



Rocky Run YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Basketball Gymnasium A	5:00AM-7:00AM (Basketball) 1:00PM-9:45PM (Basketball)	5:00AM-9:30AM (Basketball) 12:00PM-4:45PM (Basketball)	5:00AM-7:30AM (Basketball) 1:00PM-4:45PM (Basketball) 8:00PM-9:45PM (Basketball)	5:00AM-8:30AM (Basketball) 12:00PM-4:45PM (Basketball)	12:00PM-9:45PM (Basketball)	7:00AM-8:45AM (Basketball) 12:00PM-6:45PM (Basketball)	7:00AM-6:45PM (Basketball)
Open Basketball Gymnasium B	5:00AM-2:00PM (Basketball) 2:00PM-4:45PM (Basketball) 8:00PM-9:45PM (Basketball)	5:00AM-11:00AM (Basketball)	5:00AM-12:00PM (Basketball) 2:00PM-9:45PM (Basketball)		12:00PM-9:45PM (Basketball)	7:00AM-8:45AM (Basketball)	7:00AM-8:45AM (Basketball) 12:00PM-2:00PM (Basketball) 3:15PM-6:45PM (Basketball)
Whirlpool Hours Hot Tub	5:00AM-9:00PM (Sauna & Whirlpool)	5:00AM-9:00PM (Sauna & Whirlpool)	5:00AM-9:00PM (Sauna & Whirlpool)	5:00AM-12:00PM (Sauna & Whirlpool) 4:30PM-9:00PM (Sauna & Whirlpool)	5:00AM-8:30PM (Sauna & Whirlpool)	7:00AM-6:30PM (Sauna & Whirlpool)	7:00AM-6:30PM (Sauna & Whirlpool)
Lap Swimming Lap Pool (5 Lanes)	5:00AM-8:00AM (Lap Swimming) 10:00AM-12:30PM (Lap Swimming) 8:00PM-9:30PM (Lap Swimming)	5:00AM-7:00AM (Lap Swimming) 8:00AM-12:30PM (Lap Swimming) 1:00PM-3:45PM (Lap Swimming) 3:00PM-4:00PM (Lap Swimming) 8:00PM-9:30PM (Lap Swimming)	5:00AM-7:15AM (Lap Swimming) 7:00PM-9:30PM (Lap Swimming)	5:00AM-6:45AM (Lap Swimming) 8:00AM-4:00PM (Lap Swimming) 8:00PM-9:30PM (Lap Swimming)	5:00AM-7:00AM (Lap Swimming) 1:00PM-8:30PM (Lap Swimming)	7:00AM-9:15AM (Lap Swimming) 2:00PM-6:30PM (Lap Swimming)	7:00AM-9:15AM (Lap Swimming) 2:00PM-6:30PM (Lap Swimming) 5:00PM-6:30PM (Lap Swimming)
Sauna Hours Sauna	5:00AM-9:00PM (Sauna & Whirlpool)	5:00AM-9:00PM (Sauna & Whirlpool)	5:00AM-9:00PM (Sauna & Whirlpool)	5:00AM-9:00PM (Sauna & Whirlpool)	5:00AM-8:30PM (Sauna & Whirlpool)	7:00AM-6:30PM (Sauna & Whirlpool)	7:00AM-6:30PM (Sauna & Whirlpool)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Studio 3 - Cycle	5:15AM-6:10AM (Cycle) <i>Jen B.</i> 9:00AM-9:30AM (Cycle) <i>Lisa F.</i> 10:00AM-10:30AM (Cycle) <i>Ed W.</i>		6:00AM-6:55AM (Cycle) <i>Brittany S.</i> 4:30PM-5:15PM (Cycle) <i>Sarah C.</i>	9:00AM-9:45AM (Cycle) <i>Sarah C.</i>	5:15AM-6:10AM (Cycle) <i>Noah G.</i>	9:00AM-9:45AM (Cycle) <i>Brittany S.</i>	9:00AM-10:00AM (Cycle) <i>Sarah C.</i>
LES MILLS BODYPUMP Studio 4 - Main	6:00AM-6:55AM (Les Mills) <i>Gabe H.</i> 9:30AM-10:25AM (Les Mills) <i>Becky S.</i> 5:30PM-6:25PM (Les Mills) <i>Steve K.</i>	8:30AM-9:15AM (Les Mills) <i>Donna G.</i> 6:30PM-7:25PM (Les Mills) <i>Sonia H.</i>	6:00AM-6:55AM (Les Mills) <i>Gabe H.</i> 9:30AM-10:25AM (Les Mills) <i>Taryn L.</i> 4:30PM-5:10PM (Les Mills) <i>Donna G.</i>	6:30PM-7:25PM (Les Mills) <i>Sara F.</i>	6:00AM-6:55AM (Les Mills) <i>Gabe H.</i> 8:15AM-8:45AM (Les Mills) <i>Melissa W.</i>	9:00AM-9:55AM (Les Mills) <i>Mary D.</i>	9:00AM-9:55AM (Les Mills) <i>Marielle O.</i>
