



Willow Grove YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sauna Hours Sauna	5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-8:30PM (Sauna & Whirlpool)	7:00AM-4:30PM (Sauna & Whirlpool)	7:00AM-4:30PM (Sauna & Whirlpool)
Lap Swimming Lap Pool	5:00AM-9:15AM (Lap Swimming) 10:00AM-11:00AM (Lap Swimming) 3:00PM-4:00PM (Lap Swimming)	5:00AM-9:15AM (Lap Swimming) 10:00AM-11:00AM (Lap Swimming) 3:00PM-4:00PM (Lap Swimming)	5:00AM-9:15AM (Lap Swimming) 10:00AM-11:00AM (Lap Swimming) 3:00PM-4:00PM (Lap Swimming)	5:00AM-8:00AM (Lap Swimming) 10:00AM-11:00AM (Lap Swimming) 3:00PM-4:00PM (Lap Swimming) 8:00PM-9:30PM (Lap Swimming)	5:00AM-9:15AM (Lap Swimming) 10:00AM-11:00AM (Lap Swimming) 3:00PM-4:00PM (Lap Swimming)		
Water Walking Program Pool	5:00AM-9:15AM (Water Walking) 10:00AM-11:00AM (Water Walking) 3:00PM-4:00PM (Water Walking)	5:00AM-9:15AM (Water Walking) 10:00AM-11:00AM (Water Walking) 3:00PM-4:00PM (Water Walking) 8:00PM-9:30PM (Water Walking)	5:00AM-9:15AM (Water Walking) 10:00AM-11:00AM (Water Walking) 3:00PM-4:00PM (Water Walking) 8:00PM-9:30PM (Water Walking)	5:00AM-8:00AM (Water Walking) 10:00AM-11:00AM (Water Walking) 3:00PM-4:00PM (Water Walking) 8:00PM-9:30PM (Water Walking)	5:00AM-9:15AM (Water Walking) 10:00AM-11:00AM (Water Walking) 3:00PM-4:00PM (Water Walking) 7:00PM-8:30PM (Water Walking)	7:00AM-9:00AM (Water Walking) 3:30PM-4:30PM (Water Walking)	7:00AM-8:00AM (Water Walking) 3:30PM-4:30PM (Water Walking)
Open Basketball Gym A	5:00AM-7:00AM (Basketball) 8:15PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball) 8:15PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball) 8:15PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball) 8:15PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball) 6:15PM-8:45PM (Basketball)	7:00AM-7:45AM (Basketball) 12:00PM-4:45PM (Basketball)	7:00AM-4:45PM (Basketball)
Open Basketball Gym B	5:00AM-7:00AM (Basketball)	8:15PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball)	8:15PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball) 6:15PM-8:45PM (Basketball)	7:00AM-7:45AM (Basketball) 12:00PM-2:30PM (Basketball)	7:00AM-9:00AM (Basketball) 1:15PM-4:45PM (Basketball)
LES MILLS BODYPUMP Studio B	5:30AM-6:30AM (Les Mills) <i>Nicole B.</i> 9:00AM-10:00AM (Les Mills) <i>Mary B.</i> 6:30PM-7:30PM (Les Mills) <i>Pat R.</i>	9:15AM-10:15AM (Les Mills) <i>Jenny L.</i> 6:30PM-7:30PM (Les Mills) <i>Suzanne S.</i>	5:30AM-6:30AM (Les Mills) <i>Nicole B.</i> 9:00AM-10:00AM (Les Mills) <i>Karen D.</i> 6:30PM-7:30PM (Les Mills) <i>Pat R.</i>	9:00AM-10:00AM (Les Mills) <i>Karen D.</i>	5:30PM-6:30PM (Les Mills) <i>Lauren H.</i>	8:00AM-9:00AM (Les Mills) <i>Pat R.</i>	8:00AM-9:00AM (Les Mills) <i>Stephen A.</i> 11:30AM-12:30PM (Les Mills) <i>Lauren H.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Programming - Reserved Gym A	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)		
