



Haverford Area YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swimming Lap Pool (5 Lanes)	5:00AM-8:45AM (Lap Swimming) 10:00AM-4:00PM (Lap Swimming) 7:45PM-9:30PM (Lap Swimming)	5:00AM-8:45AM (Lap Swimming) 10:00AM-4:30PM (Lap Swimming) 8:00PM-9:30PM (Lap Swimming)	5:00AM-8:45AM (Lap Swimming) 10:00AM-4:30PM (Lap Swimming) 7:45PM-9:30PM (Lap Swimming)	5:00AM-8:45AM (Lap Swimming) 10:00AM-6:00PM (Lap Swimming) 7:45PM-9:30PM (Lap Swimming)	5:00AM-7:45AM (Lap Swimming) 9:00AM-8:30PM (Lap Swimming)	12:45PM-6:30PM (Lap Swimming)	
Water Walking Lap Pool (1 Lane)	5:00AM-8:45AM (Water Walking) 10:00AM-9:30PM (Water Walking)	5:00AM-8:45AM (Water Walking) 10:00AM-7:10PM (Water Walking) 8:00PM-9:30PM (Water Walking)	5:00AM-8:45AM (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)	
Open Basketball Half Gym	5:00AM-9:45AM (Basketball)	5:00AM-5:45AM (Basketball) 7:00AM-7:45AM (Basketball)	5:00AM-7:45AM (Basketball)	5:00AM-6:00AM (Basketball) 7:00AM-7:45AM (Basketball)	5:00AM-10:45AM (Basketball) 3:00PM-3:45PM (Basketball)	7:00AM-8:45AM (Basketball) 3:00PM-6:45PM (Basketball)	7:00AM-8:45AM (Basketball) 2:00PM-6:45PM (Basketball)
Strength Group Ex Studio	5:15AM-6:00AM (Strength) <i>Kristen R.</i>	9:00AM-9:45AM (Strength) <i>Sara F.</i>		9:45AM-10:25AM (Strength) <i>Sara F.</i>			
Cycle Cycle Studio	5:15AM-6:15AM (Cycle) <i>Kate S.</i> 6:30AM-7:00AM (Cycle) <i>Amanda M.</i> 9:30AM-10:15AM (Cycle) <i>Michelle M.</i> 6:00PM-6:45PM (Cycle) <i>Michele M.</i>	6:15AM-7:00AM (Cycle) <i>Jim T.</i> 8:15AM-9:00AM (Cycle) <i>Amy S.</i> 9:30AM-10:15AM (Cycle) <i>Jess M.</i> 4:45PM-5:30PM (Cycle) <i>Colleen D.</i> 6:00PM-6:45PM (Cycle) <i>Tom C.</i>	5:15AM-6:15AM (Cycle) <i>Kate S.</i> 6:30AM-7:15AM (Cycle) <i>Amanda M.</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>Jim T.</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>Amy S.</i> 8:00AM-8:45AM (Cycle) <i>Sarah C.</i> 9:30AM-10:15AM (Cycle) <i>Amy S.</i>	7:15AM-8:25AM (Cycle) <i>Kate S.</i> 8:45AM-9:45AM (Cycle) <i>Tom C.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Walking Program Pool	6:30AM-9:00AM (Water Walking)	7:45PM-8:30PM (Water Walking)	6:00AM-9:45AM (Water Walking) 12:00PM-2:00PM (Water Walking) 2:00PM-4:00PM (Water Walking) 7:45PM-8:30PM (Water Walking)	6:30AM-9:45AM (Water Walking)	6:30AM-9:00AM (Water Walking) 2:00PM-4:00PM (Water Walking)	7:00AM-9:00AM (Water Walking) 4:00PM-6:30PM (Water Walking)	
Quick Fit Group Ex Studio	6:30AM-7:00AM (Strength) <i>Kate S.</i>	11:15AM-11:45AM (Strength) <i>Michele M.</i>	6:30AM-7:00AM (Strength) <i>Kate S.</i>				
Pilates Multipurpose Room	8:00AM-8:45AM (Yoga & Pilates) <i>Barbara M.</i>				8:00AM-8:45AM (Yoga & Pilates) <i>Barbara M.</i> 10:00AM-10:45AM (Yoga & Pilates) <i>Daniella E.</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-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)
Lap Swimming Lap Pool (2 Lanes)	8:45AM-10:00AM (Lap Swimming)	8:45AM-10:00AM (Lap Swimming) 7:15PM-8:00PM (Lap Swimming)			7:45AM-10:00AM (Lap Swimming)	7:30AM-9:00AM (Lap Swimming) 7:30AM-9:00AM (Lap Swimming)	
Total Body Conditioning Group Ex Studio	8:45AM-9:30AM (Cardio) <i>Pam A.</i>		8:30AM-9:15AM (Cardio) <i>Sara F.</i> 5:30PM-6:30PM (Cardio) <i>Gianna T.</i>	5:15AM-6:00AM (Cardio) <i>Brian M.</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>Kristen R.</i>	7:15AM-8:00AM (Cardio) <i>Summer P.</i>	
Aqua Combo Lap Pool	9:00AM-9:45AM (Aqua) <i>John H.</i>	9:00AM-9:45AM (Aqua) <i>Judy W.</i>			9:00AM-9:45AM (Aqua) <i>John H.</i>		
Chair Yoga Multipurpose Room	9:00AM-9:45AM (Active Older Adult) <i>Robert (.</i>				9:00AM-9:45AM (Active Older Adult) <i>Robert (.</i> 11:00AM-11:45AM (Active Older Adult) <i>Mary P.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MetCon Mezzanine	9:30AM-10:30AM (Sgt) <i>Taylor F.</i>						
Yoga Mind/Body Studio	9:30AM-10:30AM (Yoga & Pilates) <i>Sheila H.</i>	12:00PM-1:00PM (Yoga & Pilates) <i>Amy S.</i>	6:30PM-7:30PM (Yoga & Pilates) <i>Tom P.</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>Abby S.</i>		
LES MILLS BODYPUMP Group Ex Studio	9:45AM-10:35AM (Les Mills) <i>Heather B.</i> 1:05PM-2:05PM (Les Mills) <i>Simone M.</i> 5:30PM-6:30PM (Les Mills) <i>Whitney H.</i>	6:00AM-6:45AM (Les Mills) <i>Cealy W.</i> 5:30PM-6:15PM (Les Mills) <i>Whitney H.</i> 8:00PM-9:00PM (Les Mills) <i>Tina B.</i>	9:30AM-10:30AM (Les Mills) <i>Jamie P.</i> 6:45PM-7:45PM (Les Mills) <i>Ryan C.</i>	7:00AM-7:45AM (Les Mills) <i>Christina R.</i> 8:00PM-9:00PM (Les Mills) <i>Tina B.</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>Tina B.</i> 12:45PM-1:30PM (Les Mills) <i>Simone M.</i>	
Silver Cardio Fusion Gym A	10:00AM-10:45AM (Active Older Adult) <i>Michele M.</i>	11:00AM-11:45AM (Active Older Adult) <i>Miriam R.</i>	8:00AM-8:45AM (Active Older Adult) <i>Eileen C.</i>				
Kettlebells Mezzanine	10:45AM-11:45AM (Sgt) <i>Stephanie A.</i>				5:45AM-6:45AM (Sgt) <i>Summer P.</i>		
Pickleball Gym A	11:00AM-2:45PM (Pickleball)	1:00PM-4:15PM (Pickleball)	12:00PM-4:15PM (Pickleball)	1:00PM-4:15PM (Pickleball)	11:00AM-2:45PM (Pickleball)		
Tai Chi Multipurpose Room	11:00AM-11:45AM (Yoga & Pilates) <i>Qunbin (.</i>		11:00AM-11:45AM (Yoga & Pilates) <i>Nella V.</i>	1:00PM-1:30PM (Yoga & Pilates) <i>Kirsten E.</i>			
Dance Fitness Group Ex Studio	11:00AM-12:00PM (Dance) <i>Meeka V.</i>				11:30AM-12:30PM (Dance) <i>Meeka V.</i>		
TRX Mezzanine	12:00PM-1:00PM (Sgt) <i>Corrinne F.</i>	9:30AM-10:30AM (Sgt) <i>Stephanie A.</i>			12:00PM-12:45PM (Sgt) <i>Corrinne F.</i>		
Total Body Cycle Cycle Studio	12:00PM-12:45PM (Cycle) <i>Amy S.</i>	5:15AM-6:00AM (Cycle) <i>Jim T.</i>					
Vinyasa Yoga Mind/Body Studio	12:00PM-1:00PM (Yoga & Pilates) <i>Miriam M.</i>	10:15AM-11:15AM (Yoga & Pilates) <i>Tom P.</i> 6:30PM-7:30PM (Yoga & Pilates) <i>Sharrie L.</i>		6:00AM-7:00AM (Yoga & Pilates) <i>Nancy K.</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>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Group Ex Studio	12:15PM-12:45PM (Yoga & Pilates) <i>Meeka V.</i>				12:45PM-1:15PM (Yoga & Pilates) <i>Meeka V.</i>		
PFD Free Time Family Fun Pool	1:00PM-4:00PM (Family Swim)						
Lap Swimming Lap Pool (3 Lanes)	4:00PM-7:45PM (Lap Swimming)	4:30PM-7:00PM (Lap Swimming)	4:30PM-8:00PM (Lap Swimming)				
LES MILLS BODYATTACK Group Ex Studio	4:30PM-5:15PM (Les Mills) <i>Theresa C.</i>	12:00PM-12:45PM (Les Mills) <i>Nicole O.</i>		11:45AM-12:30PM (Les Mills) <i>Nicole O.</i>			
Hatha Yoga Mind/Body Studio	4:30PM-5:30PM (Yoga & Pilates) <i>Sheila H.</i>		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>Jeanne R.</i> 5:00PM-6:00PM (Yoga & Pilates) <i>Robert (.</i>			
Meditation Mind/Body Studio	5:45PM-6:30PM (Yoga & Pilates) <i>Sheila H.</i>						
Shock Mezzanine	6:00PM-7:00PM (Sgt) <i>Sean K.</i>			6:00PM-7:00PM (Sgt) <i>Sean K.</i>			
LES MILLS BODYCOMBAT Group Ex Studio	6:40PM-7:25PM (Les Mills) <i>Leslie M.</i>	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>	
LES MILLS BODYBALANCE Mind/Body Studio	6:45PM-7:30PM (Les Mills) <i>Barbara M.</i>						
Adult Basketball Half Gym	7:30PM-9:45PM (Basketball)		7:30PM-9:45PM (Basketball)	7:30PM-9:45PM (Basketball)			
Pop-up ZUMBA Glow Group Ex Studio	7:45PM-8:45PM (Pop Up) <i>Danielle S.</i>						
Whirlpool Hours Whirlpool		5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-9:30PM (Sauna & Whirlpool)				
Sauna Hours Sauna		5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-9:30PM (Sauna & Whirlpool)				
LES MILLS GRIT ATHLETIC Group Ex Studio		5:15AM-5:45AM (Les Mills) <i>Ted M.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength Training Mezzanine		5:30AM-6:30AM (Sgt) <i>Stephanie A.</i> 6:45AM-7:45AM (Sgt) <i>Stephanie A.</i>	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>		
LES MILLS CORE Group Ex Studio		7:00AM-7:45AM (Les Mills) <i>Christina R.</i>	10:45AM-11:15AM (Les Mills) <i>Jamie P.</i>	4:00PM-4:30PM (Les Mills) <i>Heather B.</i>			
Stretch & Balance Mind/Body Studio		7:20AM-7:50AM (Stretch) <i>Maura P.</i>		3:30PM-4:30PM (Stretch) <i>Maura P.</i>			
Silver & Fit Gym A		8:00AM-8:45AM (Active Older Adult) <i>Eileen C.</i>		8:00AM-8:45AM (Active Older Adult) <i>Eileen C.</i>			
Gentle Yoga Mind/Body Studio		9:00AM-10:00AM (Yoga & Pilates) <i>Amy S.</i>	9:45AM-10:45AM (Yoga & Pilates) <i>Sheila H.</i>				
H.I.I.T. Group Ex Studio		10:00AM-10:30AM (Strength) <i>Sara F.</i>	12:00PM-12:45PM (Strength) <i>Simone M.</i>				
Yin Yoga Mind/Body Studio		1:30PM-2:30PM (Yoga & Pilates) <i>Sheila H.</i>			5:15PM-6:15PM (Yoga & Pilates) <i>Sharrie L.</i>		
LES MILLS BODYSTEP Group Ex Studio		4:30PM-5:15PM (Les Mills) <i>Jamie P.</i>	5:15AM-6:15AM (Les Mills) <i>Summer P.</i>	4:45PM-5:45PM (Les Mills) <i>Jamie P.</i>			