Senior Strut Studio 1 - Mind/Body	7:00AM-7:55AM (Active Older Adult) <i>Pam D.</i>		7:00AM-7:55AM (Active Older Adult) <i>Pam D.</i>				
Pickleball - Intermediate/Advanced Gymnasium A	7:30AM-1:00PM (Pickleball)		7:30AM-1:00PM (Pickleball)				
Lap Swimming Lap Pool (3 Lanes)	8:00AM-10:00AM (Lap Swimming) 5:00PM-6:00PM (Lap Swimming)	7:00AM-8:00AM (Lap Swimming) 11:45AM-1:00PM (Lap Swimming) 12:30PM-3:00PM (Lap Swimming) 4:30PM-5:30PM (Lap Swimming)	4:00PM-7:00PM (Lap Swimming)	4:30PM-8:00PM (Lap Swimming)	11:45AM-1:00PM (Lap Swimming)	9:15AM-2:00PM (Lap Swimming)	9:15AM-2:00PM (Lap Swimming) 3:45PM-5:00PM (Lap Swimming)
KidZone Open Care Child Watch Area	8:30AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:30AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:30AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:30AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:30AM-12:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)	8:00AM-12:00PM (Kidzone)
Water Walking Therapy Pool	8:30AM-10:00AM (Water Walking) 12:00PM-5:30PM (Water Walking) 6:30PM-9:30PM (Water Walking)	8:30AM-9:15AM (Water Walking) 8:00PM-9:30PM (Water Walking)	8:30AM-4:00PM (Water Walking) 7:00PM-9:30PM (Water Walking)	8:30AM-9:30AM (Water Walking) 12:30PM-9:30PM (Water Walking)	8:30AM-9:15AM (Water Walking) 12:30PM-8:30PM (Water Walking)	9:00AM-11:00AM (Water Walking) 1:15PM-6:30PM (Water Walking)	9:00AM-10:00AM (Water Walking) 1:15PM-6:30PM (Water Walking)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
H.I.I.T. Studio 4 - Main	8:55AM-9:25AM (Strength) <i>Rhonda G.</i>						
Indoor Row Studio 2 - Multipurpose	9:15AM-9:45AM (Cardio) <i>Ed W.</i>	5:15AM-6:10AM (Cardio) <i>Jen B.</i> 9:45AM-10:15AM (Cardio) <i>Greg S.</i>	5:30PM-6:25PM (Cardio) <i>Rhonda G.</i>	9:30AM-10:00AM (Cardio) <i>Greg S.</i>			
LES MILLS BODYPUMP Studio 4 Main B	9:30AM-10:25AM (Les Mills) <i>Taryn L.</i>	8:30AM-9:15AM (Les Mills) <i>Donna G.</i>				9:00AM-9:55AM (Les Mills) <i>Melissa W.</i>	
Barre Studio 1 - Mind/Body	9:30AM-10:25AM (Yoga & Pilates) <i>Rachel K.</i>			9:30AM-10:25AM (Yoga & Pilates) <i>Rachel K.</i> 5:00PM-5:55PM (Yoga & Pilates) <i>laura M.</i>		10:05AM-11:00AM (Yoga & Pilates) <i>Rachel K.</i>	
Aqua Cardio & Strength Therapy Pool	10:00AM-10:45AM (Aqua) <i>Barbara B.</i>	6:00PM-6:45PM (Aqua) <i>Shelly P.</i>					