Programming - Reserved Gym B	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)		
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) 4:00PM-8:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)
LES MILLS BODYBALANCE Studio C	8:00AM-8:45AM (Les Mills) <i>Mary B.</i>						
TRX Queenax/Lower Turf	9:00AM-10:00AM (Sgt) <i>Lissa G.</i>						
Aqua Cardio & Strength Program Pool	9:15AM-10:00AM (Aqua) <i>Mary B.</i>						
Lap Swimming Lap Pool (5 Lanes)	9:15AM-10:00AM (Lap Swimming) 8:30PM-9:30PM (Lap Swimming)	9:15AM-10:00AM (Lap Swimming) 8:30PM-9:30PM (Lap Swimming)	9:15AM-10:00AM (Lap Swimming) 8:30PM-9:30PM (Lap Swimming)	8:00AM-10:00AM (Lap Swimming)	9:15AM-10:00AM (Lap Swimming)		
Water Walking Lap Pool (1 Lane)	9:15AM-10:00AM (Water Walking) 8:30PM-9:30PM (Water Walking)	9:15AM-10:00AM (Water Walking)	9:15AM-10:00AM (Water Walking)	8:00AM-10:00AM (Water Walking)	9:15AM-10:00AM (Water Walking)		8:00AM-8:45AM (Water Walking)
LES MILLS BODYATTACK Studio A	9:30AM-10:15AM (Les Mills) <i>Shannon S.</i>						
Women & Weights Training Zone/Upper Turf	9:30AM-10:30AM (Sgt) <i>Anita B.</i>						
H.I.I.T. Studio B	10:15AM-11:00AM (Strength) <i>Lori R.</i>						
Silver Cycle Cycle Studio	10:30AM-11:15AM (Active Older Adult) <i>Lissa G.</i>						
Lap Swimming Lap Pool (4 Lanes)	11:00AM-3:00PM (Lap Swimming) 4:00PM-5:00PM (Lap Swimming)	11:00AM-3:00PM (Lap Swimming) 4:00PM-8:30PM (Lap Swimming)	11:00AM-3:00PM (Lap Swimming) 4:00PM-5:00PM (Lap Swimming)	11:00AM-3:00PM (Lap Swimming) 4:00PM-8:00PM (Lap Swimming)	11:00AM-3:00PM (Lap Swimming)	7:00AM-9:00AM (Lap Swimming) 1:00PM-4:30PM (Lap Swimming)	7:00AM-8:00AM (Lap Swimming) 8:00AM-9:00AM (Lap Swimming) 1:00PM-4:30PM (Lap Swimming)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Walking Lap Pool (2 Lanes)	11:00AM-3:00PM (Water Walking)	11:00AM-3:00PM (Water Walking)	11:00AM-3:00PM (Water Walking)	11:00AM-3:00PM (Water Walking)	11:00AM-3:00PM (Water Walking)		
Pop-up Homecoming Dance Studio B	11:15AM-1:00PM (Pop Up) <i>Diane R.</i>						
LES MILLS BODYCOMBAT Studio A	4:30PM-5:15PM (Les Mills) <i>Eleanor H.</i>				5:30AM-6:15AM (Les Mills) <i>Katie C.</i> 9:00AM-9:45AM (Les Mills) <i>Karen D.</i> 6:00PM-6:45PM (Les Mills) <i>Katie C.</i>	8:15AM-9:15AM (Les Mills) <i>Eleanor H.</i>	10:30AM-11:30AM (Les Mills) <i>Sue D.</i>
Pilates Studio C	5:30PM-6:15PM (Yoga & Pilates) <i>Angie C.</i>	9:30AM-10:30AM (Yoga & Pilates) <i>Angie C.</i>	8:00AM-9:00AM (Yoga & Pilates) <i>Valerie P.</i>				