Yoga/Pilates Mind/Body Studio		5:00PM-6:00PM (Yoga & Pilates) <i>Susan G.</i>			9:00AM-10:00AM (Yoga & Pilates) <i>Susan G.</i>		
Aqua ZUMBA Lap Pool		7:15PM-8:00PM (Aqua) <i>Danielle S.</i>			8:00AM-8:45AM (Aqua) <i>Danielle S.</i>		
Youth Open Basketball Half Gym		7:30PM-9:45PM (Basketball)					
Lap Swimming Lap Pool (1 Lane)			8:45AM-10:00AM (Lap Swimming)	8:45AM-10:00AM (Lap Swimming)			
LES MILLS BODYCOMBAT Multipurpose Room			9:00AM-9:45AM (Les Mills) <i>Daniella E.</i>				
Aqua Deep Lap Pool			9:00AM-9:45AM (Aqua) <i>Esther P.</i>			7:45AM-8:45AM (Aqua) <i>Esther P.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Gold Multipurpose Room			10:00AM-10:45AM (Active Older Adult) <i>Christina R.</i>				
Women & Weights Mezzanine			11:15AM-12:15PM (Sgt) <i>Jack F.</i>				
PFD Free Time Progam Pool (Half)			12:00PM-2:00PM (Family Swim)				
Silver Cycle Cycle Studio			12:00PM-12:30PM (Active Older Adult) <i>Stephanie A.</i>				
Strong Survivors Mind/Body Studio			12:00PM-1:00PM (Strength) <i>Carol L.</i>				
Silver Women & Weights Mezzanine			12:45PM-1:45PM (Sgt) <i>Jack F.</i>				
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>			
Teen Strength Training Mezzanine			3:30PM-4:30PM (Sgt) <i>Ricky D.</i> 4:45PM-5:45PM (Sgt) <i>Ricky D.</i>				
Family Yoga Mind/Body Studio			4:30PM-5:15PM (Family) <i>Mary B.</i>				
LES MILLS RPM Cycle Studio			6:00PM-6:45PM (Les Mills) <i>Joe R.</i>				
Aqua Shallow Lap Pool				9:00AM-9:45AM (Aqua) <i>Judy W.</i>			
Line Dancing Multipurpose Room				10:00AM-10:45AM (Dance) <i>Steph A.</i>			
Silver Cardio Fusion Group Ex Studio				10:45AM-11:30AM (Active Older Adult) <i>Miriam R.</i>			
Qigong Multipurpose Room				12:00PM-1:00PM (Yoga & Pilates) <i>Kirsten E.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim Family Fun Pool				12:35PM-3:00PM (Family Swim)	9:45AM-2:00PM (Family Swim) 4:30PM-8:00PM (Family Swim)		
Family Swim Program Pool				12:35PM-4:00PM (Family Swim) 7:45PM-9:30PM (Family Swim)	9:45AM-2:00PM (Family Swim) 4:00PM-8:00PM (Family Swim)	1:00PM-4:00PM (Family Swim)	
KidZone Open Play Gym A				5:30PM-6:15PM (Kidzone)			
Lap Swimming Lap Pool (4 Lanes)				6:00PM-7:00PM (Lap Swimming)		9:00AM-12:45PM (Lap Swimming)	
Zumba Group Ex Studio				6:45PM-7:45PM (Dance) <i>Marielle O.</i>		10:30AM-11:30AM (Dance) <i>Anna D.</i>	
Volleyball Half Gym					4:00PM-5:15PM (Volleyball)		
Slide Hours Family Fun Pool					5:00PM-7:00PM (Open Swim)		
Family LES MILLS BODYCOMBAT Group Ex Studio					6:30PM-7:30PM (Family) <i>Leslie H.</i>		
Adult Pickleball Half Gym					7:30PM-9:00PM (Pickleball)		
Total Body Conditioning Mind/Body Studio						8:15AM-9:15AM (Cardio) <i>Anne G.</i>	
Aqua ZUMBA Program Pool							8:00AM-8:45AM (Aqua) <i>Liliya M.</i>



Mt. Laurel YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
General Open Gym Full Gym	5:00AM-7:30AM (Open Gym) 12:30PM-5:30PM (Open Gym) 7:30PM-9:30PM (Open Gym)	5:00AM-6:45AM (Open Gym) 7:00PM-9:30PM (Open Gym)	5:00AM-7:30AM (Open Gym) 7:45PM-9:30PM (Open Gym)	5:00AM-6:45AM (Open Gym) 6:35PM-9:30PM (Open Gym)	5:00AM-7:30AM (Open Gym) 12:30PM-6:15PM (Open Gym) 7:45PM-8:30PM (Open Gym)	7:00AM-8:25AM (Open Gym) 12:30PM-6:30PM (Open Gym)	
Lap Swimming Lap Pool (6 Lanes)	5:15AM-8:00AM (Lap Swimming) 10:00AM-1:00PM (Lap Swimming) 3:00PM-4:00PM (Lap Swimming)	5:15AM-8:00AM (Lap Swimming) 12:00PM-4:00PM (Lap Swimming)	5:15AM-8:00AM (Lap Swimming) 12:10PM-4:00PM (Lap Swimming)	5:15AM-9:00AM (Lap Swimming) 12:00PM-1:00PM (Lap Swimming) 3:00PM-4:00PM (Lap Swimming)	5:15AM-8:00AM (Lap Swimming) 11:00AM-3:30PM (Lap Swimming) 7:30PM-8:30PM (Lap Swimming)	7:15AM-9:00AM (Lap Swimming) 12:00PM-12:30PM (Lap Swimming) 4:00PM-6:30PM (Lap Swimming)	
Boot Camp Studio B	6:00AM-6:50AM (Strength) <i>Maureen G.</i>						
Adult Basketball Gym A	7:35AM-10:30AM (Basketball)		7:35AM-10:30AM (Basketball)		7:35AM-9:45AM (Basketball)		
General Open Gym Gym B	7:35AM-10:30AM (Open Gym)	7:00AM-8:00AM (Open Gym) 3:00PM-5:00PM (Open Gym)	7:35AM-10:30AM (Open Gym) 12:30PM-1:30PM (Open Gym) 1:30PM-5:15PM (Open Gym)	7:00AM-8:00AM (Open Gym) 3:00PM-5:00PM (Open Gym)	7:35AM-9:45AM (Open Gym)		
Stretch & Balance Studio B	8:00AM-8:50AM (Stretch) <i>Denette B.</i>		8:00AM-8:50AM (Stretch) <i>Denette B.</i>		8:00AM-8:50AM (Stretch) <i>Denette B.</i>		
Aquacise Lap Pool	8:00AM-8:50AM (Aqua) <i>Patricia H.</i> 9:00AM-9:50AM (Aqua) <i>Patricia H.</i>	11:00AM-11:50AM (Aqua) <i>Mary G.</i>		11:00AM-11:50AM (Aqua) <i>Lesley D.</i>	10:00AM-10:50AM (Aqua) <i>Deborah K.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swimming Lap Pool (3 Lanes)	8:00AM-9:00AM (Lap Swimming)	8:30AM-9:00AM (Lap Swimming) 11:00AM-12:00PM (Lap Swimming) 7:00PM-7:30PM (Lap Swimming)	8:00AM-10:00AM (Lap Swimming)	11:00AM-12:00PM (Lap Swimming) 5:30PM-6:15PM (Lap Swimming) 7:00PM-7:30PM (Lap Swimming)	8:00AM-11:00AM (Lap Swimming)	12:30PM-2:00PM (Lap Swimming)	
Cycle Studio A	8:30AM-9:20AM (Cycle) <i>Jane E.</i> 6:30PM-7:20PM (Cycle) <i>Lynn M.</i>	6:00AM-6:50AM (Cycle) <i>Sasha Y.</i>	6:30PM-7:20PM (Cycle) <i>Lynn M.</i>		8:30AM-9:20AM (Cycle) <i>Karen W.</i>	8:00AM-8:50AM (Cycle) <i>Irene E.</i>	
KidZone Open Care Kid Zone	8:30AM-12:30PM (Kidzone) 4:30PM-8:00PM (Kidzone)	8:30AM-12:30PM (Kidzone) 4:30PM-8:00PM (Kidzone)	8:30AM-12:30PM (Kidzone) 4:30PM-8:00PM (Kidzone)	8:30AM-12:35PM (Kidzone) 4:30PM-8:00PM (Kidzone)	8:30AM-12:30PM (Kidzone) 4:30PM-8:00PM (Kidzone)	8:30AM-12:30PM (Kidzone)	
Lap Swimming Lap Pool (2 Lanes)	9:00AM-10:00AM (Lap Swimming)	8:00AM-8:30AM (Lap Swimming) 10:00AM-11:00AM (Lap Swimming) 5:30PM-6:00PM (Lap Swimming)		10:00AM-11:00AM (Lap Swimming)		2:00PM-3:00PM (Lap Swimming)	
Total Body Conditioning Studio B	9:30AM-10:20AM (Cardio) <i>Kathleen D.</i>		9:30AM-10:20AM (Cardio) <i>Kathleen D.</i>		9:30AM-10:20AM (Cardio) <i>Linda M.</i>		
Kettlebells Studio C	9:30AM-10:20AM (Strength) <i>Sasha Y.</i>					9:00AM-9:50AM (Strength) <i>Sasha Y.</i>	
Barre Studio B	11:00AM-11:50AM (Yoga & Pilates) <i>Deborah K.</i>						
Silver & Fit Gymnasium	11:00AM-12:00PM (Active Older Adult) <i>Kathleen D.</i>		11:00AM-12:00PM (Active Older Adult) <i>Linda M.</i>		10:00AM-10:50AM (Active Older Adult) <i>Karen W.</i>		
Tai Chi Studio B	12:45PM-1:35PM (Yoga & Pilates) <i>Elaine S.</i>						
Lap Swimming Lap Pool (4 Lanes)	1:00PM-3:00PM (Lap Swimming)		10:00AM-12:10PM (Lap Swimming)	1:00PM-3:00PM (Lap Swimming)			
Family Swim Lap Pool (2 Lanes)	1:00PM-3:00PM (Family Swim)		5:30PM-7:00PM (Family Swim)	1:00PM-3:00PM (Family Swim)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Line Dancing Studio B	2:00PM-3:00PM (Dance) <i>Jeremy D.</i>			1:30PM-2:30PM (Dance) <i>Jeremy D.</i>		12:15PM-1:05PM (Dance) <i>Shamsun N.</i>	
Programming - Reserved Gym B	5:30PM-7:30PM (Open Gym)	5:15PM-7:30PM (Open Gym)	5:30PM-7:45PM (Open Gym)	5:15PM-6:30PM (Open Gym)	6:15PM-7:45PM (Open Gym)		
General Open Gym Gym A	5:30PM-6:00PM (Open Gym) 7:00PM-7:30PM (Open Gym)	5:00PM-7:30PM (Open Gym)	5:30PM-7:45PM (Open Gym)	5:15PM-6:45PM (Open Gym)	6:15PM-7:30PM (Open Gym)		
Programming - Reserved Gym A	6:00PM-7:00PM (Open Gym)	7:00AM-8:30AM (Open Gym)	12:30PM-1:30PM (Open Gym)	7:00AM-8:30AM (Open Gym)			
Cardio Fusion Studio B	6:00PM-6:50PM (Cardio) <i>Janelle C.</i>	8:00AM-8:50AM (Cardio) <i>Karen W.</i>	5:30PM-6:20PM (Cardio) <i>Lynn M.</i>	8:00AM-8:50AM (Cardio) <i>Karen W.</i>	5:30PM-6:20PM (Cardio) <i>Janelle C.</i>		
Yin Yoga Studio B	7:00PM-7:50PM (Yoga & Pilates) <i>Liz G.</i>						
Aqua Cardio & Strength Lap Pool		8:00AM-8:50AM (Aqua) <i>Deborah K.</i> 9:00AM-9:50AM (Aqua) <i>Mary G.</i>		9:00AM-9:50AM (Aqua) <i>Lesley D.</i>			
Pickleball Gym B		8:00AM-8:30AM (Pickleball)		8:00AM-8:30AM (Pickleball)			
Pickleball Full Gym		8:30AM-10:30AM (Pickleball)		8:30AM-10:30AM (Pickleball)			
Launch - LES MILLS RPM Studio A		9:00AM-9:50AM (Les Mills) <i>Kathleen D.</i>					
Lap Swimming Lap Pool (1 Lane)		9:00AM-10:00AM (Lap Swimming) 6:00PM-7:00PM (Lap Swimming)		9:00AM-10:00AM (Lap Swimming) 6:15PM-7:00PM (Lap Swimming)			
Aqua Intermediate Lap Pool		10:00AM-10:50AM (Aqua) <i>Mary G.</i>	8:00AM-8:50AM (Aqua) <i>Patricia H.</i> 9:00AM-9:50AM (Aqua) <i>Patricia H.</i>	10:00AM-10:50AM (Aqua) <i>Lesley D.</i>	8:00AM-8:50AM (Aqua) <i>Patricia H.</i> 9:00AM-9:50AM (Aqua) <i>Patricia H.</i>		
Yoga Studio B		10:10AM-11:00AM (Yoga & Pilates) <i>Celeste H.</i>			10:45AM-11:35AM (Yoga & Pilates) <i>Camille G.</i>	8:30AM-9:20AM (Yoga & Pilates) <i>Anu S.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers Classic Full Gym		11:00AM-11:50AM (Active Older Adult) <i>Theresa T.</i>		11:00AM-11:50AM (Active Older Adult) <i>Theresa T.</i>			
Meditation Studio B		12:00PM-12:20PM (Yoga & Pilates) <i>Celeste H.</i>		12:00PM-12:20PM (Yoga & Pilates) <i>Celeste H.</i>			
