



Ambler YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Walking Program Pool				5:00AM-9:30AM (Water Walking) 10:30AM-11:30AM (Water Walking) 7:30PM-9:30PM (Water Walking)	5:00AM-8:00AM (Water Walking) 9:00AM-11:30AM (Water Walking) 3:00PM-4:00PM (Water Walking) 7:30PM-8:30PM (Water Walking)	7:00AM-9:00AM (Water Walking) 12:25PM-1:00PM (Water Walking) 4:00PM-4:30PM (Water Walking)	7:00AM-10:00AM (Water Walking) 4:00PM-4:30PM (Water Walking)
Whirlpool/Sauna Hours Whirlpool/Sauna				5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-12:15PM (Sauna & Whirlpool) 3:00PM-8:30PM (Sauna & Whirlpool)	7:00AM-4:30PM (Sauna & Whirlpool)	7:00AM-4:30PM (Sauna & Whirlpool)
Open Basketball Near Gym				5:00AM-7:00AM (Basketball)	5:00AM-7:00AM (Basketball) 6:00PM-8:45PM (Basketball)		7:00AM-8:00AM (Basketball) 1:45PM-3:00PM (Basketball)
Open Basketball Far Gym				5:00AM-7:00AM (Basketball)	5:00AM-7:00AM (Basketball)		7:00AM-8:00AM (Basketball) 10:00AM-4:45PM (Basketball)
Lap Swimming Lap Pool (4 Lanes)				5:00AM-11:00AM (Lap Swimming) 1:00PM-5:30PM (Lap Swimming)		9:30AM-4:30PM (Lap Swimming)	7:00AM-4:30PM (Lap Swimming)
Boot Camp Large Studio				5:15AM-6:15AM (Strength) <i>Eleanor S.</i>			
Cycle Cycle Studio				6:00AM-6:45AM (Cycle) <i>Krystle H.</i> 9:30AM-10:15AM (Cycle) <i>Jane K.</i>		9:00AM-10:00AM (Cycle) <i>Krystle H.</i>	
Programming - Reserved Far Gym				7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)		8:00AM-10:00AM (Open Gym)

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Programming - Reserved Near Gym				7:00AM-6:00PM (Open Gym)	7:00AM-6:00PM (Open Gym)		8:00AM-10:00AM (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-1:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)
Pilates Studio C				8:00AM-9:00AM (Yoga & Pilates) <i>Beth J.</i>			
Stretch & Balance Small Studio				8:00AM-9:00AM (Stretch) <i>Jane P.</i>			9:00AM-10:00AM (Stretch) <i>Sandi S.</i>
LES MILLS BODYPUMP Large Studio				8:00AM-9:00AM (Les Mills) <i>Michelle M.</i> 11:45AM-12:45PM (Les Mills) <i>Andrea E.</i> 6:00PM-6:45PM (Les Mills) <i>Lauren H.</i>	9:15AM-10:15AM (Les Mills) <i>Andrea E.</i> 3:30PM-4:30PM (Les Mills) <i>Amy P.</i>	10:30AM-11:30AM (Les Mills) <i>Jennifer W.</i>	8:15AM-9:15AM (Les Mills) <i>Karen D.</i> 10:15AM-11:15AM (Les Mills) <i>Gina D.</i>
Power Yoga Small Studio				9:15AM-10:15AM (Yoga & Pilates) <i>Beth J.</i>		9:15AM-10:30AM (Yoga & Pilates) <i>Carrie B.</i> 12:00PM-1:15PM (Yoga & Pilates) <i>David C.</i>	
Boot Camp Studio C				9:15AM-10:15AM (Strength) <i>Jen P.</i>			
LES MILLS BODYSTEP Large Studio				9:15AM-10:15AM (Les Mills) <i>Michelle M.</i>		8:00AM-9:00AM (Les Mills) <i>Michelle M.</i>	
Aquacise Program Pool				9:45AM-10:30AM (Aqua) <i>Becky G.</i>			
LES MILLS BODYCOMBAT Studio B				10:00AM-10:45AM (Les Mills) <i>Beth B.</i>			
Silver Cardio Fusion Large Studio				10:30AM-11:30AM (Active Older Adult) <i>Jane K.</i>			

