



Haverford Area YMCA | September 1st - September 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYCOMBAT Group Ex Studio		6:30PM-7:30PM (Les Mills) <i>Leslie H.</i>			9:15AM-10:15AM (Les Mills) <i>Jeffrey P.</i>	8:10AM-9:00AM (Les Mills) <i>Kristin A.</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>
Vinyasa Yoga Mind/Body Studio		6:30PM-7:30PM (Yoga & Pilates) <i>Molly D.</i>		6:30PM-7:30PM (Yoga & Pilates) <i>Susan G.</i>		11:00AM-12:00PM (Yoga & Pilates) <i>Tom P.</i> 1:15PM-2:15PM (Yoga & Pilates) <i>Alicia B.</i>	
Aqua ZUMBA Lap Pool		7:15PM-8:00PM (Aqua) <i>Liliya M.</i>			8:00AM-8:45AM (Aqua) <i>Danielle S.</i>		
Lap Swimming Lap Pool (2 Lanes)		7:15PM-8:00PM (Lap Swimming)	8:45AM-10:00AM (Lap Swimming)	8:45AM-10:00AM (Lap Swimming)	7:45AM-9:00AM (Lap Swimming)	7:30AM-9:00AM (Lap Swimming)	
Teen Volleyball Gym A		7:30PM-9:45PM (Volleyball)					
Water Walking Lap Pool (1 Lane)		8:00PM-9:30PM (Water Walking)	10:00AM-9:30PM (Water Walking)	5:00AM-8:45AM (Water Walking) 10:00AM-9:30PM (Water Walking)	5:00AM-7:45AM (Water Walking) 9:00AM-8:30PM (Water Walking)	9:00AM-6:30PM (Water Walking)	7:00AM-6:30PM (Water Walking)
Lap Swimming Lap Pool (5 Lanes)		8:00PM-9:30PM (Lap Swimming)	5:00AM-8:45AM (Lap Swimming) 10:00AM-9:30PM (Lap Swimming)	5:00AM-8:45AM (Lap Swimming) 10:00AM-9:30PM (Lap Swimming)	5:00AM-7:45AM (Lap Swimming) 9:00AM-3:30PM (Lap Swimming)	7:00AM-7:30AM (Lap Swimming)	7:00AM-9:00AM (Lap Swimming)
LES MILLS BODYPUMP Group Ex Studio		8:00PM-9:00PM (Les Mills) <i>Leslie H.</i>	9:30AM-10:30AM (Les Mills) <i>Kristy C.</i> 6:45PM-7:45PM (Les Mills) <i>Ryan C.</i>	7:00AM-7:45AM (Les Mills) <i>Christina R.</i> 1:00PM-2:00PM (Les Mills) <i>Tamar P.</i> 8:00PM-9:00PM (Les Mills) <i>Leslie H.</i>	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>Heather B.</i> 12:45PM-1:30PM (Les Mills) <i>Simone M.</i>	9:00AM-10:00AM (Les Mills) <i>Whitney H.</i> 12:40PM-1:40PM (Les Mills) <i>Christyn R.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Walking Program Pool		8:00PM-9:00PM (Water Walking)	6:00AM-5:00PM (Water Walking)	6:30AM-11:00AM (Water Walking) 12:35PM-5:00PM (Water Walking)	8:00AM-9:00AM (Water Walking) 11:00AM-4:00PM (Water Walking)	7:00AM-9:00AM (Water Walking) 4:30PM-6:30PM (Water Walking)	7:00AM-8:00AM (Water Walking) 8:45AM-1:00PM (Water Walking) 5:00PM-6:30PM (Water Walking)
Sauna Hours Sauna			5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-1:00PM (Sauna & Whirlpool) 3:00PM-9:30PM (Sauna & Whirlpool)	5:00AM-8:30PM (Sauna & Whirlpool)	7:00AM-4:30PM (Sauna & Whirlpool)	7:00AM-6:30PM (Sauna & Whirlpool)
Whirlpool Hours Whirlpool			5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-8:30PM (Sauna & Whirlpool)	7:00AM-4:30PM (Sauna & Whirlpool)	7:00AM-4:30PM (Sauna & Whirlpool)
General Open Gym Gym A			5:00AM-7:45AM (Open Gym)	5:00AM-7:45AM (Open Gym)	5:00AM-7:45AM (Open Gym)		7:00AM-6:45PM (Open Gym)
General Open Gym Gym B			5:00AM-5:30PM (Open Gym)	5:00AM-5:45PM (Open Gym)	5:00AM-5:15PM (Open Gym)	7:00AM-10:45AM (Open Gym)	
Cycle Cycle Studio			5:15AM-6:15AM (Cycle) <i>Kate S.</i> 6:30AM-7:15AM (Cycle) <i>Alison G.</i> 8:15AM-9:00AM (Cycle) <i>Colleen R.</i> 9:30AM-10:15AM (Cycle) <i>Jim T.</i>	6:00AM-6:45AM (Cycle) <i>Jess M.</i> 8:30AM-9:15AM (Cycle) <i>Jay K.</i> 9:30AM-10:15AM (Cycle) <i>Amy S.</i> 4:45PM-5:30PM (Cycle) <i>Maura P.</i> 6:00PM-6:45PM (Cycle) <i>Tom C.</i>	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>Jess M.</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>
