



Haverford Area YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swimming Lap Pool (5 Lanes)					5:00AM-7:45AM (Lap Swimming) 9:00AM-1:00PM (Lap Swimming) 4:00PM-8:30PM (Lap Swimming)	7:00AM-7:30AM (Lap Swimming) 1:00PM-4:30PM (Lap Swimming)	7:00AM-9:00AM (Lap Swimming) 1:00PM-4:30PM (Lap Swimming)
Water Walking Lap Pool (1 Lane)					5:00AM-7:45AM (Water Walking) 9:00AM-8:30PM (Water Walking)	9:00AM-4:30PM (Water Walking)	7:00AM-4:30PM (Water Walking)
Sauna Hours Sauna					5:00AM-8:30PM (Sauna & Whirlpool)	7:00AM-4:30PM (Sauna & Whirlpool)	7:00AM-4:30PM (Sauna & Whirlpool)
Whirlpool Hours Whirlpool					5:00AM-8:30PM (Sauna & Whirlpool)	7:00AM-4:30PM (Sauna & Whirlpool)	7:00AM-4:30PM (Sauna & Whirlpool)
Open Basketball Gym B					5:00AM-8:45AM (Basketball) 10:15AM-11:00AM (Basketball) 2:15PM-3:45PM (Basketball)	7:00AM-10:45AM (Basketball) 4:00PM-4:45PM (Basketball)	7:00AM-4:45PM (Basketball)
Cycle Cycle Studio					5:15AM-6:15AM (Cycle) <i>Kate S.</i> 6:30AM-7:00AM (Cycle) <i>Emily J.</i> 8:00AM-8:45AM (Cycle) <i>Kristin A.</i> 9:30AM-10:15AM (Cycle) <i>Amy S.</i> 6:00PM-6:45PM (Cycle) <i>Jay K.</i>	7:15AM-8:25AM (Cycle) <i>Kate S.</i> 8:45AM-9:45AM (Cycle) <i>Tom C.</i> 11:45AM-12:30PM (Cycle) <i>Julian J.</i>	7:30AM-8:45AM (Cycle) <i>Kate S.</i> 9:00AM-9:45AM (Cycle) <i>Emily J.</i>

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LES MILLS BODYPUMP Group Ex Studio					5:15AM-6:00AM (Les Mills) <i>Simone M.</i> 10:30AM-11:15AM (Les Mills) <i>Whitney H.</i>	9:15AM-10:15AM (Les Mills) <i>Tina B.</i> 12:45PM-1:30PM (Les Mills) <i>Simone M.</i>	9:00AM-10:00AM (Les Mills) <i>Heather B.</i> 12:40PM-1:20PM (Les Mills) <i>Simone M.</i>
Kettlebells Mezzanine					5:45AM-6:45AM (Sgt) <i>Summer P.</i>		
Water Walking Program Pool					6:00AM-9:00AM (Water Walking) 3:30PM-4:00PM (Water Walking) 8:00PM-8:30PM (Water Walking)	7:00AM-9:00AM (Water Walking) 4:00PM-4:30PM (Water Walking)	7:00AM-8:00AM (Water Walking) 4:00PM-4:30PM (Water Walking)
Total Body Conditioning Group Ex Studio					6:15AM-7:00AM (Cardio) <i>Kate S.</i> 8:15AM-9:00AM (Cardio) <i>Sara F.</i> 4:30PM-5:15PM (Cardio) <i>Kristen R.</i>	7:15AM-8:00AM (Cardio) <i>Summer P.</i>	
Lap Swimming Lap Pool (2 Lanes)					7:45AM-9:00AM (Lap Swimming)	7:30AM-9:00AM (Lap Swimming)	
KidZone Open Care Child Watch Area					8:00AM-1:00PM (Kidzone) 4:00PM-7:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)
Aqua ZUMBA Lap Pool					8:00AM-8:45AM (Aqua) <i>Danielle S.</i>		
Stretch & Balance Gym A					8:00AM-8:45AM (Stretch) <i>Robert (.</i>		
Chair Yoga Gym A					9:00AM-9:45AM (Active Older Adult) <i>Robert (.</i> 11:00AM-11:45AM (Active Older Adult) <i>Mary P.</i>		