Cycle Cycle Studio	5:30PM-6:15PM (Cycle) <i>Sue M.</i>	5:15AM-6:00AM (Cycle) <i>Robin B.</i> 9:30AM-10:15AM (Cycle) <i>Evan S.</i> 5:15PM-6:00PM (Cycle) <i>Pat R.</i> 6:15PM-7:00PM (Cycle) <i>Pat R.</i>	9:30AM-10:15AM (Cycle) <i>Diane R.</i> 5:30PM-6:15PM (Cycle) <i>Angie C.</i>	5:15AM-6:00AM (Cycle) <i>Christopher Q.</i> 9:30AM-10:15AM (Cycle) <i>Evan S.</i> 5:30PM-6:30PM (Cycle) <i>Patti S.</i> 7:00PM-7:45PM (Cycle) <i>Stephanie W.</i>	9:30AM-10:15AM (Cycle) <i>Pat R.</i> 5:30PM-6:15PM (Cycle) <i>Rick R.</i>	8:30AM-9:30AM (Cycle) <i>Robin B.</i> 10:00AM-11:00AM (Cycle) <i>Robin B.</i> 12:15PM-1:00PM (Cycle) <i>Rick R.</i>	8:30AM-9:15AM (Cycle) <i>Sue M.</i>
Zumba Studio B	5:30PM-6:15PM (Dance) <i>Richarda B.</i>			6:15PM-7:15PM (Dance) <i>Lauren D.</i>		10:45AM-11:45AM (Dance) <i>Lauren D.</i>	
LES MILLS BODYSTEP Studio A	6:00PM-7:00PM (Les Mills) <i>Lauren H.</i>			9:15AM-10:15AM (Les Mills) <i>Mary B.</i>			
Teen Strength Training Training Zone/Upper Turf	6:00PM-7:00PM (Sgt) <i>Zach R.</i>		6:00PM-7:00PM (Sgt) <i>Zach R.</i>				
Yoga Studio C	6:30PM-7:30PM (Yoga & Pilates) <i>Lynda K.</i>		6:30PM-7:30PM (Yoga & Pilates) <i>Mone A.</i>	5:30AM-6:30AM (Yoga & Pilates) <i>Amy M.</i>			
Core Training Studio A	7:15PM-7:45PM (Strength) <i>Lauren H.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball Gym B	8:15PM-9:45PM (Pickleball)	5:00AM-7:00AM (Pickleball)	8:15PM-9:45PM (Pickleball)	5:00AM-7:00AM (Pickleball)		2:30PM-4:45PM (Pickleball)	9:00AM-1:00PM (Pickleball)
LES MILLS BODYCOMBAT Studio B		8:00AM-8:45AM (Les Mills) <i>Eleanor H.</i>					
Aqua Boot Camp Program Pool		9:15AM-10:00AM (Aqua) <i>Karen S.</i>	9:15AM-10:00AM (Aqua) <i>Stephanie M.</i>	9:15AM-10:00AM (Aqua) <i>Karen S.</i>	9:15AM-10:00AM (Aqua) <i>Stephanie M.</i>		
LES MILLS BODYBALANCE Studio A		9:30AM-10:30AM (Les Mills) <i>Suzanne S.</i>					
Meditation Studio C		10:45AM-11:15AM (Yoga & Pilates) <i>Nicole R.</i>					10:15AM-10:45AM (Yoga & Pilates) <i>Derek D.</i>
Silver & Fit Studio B		11:15AM-12:00PM (Active Older Adult) <i>Lissa G.</i>		11:15AM-12:00PM (Active Older Adult) <i>Lori R.</i>			
Pop-up Reiki Studio C		11:30AM-12:30PM (Pop Up) <i>Nicole R.</i>		5:15PM-6:15PM (Pop Up) <i>Nicole R.</i>			
Zumba Studio A		12:00PM-12:45PM (Dance) <i>Michelle S.</i>	12:00PM-1:00PM (Dance) <i>Leanne K.</i>				
Stretch & Balance Studio B		12:15PM-12:45PM (Stretch) <i>Lissa G.</i>		12:15PM-12:45PM (Stretch) <i>Lori R.</i>			
SilverSneakers Enerchi Studio C		1:00PM-1:30PM (Active Older Adult) <i>Alissa M.</i>					
Family Yoga Studio B		5:30PM-6:15PM (Family) <i>Nakesha M.</i>					
LES MILLS DANCE Studio C		6:30PM-7:15PM (Les Mills) <i>Ann S.</i>					
LES MILLS CORE Studio C		7:30PM-8:00PM (Les Mills) <i>Ann S.</i>					
Strength Studio B			8:00AM-8:45AM (Strength) <i>Lissa G.</i>				
Shock Queenax/Lower Turf			9:15AM-10:15AM (Sgt) <i>Lissa G.</i>		12:30PM-1:30PM (Sgt) <i>Lissa G.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