LES MILLS BODYSTEP Group Ex Studio			5:15AM-6:15AM (Les Mills) <i>Kristen R.</i>				8:00AM-8:45AM (Les Mills) <i>Summer P.</i>
Strength Training Mezzanine			5:30AM-6:30AM (Sgt) <i>Stephanie A.</i> 9:45AM-10:45AM (Sgt) <i>Stephanie A.</i>	5:30AM-6:30AM (Sgt) <i>Stephanie A.</i> 6:45AM-7:45AM (Sgt) <i>Stephanie A.</i>	9:30AM-10:30AM (Sgt) <i>Taylor F.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hatha Yoga Mind/Body Studio			6:15AM-7:15AM (Yoga & Pilates) <i>Maryanne S.</i> 8:30AM-9:30AM (Yoga & Pilates) <i>Sheila H.</i>	9:00AM-10:00AM (Yoga & Pilates) <i>Sheila H.</i> 5:00PM-6:00PM (Yoga & Pilates) <i>Tom P.</i>			
Quick Fit Group Ex Studio			6:30AM-7:00AM (Strength) <i>Kate S.</i>				
KidZone Open Care Child Watch Area			8:00AM-1:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-1:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-1:00PM (Kidzone) 4:00PM-7:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)
Silver Cardio Fusion Gym A			8:00AM-8:45AM (Active Older Adult) <i>Eileen C.</i>				
Total Body Conditioning Group Ex Studio			8:30AM-9:15AM (Cardio) <i>Sara F.</i>	5:15AM-6:00AM (Cardio) <i>Kristen R.</i> 8:45AM-9:30AM (Cardio) <i>Susie G.</i>	6:15AM-7:00AM (Cardio) <i>Kate S.</i> 8:15AM-9:00AM (Cardio) <i>Sara F.</i> 4:30PM-5:15PM (Cardio) <i>Brian M.</i>	7:15AM-8:00AM (Cardio) <i>Summer P.</i>	
Aqua Deep Lap Pool			9:00AM-9:45AM (Aqua) <i>Esther P.</i>			7:45AM-8:45AM (Aqua) <i>Esther P.</i>	
LES MILLS BODYCOMBAT Gym A			9:15AM-10:00AM (Les Mills) <i>Daniella E.</i>				
Gentle Yoga Mind/Body Studio			9:45AM-10:45AM (Yoga & Pilates) <i>Sheila H.</i>				
PFD Free Time Program Pool (Shallow)			10:00AM-12:30PM (Family Swim)	9:00AM-11:00AM (Family Swim)	11:00AM-1:00PM (Family Swim)		8:45AM-12:00PM (Family Swim)
LES MILLS CORE Group Ex Studio			10:45AM-11:15AM (Les Mills) <i>Kristy C.</i>				
Tai Chi Child Watch Area			11:00AM-11:45AM (Yoga & Pilates) <i>Qunbin (.)</i>				
Pickleball Gym A			11:15AM-3:45PM (Pickleball)	11:00AM-2:45PM (Pickleball)	12:00PM-2:45PM (Pickleball)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver Cycle Cycle Studio			12:00PM-12:30PM (Active Older Adult) <i>Jess M.</i>		12:00PM-12:30PM (Active Older Adult) <i>Jess M.</i>		
Strong Survivors Mind/Body Studio			12:00PM-1:00PM (Strength) <i>Carol L.</i>				
H.I.I.T. Group Ex Studio			12:00PM-12:45PM (Strength) <i>Katie M.</i>				
Ping Pong Multipurpose Room			12:00PM-5:00PM (Ping Pong) 6:00PM-9:45PM (Ping Pong)	12:00PM-5:00PM (Ping Pong)	12:00PM-8:45PM (Ping Pong)	12:00PM-6:45PM (Ping Pong)	
LES MILLS GRIT Group Ex Studio			1:05PM-1:35PM (Les Mills) <i>Ted M.</i>	6:00PM-6:30PM (Les Mills) <i>Brian M.</i>			
Youth Open Basketball Gym A			4:00PM-5:30PM (Basketball)	3:00PM-5:45PM (Basketball)			
LES MILLS BODYATTACK Group Ex Studio			4:30PM-5:15PM (Les Mills) <i>Leann D.</i>	11:45AM-12:30PM (Les Mills) <i>Nicole O.</i>			
Yoga Mind/Body Studio			4:30PM-5:30PM (Yoga & Pilates) <i>Mary B.</i> 6:30PM-7:30PM (Yoga & Pilates) <i>Tom P.</i>	6:00AM-7:00AM (Yoga & Pilates) <i>Molly D.</i> 10:30AM-11:30AM (Yoga & Pilates) <i>Priscilla F.</i>	10:30AM-11:30AM (Yoga & Pilates) <i>Priscilla F.</i> 6:30PM-7:30PM (Yoga & Pilates) <i>Tom P.</i>		9:00AM-10:00AM (Yoga & Pilates) <i>Amy S.</i> 1:30PM-2:45PM (Yoga & Pilates) <i>Tom P.</i> 5:00PM-6:00PM (Yoga & Pilates) <i>Abby S.</i>
