



Rocky Run YMCA | June 2nd - June 8th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swimming Lap Pool (5 Lanes)				8:00AM-4:30PM (Lap Swimming) 8:00PM-9:30PM (Lap Swimming)	5:00AM-12:00PM (Lap Swimming) 1:30PM-8:30PM (Lap Swimming)	7:00AM-9:15AM (Lap Swimming) 2:00PM-6:30PM (Lap Swimming)	7:00AM-10:00AM (Lap Swimming) 4:00PM-6:00PM (Lap Swimming)
KidZone Open Care Child Watch Area				8:30AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:30AM-12:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)	8:00AM-12:00PM (Kidzone)
Pickleball - Beginner/Intermediate Gymnasium A				8:30AM-12:00PM (Pickleball) 4:45PM-9:45PM (Pickleball)			
Water Walking Therapy Pool				8:30AM-9:30AM (Water Walking) 11:00AM-9:30PM (Water Walking)	8:30AM-9:15AM (Water Walking) 12:00PM-8:30PM (Water Walking)	9:00AM-11:00AM (Water Walking) 1:15PM-6:30PM (Water Walking)	9:00AM-10:00AM (Water Walking) 1:15PM-6:30PM (Water Walking)
Yoga/Pilates Studio 1 - Mind/Body				8:30AM-9:15AM (Yoga & Pilates) <i>Lisa T.</i>			
Cycle Studio 3 - Cycle				9:00AM-9:45AM (Cycle) <i>Sarah C.</i>	5:15AM-6:10AM (Cycle) <i>Noah G.</i>	9:00AM-9:55AM (Cycle) <i>Brittany S.</i>	9:00AM-10:00AM (Cycle) <i>Sarah C.</i>
Aqua Stretch & Strength Therapy Pool				9:30AM-10:15AM (Aqua) <i>Jacqui L.</i> 10:15AM-11:00AM (Aqua) <i>Jacqui L.</i>			
Barre Studio 1 - Mind/Body				9:30AM-10:25AM (Yoga & Pilates) <i>Christine K.</i> 5:00PM-5:55PM (Yoga & Pilates) <i>laura M.</i>		10:05AM-11:00AM (Yoga & Pilates) <i>Rachel K.</i>	9:00AM-9:55AM (Yoga & Pilates) <i>laura M.</i>

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Total Body Conditioning Studio 4 - Main				9:30AM-10:00AM (Cardio) <i>Trish O.</i>			
Indoor Row Studio 2 - Multipurpose				9:30AM-10:00AM (Cardio) <i>Ed W.</i>			
LES MILLS CORE Studio 4 - Main				10:00AM-10:30AM (Les Mills) <i>Trish O.</i> 5:00PM-5:30PM (Les Mills) <i>Lisa T.</i>			
Gentle Yoga Studio 1 - Mind/Body				10:35AM-11:30AM (Yoga & Pilates) <i>Sema L.</i>			
Strength Studio 2 - Multipurpose				10:45AM-11:45AM (Strength) <i>Taryn L.</i>			
Zumba Toning Studio 4 - Main				11:35AM-12:30PM (Dance) <i>Marla G.</i>			
Silver & Fit Studio 1 - Mind/Body				12:00PM-12:55PM (Active Older Adult) <i>Filiz A.</i>			
Open Basketball Gymnasium A				12:00PM-4:45PM (Basketball)	12:00PM-9:45PM (Basketball)	7:00AM-8:45AM (Basketball) 12:00PM-6:45PM (Basketball)	7:00AM-6:45PM (Basketball)
Zumba Gold Studio 4 - Main				1:00PM-1:45PM (Active Older Adult) <i>Chris P.</i>	1:00PM-1:45PM (Active Older Adult) <i>Bonnie B.</i>		
Programming - Reserved Gymnasium B				3:45PM-5:45PM (Open Gym)		8:45AM-1:00PM (Open Gym)	8:45AM-12:00PM (Open Gym) 2:00PM-3:15PM (Open Gym)
Family Swim Family Pool				4:00PM-8:00PM (Family Swim)	4:00PM-8:00PM (Family Swim)	11:00AM-4:00PM (Family Swim)	10:00AM-4:00PM (Family Swim)
Lap Swimming Lap Pool (3 Lanes)				4:30PM-8:00PM (Lap Swimming)	12:00PM-1:30PM (Lap Swimming)	9:15AM-2:00PM (Lap Swimming)	10:00AM-4:00PM (Lap Swimming)
LES MILLS BODYCOMBAT Studio 4 - Main				4:30PM-5:00PM (Les Mills) <i>Lisa T.</i>	9:30AM-10:25AM (Les Mills) <i>Margie R.</i>	10:05AM-11:05AM (Les Mills) <i>Lisa T.</i>	10:00AM-10:55AM (Les Mills) <i>Danielle B.</i>
Whirlpool Hours Hot Tub				4:30PM-9:00PM (Sauna & Whirlpool)	5:00AM-8:30PM (Sauna & Whirlpool)	7:00AM-6:30PM (Sauna & Whirlpool)	7:00AM-6:30PM (Sauna & Whirlpool)

