:00AM-9:30AM (Les Mills) <i>Melissa H.</i>