Chair Yoga Studio B		12:30PM-1:20PM (Active Older Adult) <i>Celeste H.</i>		12:30PM-1:20PM (Active Older Adult) <i>Celeste H.</i>			
Pickleball Gym A		3:00PM-5:00PM (Pickleball)	1:30PM-5:15PM (Pickleball)	3:00PM-5:00PM (Pickleball)			
Cardio Kickboxing Studio B		5:15PM-6:05PM (Cardio) <i>Cherri S.</i>		5:30PM-6:20PM (Cardio) <i>Katherine R.</i>			
Core Training Studio B		6:15PM-6:45PM (Strength) <i>Cherri S.</i>	7:30PM-8:00PM (Strength) <i>Sheryl D.</i>				
H.I.I.T. Studio C		7:00PM-7:30PM (Strength) <i>Irene E.</i>	9:30AM-10:20AM (Strength) <i>Irene E.</i>	7:30PM-8:00PM (Strength) <i>Gerald S.</i>			
Core Training Studio C		7:30PM-8:00PM (Strength) <i>Irene E.</i>					
Trim and Sculpt Studio B			6:00AM-6:50AM (Strength) <i>Maureen G.</i>				
LES MILLS RPM Studio A			8:30AM-9:20AM (Les Mills) <i>Kathleen D.</i>	9:00AM-9:50AM (Les Mills) <i>Kathleen D.</i>			
Pilates Studio B			10:30AM-11:20AM (Yoga & Pilates) <i>Karen W.</i>	9:30AM-10:20AM (Yoga & Pilates) <i>Annette G.</i>			
Silver Cycle Studio A			12:00PM-12:50PM (Active Older Adult) <i>Audrey W.</i>		12:00PM-12:50PM (Active Older Adult) <i>Audrey W.</i>		
Zumba Studio B			6:30PM-7:20PM (Dance) <i>Joemille S.</i>			1:15PM-2:05PM (Dance) <i>Shamsun N.</i>	
Yoga/Pilates Studio C			6:30PM-7:20PM (Yoga & Pilates) <i>Anu S.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp Weight Room				6:00AM-6:50AM (Strength) <i>Sasha Y.</i> 9:30AM-10:20AM (Strength) <i>Sasha Y.</i>			
Dynamic Boxing Studio C				6:00PM-6:45PM (Sgt) <i>Gerald S.</i>			
LES MILLS BODYPUMP Studio B				6:30PM-7:20PM (Les Mills) <i>Renee K.</i>			
Cardio Kickboxing & Core Studio C					9:30AM-10:20AM (Cardio) <i>Katherine R.</i>		
Silver Cardio Fusion Gymnasium					11:00AM-11:50AM (Active Older Adult) <i>Shamsun N.</i>		
Zumba Gold Studio B					12:00PM-12:50PM (Active Older Adult) <i>Shamsun N.</i>		
Advanced Tai Chi Studio B					1:00PM-1:50PM (Yoga & Pilates) <i>Elaine S.</i>		
Teen Strength Training Studio C					5:00PM-5:30PM (Sgt) <i>Gerald S.</i>		
Programming - Reserved Full Gym						8:30AM-12:15PM (Open Gym)	
Launch - LES MILLS BODYPUMP Studio B						9:30AM-10:20AM (Les Mills) <i>Mary G.</i>	
Launch - LES MILLS BODYBALANCE Studio B						10:30AM-11:20AM (Les Mills) <i>Mary G.</i>	
Family Swim Lap Pool (3 Lanes)						12:30PM-3:00PM (Family Swim)	
Lap Swimming Lap Pool (5 Lanes)						3:00PM-4:00PM (Lap Swimming)	



Roxborough YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swimming Lap Pool (4 Lanes)	5:00AM-9:00AM (Lap Swimming)	5:00AM-9:00AM (Lap Swimming)	5:00AM-9:00AM (Lap Swimming)	5:00AM-9:00AM (Lap Swimming)	5:00AM-9:00AM (Lap Swimming) 7:30PM-8:30PM (Lap Swimming)	7:00AM-9:00AM (Lap Swimming) 4:30PM-5:30PM (Lap Swimming)	
Open Basketball Full Gym	5:00AM-7:00AM (Basketball) 7:15PM-9:00PM (Basketball)	5:00AM-7:00AM (Basketball) 7:15PM-9:00PM (Basketball)	5:00AM-7:00AM (Basketball) 7:15PM-9:00PM (Basketball)	5:00AM-7:00AM (Basketball) 7:15PM-9:00PM (Basketball)	5:00AM-10:30AM (Basketball) 1:00PM-6:00PM (Basketball) 6:00PM-9:00PM (Basketball)	7:00AM-9:15AM (Basketball) 11:30AM-6:00PM (Basketball)	
Kettlebells Studio A	6:00AM-6:45AM (Strength) <i>Chris G.</i>		7:30PM-8:30PM (Strength) <i>John G.</i>				
Programming - Reserved Full Gym	7:00AM-6:00PM (Open Gym) 6:00PM-7:15PM (Open Gym)	7:00AM-6:00PM (Open Gym) 6:00PM-7:15PM (Open Gym)	7:00AM-6:00PM (Open Gym) 6:00PM-7:15PM (Open Gym)	7:00AM-6:00PM (Open Gym) 6:00PM-7:15PM (Open Gym)		9:15AM-11:30AM (Open Gym)	
KidZone Open Care Child Watch Area	8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-12:00PM (Kidzone)	8:00AM-12:00PM (Kidzone)	
LES MILLS BODYPUMP Studio A	8:00AM-9:00AM (Les Mills) <i>Beth B.</i>		6:00AM-6:45AM (Les Mills) <i>Chris G.</i> 8:30AM-9:15AM (Les Mills) <i>Beth B.</i>	5:30PM-6:30PM (Les Mills) <i>Brittany F.</i>		8:30AM-9:30AM (Les Mills) <i>Beth B.</i>	
LES MILLS BODYBALANCE Studio A	9:00AM-9:45AM (Les Mills) <i>Sarah M.</i>	12:15PM-1:15PM (Les Mills) <i>Beth B.</i>			8:00AM-9:00AM (Les Mills) <i>Beth B.</i>		
Water Walking Lap Pool (2 Lanes)	9:00AM-4:30PM (Water Walking)	9:00AM-10:00AM (Water Walking) 12:00PM-4:30PM (Water Walking)	10:00AM-4:30PM (Water Walking)	9:00AM-10:00AM (Water Walking) 12:00PM-4:30PM (Water Walking)	9:00AM-3:30PM (Water Walking)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swimming Lap Pool (2 Lanes)	9:00AM-4:30PM (Lap Swimming) 4:30PM-8:30PM (Lap Swimming)	9:00AM-10:00AM (Lap Swimming) 12:00PM-8:30PM (Lap Swimming)	10:00AM-4:30PM (Lap Swimming)	9:00AM-10:00AM (Lap Swimming) 12:00PM-8:30PM (Lap Swimming)	9:00AM-7:30PM (Lap Swimming)	1:30PM-4:30PM (Lap Swimming)	
Boot Camp Studio A	10:15AM-11:00AM (Strength) <i>Chris G.</i>	9:15AM-9:45AM (Strength) <i>Brielle H.</i>			5:30AM-6:00AM (Strength) <i>Amber R.</i> 9:15AM-9:45AM (Strength) <i>Brielle H.</i>		
LES MILLS CORE Studio A	11:10AM-11:40AM (Les Mills) <i>Ginger D.</i>						
SilverSneakers Stability Studio B	11:45AM-12:30PM (Active Older Adult) <i>Ginger D.</i>	10:00AM-10:45AM (Active Older Adult) <i>Danielle M.</i>					
Pool Reserved Lap Pool (2 Lanes)	4:30PM-8:30PM (Open Swim)	4:30PM-8:30PM (Open Swim)		4:30PM-8:30PM (Open Swim)			
Cycle Studio B	5:30PM-6:15PM (Cycle) <i>Courtney M.</i>		6:00AM-6:45AM (Cycle) <i>John G.</i> 9:15AM-10:00AM (Cycle) <i>Cailin M.</i>		6:00PM-7:00PM (Cycle) <i>John G.</i>	8:00AM-8:45AM (Cycle) <i>John G.</i>	
Zumba Studio A	6:00PM-7:00PM (Dance) <i>Tahni S.</i>	6:30PM-7:30PM (Dance) <i>Patricia C.</i>		6:30PM-7:30PM (Dance) <i>Tahni S.</i>		11:00AM-12:00PM (Dance) <i>Patricia C.</i>	
Yoga Studio B	7:00PM-8:00PM (Yoga & Pilates) <i>Savannah F.</i>	8:30AM-9:30AM (Yoga & Pilates) <i>Rivkah M.</i>	6:15PM-7:15PM (Yoga & Pilates) <i>Rivkah M.</i>	7:00PM-8:00PM (Yoga & Pilates) <i>Kelsey A.</i>			
LES MILLS GRIT Studio A		5:30AM-6:00AM (Les Mills) <i>Haley M.</i>		5:30AM-6:00AM (Les Mills) <i>Amber R.</i>			
LES MILLS RPM Studio B		6:00AM-6:45AM (Les Mills) <i>Chris G.</i> 10:50AM-11:50AM (Les Mills) <i>Tamar P.</i>	5:15PM-6:00PM (Les Mills) <i>Tamar P.</i>	6:00AM-6:45AM (Les Mills) <i>Chris G.</i> 5:30PM-6:15PM (Les Mills) <i>Tamar P.</i>			
Aquacise Lap Pool		10:00AM-11:00AM (Aqua) <i>Beverly R.</i>		10:00AM-11:00AM (Aqua) <i>Beverly R.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swimming Lap Pool (1 Lane)		10:00AM-12:00PM (Lap Swimming)	9:00AM-10:00AM (Lap Swimming) 4:30PM-8:30PM (Lap Swimming)			9:00AM-1:30PM (Lap Swimming)	
Pool Reserved Lap Pool (3 Lanes)		10:00AM-12:00PM (Open Swim) <i>Beverly R.</i>	9:15AM-10:00AM (Open Swim) <i>Danielle M.</i> 4:30PM-8:30PM (Open Swim)			9:00AM-1:30PM (Open Swim)	
Pilates Studio A		10:15AM-11:00AM (Yoga & Pilates) <i>Diane R.</i>					
Arthritis Foundation Aquatics Program Lap Pool		11:00AM-12:00PM (Aqua) <i>Beverly R.</i>					
Trim and Sculpt Studio A		11:15AM-12:00PM (Strength) <i>Diane R.</i>					
Boot Camp Studio B		6:00PM-6:45PM (Strength) <i>Felicia P.</i>					
LES MILLS CORE Studio B		7:00PM-7:30PM (Les Mills) <i>Rivkah M.</i>					
LES MILLS BODYCOMBAT Studio A			5:15AM-6:00AM (Les Mills) <i>Ngozi O.</i> 5:30PM-6:30PM (Les Mills) <i>Faith B.</i>			9:35AM-10:35AM (Les Mills) <i>Beth B.</i>	
SilverSneakers Splash Lap Pool			9:15AM-10:00AM (Active Older Adult) <i>Danielle M.</i>				
Yoga Studio A			9:30AM-10:30AM (Yoga & Pilates) <i>Eskedar G.</i>	9:00AM-10:00AM (Yoga & Pilates) <i>Marilyn B.</i>	10:00AM-11:00AM (Yoga & Pilates) <i>Jennifer M.</i>		
H.I.I.T. Studio B				9:15AM-10:00AM (Strength) <i>Danielle M.</i>			
Pool Reserved Lap Pool (4 Lanes)				10:00AM-12:00PM (Open Swim) <i>Beverly R.</i>			
Barre Studio A				10:15AM-11:00AM (Yoga & Pilates) <i>Danielle M.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Ai Chi Lap Pool				11:00AM-12:00PM (Aqua) <i>Beverly R.</i>			
SilverSneakers Classic Studio B				11:30AM-12:15PM (Active Older Adult) <i>Frank R.</i>			
Line Dancing Studio A				12:30PM-1:30PM (Dance) <i>Divora B.</i>			
Chair Yoga Studio B				2:00PM-2:45PM (Active Older Adult) <i>Marie S.</i>			
SilverSneakers Circuit Studio B					10:00AM-11:00AM (Active Older Adult) <i>Ginger D.</i>		
Pickleball Full Gym					10:30AM-1:00PM (Pickleball)		
Family Swim Lap Pool (2 Lanes)					3:30PM-7:30PM (Family Swim)	1:30PM-4:30PM (Family Swim)	
Zumba Kids Studio A						12:00PM-12:30PM (Dance) <i>Patricia C.</i>	



West Philadelphia YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swimming Lap Pool (4 Lanes)	5:00AM-2:00PM (Lap Swimming)	5:00AM-6:30AM (Lap Swimming) 7:30AM-4:00PM (Lap Swimming)	5:00AM-2:00PM (Lap Swimming)	5:00AM-6:30AM (Lap Swimming) 7:30AM-6:00PM (Lap Swimming)	5:00AM-2:00PM (Lap Swimming) 4:15PM-7:00PM (Lap Swimming)	7:00AM-9:00AM (Lap Swimming) 1:00PM-4:00PM (Lap Swimming)	7:00AM-10:00AM (Lap Swimming) 3:30PM-5:00PM (Lap Swimming)