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Aqua Combo Lap Pool					9:00AM-9:45AM (Aqua) <i>John H.</i>		
Yoga/Pilates Mind/Body Studio					9:00AM-10:00AM (Yoga & Pilates) <i>Sheila H.</i>		
LES MILLS BODYCOMBAT Group Ex Studio					9:15AM-10:15AM (Les Mills) <i>Jeffrey P.</i>	8:10AM-9:00AM (Les Mills) <i>Leslie H.</i> 11:45AM-12:30PM (Les Mills) <i>Simone M.</i>	10:15AM-11:15AM (Les Mills) <i>Jeffrey P.</i> 2:00PM-2:45PM (Les Mills) <i>Leslie M.</i>
Strength Training Mezzanine					9:30AM-10:30AM (Sgt) <i>Taylor F.</i>		
Pilates Gym A					10:00AM-10:45AM (Yoga & Pilates) <i>Daniella E.</i>		
Yoga Mind/Body Studio					10:30AM-11:30AM (Yoga & Pilates) <i>Tom P.</i> 6:30PM-7:30PM (Yoga & Pilates) <i>Abby S.</i>		9:00AM-10:00AM (Yoga & Pilates) <i>Tom P.</i> 1:30PM-2:45PM (Yoga & Pilates) <i>Sheila H.</i> 3:30PM-4:30PM (Yoga & Pilates) <i>Abby S.</i>
Family Swim Program Pool					11:00AM-1:00PM (Family Swim) 4:00PM-8:00PM (Family Swim)	1:00PM-3:00PM (Family Swim)	1:00PM-4:00PM (Family Swim)
Dance Fitness Group Ex Studio					11:30AM-12:30PM (Dance) <i>Neffertina G.</i>		
TRX Mezzanine					11:45AM-12:45PM (Sgt) <i>Corrinne F.</i>		
Silver Cycle Cycle Studio					12:00PM-12:30PM (Active Older Adult) <i>Jess M.</i>		
Pickleball Gym A					12:00PM-2:45PM (Pickleball)		

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Pilates Group Ex Studio					12:45PM-1:15PM (Yoga & Pilates) <i>Sheila H.</i>		
Lap Swimming Lap Pool (4 Lanes)					1:00PM-4:00PM (Lap Swimming)	9:00AM-1:00PM (Lap Swimming)	9:00AM-1:00PM (Lap Swimming)
Ping Pong Lobby					1:00PM-3:45PM (Ping Pong)		
Volleyball Gym A					3:00PM-5:15PM (Volleyball) 7:30PM-8:45PM (Volleyball)	2:00PM-3:15PM (Volleyball)	
Tai Chi Mind/Body Studio					3:30PM-4:45PM (Yoga & Pilates) <i>April Z.</i>		
Family Swim Family Fun Pool					4:30PM-8:00PM (Family Swim)	1:00PM-4:00PM (Family Swim)	1:00PM-3:00PM (Family Swim)
Yin Yoga Mind/Body Studio					5:15PM-6:15PM (Yoga & Pilates) <i>Sheila H.</i>		
Adult Pickleball Gym B					6:00PM-8:45PM (Pickleball)	11:00AM-2:00PM (Pickleball)	
Family LES MILLS BODYCOMBAT Group Ex Studio					6:30PM-7:30PM (Family) <i>Leslie H.</i>		
Ping Pong Multipurpose Room					6:30PM-8:45PM (Ping Pong)	12:00PM-4:45PM (Ping Pong)	12:00PM-4:45PM (Ping Pong)
Open Basketball Gym A						7:00AM-8:45AM (Basketball) 3:30PM-4:45PM (Basketball)	7:00AM-9:45AM (Basketball) 2:00PM-4:45PM (Basketball)
Aqua Deep Lap Pool						7:45AM-8:45AM (Aqua) <i>Esther P.</i>	
Total Body Conditioning Mind/Body Studio						8:15AM-9:15AM (Cardio) <i>Susie G.</i>	
Zumba Group Ex Studio						10:30AM-11:30AM (Dance) <i>April Z.</i>	11:25AM-12:25PM (Dance) <i>Marielle O.</i>

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Vinyasa Yoga Mind/Body Studio						11:00AM-12:00PM (Yoga & Pilates) <i>Tom P.</i> 1:15PM-2:15PM (Yoga & Pilates) <i>Alicia B.</i>	
Family Pickleball Gym B						2:00PM-3:45PM (Family)	
Aqua ZUMBA Program Pool							8:00AM-8:45AM (Aqua) <i>Liliya M.</i>
LES MILLS BODYSTEP Group Ex Studio							8:00AM-8:45AM (Les Mills) <i>Jackie B.</i>
Gentle Yoga Multipurpose Room							10:30AM-11:30AM (Yoga & Pilates) <i>Chelsea N.</i>
Pop-up Jump Rope Class Group Ex Studio							3:00PM-3:45PM (Pop Up) <i>Dan B.</i>