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Silver Strength Small Studio				10:30AM-11:15AM (Active Older Adult) <i>Casey K.</i>			
Pool Open - Pass Required Outdoor Pool				11:00AM-7:30PM (Outdoor Swim)	11:00AM-7:30PM (Outdoor Swim)	11:00AM-7:30PM (Outdoor Swim)	11:00AM-7:30PM (Outdoor Swim)
Meditation Studio B				11:00AM-11:30AM (Yoga & Pilates) <i>Alissa M.</i>			
Lap Swimming Lap Pool (2 Lanes)				11:00AM-1:00PM (Lap Swimming)			
Yoga Small Studio				11:30AM-12:30PM (Yoga & Pilates) <i>Alicia M.</i> 7:00PM-8:00PM (Yoga & Pilates) <i>Nancy K.</i>	7:00AM-8:00AM (Yoga & Pilates) <i>Sandi S.</i> 9:15AM-10:15AM (Yoga & Pilates) <i>Dan R.</i>		
Pool Reserved Program Reserved				11:30AM-3:00PM (Reserved) 4:30PM-7:00PM (Reserved)	11:30AM-3:00PM (Reserved)	9:00AM-12:00PM (Reserved)	10:00AM-12:15PM (Reserved)
Qigong Studio B				11:45AM-12:30PM (Yoga & Pilates) <i>Alissa M.</i>			
SilverSneakers Stability Small Studio				1:00PM-2:00PM (Active Older Adult) <i>Jackie A.</i>			
LES MILLS BODYBALANCE Small Studio				4:30PM-5:30PM (Les Mills) <i>Amy P.</i>	8:15AM-9:00AM (Les Mills) <i>Beth B.</i> 5:30PM-6:30PM (Les Mills) <i>Jack A.</i>		11:15AM-12:15PM (Les Mills) <i>Audrey C.</i>
Lap Swimming Lap Pool (1 Lane)				5:30PM-9:30PM (Lap Swimming)	8:30AM-10:35AM (Lap Swimming)		
LES MILLS BODYCOMBAT Studio C				5:45PM-6:45PM (Les Mills) <i>Tom P.</i>	9:15AM-10:15AM (Les Mills) <i>Gina D.</i> 5:15PM-6:15PM (Les Mills) <i>Alicia M.</i>		9:15AM-10:15AM (Les Mills) <i>Tom P.</i>
Family Swim Family Pool				6:00PM-9:00PM (Family Swim)	4:00PM-7:30PM (Family Swim)	1:00PM-4:00PM (Family Swim)	1:00PM-4:00PM (Family Swim)