Whirlpool Hours Whirlpool	5:00AM-8:00PM (Sauna & Whirlpool)	5:00AM-8:00PM (Sauna & Whirlpool)	5:00AM-8:00PM (Sauna & Whirlpool)	5:00AM-8:00PM (Sauna & Whirlpool)	5:00AM-8:00PM (Sauna & Whirlpool)	7:00AM-5:00PM (Sauna & Whirlpool)	7:00AM-5:00PM (Sauna & Whirlpool)
Water Walking Lap Pool (2 Lanes)	5:00AM-2:00PM (Water Walking)	5:00AM-6:30AM (Water Walking) 7:30AM-4:00PM (Water Walking)	5:00AM-2:00PM (Water Walking)	5:00AM-6:30AM (Water Walking)	5:00AM-2:00PM (Water Walking) 7:00PM-8:00PM (Water Walking)	7:00AM-9:00AM (Water Walking)	7:00AM-10:00AM (Water Walking)
Open Basketball Full Gym	5:15AM-12:00PM (Basketball) 3:00PM-4:30PM (Basketball) 6:45PM-8:45PM (Basketball)	5:15AM-3:45PM (Basketball) 7:00PM-8:45PM (Basketball)	5:15AM-5:15PM (Basketball)	5:15AM-5:15PM (Basketball) 7:00PM-8:45PM (Basketball)	5:15AM-3:00PM (Basketball)	1:00PM-4:00PM (Basketball)	2:30PM-5:45PM (Basketball)
Cycle Spin Studio	6:00AM-7:00AM (Cycle) <i>Arlene R.</i>	6:15PM-7:15PM (Cycle) <i>Angela D.</i>	6:00AM-7:00AM (Cycle) <i>Arlene R.</i>	6:15PM-7:15PM (Cycle) <i>Angela D.</i>	6:00AM-7:00AM (Cycle) <i>Arlene R.</i>		
KidZone Open Care Child Watch Area	8:00AM-12:00PM (Kidzone) <i>Theresa E.</i> 4:00PM-8:00PM (Kidzone) <i>Theresa E.</i>	8:00AM-12:00PM (Kidzone) <i>Theresa E.</i> 4:00PM-8:00PM (Kidzone) <i>Theresa E.</i>	8:00AM-12:00PM (Kidzone) <i>Theresa E.</i> 4:00PM-8:00PM (Kidzone) <i>Theresa E.</i>	8:00AM-12:00PM (Kidzone) <i>Theresa E.</i> 4:00PM-8:00PM (Kidzone) <i>Theresa E.</i>	8:00AM-12:00PM (Kidzone) <i>Theresa E.</i> 4:00PM-8:00PM (Kidzone) <i>Theresa E.</i>	8:00AM-12:30PM (Kidzone) <i>Theresa E.</i>	
LES MILLS BODYPUMP Aerobic Studio	8:00AM-8:45AM (Les Mills) <i>Nicole K.</i> 7:00PM-7:45PM (Les Mills) <i>Mariam W.</i>		7:00AM-7:45AM (Les Mills) <i>Carla J.</i> 7:00PM-7:45PM (Les Mills) <i>Mariam W.</i>		7:00AM-7:45AM (Les Mills) <i>Nicole K.</i>		
Total Body Conditioning Aerobic Studio	9:00AM-10:00AM (Cardio) <i>Abbie A.</i>	9:35AM-10:25AM (Cardio) <i>Dovita D.</i>	9:00AM-10:00AM (Cardio) <i>Abbie A.</i>	9:35AM-10:25AM (Cardio) <i>Dovita D.</i>	9:00AM-10:00AM (Cardio) <i>Abbie A.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vinyasa Yoga Aerobic Studio	10:00AM-11:00AM (Yoga & Pilates) <i>Abbie A.</i>		10:00AM-11:00AM (Yoga & Pilates) <i>Abbie A.</i>		10:00AM-11:00AM (Yoga & Pilates) <i>Abbie A.</i>		
Aquacise Lap Pool (1 Lane)	10:00AM-11:00AM (Aqua) <i>Arlene R.</i>	10:00AM-11:00AM (Aqua) <i>Arlene R.</i>		10:00AM-11:00AM (Aqua) <i>Arlene R.</i>			
Chair Yoga Aerobic Studio	11:00AM-12:00PM (Active Older Adult) <i>Arlene R.</i>		11:00AM-12:00PM (Active Older Adult) <i>Arlene R.</i>				
Family Gym Time Gym B	12:00PM-2:30PM (Family)						
Silver & Fit Aerobic Studio	12:00PM-1:00PM (Active Older Adult) <i>Arlene R.</i>		12:00PM-1:00PM (Active Older Adult) <i>Arlene R.</i>				
Zumba Aerobic Studio	1:10PM-2:10PM (Dance) <i>Dovita D.</i> 6:00PM-6:45PM (Dance) <i>Gina D.</i>	6:15PM-7:00PM (Dance) <i>Dovita D.</i>	1:10PM-2:10PM (Dance) <i>Dovita D.</i> 6:00PM-6:45PM (Dance) <i>Gina D.</i>			11:30AM-12:30PM (Dance) <i>Dovita D.</i>	
Programming - Reserved Gym A	4:45PM-5:15PM (Open Gym) 5:45PM-6:15PM (Open Gym)	4:00PM-5:15PM (Open Gym) 5:30PM-6:00PM (Open Gym)				9:15AM-9:45AM (Open Gym) 10:15AM-10:45AM (Open Gym) 12:00PM-12:45PM (Open Gym)	9:15AM-9:45AM (Open Gym) 10:00AM-10:30AM (Open Gym) 11:00AM-11:45AM (Open Gym)
Lap Swimming Lap Pool (1 Lane)	5:00PM-7:00PM (Lap Swimming)					9:00AM-1:00PM (Lap Swimming)	10:00AM-1:00PM (Lap Swimming)
H.I.I.T. Aerobic Studio	5:00PM-5:45PM (Strength) <i>Towonda C.</i>						
Programming - Reserved Classroom B	5:30PM-6:00PM (Open Gym) 6:00PM-6:30PM (Open Gym)			5:30PM-6:00PM (Open Gym)		10:00AM-10:30AM (Open Gym) 10:30AM-11:00AM (Open Gym) 11:00AM-11:45AM (Open Gym) 12:00PM-12:45PM (Open Gym)	11:00AM-11:45AM (Open Gym)
Adult Lap Swimming Lap Pool	7:00PM-8:00PM (Lap Swimming)		7:00PM-8:00PM (Lap Swimming)			4:00PM-5:00PM (Lap Swimming)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS CORE Aerobic Studio	8:00PM-8:30PM (Les Mills) <i>Mariam W.</i>		8:00PM-8:30PM (Les Mills) <i>Mariam W.</i>			12:45PM-1:30PM (Les Mills) <i>Mariam W.</i>	
Yoga Aerobic Studio		7:15AM-8:15AM (Yoga & Pilates) <i>Octavia G.</i> 7:15PM-8:00PM (Yoga & Pilates) <i>Ms. J.</i>		7:15AM-8:15AM (Yoga & Pilates) <i>Octavia G.</i> 7:15PM-8:00PM (Yoga & Pilates) <i>Ms. J.</i>			
Pilates Aerobic Studio		8:30AM-9:30AM (Yoga & Pilates) <i>Elleen S.</i>	8:00AM-9:00AM (Yoga & Pilates) <i>Elleen S.</i>	8:30AM-9:30AM (Yoga & Pilates) <i>Elleen S.</i>	11:00AM-12:00PM (Yoga & Pilates) <i>Elleen S.</i>		
Dance Aerobic Studio		10:35AM-11:25AM (Dance) <i>Rasaq L.</i>		10:35AM-11:25AM (Dance) <i>Rasaq L.</i>			
Total Body Cycle Spin Studio		10:45AM-11:35AM (Cycle) <i>Dovita D.</i>		10:45AM-11:35AM (Cycle) <i>Dovita D.</i>			
SilverSneakers Classic Aerobic Studio		11:30AM-12:15PM (Active Older Adult) <i>Arlene R.</i> 1:15PM-1:45PM (Active Older Adult) <i>Arlene R.</i>		11:30AM-12:15PM (Active Older Adult) <i>Arlene R.</i> 1:15PM-1:45PM (Active Older Adult) <i>Arlene R.</i>			
Line Dancing Aerobic Studio		12:15PM-1:15PM (Dance) <i>Arlene R.</i>		12:15PM-1:15PM (Dance) <i>Arlene R.</i>			
Aquacise Lap Pool (3 Lanes)		5:00PM-6:00PM (Aqua) <i>Ms. J.</i>					
Cardio Fusion Aerobic Studio		5:15PM-6:00PM (Cardio) <i>Towonda C.</i>		5:15PM-6:00PM (Cardio) <i>Towonda C.</i>		10:15AM-11:15AM (Cardio) <i>Dovita D.</i>	
Programming - Reserved Spin Studio		5:45PM-6:30PM (Open Gym)			5:30PM-6:15PM (Open Gym)	9:15AM-9:45AM (Open Gym) 10:00AM-10:30AM (Open Gym)	
Programming - Reserved Gym B		6:15PM-6:45PM (Open Gym)	5:30PM-6:15PM (Open Gym) 6:30PM-7:15PM (Open Gym) 7:30PM-8:15PM (Open Gym)	6:15PM-6:45PM (Open Gym)		9:15AM-9:45AM (Open Gym) 10:15AM-10:45AM (Open Gym) 11:00AM-11:45AM (Open Gym)	9:15AM-9:45AM (Open Gym) 10:00AM-10:30AM (Open Gym)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Cardio & Strength Lap Pool (1 Lane)			6:00PM-7:00PM (Aqua) <i>Lisa C.</i>				
Lap Swimming Lap Pool (2 Lanes)				7:30AM-6:00PM (Lap Swimming)			
Pop-up Pre/Postnatal Yoga Lap Pool (1 Lane)				5:00PM-6:00PM (Pop Up) <i>Ms. J.</i>			
Xtreme Hip Hop Step™ Aerobic Studio				6:10PM-7:10PM (Dance) <i>Melanie F.</i>			
Yin Yoga Aerobic Studio					8:00AM-8:45AM (Yoga & Pilates) <i>Abbie A.</i>		
Chair Pilates Aerobic Studio					12:00PM-1:00PM (Active Older Adult) <i>Elleen S.</i>		
Youth Open Basketball Full Gym					3:30PM-6:00PM (Basketball)	4:00PM-5:45PM (Basketball)	
Family Swim Lap Pool (2 Lanes)					4:30PM-7:00PM (Family Swim)	1:00PM-4:00PM (Family Swim)	3:30PM-5:00PM (Family Swim)
Adult Lap Swimming Lap Pool (4 Lanes)					7:00PM-8:00PM (Lap Swimming)		
Family Gym Time Full Gym						7:15AM-9:00AM (Family)	
Pool Reserved Lap Pool (5 Lanes)						9:00AM-1:00PM (Open Swim)	
Stretch & Balance Aerobic Studio						9:00AM-9:45AM (Stretch) <i>Dovita D.</i>	
Programming - Reserved Classroom A						11:00AM-11:45AM (Open Gym)	
Pilates Spin Studio						12:30PM-1:30PM (Yoga & Pilates) <i>Elleen S.</i>	
Family Gym Time Gym A							7:15AM-9:00AM (Family)
Family Gym Time Family Room							12:00PM-2:00PM (Family)
Programming - Reserved Aerobic Studio							4:00PM-4:45PM (Open Gym) 5:00PM-5:45PM (Open Gym)



Willow Grove YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sauna Hours Sauna	5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-8:30PM (Sauna & Whirlpool)	7:00AM-6:30PM (Sauna & Whirlpool)	
Open Basketball Gym B	5:00AM-9:00AM (Basketball) 10:15AM-11:00AM (Basketball) 12:15PM-4:00PM (Basketball)	5:00AM-9:00AM (Basketball) 12:15PM-5:00PM (Basketball) 7:15PM-9:45PM (Basketball)	5:00AM-4:00PM (Basketball)	5:00AM-9:00AM (Basketball) 12:15PM-4:00PM (Basketball) 5:15PM-6:00PM (Basketball) 9:00PM-9:45PM (Basketball)	5:00AM-9:00AM (Basketball) 12:15PM-8:45PM (Basketball)	7:00AM-8:00AM (Basketball) 12:00PM-4:15PM (Basketball)	
Open Basketball Gym A	5:00AM-4:00PM (Basketball) 7:15PM-9:45PM (Basketball)	5:00AM-9:00AM (Basketball) 12:15PM-4:00PM (Basketball) 7:15PM-9:45PM (Basketball)	5:00AM-4:00PM (Basketball) 8:15PM-9:45PM (Basketball)	5:00AM-9:00AM (Basketball) 12:15PM-4:00PM (Basketball) 9:00PM-9:45PM (Basketball)	5:00AM-9:00AM (Basketball) 12:15PM-8:45PM (Basketball)	7:00AM-8:00AM (Basketball) 11:00AM-6:45PM (Basketball)	
Lap Swimming Lap Pool (5 Lanes)	5:00AM-9:00AM (Lap Swimming) 9:15AM-10:00AM (Lap Swimming) 12:30PM-4:00PM (Lap Swimming) 7:30PM-9:30PM (Lap Swimming)	5:00AM-9:00AM (Lap Swimming) 7:30PM-9:30PM (Lap Swimming)	9:00AM-10:00AM (Lap Swimming)		9:15AM-10:00AM (Lap Swimming)	1:30PM-2:45PM (Lap Swimming) 3:45PM-5:00PM (Lap Swimming)	