Yoga Studio 1 - Mind/Body	10:35AM-11:30AM (Yoga & Pilates) <i>Jerianne M.</i>		8:30AM-9:25AM (Yoga & Pilates) <i>Allie H.</i>		8:15AM-9:10AM (Yoga & Pilates) <i>Jerianne M.</i> 10:30AM-11:25AM (Yoga & Pilates) <i>Bernadette F.</i>		
Pop-up Adaptive Fitness Studio 2 - Multipurpose	10:40AM-11:35AM (Pop Up) <i>Eileen N.</i>		11:30AM-12:15PM (Pop Up) <i>Eileen N.</i>				
Zumba Studio 4 - Main	10:40AM-11:35AM (Dance) <i>Karyn M.</i>					11:15AM-12:15PM (Dance) <i>Stefanie E.</i>	
Aqua Stretch & Strength Therapy Pool	11:00AM-11:45AM (Aqua) <i>Barbara B.</i>		9:45AM-10:30AM (Aqua) <i>Rosemary C.</i>	9:30AM-10:15AM (Aqua) <i>Jacqui L.</i> 10:15AM-11:00AM (Aqua) <i>Jacqui L.</i>			
Tai Chi Studio 4 - Main	11:40AM-12:35PM (Yoga & Pilates) <i>April L.</i>		11:40AM-12:35PM (Yoga & Pilates) <i>April L.</i>				
SilverSneakers Classic Studio 1 - Mind/Body	12:00PM-12:45PM (Active Older Adult) <i>Elizabeth S.</i>		12:30PM-1:15PM (Active Older Adult) <i>Eileen N.</i>		12:30PM-1:30PM (Active Older Adult) <i>Pam D.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga Studio 1 - Mind/Body	1:00PM-1:45PM (Active Older Adult) <i>Janet T.</i>		1:30PM-2:15PM (Active Older Adult) <i>Janet T.</i>				
Lap Swimming Lap Pool (4 Lanes)	4:00PM-9:30PM (Lap Swimming)	3:45PM-6:00PM (Lap Swimming)		4:30PM-5:45PM (Lap Swimming) 7:00PM-8:00PM (Lap Swimming)			
Family Swim Family Pool	4:00PM-8:00PM (Family Swim)	4:00PM-8:00PM (Family Swim)	4:00PM-8:00PM (Family Swim)	4:00PM-8:00PM (Family Swim)	4:00PM-8:00PM (Family Swim)	11:00AM-4:00PM (Family Swim)	10:00AM-4:00PM (Family Swim)
Boot Camp Studio 4 - Main	4:30PM-5:15PM (Strength) <i>Diana R.</i>				4:30PM-5:15PM (Strength) <i>Diana R.</i>		
Programming - Reserved Gymnasium B	4:45PM-8:00PM (Open Gym)	11:00AM-2:00PM (Open Gym) 6:00PM-7:00PM (Open Gym)	12:00PM-2:00PM (Open Gym)	3:45PM-5:45PM (Open Gym)		8:45AM-1:00PM (Open Gym)	8:45AM-12:00PM (Open Gym) 2:00PM-3:15PM (Open Gym)
Zumba Studio 1 - Mind/Body	5:15PM-6:15PM (Dance) <i>Filiz A.</i>	6:30PM-7:25PM (Dance) <i>Jorge A.</i>	5:15PM-6:15PM (Dance) <i>Filiz A.</i>	6:30PM-7:25PM (Dance) <i>Elizabeth S.</i>			
Aqua Boot Camp Therapy Pool	5:30PM-6:30PM (Aqua) <i>Ginny M.</i>	7:00PM-8:00PM (Aqua) <i>Karyn M.</i>	6:00PM-6:45PM (Aqua) <i>Ginny M.</i>				
Lap Swimming Lap Pool (2 Lanes)	6:00PM-8:00PM (Lap Swimming)	5:30PM-8:00PM (Lap Swimming)	6:00PM-8:00PM (Lap Swimming)	6:45AM-8:00AM (Lap Swimming) 5:45PM-7:00PM (Lap Swimming)			
Power Yoga Studio 1 - Mind/Body	6:30PM-7:25PM (Yoga & Pilates) <i>Barb P.</i>		6:30PM-7:25PM (Yoga & Pilates) <i>Barb P.</i>				