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PFD Free Time Family Pool				6:00PM-7:00PM (Family Swim)	4:00PM-5:00PM (Family Swim)	12:30PM-1:30PM (Family Swim)	12:30PM-1:30PM (Family Swim)
General Open Gym Near Gym				6:00PM-7:30PM (Open Gym)		7:00AM-4:45PM (Open Gym)	
General Open Gym Far Gym				6:00PM-7:30PM (Open Gym)	6:00PM-8:45PM (Open Gym)	7:00AM-4:45PM (Open Gym)	
LES MILLS SPRINT Cycle Studio				6:15PM-6:45PM (Les Mills) <i>Allison H.</i>		8:15AM-8:45AM (Les Mills) <i>Allison H.</i>	
POUND Studio B				6:15PM-7:00PM (Yoga & Pilates) <i>Sue D.</i>		10:15AM-11:00AM (Yoga & Pilates) <i>Lauren H.</i>	
Aqua Combo Lap Pool				7:30PM-8:30PM (Aqua) <i>Maureen B.</i>			
Adult Volleyball Near Gym				7:30PM-9:45PM (Volleyball)			3:30PM-5:00PM (Volleyball)
Adult Volleyball Far Gym				7:30PM-9:45PM (Volleyball)			
Lap Swimming Lap Pool (5 Lanes)				8:30PM-9:30PM (Lap Swimming)			
Lap Swimming Lap Pool (6 Lanes)					5:00AM-8:30AM (Lap Swimming) 10:35AM-8:30PM (Lap Swimming)		
Fit Camp Large Studio					5:15AM-6:15AM (Strength) <i>Eleanor S.</i>		
LES MILLS BODYPUMP Studio C					5:30AM-6:30AM (Les Mills) <i>Sonia T.</i>		
Trim and Sculpt Large Studio					8:00AM-8:45AM (Strength) <i>Casey K.</i>		
Aqua Yoga/Pilates Program Pool					8:00AM-8:45AM (Aqua) <i>Karen S.</i>		
Aquacise Lap Pool (5 Lanes)					9:00AM-9:45AM (Aqua) <i>Dori C.</i>		
Total Body Cycle Cycle Studio					9:15AM-10:30AM (Cycle) <i>Casey K.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Gold Studio B					9:30AM-10:15AM (Active Older Adult) <i>Jane K.</i>		
Aqua Combo Lap Pool (3 Lanes)					9:50AM-10:35AM (Aqua) <i>Dori C.</i>		
Yin Yoga Small Studio					10:30AM-11:30AM (Yoga & Pilates) <i>Dan R.</i>		12:30PM-1:30PM (Yoga & Pilates) <i>Carrie B.</i>
Silver Strength Studio C					10:30AM-11:30AM (Active Older Adult) <i>Patty K.</i>		
Zumba Large Studio					10:30AM-11:30AM (Dance) <i>Jane K.</i>		
SilverSneakers Classic Large Studio					11:45AM-12:45PM (Active Older Adult) <i>Jackie A.</i>		
Chair Yoga Small Studio					11:45AM-12:45PM (Active Older Adult) <i>Ami K.</i>		
Family Swim Program Pool					4:00PM-7:30PM (Family Swim)	1:00PM-4:00PM (Family Swim)	1:00PM-4:00PM (Family Swim)
Pilates Small Studio					4:15PM-5:15PM (Yoga & Pilates) <i>Angie C.</i>		
Lap Swimming Lap Pool (3 Lanes)						7:00AM-9:30AM (Lap Swimming)	
Aquacise Lap Pool (3 Lanes)						7:30AM-8:25AM (Aqua) <i>Becky G.</i> 8:30AM-9:25AM (Aqua) <i>Becky G.</i>	
Gentle Yoga Small Studio						8:00AM-9:00AM (Yoga & Pilates) <i>Sandi S.</i>	
LES MILLS BODYCOMBAT Large Studio						9:15AM-10:15AM (Les Mills) <i>Allison H.</i>	
LES MILLS DANCE Studio B						9:15AM-10:00AM (Les Mills) <i>Aerielle W.</i>	

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Zumba Small Studio						10:45AM-11:45AM (Dance) <i>Beth T.</i>	
LES MILLS BODYBALANCE Studio B						11:15AM-12:15PM (Les Mills) <i>Allison H.</i>	
LES MILLS CORE Large Studio							9:15AM-9:45AM (Les Mills) <i>Karen D.</i>
Family Gym Time Near Gym							10:00AM-1:45PM (Family)
LES MILLS RPM Cycle Studio							10:00AM-10:45AM (Les Mills) <i>Teresa L.</i>
LES MILLS DANCE Small Studio							10:15AM-11:00AM (Les Mills) <i>Aerielle W.</i>
Pilates Studio B							10:15AM-11:15AM (Yoga & Pilates) <i>Angie C.</i>
TRX Mezzanine							11:00AM-12:00PM (Sgt) <i>Ami K.</i>
Zumba Gold Studio C							1:00PM-2:00PM (Active Older Adult) <i>Kelly M.</i>
Meditation Small Studio							1:45PM-2:15PM (Yoga & Pilates) <i>Alissa M.</i>