LES MILLS BODYPUMP Studio B	5:30AM-6:30AM (Les Mills) <i>Nicole B.</i> 9:00AM-10:00AM (Les Mills) <i>Mary B.</i> 6:30PM-7:30PM (Les Mills) <i>Pat R.</i>	9:15AM-10:15AM (Les Mills) <i>Pat R.</i> 6:30PM-7:30PM (Les Mills) <i>Suzanne S.</i>	5:30AM-6:30AM (Les Mills) <i>Nicole B.</i> 9:00AM-10:00AM (Les Mills) <i>Karen D.</i> 6:30PM-7:30PM (Les Mills) <i>Mary B.</i>		5:30PM-6:30PM (Les Mills) <i>Lauren H.</i>	8:00AM-9:00AM (Les Mills) <i>Mary B.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Launch - LES MILLS BODYCOMBAT Studio A	5:30AM-6:15AM (Les Mills) <i>Aniela B.</i>						
KidZone Open Care Child Watch Area	8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)	
LES MILLS BODYBALANCE Studio C	8:00AM-8:45AM (Les Mills) <i>Mary B.</i>						
Silver TRX Queenax/Lower Turf	9:00AM-10:00AM (Sgt) <i>Lissa G.</i>						
LES MILLS BODYCOMBAT Studio A	9:00AM-10:00AM (Les Mills) <i>Aniela B.</i> 4:30PM-5:15PM (Les Mills) <i>Katie C.</i>				5:30AM-6:15AM (Les Mills) <i>Aniela B.</i> 9:00AM-9:45AM (Les Mills) <i>Karen D.</i> 6:00PM-6:45PM (Les Mills) <i>Katie C.</i>	8:15AM-9:15AM (Les Mills) <i>Nancy B.</i>	
Aqua Boot Camp Program Pool	9:15AM-10:00AM (Aqua) <i>Stephanie M.</i>	9:15AM-10:00AM (Aqua) <i>Karen S.</i>		9:15AM-10:00AM (Aqua) <i>Karen S.</i>			
Water Walking Lap Pool (1 Lane)	9:15AM-10:00AM (Water Walking)		9:00AM-10:00AM (Water Walking)	8:00AM-10:00AM (Water Walking)	9:15AM-10:00AM (Water Walking)	1:30PM-5:00PM (Water Walking)	
Women & Weights Training Zone/Upper Turf	9:30AM-10:30AM (Sgt) <i>Eric S.</i>				6:00PM-7:00PM (Sgt) <i>Trina J.</i>		
Lap Swimming Lap Pool	10:00AM-12:30PM (Lap Swimming)	10:00AM-4:00PM (Lap Swimming)	5:00AM-9:00AM (Lap Swimming) 10:00AM-4:00PM (Lap Swimming) 7:30PM-9:30PM (Lap Swimming)	5:00AM-8:00AM (Lap Swimming) 10:00AM-4:00PM (Lap Swimming) 7:45PM-9:30PM (Lap Swimming)	5:00AM-9:15AM (Lap Swimming) 10:00AM-8:30PM (Lap Swimming)	7:00AM-9:00AM (Lap Swimming) 12:45PM-1:30PM (Lap Swimming) 5:00PM-6:30PM (Lap Swimming)	
H.I.I.T. Studio B	10:15AM-11:00AM (Strength) <i>Lori R.</i>						
Silver Cycle Cycle Studio	10:30AM-11:15AM (Active Older Adult) <i>Lissa G.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver & Fit Studio B	11:15AM-12:00PM (Active Older Adult) <i>Alissa M.</i>	11:15AM-12:00PM (Active Older Adult) <i>Lissa G.</i>		11:15AM-12:00PM (Active Older Adult) <i>Lissa G.</i>			
SilverSneakers Enerchi Studio B	12:15PM-1:00PM (Active Older Adult) <i>Alissa M.</i>				12:15PM-1:00PM (Active Older Adult) <i>Alissa M.</i>		
Aqua Stretch & Strength Program Pool	12:30PM-1:15PM (Aqua) <i>Mary B.</i>						
Water Walking Program Pool	1:25PM-4:00PM (Water Walking)	5:15AM-9:15AM (Water Walking)	5:00AM-9:00AM (Water Walking)	5:00AM-8:00AM (Water Walking)	5:00AM-9:15AM (Water Walking)	7:00AM-9:00AM (Water Walking)	
	7:30PM-9:00PM (Water Walking)	10:00AM-4:00PM (Water Walking) 7:30PM-9:30PM (Water Walking)	10:00AM-4:00PM (Water Walking) 7:30PM-9:30PM (Water Walking)	10:00AM-4:00PM (Water Walking) 7:45PM-9:30PM (Water Walking)	10:00AM-4:00PM (Water Walking) 7:00PM-8:30PM (Water Walking)	5:00PM-6:30PM (Water Walking)	
Lap Swimming Lap Pool (4 Lanes)	4:00PM-7:30PM (Lap Swimming)	4:00PM-6:00PM (Lap Swimming)	4:00PM-7:30PM (Lap Swimming)	4:00PM-7:45PM (Lap Swimming)		2:45PM-3:45PM (Lap Swimming)	
Self Defense Queenax/Lower Turf	5:30PM-6:30PM (Sgt) <i>Victor L.</i>						
Pilates Studio C	5:30PM-6:15PM (Yoga & Pilates) <i>Angie C.</i>	9:30AM-10:30AM (Yoga & Pilates) <i>Angie C.</i>	8:00AM-9:00AM (Yoga & Pilates) <i>Valerie P.</i>				
Cycle Cycle Studio	5:30PM-6:15PM (Cycle) <i>Sue M.</i>	5:15AM-6:00AM (Cycle) <i>Robin B.</i>	9:30AM-10:15AM (Cycle) <i>Angie C.</i>	5:15AM-6:00AM (Cycle) <i>Diane R.</i>	9:30AM-10:15AM (Cycle) <i>Sue M.</i>	8:30AM-9:30AM (Cycle) <i>Robin B.</i>	
		9:30AM-10:15AM (Cycle) <i>Evan S.</i>	5:30PM-6:15PM (Cycle) <i>Angie C.</i>	9:30AM-10:15AM (Cycle) <i>Evan S.</i>	5:30PM-6:15PM (Cycle) <i>Rick R.</i>	10:00AM-11:00AM (Cycle) <i>Dave G.</i>	
		5:15PM-6:00PM (Cycle) <i>Pat R.</i>		5:30PM-6:30PM (Cycle) <i>Patti S.</i>		12:15PM-1:00PM (Cycle) <i>Rick R.</i>	
		6:15PM-7:00PM (Cycle) <i>Pat R.</i>		7:00PM-7:45PM (Cycle) <i>Stephanie W.</i>			
Zumba Studio B	5:30PM-6:15PM (Dance) <i>Richarda B.</i>			6:15PM-7:15PM (Dance) <i>Lauren D.</i>		10:45AM-11:45AM (Dance) <i>Lauren D.</i>	
Teen Strength Training Training Zone/Upper Turf	6:00PM-7:00PM (Sgt) <i>Zach R.</i>		6:00PM-7:00PM (Sgt) <i>Zach R.</i>				
LES MILLS BODYSTEP Studio A	6:00PM-7:00PM (Les Mills) <i>Lauren H.</i>			9:15AM-10:15AM (Les Mills) <i>Mary B.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dynamic Boxing Queenax/Lower Turf	6:30PM-7:30PM (Sgt) <i>Victor L.</i>			6:00PM-7:00PM (Sgt) <i>Samantha Z.</i>		10:00AM-11:00AM (Sgt) <i>Jalen D.</i>	
Yoga Studio C	6:30PM-7:30PM (Yoga & Pilates) <i>Lynda K.</i>		6:30PM-7:30PM (Yoga & Pilates) <i>Lissa G.</i>	5:30AM-6:30AM (Yoga & Pilates) <i>Amy M.</i>			
Core Training Studio A	7:15PM-7:45PM (Strength) <i>Lauren H.</i>						
Pickleball Gym B	8:15PM-9:45PM (Pickleball)	9:15AM-12:00PM (Pickleball)	8:15PM-9:45PM (Pickleball)	9:15AM-12:00PM (Pickleball)	9:15AM-12:00PM (Pickleball)	4:30PM-6:45PM (Pickleball)	
LES MILLS SHAPES Studio A		7:30AM-8:00AM (Les Mills) <i>Diane R.</i>		7:30AM-8:00AM (Les Mills) <i>Diane R.</i>	10:00AM-10:30AM (Les Mills) <i>Karen D.</i>		
LES MILLS BODYCOMBAT Studio B		8:00AM-8:45AM (Les Mills) <i>Aniela B.</i>					
Pickleball Gym A		9:15AM-12:00PM (Pickleball)		9:15AM-12:00PM (Pickleball)	9:15AM-12:00PM (Pickleball)		
LES MILLS BODYBALANCE Studio A		9:30AM-10:30AM (Les Mills) <i>Suzanne S.</i>					
Meditation Studio C		10:45AM-11:15AM (Yoga & Pilates) <i>Alissa M.</i>					
Pop-up Reiki Studio C		11:30AM-12:30PM (Pop Up) <i>Nicole R.</i>					
Stretch & Balance Studio B		12:15PM-12:45PM (Stretch) <i>Lissa G.</i>		12:15PM-12:45PM (Stretch) <i>Lissa G.</i>			
Zumba Studio A		12:15PM-1:00PM (Dance) <i>Maureen L.</i>	12:00PM-1:00PM (Dance) <i>Maureen L.</i>				
SilverSneakers Enerchi Studio C		1:00PM-1:30PM (Active Older Adult) <i>Alissa M.</i>					
Family Yoga Studio B		5:30PM-6:15PM (Family) <i>Nakesha M.</i>					
MetCon Training Zone/Upper Turf		6:00PM-7:00PM (Sgt) <i>Zach R.</i>				10:00AM-11:00AM (Sgt) <i>Rachelle F.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS DANCE Studio C		6:30PM-7:15PM (Les Mills) <i>Ann S.</i>					
LES MILLS CORE Studio C		7:30PM-8:00PM (Les Mills) <i>Ann S.</i>					
LES MILLS FUNCTIONAL STRENGTH Studio A			7:15AM-8:00AM (Les Mills) <i>Diane R.</i>	5:00PM-5:45PM (Les Mills) <i>Susan C.</i>		10:30AM-11:15AM (Les Mills) <i>Stephen A.</i>	
Strength Studio B			8:00AM-8:45AM (Strength) <i>Lissa G.</i>			9:30AM-10:30AM (Strength) <i>Mary P.</i>	
Shock Queenax/Lower Turf			9:15AM-10:15AM (Sgt) <i>Lissa G.</i>		12:30PM-1:30PM (Sgt) <i>Lissa G.</i>		
Aqua ZUMBA Program Pool			9:15AM-10:00AM (Aqua) <i>Lisa W.</i>		9:15AM-10:00AM (Aqua) <i>Lisa W.</i>		
H.I.I.T. Studio C			10:00AM-10:45AM (Strength) <i>Lori R.</i>				
Launch - LES MILLS BARRE Studio A			10:15AM-10:45AM (Les Mills) <i>Karen D.</i>				
LES MILLS CORE Studio A			10:45AM-11:15AM (Les Mills) <i>Karen D.</i>		10:30AM-11:00AM (Les Mills) <i>Karen D.</i>		
BOOM Studio C			11:00AM-11:50AM (Active Older Adult) <i>Maureen L.</i>				
SilverSneakers Classic Studio B			11:00AM-12:00PM (Active Older Adult) <i>Dawn T.</i>		9:00AM-9:45AM (Active Older Adult) <i>Dawn T.</i> 10:00AM-11:00AM (Active Older Adult) <i>Dawn T.</i>		
Senior Circuit Express Studio C			12:00PM-12:45PM (Active Older Adult) <i>Lori R.</i>				
Chair Yoga Studio B			12:15PM-1:00PM (Active Older Adult) <i>Alissa M.</i>		11:15AM-12:00PM (Active Older Adult) <i>Alissa M.</i>		
Line Dancing Studio A			1:30PM-2:30PM (Dance) <i>Richarda B.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquacise Program Pool				8:00AM-8:45AM (Aqua) <i>Mary B.</i>			
Vinyasa Yoga Studio C				8:00AM-9:00AM (Yoga & Pilates) <i>DeMarie J.</i> 9:30AM-10:30AM (Yoga & Pilates) <i>Ami K.</i>	5:30AM-6:30AM (Yoga & Pilates) <i>Susan C.</i> 9:00AM-10:00AM (Yoga & Pilates) <i>Susan C.</i>	9:30AM-10:30AM (Yoga & Pilates) <i>Ami K.</i>	
LES MILLS FUNCTIONAL STRENGTH Studio B				9:00AM-9:45AM (Les Mills) <i>Karen D.</i>			
Zumba Gold Studio B				10:05AM-11:00AM (Active Older Adult) <i>Richarda B.</i>			
H.I.I.T. Studio A				10:30AM-11:15AM (Strength) <i>Lori R.</i>			
Zumba Gold Studio A				11:30AM-12:30PM (Active Older Adult) <i>Richarda B.</i>			
LES MILLS BARRE Studio C				4:45PM-5:15PM (Les Mills) <i>Patti S.</i>			
LES MILLS BODYSTEP Studio B				5:00PM-6:00PM (Les Mills) <i>Suzanne S.</i>			
Youth Strength Training Training Zone/Upper Turf				6:00PM-7:00PM (Sgt) <i>Zach R.</i>			
Yin Yoga Studio C				6:30PM-7:30PM (Yoga & Pilates) <i>Mindy C.</i>			
Programming - Reserved Gym A				7:00PM-9:00PM (Open Gym)			
