



## Ambler YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swimming</b> Lap Pool (3 Lanes)						7:00AM-9:30AM (Lap Swimming)	7:00AM-4:30PM (Lap Swimming)
<b>Water Walking</b> Program Pool						7:00AM-9:00AM (Water Walking)  12:25PM-1:00PM (Water Walking)  4:00PM-4:30PM (Water Walking)	
<b>Whirlpool/Sauna Hours</b> Whirlpool/Sauna						7:00AM-4:30PM (Sauna & Whirlpool)	7:00AM-4:30PM (Sauna & Whirlpool)
<b>General Open Gym</b> Near Gym						7:00AM-4:45PM (Open Gym)	
<b>Aquacise</b> Lap Pool (3 Lanes)						7:30AM-8:25AM (Aqua) <i>Maureen B.</i>  8:30AM-9:25AM (Aqua) <i>Maureen B.</i>	
<b>KidZone Open Care</b> Child Watch Area						8:00AM-1:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)
<b>Gentle Yoga</b> Small Studio						8:00AM-9:00AM (Yoga & Pilates) <i>Molly D.</i>	
<b>LES MILLS BODYSTEP</b> Large Studio						8:00AM-9:00AM (Les Mills) <i>Michelle M.</i>	
<b>LES MILLS SPRINT</b> Cycle Studio						8:15AM-8:45AM (Les Mills) <i>William H.</i>	
<b>Pool Reserved</b> Program Reserved						9:00AM-12:00PM (Reserved)	
<b>Cycle</b> Cycle Studio						9:00AM-10:00AM (Cycle) <i>Michelle P.</i>	
<b>LES MILLS BODYCOMBAT</b> Large Studio						9:15AM-10:15AM (Les Mills) <i>William H.</i>	

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<b>Power Yoga</b> Small Studio						9:15AM-10:30AM (Yoga & Pilates) <i>Beth J.</i>  12:00PM-1:15PM (Yoga & Pilates) <i>David C.</i>	
<b>LES MILLS DANCE</b> Studio B						9:15AM-10:00AM (Les Mills) <i>Aerielle W.</i>	
<b>Lap Swimming</b> Lap Pool (4 Lanes)						9:30AM-4:30PM (Lap Swimming)	
<b>POUND</b> Studio B						10:15AM-11:00AM (Yoga & Pilates) <i>Lauren H.</i>	
<b>LES MILLS BODYPUMP</b> Large Studio						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>
<b>Zumba</b> Small Studio						10:45AM-11:45AM (Dance) <i>Beth T.</i>	
<b>Pool Open - Pass Required</b> Outdoor Pool						11:00AM-7:30PM (Outdoor Swim)	11:00AM-7:30PM (Outdoor Swim)
<b>LES MILLS BODYBALANCE</b> Studio B						11:15AM-12:15PM (Les Mills) <i>Audrey C.</i>	
<b>PFD Free Time</b> Family Pool						12:30PM-1:30PM (Family Swim)	12:30PM-1:30PM (Family Swim)
<b>Family Swim</b> Family Pool						1:00PM-4:00PM (Family Swim)	1:00PM-4:00PM (Family Swim)
<b>Family Swim</b> Program Pool						1:00PM-4:00PM (Family Swim)	
<b>Open Basketball</b> Near Gym							7:00AM-8:00AM (Basketball)  1:45PM-3:00PM (Basketball)
<b>Open Basketball</b> Far Gym							7:00AM-8:00AM (Basketball)  10:00AM-4:45PM (Basketball)

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<b>Programming - Reserved</b> Far Gym							8:00AM-10:00AM (Open Gym)
<b>Programming - Reserved</b> Near Gym							8:00AM-10:00AM (Open Gym)
<b>Stretch &amp; Balance</b> Small Studio							9:00AM-10:00AM (Stretch) <i>Sandi S.</i>
<b>LES MILLS BODYCOMBAT</b> Studio C							9:15AM-10:15AM (Les Mills) <i>Tom P.</i>
<b>LES MILLS CORE</b> Large Studio							9:15AM-9:45AM (Les Mills) <i>Karen D.</i>
<b>LES MILLS RPM</b> Cycle Studio							10:00AM-10:45AM (Les Mills) <i>Teresa L.</i>
<b>Family Gym Time</b> Near Gym							10:00AM-1:45PM (Family)
<b>LES MILLS DANCE</b> Small Studio							10:15AM-11:00AM (Les Mills) <i>Dana R.</i>
<b>Pilates</b> Studio B							10:15AM-11:15AM (Yoga & Pilates) <i>Angie C.</i>
<b>TRX</b> Mezzanine							11:00AM-12:00PM (Sgt) <i>Ami K.</i>
<b>LES MILLS BODYBALANCE</b> Small Studio							11:15AM-12:15PM (Les Mills) <i>Audrey C.</i>
<b>Yin Yoga</b> Small Studio							12:30PM-1:30PM (Yoga & Pilates) <i>Ami K.</i>
<b>Zumba Gold</b> Studio C							1:00PM-2:00PM (Active Older Adult) <i>Kelly M.</i>
<b>Meditation</b> Small Studio							1:45PM-2:15PM (Yoga & Pilates) <i>Ami K.</i>
<b>Adult Volleyball</b> Near Gym							3:30PM-5:00PM (Volleyball)