



Roxborough YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swimming Lap Pool (4 Lanes)	5:00AM-9:00AM (Lap Swimming)	5:00AM-9:00AM (Lap Swimming)	5:00AM-9:00AM (Lap Swimming)	5:00AM-9:00AM (Lap Swimming)	5:00AM-9:00AM (Lap Swimming) 7:30PM-8:30PM (Lap Swimming)	7:00AM-8:00AM (Lap Swimming)	7:00AM-9:00AM (Lap Swimming)
Open Basketball Full Gym	5:00AM-10:30AM (Basketball) 7:15PM-9:00PM (Basketball)	5:00AM-10:00AM (Basketball) 6:15PM-9:00PM (Basketball)	5:00AM-10:30AM (Basketball) 7:15PM-9:00PM (Basketball)	5:00AM-9:00PM (Basketball)	5:00AM-10:30AM (Basketball) 1:00PM-9:00PM (Basketball)	7:00AM-5:00PM (Basketball)	7:00AM-5:00PM (Basketball)
Kettlebells Studio A	6:00AM-6:45AM (Strength) <i>Chris G.</i>		7:30PM-8:30PM (Strength) <i>John G.</i>				8:15AM-9:00AM (Strength) <i>John G.</i>
Total Body Cycle Studio B	6:15AM-7:00AM (Cycle) <i>T'sidiquah M.</i>						
Hatha Yoga Studio A	7:00AM-7:45AM (Yoga & Pilates) <i>Bonnie H.</i>						
Trim and Sculpt Studio B	7:00AM-7:30AM (Strength) <i>T'sidiquah M.</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)	8:00AM-12:00PM (Kidzone)	8:00AM-12:00PM (Kidzone)
LES MILLS BODYPUMP Studio A	8:00AM-9:00AM (Les Mills) <i>Beth B.</i>		6:00AM-6:45AM (Les Mills) <i>Chris G.</i> 8:30AM-9:15AM (Les Mills) <i>Beth B.</i>	5:30PM-6:30PM (Les Mills) <i>Brittany F.</i>		8:30AM-9:30AM (Les Mills) <i>Beth B.</i>	
Lap Swimming Lap Pool (2 Lanes)	9:00AM-11:00AM (Lap Swimming) 3:00PM-8:30PM (Lap Swimming)	9:00AM-10:00AM (Lap Swimming) 12:00PM-8:30PM (Lap Swimming)	10:00AM-11:00AM (Lap Swimming)	9:00AM-10:00AM (Lap Swimming) 12:00PM-8:30PM (Lap Swimming)	9:00AM-11:00AM (Lap Swimming) 3:15PM-7:30PM (Lap Swimming)	1:30PM-4:30PM (Lap Swimming)	10:30AM-4:30PM (Lap Swimming)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Walking Lap Pool (2 Lanes)	9:00AM-11:00AM (Water Walking) 3:00PM-4:30PM (Water Walking)	9:00AM-10:00AM (Water Walking) 12:00PM-4:30PM (Water Walking)	10:00AM-11:00AM (Water Walking) 3:00PM-4:30PM (Water Walking)	9:00AM-10:00AM (Water Walking) 12:00PM-4:30PM (Water Walking)	9:00AM-11:00AM (Water Walking)		
LES MILLS BODYBALANCE Studio A	9:00AM-9:45AM (Les Mills) <i>Sarah M.</i>	12:15PM-1:15PM (Les Mills) <i>Beth B.</i>					
Boot Camp Studio A	10:15AM-11:00AM (Strength) <i>Chris G.</i>	9:15AM-9:45AM (Strength) <i>Brielle H.</i>			9:15AM-9:45AM (Strength) <i>Brielle H.</i>		9:15AM-10:00AM (Strength) <i>Felicia P.</i>
Pool Reserved Lap Pool (4 Lanes)	11:00AM-3:00PM (Reserved)		11:00AM-3:00PM (Reserved)		11:00AM-3:00PM (Reserved)		
LES MILLS CORE Studio A	11:10AM-11:40AM (Les Mills) <i>Ginger D.</i>						
SilverSneakers Stability Studio B	11:45AM-12:30PM (Active Older Adult) <i>Ginger D.</i>	10:00AM-10:45AM (Active Older Adult) <i>Danielle M.</i>					
Pool Reserved Lap Pool (2 Lanes)	4:30PM-8:30PM (Reserved)	4:30PM-8:30PM (Reserved)		4:30PM-8:30PM (Reserved)			10:30AM-1:30PM (Reserved)
Cycle Studio B	5:30PM-6:15PM (Cycle) <i>Courtney M.</i>		6:00AM-6:45AM (Cycle) <i>John G.</i> 9:15AM-10:00AM (Cycle) <i>Beth B.</i>		6:00PM-7:00PM (Cycle) <i>John G.</i>	8:00AM-8:45AM (Cycle) <i>John G.</i>	
Zumba Studio A	6:00PM-7:00PM (Dance) <i>Tahni S.</i>	6:30PM-7:30PM (Dance) <i>Patricia C.</i>		6:30PM-7:30PM (Dance) <i>Tahni S.</i>		11:00AM-12:00PM (Dance) <i>Patricia C.</i>	