Programming - Reserved Gym B				7:00PM-9:00PM (Open Gym)			
Family Swim Family Pool					4:00PM-7:00PM (Family Swim)	1:30PM-2:30PM (Family Swim) 4:00PM-5:00PM (Family Swim)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim Program Pool					4:00PM-7:00PM (Family Swim)	1:30PM-2:30PM (Family Swim) 4:00PM-5:00PM (Family Swim)	
LES MILLS SHAPES Studio C						8:30AM-9:15AM (Les Mills) <i>Angie C.</i>	
Boot Camp Training Zone/Upper Turf						8:30AM-9:15AM (Strength) <i>Mary P.</i>	
Lap Swimming Lap Pool (3 Lanes)						9:00AM-12:45PM (Lap Swimming) 9:00PM-12:45PM (Lap Swimming)	
POUND Studio A						9:30AM-10:15AM (Yoga & Pilates) <i>Sue D.</i>	
PFD Free Time Program Pool						2:45PM-3:45PM (Family Swim) 2:45PM-3:45PM (Family Swim)	
PFD Free Time Lap Pool (1 Lane)						2:45PM-3:45PM (Family Swim)	



Phoenixville YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Basketball West Gym	5:00AM-6:00AM (Basketball) 2:00PM-4:00PM (Basketball) 5:00PM-7:00PM (Basketball) 7:00PM-9:45PM (Basketball)	5:00AM-6:00AM (Basketball) 8:00AM-11:00AM (Basketball) 2:00PM-4:00PM (Basketball) 5:00PM-6:00PM (Basketball) 8:00PM-9:45PM (Basketball)	5:00AM-6:00AM (Basketball) 2:00PM-4:00PM (Basketball) 5:00PM-6:00PM (Basketball) 9:00PM-9:45PM (Basketball)	5:00AM-6:00AM (Basketball) 8:00AM-11:00AM (Basketball) 2:00PM-4:00PM (Basketball) 5:00PM-6:00PM (Basketball) 8:00PM-9:45PM (Basketball)	5:00AM-6:00AM (Basketball) 2:00PM-4:00PM (Basketball) 5:00PM-6:00PM (Basketball)	7:00AM-6:45PM (Basketball)	7:00AM-9:00AM (Basketball) 4:00PM-6:45PM (Basketball)
Open Basketball BTC Gym	5:00AM-9:45PM (Basketball)	5:00AM-9:45PM (Basketball)	5:00AM-9:45PM (Basketball)	5:00AM-9:45PM (Basketball)	5:00AM-8:45PM (Basketball)	7:00AM-6:45PM (Basketball)	7:00AM-6:45PM (Basketball)
Lap Swimming Myrin Pool	5:00AM-10:00AM (Lap Swimming) 12:00PM-3:15PM (Lap Swimming) 7:00PM-9:30PM (Lap Swimming)	5:00AM-10:15AM (Lap Swimming) 11:15AM-3:15PM (Lap Swimming) 7:00PM-9:30PM (Lap Swimming)	5:00AM-3:15PM (Lap Swimming) 7:00PM-9:30PM (Lap Swimming)	5:00AM-10:15AM (Lap Swimming) 11:00AM-3:15PM (Lap Swimming)	5:00AM-10:15AM (Lap Swimming) 11:00AM-1:00PM (Lap Swimming)	7:00AM-10:15AM (Lap Swimming) 1:00PM-6:45PM (Lap Swimming)	7:00AM-9:00AM (Lap Swimming) 2:15PM-6:45PM (Lap Swimming)
Pickleball West Gym	6:00AM-8:00AM (Pickleball) 12:00PM-2:00PM (Pickleball)	6:00AM-8:00AM (Pickleball) 12:00PM-2:00PM (Pickleball)	6:00AM-8:00AM (Pickleball) 12:00PM-2:00PM (Pickleball)	6:00AM-8:00AM (Pickleball) 12:00PM-2:00PM (Pickleball)	6:00AM-8:00AM (Pickleball) 12:00PM-2:00PM (Pickleball) 6:00PM-8:00PM (Pickleball)		12:00PM-4:00PM (Pickleball)
KidZone Open Care Child Watch Area	8:00AM-2:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-2:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-2:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-2:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-2:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)	8:00AM-12:00PM (Kidzone)
Lap Swimming Heritage Pool (4 Lanes)	8:00AM-3:45PM (Lap Swimming)	8:00AM-4:15PM (Lap Swimming)	8:00AM-4:15PM (Lap Swimming)	8:00AM-4:15PM (Lap Swimming)	8:00AM-6:00PM (Lap Swimming)	12:00PM-1:00PM (Lap Swimming)	7:00AM-9:00AM (Lap Swimming)
Water Walking Heritage Pool (2 Lanes)	8:00AM-9:00AM (Water Walking)	8:00AM-9:00AM (Water Walking) 12:30PM-4:15PM (Water Walking)		12:30PM-4:15PM (Water Walking)	8:00AM-6:00PM (Water Walking)		7:00AM-9:00AM (Water Walking)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Studio A	8:15AM-9:15AM (Yoga & Pilates) <i>Beth M.</i>						
Total Body Conditioning Studio B	9:15AM-10:15AM (Cardio) <i>Julie B.</i>						
Programing - Reserved West Gym	9:30AM-10:30AM (Open Gym)	6:00PM-8:00PM (Open Gym)	9:30AM-10:30AM (Open Gym)	6:00PM-8:00PM (Open Gym)	9:30AM-10:30AM (Open Gym)		
LES MILLS SPRINT Cycle Studio	9:30AM-10:00AM (Les Mills) <i>Amanda V.</i>	6:00PM-6:30PM (Les Mills) <i>Dana W.</i>	6:00AM-6:30AM (Les Mills) <i>Amanda V.</i>				
Silver Cardio Fusion West Gym	9:45AM-10:30AM (Active Older Adult) <i>Beth M.</i>		9:45AM-10:30AM (Active Older Adult) <i>Beth M.</i>				
Lap Swimming Myrin Pool (3 Lanes)	10:00AM-12:00PM (Lap Swimming)				1:00PM-3:15PM (Lap Swimming)		9:00AM-2:15PM (Lap Swimming)
Vinyasa Yoga Studio A	10:15AM-11:15AM (Yoga & Pilates) <i>Christin S.</i>	5:30AM-6:30AM (Yoga & Pilates) <i>Maria S.</i>			7:30AM-8:30AM (Yoga & Pilates) <i>Michele M.</i>		
LES MILLS BODYPUMP Studio B	10:30AM-11:30AM (Les Mills) <i>Amanda V.</i> 6:30PM-7:30PM (Les Mills) <i>Dana W.</i>	6:00AM-6:45AM (Les Mills) <i>Sara G.</i>	9:30AM-10:30AM (Les Mills) <i>Josie W.</i> 6:30PM-7:30PM (Les Mills) <i>Samantha C.</i>	6:00AM-6:45AM (Les Mills) <i>Amanda V.</i>	9:30AM-10:30AM (Les Mills) <i>Geoff A.</i>		
Aqua Combo Myrin Pool (2 Lanes)	11:15AM-12:00PM (Aqua) <i>Beth M.</i>				10:15AM-11:00AM (Aqua) <i>Beth M.</i>		
Gentle Yoga Studio A	11:30AM-12:30PM (Yoga & Pilates) <i>Christin S.</i>	7:00PM-8:00PM (Yoga & Pilates) <i>Kelly N.</i>	11:00AM-12:00PM (Yoga & Pilates) <i>Ashley L.</i>	9:30AM-10:30AM (Yoga & Pilates) <i>Rob S.</i>			
Family Swim Heritage Pool (2 Lanes)	12:45PM-3:45PM (Family Swim)	7:30PM-9:00PM (Family Swim)		7:30PM-9:00PM (Family Swim)			11:15AM-2:15PM (Family Swim)
Family Swim Heritage Pool (1 Lane)	3:45PM-9:00PM (Family Swim)		12:15PM-4:15PM (Family Swim)		6:00PM-8:45PM (Family Swim)		
Lap Swimming Heritage Pool (2 Lanes)	3:45PM-7:00PM (Lap Swimming) 7:00PM-9:00PM (Lap Swimming)	4:15PM-6:45PM (Lap Swimming) 7:30PM-9:00PM (Lap Swimming)	4:15PM-7:30PM (Lap Swimming)	4:15PM-6:45PM (Lap Swimming) 7:30PM-9:00PM (Lap Swimming)	6:00PM-8:45PM (Lap Swimming)	1:00PM-6:45PM (Lap Swimming)	
LES MILLS BODYCOMBAT Studio B	4:45PM-5:30PM (Les Mills) <i>Breanne D.</i>	10:45AM-11:30AM (Les Mills) <i>Eliza G.</i>	5:35PM-6:20PM (Les Mills) <i>Patti K.</i>			8:15AM-9:15AM (Les Mills) <i>Gen G.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYSTEP Studio B	5:35PM-6:20PM (Les Mills) <i>Patti K.</i>				4:45PM-5:30PM (Les Mills) <i>Patti K.</i>		
Cycle Cycle Studio	5:45PM-6:30PM (Cycle) <i>Amina H.</i>		5:45PM-6:30PM (Cycle) <i>Amina H.</i>	6:00PM-6:45PM (Cycle) <i>Lily S.</i>		9:30AM-10:15AM (Cycle) <i>Lily S.</i>	
Zumba Studio A	6:00PM-7:00PM (Dance) <i>Emily M.</i>						
Yin Yoga Studio A	7:15PM-8:30PM (Yoga & Pilates) <i>Sherry M.</i>		5:45PM-6:45PM (Yoga & Pilates) <i>Rob S.</i>				
H.I.I.T. Studio B		8:30AM-9:05AM (Strength) <i>Jamie C.</i>		8:30AM-9:05AM (Strength) <i>Lily S.</i>			
Barre Studio A		9:00AM-10:00AM (Yoga & Pilates) <i>Beth M.</i>					
Dance Fitness Studio B		9:30AM-10:30AM (Dance) <i>Christa K.</i>					
Rhythmic Cycle Cycle Studio		9:30AM-10:15AM (Cycle) <i>Jamie C.</i>			9:15AM-10:00AM (Cycle) <i>Jess P.</i>		
SilverSneakers Classic West Gym		10:00AM-11:00AM (Active Older Adult) <i>Beth M.</i>		10:00AM-11:00AM (Active Older Adult) <i>Beth M.</i>			
Aqua Combo Myrin Pool (3 Lanes)		10:15AM-11:00AM (Aqua) <i>Victoria N.</i>					
Lap Swimming Myrin Pool (2 Lanes)		10:15AM-11:00AM (Lap Swimming)		10:15AM-11:00AM (Lap Swimming)			
LES MILLS BODYBALANCE Studio A		11:00AM-12:00PM (Les Mills) <i>Amanda V.</i>			11:00AM-12:00PM (Les Mills) <i>Dianne V.</i>		
Aquacise Heritage Pool (2 Lanes)		11:30AM-12:15PM (Aqua) <i>Joanne A.</i>		11:30AM-12:15PM (Aqua) <i>Joanne A.</i>		12:00PM-1:00PM (Aqua) <i>Joanne A.</i>	
Pop-up Chair Yoga Studio A		12:15PM-1:00PM (Pop Up) <i>Annette V.</i>					
LES MILLS BODYATTACK Studio B		4:45PM-5:30PM (Les Mills) <i>Alissa Z.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core & Barre Studio B		5:30PM-6:30PM (Yoga & Pilates) <i>Connie G.</i>					
Kettlebells Studio B		6:45PM-7:30PM (Strength) <i>Lance L.</i>					
Sauna Hours Sauna			5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-8:45PM (Sauna & Whirlpool)	7:00AM-6:45PM (Sauna & Whirlpool)	7:00AM-6:45PM (Sauna & Whirlpool)
Steam Room Hours Steam Room			5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-8:45PM (Sauna & Whirlpool)	7:00AM-6:45PM (Sauna & Whirlpool)	
Power Yoga Studio A			6:00AM-7:00AM (Yoga & Pilates) <i>Sherry M.</i>	5:15PM-6:15PM (Yoga & Pilates) <i>Eric S.</i>		8:30AM-9:45AM (Yoga & Pilates) <i>Sherry M.</i>	
Pilates Studio B			8:15AM-9:00AM (Yoga & Pilates) <i>Amanda V.</i>	10:45AM-11:30AM (Yoga & Pilates) <i>Amanda V.</i>			
Water Walking Heritage Pool (1 Lane)			9:00AM-4:15PM (Water Walking)	9:00AM-11:30AM (Water Walking)			11:15AM-2:15PM (Water Walking)
LES MILLS RPM Cycle Studio			9:15AM-10:00AM (Les Mills) <i>Geoff A.</i>				
Cardio Kickboxing Studio A			10:00AM-10:45AM (Cardio) <i>Connie G.</i>				
Tai Chi Studio B			11:00AM-11:30AM (Yoga & Pilates) <i>Beth M.</i>		11:15AM-11:45AM (Yoga & Pilates) <i>Beth M.</i>		
Boot Camp Studio B			4:45PM-5:30PM (Strength) <i>Pedro C.</i>				