H.I.I.T. Studio C			10:00AM-10:45AM (Strength) <i>Lori R.</i>				
Launch - LES MILLS BARRE Studio A			10:15AM-10:45AM (Les Mills) <i>Karen D.</i>				
LES MILLS CORE Studio A			10:45AM-11:15AM (Les Mills) <i>Karen D.</i>		10:30AM-11:00AM (Les Mills) <i>Karen D.</i>		
BOOM Studio C			11:00AM-11:50AM (Active Older Adult) <i>Lissa G.</i>				
SilverSneakers Classic Studio B			11:00AM-12:00PM (Active Older Adult) <i>Mary B.</i>		9:00AM-9:45AM (Active Older Adult) <i>Dawn T.</i> 10:00AM-11:00AM (Active Older Adult) <i>Dawn T.</i>		
Chair Yoga Studio B			12:15PM-1:00PM (Active Older Adult) <i>Alissa M.</i>		11:15AM-12:00PM (Active Older Adult) <i>Alissa M.</i>		
Line Dancing Studio A			1:30PM-2:30PM (Dance) <i>Richarda B.</i>				
Women & Weights Queenax/Lower Turf			6:00PM-7:00PM (Sgt) <i>Trina J.</i>				
Cardio Kickboxing Training Zone/Upper Turf			7:00PM-8:00PM (Cardio) <i>Jeremiah S.</i>				
Vinyasa Yoga Studio C				8:00AM-9:00AM (Yoga & Pilates) <i>DeMarie J.</i> 9:20AM-10:20AM (Yoga & Pilates) <i>Ami K.</i>	5:30AM-6:30AM (Yoga & Pilates) <i>Susan C.</i> 9:00AM-10:00AM (Yoga & Pilates) <i>Susan C.</i>	9:30AM-10:30AM (Yoga & Pilates) <i>Ami K.</i>	
Aquacise Program Pool				8:00AM-8:45AM (Aqua) <i>Mary B.</i>			
Zumba Gold Studio B				10:05AM-11:00AM (Active Older Adult) <i>Richarda B.</i>			
H.I.I.T. Studio A				10:30AM-11:15AM (Strength) <i>Lori R.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Gold Studio A				11:30AM-12:30PM (Active Older Adult) <i>Richarda B.</i>			
LES MILLS BARRE Studio A				4:45PM-5:15PM (Les Mills) <i>Patti S.</i>	10:00AM-10:30AM (Les Mills) <i>Karen D.</i>		
LES MILLS BODYSTEP Studio B				5:00PM-6:00PM (Les Mills) <i>Suzanne S.</i>			10:15AM-11:15AM (Les Mills) <i>Lauren H.</i>
Youth Strength Training Training Zone/Upper Turf				6:00PM-7:00PM (Sgt) <i>Zach R.</i>			
Yin Yoga Studio C				6:30PM-7:30PM (Yoga & Pilates) <i>Mindy C.</i>			9:15AM-10:15AM (Yoga & Pilates) <i>Derek D.</i>
SilverSneakers Enerchi Studio B					12:15PM-1:00PM (Active Older Adult) <i>Alissa M.</i>		
Family Swim Program Pool					4:00PM-7:30PM (Family Swim)	1:30PM-3:30PM (Family Swim)	1:30PM-3:30PM (Family Swim)
Family Swim Family Pool					4:00PM-7:30PM (Family Swim)	1:30PM-3:30PM (Family Swim)	1:30PM-3:30PM (Family Swim)
Boot Camp Training Zone/Upper Turf						8:30AM-9:15AM (Strength) <i>Samantha Z.</i>	
Lap Swimming Lap Pool (3 Lanes)						9:00AM-1:00PM (Lap Swimming) 9:00PM-12:45PM (Lap Swimming)	9:00AM-1:00PM (Lap Swimming)
POUND Studio A						9:30AM-10:15AM (Yoga & Pilates) <i>Sue D.</i>	
LES MILLS FUNCTIONAL STRENGTH Studio B						9:30AM-10:15AM (Les Mills) <i>Stephen A.</i>	
Aqua ZUMBA Program Pool							8:00AM-8:45AM (Aqua) <i>Lisa W.</i>
Qigong Studio C							8:30AM-9:00AM (Yoga & Pilates) <i>Derek D.</i>