



## Northeast Family YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Basketball</b> Full Gym						7:00AM-9:00AM (Basketball)  3:00PM-5:00PM (Basketball)	7:00AM-8:45AM (Basketball)  12:15PM-5:00PM (Basketball)
<b>Water Walking</b> Shallow End						7:15AM-8:30AM (Water Walking)	7:15AM-9:15AM (Water Walking)
<b>Water Walking</b> Deep End						7:15AM-1:15PM (Water Walking)	7:15AM-1:15PM (Water Walking)
<b>Lap Swimming</b> Lap Pool (3 Lanes)						7:15AM-9:00AM (Lap Swimming)	7:15AM-9:15AM (Lap Swimming)
<b>LES MILLS BODYPUMP</b> Studio						8:00AM-8:45AM (Les Mills) <i>Ginger D.</i>	
<b>KidZone Open Care</b> Kid Zone Area						8:00AM-12:00PM (Kidzone)	8:00AM-12:00PM (Kidzone)
<b>Aquacise</b> Shallow End						8:30AM-9:30AM (Aqua) <i>Alicia M.</i>	
<b>LES MILLS BODYBALANCE</b> Studio						9:10AM-9:40AM (Les Mills) <i>Samar O.</i>	9:00AM-10:00AM (Les Mills) <i>Janet M.</i>
<b>Zumba</b> Studio						10:00AM-11:00AM (Dance) <i>Kyneisha H.</i>	
<b>Teen Strength Training</b> Fitness Center						10:00AM-11:00AM (Sgt) <i>Tiffany S.</i>	
<b>Silver &amp; Fit</b> Studio						11:30AM-12:30PM (Active Older Adult) <i>Tiffany S.</i>	
<b>Pickleball</b> Full Gym						1:00PM-3:00PM (Pickleball) <i>Joann C.</i>	
<b>Splash Pad Play</b> Splash Pad						1:30PM-4:00PM (Open Swim)	10:00AM-4:00PM (Open Swim)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim - Reservation Required Deep End						1:45PM-4:30PM (Reserved)	1:45PM-4:30PM (Reserved)
Family Swim - Reservation Required Shallow End						1:45PM-4:30PM (Reserved)	1:45PM-4:30PM (Reserved)
Core Training Studio							8:00AM-8:45AM (Strength) <i>Rhiannon H.</i>
Lap Swimming Lap Pool (2 Lanes)							9:15AM-10:00AM (Lap Swimming)