Dance Fitness West Gym			6:15PM-7:00PM (Dance) <i>Zack S.</i>				
Lap Swimming Heritage Pool (3 Lanes)			7:30PM-9:00PM (Lap Swimming)				11:15AM-2:15PM (Lap Swimming) 2:15PM-6:45PM (Lap Swimming)
Strength Studio B				9:30AM-10:30AM (Strength) <i>Connie G.</i>	8:30AM-9:00AM (Strength) <i>Lily S.</i>		
Rhythmic Cycle & Core Cycle Studio				9:30AM-10:15AM (Cycle) <i>Jamie C.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Combo Myrin Pool				10:15AM-11:00AM (Aqua) <i>Victoria N.</i>			
Qigong Studio B				12:15PM-1:00PM (Yoga & Pilates) <i>Amy A.</i>			
LES MILLS GRIT Studio B				4:45PM-5:15PM (Les Mills) <i>Christina S.</i>			
LES MILLS CORE Studio B				5:30PM-6:00PM (Les Mills) <i>Gen G.</i>		10:00AM-10:30AM (Les Mills) <i>Sara G.</i>	
LES MILLS BODYBALANCE Studio B				6:15PM-7:15PM (Les Mills) <i>Gen G.</i>		10:45AM-11:45AM (Les Mills) <i>Sara G.</i>	
Core Training Studio B					9:00AM-9:15AM (Strength) <i>Lily S.</i>		
Dance Fitness Studio A					9:15AM-10:00AM (Dance) <i>Christa K.</i>	10:00AM-10:50AM (Dance) <i>Laura H.</i>	
Silver Strength West Gym					9:45AM-10:30AM (Active Older Adult) <i>Beth M.</i>		
Water Walking Heritage Pool						7:00AM-9:00AM (Water Walking)	
Water Walking Heritage Pool (3 Lanes)						7:00AM-9:00AM (Water Walking)	
Barre Studio B						9:20AM-10:00AM (Yoga & Pilates) <i>Maria S.</i>	
Family Swim Heritage Pool (4 Lanes)						1:00PM-6:45PM (Family Swim)	
Sauna Hours Steam Room							7:00AM-6:45PM (Sauna & Whirlpool)
Family Pickleball West Gym							9:00AM-11:00AM (Family)
Family Swim Heritage Pool (3 Lanes)							2:15PM-6:45PM (Family Swim)



Ambler YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Basketball Near Gym	5:00AM-7:00AM (Basketball) 12:00PM-4:15PM (Basketball) 7:15PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball) 1:00PM-5:15PM (Basketball) 7:00PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball) 7:30PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball) 12:00PM-1:00PM (Basketball)	5:00AM-7:00AM (Basketball) 12:00PM-8:45PM (Basketball)	7:00AM-8:30AM (Basketball) 3:00PM-7:00PM (Basketball)	
Open Basketball Far Gym	5:00AM-7:00AM (Basketball) 12:00PM-5:15PM (Basketball) 7:15PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball) 1:00PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball) 12:00PM-5:30PM (Basketball) 7:30PM-9:45PM (Basketball)	5:00AM-7:00AM (Basketball) 12:00PM-6:00PM (Basketball)	5:00AM-7:00AM (Basketball) 12:00PM-8:45PM (Basketball)	7:00AM-8:30AM (Basketball) 3:00PM-7:00PM (Basketball)	
Lap Swimming Lap Pool (6 Lanes)	5:00AM-8:30AM (Lap Swimming) 10:35AM-4:00PM (Lap Swimming)		5:00AM-8:30AM (Lap Swimming) 10:35AM-4:00PM (Lap Swimming)		5:00AM-8:30AM (Lap Swimming)		7:00AM-6:30PM (Lap Swimming)
Water Walking Program Pool	5:00AM-9:30AM (Water Walking) 10:30AM-7:30PM (Water Walking) 8:30PM-9:30PM (Water Walking)	5:00AM-9:30AM (Water Walking) 10:30AM-9:30PM (Water Walking)	5:00AM-9:30AM (Water Walking) 10:30AM-9:30PM (Water Walking)	5:00AM-9:30AM (Water Walking) 10:30AM-6:00PM (Water Walking) 6:30PM-9:30PM (Water Walking)	5:00AM-8:00AM (Water Walking) 9:00AM-4:00PM (Water Walking) 7:30PM-8:30PM (Water Walking)	7:00AM-9:00AM (Water Walking) 12:25PM-1:00PM (Water Walking) 5:00PM-6:30PM (Water Walking)	7:00AM-1:00PM (Water Walking) 5:00PM-6:30PM (Water Walking)
Whirlpool/Sauna Hours Whirlpool/Sauna	5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-9:30PM (Sauna & Whirlpool)	5:00AM-12:15PM (Sauna & Whirlpool) 3:00PM-8:30PM (Sauna & Whirlpool)	7:00AM-6:30PM (Sauna & Whirlpool)	7:00AM-6:30PM (Sauna & Whirlpool)
Cycle Cycle Studio	5:15AM-6:15AM (Cycle) <i>Eleanor S.</i> 5:30PM-6:15PM (Cycle) <i>Robin B.</i>	6:00AM-6:45AM (Cycle) <i>Jennifer L.</i> 9:15AM-10:15AM (Cycle) <i>Jennifer L.</i>	5:15AM-6:15AM (Cycle) <i>Eleanor S.</i> 9:15AM-10:00AM (Cycle) <i>Michelle P.</i> 6:00PM-7:00PM (Cycle) <i>Casey K.</i>	6:00AM-6:45AM (Cycle) <i>Jennifer L.</i> 9:30AM-10:15AM (Cycle) <i>Jane P.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYPUMP Large Studio	5:30AM-6:30AM (Les Mills) <i>Karen D.</i>	8:00AM-9:00AM (Les Mills) <i>Amy P.</i>	5:30AM-6:30AM (Les Mills) <i>Karen D.</i>	8:00AM-9:00AM (Les Mills) <i>Michelle M.</i>	9:15AM-10:15AM (Les Mills) <i>Andrea E.</i>	10:30AM-11:30AM (Les Mills) <i>Michelle M.</i>	
	9:15AM-10:15AM (Les Mills) <i>Karen D.</i>	11:45AM-12:45PM (Les Mills) <i>Andrea E.</i>	9:15AM-10:15AM (Les Mills) <i>Jackie A.</i>	11:45AM-12:45PM (Les Mills) <i>Karen D.</i>	3:30PM-4:30PM (Les Mills) <i>Amy P.</i>		
	7:00PM-8:00PM (Les Mills) <i>Michelle M.</i>	5:45PM-6:45PM (Les Mills) <i>Lauren H.</i>	7:00PM-8:00PM (Les Mills) <i>William H.</i>	6:00PM-6:45PM (Les Mills) <i>Dana R.</i>			
Pickleball - Beginner/Intermediate Near Gym	7:00AM-12:00PM (Pickleball)		7:00AM-12:00PM (Pickleball)	7:00AM-12:00PM (Pickleball)	7:00AM-12:00PM (Pickleball)		
Pickleball - Intermediate/Advanced Far Gym	7:00AM-12:00PM (Pickleball)		7:00AM-12:00PM (Pickleball)	7:00AM-12:00PM (Pickleball)	7:00AM-12:00PM (Pickleball)		
Yoga Small Studio	7:00AM-8:00AM (Yoga & Pilates) <i>Michelle M.</i>		7:00AM-8:00AM (Yoga & Pilates) <i>Michelle M.</i>	11:35AM-12:35PM (Yoga & Pilates) <i>Alicia M.</i>	9:15AM-10:15AM (Yoga & Pilates) <i>Dan R.</i>		
			4:15PM-5:30PM (Yoga & Pilates) <i>April M.</i>	7:00PM-8:00PM (Yoga & Pilates) <i>Chris K.</i>			
Trim and Sculpt Large Studio	8:00AM-8:45AM (Strength) <i>Jackie A.</i>		8:00AM-8:45AM (Strength) <i>Casey K.</i>		8:00AM-8:45AM (Strength) <i>Casey K.</i>		
			4:30PM-5:30PM (Strength) <i>Casey K.</i>				
KidZone Open Care Child Watch Area	8:00AM-12:00PM (Kidzone)	8:00AM-12:00PM (Kidzone)	8:00AM-12:00PM (Kidzone)	8:00AM-12:00PM (Kidzone)	8:00AM-12:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)	
	4:00PM-8:00PM (Kidzone)	4:00PM-8:00PM (Kidzone)	4:00PM-8:00PM (Kidzone)	4:00PM-8:00PM (Kidzone)	4:00PM-8:00PM (Kidzone)		
Zumba Small Studio	8:15AM-9:00AM (Dance) <i>Michelle P.</i>		8:15AM-9:00AM (Dance) <i>Michelle P.</i>			10:45AM-11:45AM (Dance) <i>Beth T.</i>	
			5:45PM-6:45PM (Dance) <i>Michelle P.</i>				
LES MILLS CORE Studio C	8:15AM-8:45AM (Les Mills) <i>Karen D.</i>	10:15AM-10:45AM (Les Mills) <i>Karen D.</i>	8:15AM-8:45AM (Les Mills) <i>Andrea E.</i>				
Lap Swimming Lap Pool (1 Lane)	8:30AM-10:35AM (Lap Swimming)		8:30AM-10:35AM (Lap Swimming)	5:30PM-8:30PM (Lap Swimming)	8:30AM-10:35AM (Lap Swimming)		
	5:30PM-6:30PM (Lap Swimming)		5:30PM-6:30PM (Lap Swimming)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength Training Mezzanine	9:00AM-10:00AM (Sgt) <i>Charles B.</i>	9:00AM-10:00AM (Sgt) <i>Marla P.</i>					
Aquacise Lap Pool (5 Lanes)	9:00AM-9:45AM (Aqua) <i>Dori C.</i>				9:00AM-9:45AM (Aqua) <i>Dori C.</i>		
Vinyasa Yoga Small Studio	9:15AM-10:15AM (Yoga & Pilates) <i>Ami K.</i> 7:30PM-8:45PM (Yoga & Pilates) <i>Nancy B.</i>		9:15AM-10:15AM (Yoga & Pilates) <i>Ami K.</i> 7:00PM-8:00PM (Yoga & Pilates) <i>Ami K.</i>		5:30AM-6:30AM (Yoga & Pilates) <i>Ami K.</i>	12:00PM-1:15PM (Yoga & Pilates) <i>Nancy B.</i>	
Total Body Cycle Cycle Studio	9:15AM-10:30AM (Cycle) <i>Casey K.</i>				9:15AM-10:30AM (Cycle) <i>Casey K.</i>		
LES MILLS BODYCOMBAT Studio C	9:15AM-10:15AM (Les Mills) <i>Andrea E.</i>	6:00PM-7:00PM (Les Mills) <i>Audrey C.</i>	9:15AM-10:15AM (Les Mills) <i>Andrea E.</i> 6:00PM-6:45PM (Les Mills) <i>William H.</i>	10:30AM-11:15AM (Les Mills) <i>Alicia M.</i> 5:45PM-6:45PM (Les Mills) <i>Tom P.</i>	9:15AM-10:15AM (Les Mills) <i>Gina D.</i> 5:15PM-6:15PM (Les Mills) <i>Alicia M.</i>		
Aquacise Program Pool	9:45AM-10:30AM (Aqua) <i>Karen S.</i>		9:45AM-10:30AM (Aqua) <i>Becky G.</i>	9:45AM-10:30AM (Aqua) <i>Becky G.</i>			
Aqua Combo Lap Pool (3 Lanes)	9:50AM-10:35AM (Aqua) <i>Dori C.</i>		9:50AM-10:35AM (Aqua) <i>Dori C.</i>		9:50AM-10:35AM (Aqua) <i>Dori C.</i>		
TRX Mezzanine	10:30AM-11:30AM (Sgt) <i>Ami K.</i>		10:30AM-11:30AM (Sgt) <i>Ami K.</i>				
LES MILLS BODYBALANCE Small Studio	10:30AM-11:30AM (Les Mills) <i>Michelle B.</i> 6:15PM-7:15PM (Les Mills) <i>Jack A.</i>	4:30PM-5:30PM (Les Mills) <i>Amy P.</i>	10:30AM-11:30AM (Les Mills) <i>Amy P.</i>	4:30PM-5:30PM (Les Mills) <i>Amy P.</i>	8:15AM-9:00AM (Les Mills) <i>Allison H.</i> 5:30PM-6:30PM (Les Mills) <i>Jack A.</i>		
Silver Cardio Fusion Studio C	10:30AM-11:30AM (Active Older Adult) <i>Jackie A.</i>						
Silver Strength Large Studio	10:45AM-11:30AM (Active Older Adult) <i>Casey K.</i>						
PFD Free Time Family Pool	11:00AM-1:00PM (Family Swim)		11:00AM-1:00PM (Family Swim)	7:00PM-8:00PM (Family Swim)	4:00PM-5:00PM (Family Swim)	12:30PM-1:30PM (Family Swim)	12:30PM-1:30PM (Family Swim)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim Family Pool	11:00AM-3:00PM (Family Swim)	7:00PM-9:00PM (Family Swim)	11:00AM-3:00PM (Family Swim)	7:00PM-9:00PM (Family Swim)	4:00PM-7:30PM (Family Swim)	1:00PM-5:00PM (Family Swim)	1:00PM-5:00PM (Family Swim)