LES MILLS BODYCOMBAT Studio 4 - Main	6:30PM-7:25PM (Les Mills) <i>Marielle O.</i>	10:00AM-10:55AM (Les Mills) <i>Raina A.</i>	6:30PM-7:25PM (Les Mills) <i>Sonia H.</i>	4:30PM-5:00PM (Les Mills) <i>Judi F.</i>	9:30AM-10:25AM (Les Mills) <i>Margie R.</i>	10:05AM-11:05AM (Les Mills) <i>Travis P.</i>	10:00AM-10:55AM (Les Mills) <i>Judi F.</i>
LES MILLS SPRINT Studio 3 - Cycle	6:35PM-7:05PM (Les Mills) <i>Steve K.</i>						
LES MILLS GRIT Studio 4 - Main		6:00AM-6:30AM (Les Mills) <i>Andrew H.</i> 9:30AM-10:00AM (Les Mills) <i>Ted M.</i>		6:00AM-6:30AM (Les Mills) <i>Brittany S.</i>	8:55AM-9:25AM (Les Mills) <i>Melissa W.</i>	8:20AM-8:50AM (Les Mills) <i>Andrew H.</i>	
Aqua Combo Lap Pool		7:00AM-7:45AM (Aqua) <i>Dawn A.</i>					

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Pilates Studio 1 - Mind/Body		9:30AM-10:25AM (Yoga & Pilates) <i>John K.</i> 5:30PM-6:25PM (Yoga & Pilates) <i>Maureen M.</i>			9:30AM-10:25AM (Yoga & Pilates) <i>Lisa T.</i>		10:00AM-10:55AM (Yoga & Pilates) <i>Maureen M.</i>
Programming - Reserved Gymnasium A		9:30AM-10:30AM (Open Gym)	4:45PM-8:00PM (Open Gym)			8:45AM-12:00PM (Open Gym)	
Pickleball - Beginner/Intermediate Gymnasium A		10:30AM-12:00PM (Pickleball)		8:30AM-12:00PM (Pickleball) 4:45PM-9:45PM (Pickleball)			
Silver Cycle Studio 3 - Cycle		10:30AM-11:15AM (Active Older Adult) <i>Greg S.</i>	9:30AM-10:15AM (Active Older Adult) <i>Greg S.</i>		9:30AM-10:15AM (Active Older Adult) <i>Greg S.</i>		
Gentle Yoga Studio 1 - Mind/Body		10:35AM-11:30AM (Yoga & Pilates) <i>Sema L.</i>		10:35AM-11:30AM (Yoga & Pilates) <i>Sema L.</i>			
Dance Fitness Studio 4 - Main		11:35AM-12:30PM (Dance) <i>Meeka V.</i>	8:00AM-8:45AM (Dance) <i>Chris P.</i>				
Silver & Fit Studio 1 - Mind/Body		12:00PM-12:55PM (Active Older Adult) <i>Filiz A.</i>		12:00PM-12:55PM (Active Older Adult) <i>Filiz A.</i>			
Stand Up Paddleboard Yoga Lap Pool (2 Lanes)		12:00PM-12:45PM (Aqua) <i>Bernadette F.</i> 12:00PM-12:45PM (Aqua) <i>Bernadette F.</i>			12:00PM-12:45PM (Aqua) <i>Bernadette F.</i>		
Zumba Gold Studio 4 - Main		1:15PM-2:00PM (Active Older Adult) <i>Chris P.</i>	10:40AM-11:25AM (Active Older Adult) <i>Bonnie B.</i>	1:15PM-2:00PM (Active Older Adult) <i>Chris P.</i>	1:00PM-1:45PM (Active Older Adult) <i>Bonnie B.</i>		
Family Gym Time Gymnasium B		2:00PM-4:30PM (Family)					
Total Body Conditioning Studio 4 - Main		4:30PM-5:15PM (Cardio) <i>Lisa T.</i>		9:30AM-10:15AM (Cardio) <i>Donna G.</i>			
Pickleball Gymnasium A		4:45PM-9:45PM (Pickleball)					
Meditation Studio 2 - Multipurpose		4:45PM-5:30PM (Yoga & Pilates) <i>Allie H.</i>					

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LES MILLS BODYBALANCE Studio 2 - Multipurpose		5:30PM-6:15PM (Les Mills) <i>Lisa T.</i>					
Trim and Sculpt Studio 4 - Main		5:30PM-6:25PM (Strength) <i>Rhonda G.</i>					