Family Swim Program Pool			5:00PM-8:00PM (Family Swim)	5:00PM-8:30PM (Family Swim)	4:00PM-8:30PM (Family Swim)	9:00AM-4:30PM (Family Swim)	1:00PM-5:00PM (Family Swim)
LES MILLS BODYBALANCE Group Ex Studio			5:30PM-6:30PM (Les Mills) <i>Whitney H.</i>				
LES MILLS RPM Cycle Studio			6:00PM-6:45PM (Les Mills) <i>Tamar P.</i>				
Adult Open Gym Gym A			6:00PM-9:45PM (Open Gym)	6:00PM-9:45PM (Open Gym)			
Adult Pickleball Gym B			6:00PM-8:45PM (Pickleball)		5:30PM-8:50PM (Pickleball)		
Open Basketball Gym B			9:00PM-9:45PM (Basketball)			4:00PM-6:45PM (Basketball)	7:00AM-6:45PM (Basketball)

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LES MILLS SPRINT Cycle Studio				5:15AM-6:00AM (Les Mills) <i>Meghan F.</i>			
Silver & Fit Gym A				8:00AM-8:45AM (Active Older Adult) <i>Eileen C.</i>			
Aqua Shallow Lap Pool				9:00AM-9:45AM (Aqua) <i>Judy W.</i>			
Open Basketball Gym A				9:00AM-10:45AM (Basketball)		7:00AM-6:45PM (Basketball)	
Strength Group Ex Studio				9:45AM-10:25AM (Strength) <i>Sara F.</i>			
Line Dancing Gym A				10:00AM-10:45AM (Dance) <i>Vonda P.</i>			
Silver Cardio Fusion Group Ex Studio				10:45AM-11:30AM (Active Older Adult) <i>Miriam R.</i>			
Arthritis Foundation Aquatics Program Program Pool				11:15AM-11:45AM (Aqua) <i>Terry F.</i>			
SilverSneakers Splash Program Pool				11:50AM-12:35PM (Active Older Adult) <i>Terry F.</i>			
Tai Chi Mind/Body Studio				12:30PM-1:30PM (Yoga & Pilates) <i>Kirsten E.</i>	3:30PM-4:45PM (Yoga & Pilates) <i>April S.</i>		
Stretch & Balance Mind/Body Studio				3:30PM-4:30PM (Stretch) <i>Maura P.</i>			
Xtreme Hip Hop Step™ Group Ex Studio				4:45PM-5:45PM (Dance) <i>Melanie F.</i>			
KidZone Open Play Gym A				5:30PM-6:15PM (Kidzone)			
Shock Mezzanine				6:00PM-7:00PM (Sgt) <i>Sean K.</i>			
Ping Pong Mind/Body Studio				6:00PM-9:45PM (Ping Pong)			
Ping Pong Gym B				6:00PM-8:45PM (Ping Pong)			

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Zumba Group Ex Studio				6:45PM-7:45PM (Dance) <i>Marielle O.</i>		10:30AM-11:30AM (Dance) <i>Anna D.</i>	11:25AM-12:25PM (Dance) <i>Marielle O.</i>
Kettlebells Mezzanine					5:45AM-6:45AM (Sgt) <i>Summer P.</i>		
Yoga/Pilates Mind/Body Studio					9:00AM-10:00AM (Yoga & Pilates) <i>Susan G.</i>		
Aqua Combo Lap Pool					9:00AM-9:45AM (Aqua) <i>John H.</i>		
Pilates Gym A					10:00AM-10:45AM (Yoga & Pilates) <i>Daniella E.</i>		
Chair Yoga Gym A					11:00AM-11:45AM (Active Older Adult) <i>Mary P.</i>		
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>		
Pilates Group Ex Studio					12:45PM-1:15PM (Yoga & Pilates) <i>Stephanie A.</i>		
Volleyball Gym A					3:00PM-5:45PM (Volleyball)		
Lap Swimming Lap Pool (3 Lanes)					3:30PM-8:30PM (Lap Swimming)	9:00AM-6:30PM (Lap Swimming)	9:00AM-6:30PM (Lap Swimming)
Slide Hours Family Fun Pool					5:00PM-7:00PM (Open Swim)		
Yin Yoga Mind/Body Studio					5:15PM-6:15PM (Yoga & Pilates) <i>Tom P.</i>		
Family LES MILLS BODYCOMBAT Group Ex Studio					6:30PM-7:30PM (Family) <i>Leslie H.</i>		
Total Body Conditioning Mind/Body Studio						8:15AM-9:15AM (Cardio) <i>Anne G.</i>	
Pickleball Gym B						11:00AM-1:45PM (Pickleball)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Pickleball Gym B						2:00PM-3:45PM (Family)	
Aqua ZUMBA Program Pool							8:00AM-8:45AM (Aqua) <i>Liliya M.</i>
Gentle Yoga Multipurpose Room							10:30AM-11:30AM (Yoga & Pilates) <i>Chelsea N.</i>