Programming - Reserved Full Gym	6:00PM-7:15PM (Open Gym)	10:00AM-12:00PM (Open Gym) 4:00PM-6:15PM (Open Gym)	5:30PM-7:15PM (Open Gym)				
Yoga Studio B	7:00PM-8:00PM (Yoga & Pilates) <i>Savannah F.</i>	8:30AM-9:30AM (Yoga & Pilates) <i>Rivkah M.</i>	6:15PM-7:15PM (Yoga & Pilates) <i>Rivkah M.</i>	7:00PM-8:00PM (Yoga & Pilates) <i>Kelsey A.</i>			
LES MILLS GRIT Studio A		5:30AM-6:00AM (Les Mills) <i>Amber R.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS RPM Studio B		6:00AM-6:45AM (Les Mills) <i>Chris G.</i> 10:50AM-11:50AM (Les Mills) <i>Tamar P.</i>	5:15PM-6:00PM (Les Mills) <i>Tamar P.</i>	6:00AM-6:45AM (Les Mills) <i>Chris G.</i> 5:30PM-6:15PM (Les Mills) <i>Abby Y.</i>			
Aquacise Lap Pool		10:00AM-11:00AM (Aqua) <i>Beverly R.</i>		10:00AM-11:00AM (Aqua) <i>Beverly R.</i>			
Lap Swimming Lap Pool (1 Lane)		10:00AM-12:00PM (Lap Swimming)	9:00AM-10:00AM (Lap Swimming) 3:00PM-8:30PM (Lap Swimming)	10:00AM-12:00PM (Lap Swimming)		8:00AM-1:30PM (Lap Swimming)	9:00AM-10:30AM (Lap Swimming)
Pool Reserved Lap Pool (3 Lanes)		10:00AM-12:00PM (Reserved) <i>Beverly R.</i>	9:15AM-10:00AM (Reserved) <i>Danielle M.</i> 4:30PM-8:30PM (Reserved)	10:00AM-12:00PM (Reserved) <i>Beverly R.</i>		8:00AM-1:30PM (Reserved)	9:00AM-10:30AM (Reserved)
Arthritis Foundation Aquatics Program Lap Pool		11:00AM-12:00PM (Aqua) <i>Beverly R.</i>					
Boot Camp Studio B		6:15PM-7:00PM (Strength) <i>Felicia P.</i>				9:00AM-10:00AM (Strength) <i>T'sidiquah M.</i>	
LES MILLS CORE Studio B		7:00PM-7:30PM (Les Mills) <i>Rivkah M.</i>					
LES MILLS BODYCOMBAT Studio A			5:15AM-6:00AM (Les Mills) <i>Ngozi O.</i> 5:30PM-6:30PM (Les Mills) <i>Jeffrey P.</i>		11:15AM-12:00PM (Les Mills) <i>Ginger D.</i>		
Core Training Studio A			7:00AM-8:00AM (Strength) <i>T'sidiquah M.</i>				
SilverSneakers Splash Lap Pool			9:15AM-10:00AM (Active Older Adult) <i>Danielle M.</i>				
Yoga Studio A			9:30AM-10:30AM (Yoga & Pilates) <i>Eskedar G.</i>	9:00AM-10:00AM (Yoga & Pilates) <i>Marilyn B.</i>	10:00AM-11:00AM (Yoga & Pilates) <i>Jennifer M.</i>		10:30AM-11:30AM (Yoga & Pilates) <i>Kimberly L.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pop-up Boot Camp Circuit Studio A				5:30AM-6:15AM (Pop Up) <i>T'sidiquah M.</i>			
H.I.I.T. Studio B				9:15AM-10:00AM (Strength) <i>Danielle M.</i>			
Aqua Ai Chi Lap Pool				11:00AM-12:00PM (Aqua) <i>Beverly R.</i>			
SilverSneakers Classic Studio B				11:00AM-12:00PM (Active Older Adult) <i>Karen M.</i>			
Line Dancing Studio A				12:00PM-1:00PM (Dance) <i>Divora B.</i>			
Chair Yoga Studio B				2:00PM-2:45PM (Active Older Adult) <i>Marie S.</i>			
SilverSneakers Circuit Studio B					10:00AM-11:00AM (Active Older Adult) <i>Ginger D.</i>		
Pickleball Full Gym					10:30AM-1:00PM (Pickleball)		
Family Swim Lap Pool (2 Lanes)					3:15PM-7:30PM (Family Swim)	1:30PM-4:30PM (Family Swim)	1:30PM-4:30PM (Family Swim)
Zumba Kids Studio A						12:00PM-12:30PM (Dance) <i>Patricia C.</i>	
LES MILLS BODYCOMBAT Studio B							10:00AM-11:00AM (Les Mills) <i>Ginger D.</i>
Meditation Studio A							11:45AM-12:15PM (Yoga & Pilates) <i>Kimberly L.</i>
Family Yoga Studio A							12:30PM-1:00PM (Family) <i>Rivkah M.</i>