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Meditation Studio 2 - Multipurpose				5:00PM-5:45PM (Yoga & Pilates) <i>Allie H.</i>			
LES MILLS BODYBALANCE Studio 4 - Main				5:30PM-6:00PM (Les Mills) <i>Lisa T.</i>			
Volleyball Gymnasium B				5:45PM-9:45PM (Volleyball)		1:00PM-6:45PM (Volleyball)	
Zumba Studio 1 - Mind/Body				6:15PM-7:00PM (Dance) <i>Elizabeth S.</i>			
LES MILLS BODYPUMP Studio 4 - Main				6:30PM-7:25PM (Les Mills) <i>Sara F.</i>	6:00AM-6:55AM (Les Mills) <i>Gabe H.</i> 8:15AM-8:45AM (Les Mills) <i>Melissa W.</i>	9:00AM-9:55AM (Les Mills) <i>Becky S.</i>	9:00AM-9:55AM (Les Mills) <i>Marielle O.</i>
Open Basketball Full Gym					5:00AM-8:30AM (Basketball)		
Sauna Hours Sauna					5:00AM-8:30PM (Sauna & Whirlpool)	7:00AM-6:30PM (Sauna & Whirlpool)	7:00AM-6:30PM (Sauna & Whirlpool)
Yoga Studio 1 - Mind/Body					8:15AM-9:10AM (Yoga & Pilates) <i>Jerianne M.</i>		
Pickleball - Intermediate/Advanced Full Gym					8:30AM-12:00PM (Pickleball)		
LES MILLS GRIT Studio 4 - Main					8:55AM-9:25AM (Les Mills) <i>Melissa W.</i>		8:20AM-8:50AM (Les Mills) <i>Marielle O.</i>
Tai Chi Studio 2 - Multipurpose					9:00AM-10:30AM (Yoga & Pilates) <i>April L.</i>		
LES MILLS BODYCOMBAT Studio 4 Main B					9:30AM-10:25AM (Les Mills) <i>Travis P.</i>	10:05AM-11:05AM (Les Mills) <i>Margie R.</i>	10:00AM-10:55AM (Les Mills) <i>Margie R.</i>
Pilates Studio 1 - Mind/Body					9:30AM-10:25AM (Yoga & Pilates) <i>Trish O.</i>		10:00AM-10:55AM (Yoga & Pilates) <i>Maureen M.</i>
Silver Cycle Studio 3 - Cycle					9:30AM-10:15AM (Active Older Adult) <i>Ed N.</i>		

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Aqua Intermediate Therapy Pool					10:00AM-10:45AM (Aqua) <i>Barbara B.</i> 11:00AM-11:45AM (Aqua) <i>Barbara B.</i>		
Zumba Studio 4 - Main					10:40AM-11:35AM (Dance) <i>Christine K.</i>	11:15AM-12:15PM (Dance) <i>Marielle O.</i>	
Open Basketball Gymnasium B					12:00PM-9:45PM (Basketball)	7:00AM-8:45AM (Basketball)	7:00AM-8:45AM (Basketball) 12:00PM-2:00PM (Basketball) 3:15PM-6:45PM (Basketball)
SilverSneakers Classic Studio 1 - Mind/Body					12:30PM-1:30PM (Active Older Adult) <i>Eileen N.</i>		
LES MILLS GRIT ATHLETIC Studio 4 - Main						8:20AM-8:50AM (Les Mills) <i>Andrew H.</i>	
LES MILLS GRIT ATHLETIC Studio 4 Main B						8:20AM-8:50AM (Les Mills) <i>Ted M.</i>	
Programming - Reserved Gymnasium A						8:45AM-12:00PM (Open Gym)	
Pilates Studio 2 - Multipurpose						8:45AM-9:40AM (Yoga & Pilates) <i>Elleen S.</i>	
Vinyasa Yoga Studio 1 - Mind/Body						9:00AM-9:55AM (Yoga & Pilates) <i>Jerianne M.</i>	
LES MILLS BODYPUMP Studio 4 Main B						9:00AM-9:55AM (Les Mills) <i>Mary D.</i>	9:00AM-9:55AM (Les Mills) <i>Danielle B.</i>
Aqua ZUMBA Therapy Pool						9:30AM-10:15AM (Aqua) <i>Elizabeth S.</i>	
Aqua Mind Body Mix Therapy Pool						10:30AM-11:15AM (Aqua) <i>Elizabeth S.</i>	
PFD Free Time Family Pool						11:00AM-12:00PM (Family Swim)	10:00AM-11:00AM (Family Swim)

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Dynamic Boxing Studio 2 - Multipurpose						11:00AM-12:00PM (Sgt) <i>Donna G.</i>	
LES MILLS CORE Studio 1 - Mind/Body						11:15AM-12:00PM (Les Mills) <i>Lisa T.</i>	
Yin Yoga Studio 1 - Mind/Body							8:00AM-8:55AM (Yoga & Pilates) <i>Jerianne M.</i>
LES MILLS BODYBALANCE Studio 1 - Mind/Body							11:00AM-11:45AM (Les Mills) <i>Maureen M.</i>