Adult Volleyball Gymnasium B		7:00PM-9:45PM (Volleyball)					
Ping Pong Half Gym		7:00PM-9:00PM (Ping Pong)		7:00PM-9:00PM (Ping Pong)			
H.I.I.T. Studio 2 - Multipurpose			5:15AM-6:00AM (Strength) <i>Jen B.</i>				
LES MILLS CORE Studio 1 - Mind/Body			9:30AM-10:15AM (Les Mills) <i>Lisa T.</i>			11:15AM-12:00PM (Les Mills) <i>Judi F.</i>	
LES MILLS BODYBALANCE Studio 1 - Mind/Body			10:15AM-11:10AM (Les Mills) <i>Lisa T.</i>				11:00AM-11:45AM (Les Mills) <i>Judi F.</i>
Chair Pilates Studio 1 - Mind/Body			11:15AM-12:10PM (Active Older Adult) <i>Elleen S.</i>				
Pilates Studio 4 - Main			5:10PM-5:50PM (Yoga & Pilates) <i>Donna G.</i>				
Core Training Studio 2 - Multipurpose				5:30AM-6:00AM (Strength) <i>Jen B.</i>			
Yoga/Pilates Studio 1 - Mind/Body				8:30AM-9:15AM (Yoga & Pilates) <i>Lisa T.</i>			
Zumba Toning Studio 4 - Main				10:35AM-11:30AM (Dance) <i>Marla G.</i>			
Pop-up TRX Studio 2 - Multipurpose				10:45AM-11:15AM (Pop Up) <i>Taryn L.</i>			
Pop-up Senior Cardio Drumming Studio 1 - Mind/Body				1:00PM-1:45PM (Pop Up) <i>Janet T.</i>			
LES MILLS CORE Studio 4 - Main				5:00PM-5:30PM (Les Mills) <i>Judi F.</i>			

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LES MILLS BODYBALANCE Studio 4 - Main				5:30PM-6:00PM (Les Mills) <i>Judi F.</i>			
Volleyball Gymnasium B				5:45PM-9:45PM (Volleyball)		1:00PM-6:45PM (Volleyball)	
Open Basketball Full Gym					5:00AM-8:30AM (Basketball)		
Pickleball - Intermediate/Advanced Full Gym					8:30AM-12:00PM (Pickleball)		
Tai Chi Studio 2 - Multipurpose					9:00AM-10:30AM (Yoga & Pilates) <i>Andrea B.</i>		
LES MILLS BODYCOMBAT Studio 4 Main B					9:30AM-10:25AM (Les Mills) <i>Brittany D.</i>	10:05AM-11:05AM (Les Mills) <i>Margie R.</i>	
Aqua Intermediate Therapy Pool					10:00AM-10:45AM (Aqua) <i>Barbara B.</i> 11:00AM-11:45AM (Aqua) <i>Barbara B.</i>		
Fit Camp Studio 4 - Main					10:35AM-11:15AM (Strength) <i>Margie R.</i>		
LES MILLS GRIT Studio 4 Main B						8:20AM-8:50AM (Les Mills) <i>Ted M.</i>	
Pilates Studio 2 - Multipurpose						8:45AM-9:40AM (Yoga & Pilates) <i>Elleen S.</i>	
Vinyasa Yoga Studio 1 - Mind/Body						9:00AM-9:55AM (Yoga & Pilates) <i>Jerianne M.</i>	
Aqua ZUMBA Therapy Pool						9:30AM-10:15AM (Aqua) <i>Elizabeth S.</i>	
Aqua Mind Body Mix Therapy Pool						10:30AM-11:15AM (Aqua) <i>Elizabeth S.</i>	
PFD Free Time Family Pool						11:00AM-12:00PM (Family Swim)	10:00AM-11:00AM (Family Swim)
LES MILLS GRIT CARDIO Studio 4 - Main							8:20AM-8:50AM (Les Mills) <i>Marielle O.</i>

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Yin Yoga Studio 1 - Mind/Body							9:00AM-9:55AM (Yoga & Pilates) <i>Jerianne M.</i>