



Roxborough YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swimming Lap Pool (4 Lanes)					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) 1:00PM-9:00PM (Basketball)	7:00AM-5:00PM (Basketball)	7:00AM-5:00PM (Basketball)
LES MILLS BODYPUMP Studio A					5:30AM-6:15AM (Les Mills) <i>Ngozi O.</i>	8:30AM-9:30AM (Les Mills) <i>Beth B.</i>	
KidZone Open Care Child Watch Area					8:00AM-12:00PM (Kidzone)	8:00AM-12:00PM (Kidzone)	8:00AM-12:00PM (Kidzone)
Lap Swimming Lap Pool (2 Lanes)					9:10AM-10:00AM (Lap Swimming) 3:15PM-7:30PM (Lap Swimming)	1:30PM-4:30PM (Lap Swimming)	10:30AM-4:30PM (Lap Swimming)
Water Walking Lap Pool (2 Lanes)					9:10AM-10:00AM (Water Walking)		
Boot Camp Studio A					9:15AM-9:45AM (Strength) <i>Brielle H.</i>		9:15AM-10:00AM (Strength) <i>Felicia P.</i>
SilverSneakers Circuit Studio B					10:00AM-11:00AM (Active Older Adult) <i>Ginger D.</i>		
Yoga Studio A					10:00AM-11:00AM (Yoga & Pilates) <i>Jennifer M.</i>		10:30AM-11:30AM (Yoga & Pilates) <i>Kimberly L.</i>
Pool Reserved Lap Pool (4 Lanes)					10:00AM-3:00PM (Reserved)		
Pickleball Full Gym					10:30AM-1:00PM (Pickleball)		
LES MILLS BODYCOMBAT Studio A					11:15AM-12:00PM (Les Mills) <i>Ginger D.</i>	9:35AM-10:35AM (Les Mills) <i>Beth B.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim Lap Pool (2 Lanes)					3:15PM-7:30PM (Family Swim)	1:30PM-4:30PM (Family Swim)	1:30PM-4:30PM (Family Swim)
Cycle Studio B					6:00PM-7:00PM (Cycle) <i>John G.</i>	8:00AM-8:45AM (Cycle) <i>John G.</i>	
Lap Swimming Lap Pool (1 Lane)						8:00AM-1:30PM (Lap Swimming)	9:00AM-10:30AM (Lap Swimming)
Pool Reserved Lap Pool (3 Lanes)						8:00AM-1:30PM (Reserved)	9:00AM-10:30AM (Reserved)
Boot Camp Studio B						9:00AM-10:00AM (Strength) <i>T'sidiquah M.</i>	
Zumba Studio A						11:00AM-12:00PM (Dance) <i>Patricia C.</i>	
Zumba Kids Studio A						12:00PM-12:30PM (Dance) <i>Patricia C.</i>	
Kettlebells Studio A							8:15AM-9:00AM (Strength) <i>John G.</i>
LES MILLS BODYCOMBAT Studio B							10:00AM-11:00AM (Les Mills) <i>Alicia M.</i>
Pool Reserved Lap Pool (2 Lanes)							10:30AM-1:30PM (Reserved)
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>