SilverSneakers Classic Large Studio	11:45AM-12:45PM (Active Older Adult) <i>Jackie A.</i>		11:45AM-12:45PM (Active Older Adult) <i>Michelle M.</i>		11:45AM-12:45PM (Active Older Adult) <i>Jackie A.</i>		
Chair Yoga Small Studio	11:45AM-12:45PM (Active Older Adult) <i>Michelle M.</i>		11:45AM-12:45PM (Active Older Adult) <i>Chris K.</i>		11:45AM-12:45PM (Active Older Adult) <i>Michelle M.</i>		
Tai Chi Small Studio	1:00PM-2:00PM (Yoga & Pilates) <i>Doris F.</i>		1:00PM-2:00PM (Yoga & Pilates) <i>Doris F.</i>		1:00PM-2:00PM (Yoga & Pilates) <i>Doris F.</i>		
Lap Swimming Lap Pool (4 Lanes)	4:00PM-5:30PM (Lap Swimming) 6:30PM-9:30PM (Lap Swimming)		4:00PM-5:30PM (Lap Swimming) 6:30PM-9:30PM (Lap Swimming)	5:00AM-5:30PM (Lap Swimming)		9:30AM-6:30PM (Lap Swimming)	
Programming - Reserved Near Gym	4:30PM-7:00PM (Open Gym)	7:00AM-1:00PM (Open Gym) 5:15PM-7:00PM (Open Gym)	2:40PM-5:30PM (Open Gym) 5:30PM-7:15PM (Open Gym)	2:00PM-4:10PM (Open Gym) 4:15PM-6:00PM (Open Gym) 6:00PM-7:15PM (Open Gym)		8:30AM-3:00PM (Open Gym)	
Zumba Studio C	4:30PM-5:30PM (Dance) <i>Sonia T.</i>						
Hatha Yoga Small Studio	5:00PM-6:00PM (Yoga & Pilates) <i>Joan R.</i>						
Programming - Reserved Far Gym	5:30PM-6:15PM (Open Gym)		5:30PM-7:15PM (Open Gym)	6:00PM-7:15PM (Open Gym)		8:30AM-3:00PM (Open Gym)	
Trim and Sculpt Studio C	5:35PM-6:35PM (Strength) <i>Sonia T.</i>	4:45PM-5:45PM (Strength) <i>Sonia T.</i>					
LES MILLS BODYSTEP Large Studio	5:45PM-6:45PM (Les Mills) <i>Tom P.</i>	9:15AM-10:15AM (Les Mills) <i>Michelle M.</i> 7:00PM-8:00PM (Les Mills) <i>Lauren H.</i>	5:45PM-6:45PM (Les Mills) <i>Tom P.</i>	9:15AM-10:15AM (Les Mills) <i>Michelle M.</i>		8:00AM-9:00AM (Les Mills) <i>Tom P.</i>	
POUND Studio B	6:15PM-7:00PM (Yoga & Pilates) <i>Sue D.</i>					10:15AM-11:00AM (Yoga & Pilates) <i>Lauren H.</i>	
Aqua Yoga/Pilates Lap Pool	7:30PM-8:30PM (Aqua) <i>Maureen B.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swimming Lap Pool (5 Lanes)		5:00AM-4:00PM (Lap Swimming)		8:30PM-9:30PM (Lap Swimming)			
Boot Camp Large Studio		5:15AM-6:15AM (Strength) <i>Eleanor S.</i>		5:15AM-6:15AM (Strength) <i>Eleanor S.</i>			
Pickleball - Beginner/Intermediate Far Gym		7:00AM-1:00PM (Pickleball)					
Stretch & Balance Small Studio		8:00AM-9:00AM (Stretch) <i>Beth J.</i>		8:00AM-9:00AM (Stretch) <i>Dan R.</i>	7:00AM-8:00AM (Stretch) <i>Jennifer L.</i>		
Quick Fit Studio C		8:30AM-9:00AM (Strength) <i>Andrea E.</i>					
SilverSneakers Stability Small Studio		9:15AM-10:00AM (Active Older Adult) <i>Dana R.</i>		1:00PM-2:00PM (Active Older Adult) <i>Jackie A.</i>			
LES MILLS BARRE Studio C		9:15AM-10:00AM (Les Mills) <i>Karen D.</i>					
Pilates Studio B		9:30AM-10:30AM (Yoga & Pilates) <i>Beth T.</i>					
LES MILLS DANCE Small Studio		10:15AM-11:00AM (Les Mills) <i>Dana R.</i> 6:00PM-6:45PM (Les Mills) <i>Jessika T.</i>					
Silver Cardio Fusion Large Studio		10:30AM-11:30AM (Active Older Adult) <i>Jane P.</i>		10:30AM-11:30AM (Active Older Adult) <i>Jane P.</i>			
Qigong Studio B		10:45AM-11:45AM (Yoga & Pilates) <i>Joan R.</i>		11:45AM-12:30PM (Yoga & Pilates) <i>Alissa M.</i>			
LES MILLS TONE Studio C		11:15AM-12:00PM (Les Mills) <i>Dana R.</i>					
Yin Yoga Small Studio		11:15AM-12:30PM (Yoga & Pilates) <i>Dan R.</i>			10:30AM-11:30AM (Yoga & Pilates) <i>Dan R.</i>		
Lap Swimming Lap Pool (3 Lanes)		4:00PM-9:30PM (Lap Swimming)			3:00PM-8:30PM (Lap Swimming)	7:00AM-9:30AM (Lap Swimming)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS RPM Cycle Studio		6:15PM-7:00PM (Les Mills) <i>Allison H.</i>				9:00AM-9:45AM (Les Mills) <i>Michelle M.</i>	
Gentle Yoga Small Studio		7:00PM-8:00PM (Yoga & Pilates) <i>Michelle M.</i>				8:15AM-9:15AM (Yoga & Pilates) <i>Molly D.</i>	
Aquacise Lap Pool			9:00AM-9:45AM (Aqua) <i>Dori C.</i>				
Zumba Toning Studio C			10:30AM-11:30AM (Dance) <i>Beth T.</i>				
SilverSneakers Circuit Large Studio			10:30AM-11:30AM (Active Older Adult) <i>Jackie A.</i>				
Sports Performance Mezzanine			5:30PM-6:30PM (Sgt) <i>Spike M.</i> 6:30PM-7:30PM (Sgt) <i>Spike M.</i>				
Pilates Studio C				8:00AM-9:00AM (Yoga & Pilates) <i>Beth J.</i>			
Boot Camp Studio C				9:15AM-10:15AM (Strength) <i>Jen P.</i>			
Power Yoga Small Studio				9:15AM-10:15AM (Yoga & Pilates) <i>Beth J.</i>		9:30AM-10:30AM (Yoga & Pilates) <i>Joan R.</i>	
Silver Strength Studio B				9:45AM-10:30AM (Active Older Adult) <i>Casey K.</i>			
Meditation Small Studio				10:30AM-11:25AM (Yoga & Pilates) <i>Alissa M.</i>			
LES MILLS BARRE Studio B				10:45AM-11:30AM (Les Mills) <i>Karen D.</i>			
Seated Pickleball Near Gym				1:00PM-2:00PM (Pickleball)			
Pool Reserved Program Reserved				4:30PM-6:30PM (Open Swim)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS SPRINT Cycle Studio				6:15PM-6:45PM (Les Mills) <i>Allison H.</i>		8:15AM-8:45AM (Les Mills) <i>Allison H.</i>	
LES MILLS TONE Large Studio				7:00PM-7:45PM (Les Mills) <i>Dana R.</i>			
Aqua Combo Lap Pool				7:30PM-8:30PM (Aqua) <i>Maureen B.</i>			
Adult Volleyball Near Gym				7:30PM-9:45PM (Volleyball)			
Adult Volleyball Far Gym				7:30PM-9:45PM (Volleyball)			
Fit Camp Large Studio					5:15AM-6:15AM (Strength) <i>Eleanor S.</i>		
LES MILLS BODYPUMP Studio C					5:30AM-6:30AM (Les Mills) <i>Michelle M.</i>		
Aqua Yoga/Pilates Program Pool					8:00AM-8:45AM (Aqua) <i>Karen S.</i>		
Zumba Gold Studio B					9:30AM-10:15AM (Active Older Adult) <i>Michelle P.</i>		
Silver Strength Studio C					10:30AM-11:30AM (Active Older Adult) <i>Patty K.</i>		
Zumba Large Studio					10:30AM-11:30AM (Dance) <i>Michelle P.</i>		
Family Swim Program Pool					4:00PM-7:30PM (Family Swim)	1:00PM-5:00PM (Family Swim)	1:00PM-5:00PM (Family Swim)
Pop-up LES MILLS SHAPES Small Studio					4:15PM-5:00PM (Pop Up) <i>Angie C.</i>		
Aquacise Lap Pool (3 Lanes)						7:30AM-8:25AM (Aqua) <i>Maureen B.</i> 8:30AM-9:25AM (Aqua) <i>Maureen B.</i>	
LES MILLS BODYCOMBAT Large Studio						9:15AM-10:15AM (Les Mills) <i>Allison H.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS DANCE Studio B						9:15AM-10:00AM (Les Mills) <i>Aerielle W.</i>	
LES MILLS BODYBALANCE Studio B						11:15AM-12:15PM (Les Mills) <i>Allison H.</i>	
Zumba Gold Large Studio						1:00PM-2:00PM (Active Older Adult) <i>Kelly M.</i>	



Rocky Run YMCA | April 14th - April 20th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Studio 3 - Cycle	5:15AM-6:00AM (Cycle) <i>Jen B.</i> 9:00AM-9:30AM (Cycle) <i>Lisa F.</i> 10:00AM-10:30AM (Cycle) <i>Ed W.</i> 4:30PM-5:15PM (Cycle) <i>Trish O.</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>Ed N.</i>	5:15AM-6:10AM (Cycle) <i>Noah G.</i>	9:00AM-10:00AM (Cycle) <i>Andrew H.</i>	
LES MILLS BODYPUMP Studio 4 - Main	6:00AM-6:55AM (Les Mills) <i>Gabe H.</i> 9:30AM-10:25AM (Les Mills) <i>Margie R.</i> 5:30PM-6:25PM (Les Mills) <i>Steve K.</i>	8:30AM-9:15AM (Les Mills) <i>Melissa W.</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>Steve K.</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>	
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)		7:00AM-1:00PM (Pickleball)				
Lap Swimming Lap Pool (3 Lanes)	8:00AM-10:00AM (Lap Swimming)	7:00AM-8:00AM (Lap Swimming) 11:30AM-1:00PM (Lap Swimming) 4:30PM-5:30PM (Lap Swimming)	4:30PM-7:00PM (Lap Swimming)	4:30PM-8:00PM (Lap Swimming)	12:00PM-1:30PM (Lap Swimming)	9:15AM-1:30PM (Lap Swimming)	10:00AM-4:00PM (Lap Swimming)
Aqua Shallow Lap Pool	8:00AM-8:45AM (Aqua) <i>Sossy F.</i>						
Yoga Studio 1 - Mind/Body	8:15AM-9:10AM (Yoga & Pilates) <i>Jerianne M.</i> 10:35AM-11:30AM (Yoga & Pilates) <i>Trish O.</i>		8:30AM-9:25AM (Yoga & Pilates) <i>Trish O.</i>		8:15AM-9:10AM (Yoga & Pilates) <i>Jerianne M.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)	8:00AM-4:45PM (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) 11:00AM-9:30PM (Water Walking)	8:30AM-9:15AM (Water Walking) 12:00PM-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)
H.I.I.T. Studio 4 - Main	8:55AM-9:25AM (Strength) <i>Melissa W.</i>			6:00AM-6:30AM (Strength) <i>Brittany S.</i>	8:55AM-9:25AM (Strength) <i>Rhonda G.</i>		
Aqua Running & Conditioning Lap Pool	9:00AM-10:00AM (Aqua) <i>Sossy F.</i>						
Indoor Row Studio 2 - Multipurpose	9:15AM-9:45AM (Cardio) <i>Ed W.</i>	5:15AM-6:00AM (Cardio) <i>Jen B.</i> 9:45AM-10:15AM (Cardio) <i>Greg S.</i>	5:30PM-6:25PM (Cardio) <i>Diana R.</i>	9:30AM-10:00AM (Cardio) <i>Greg S.</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>		10:00AM-10:55AM (Yoga & Pilates) <i>Rachel K.</i>	
LES MILLS BODYPUMP Studio 4 Main B	9:30AM-10:25AM (Les Mills) <i>Melissa W.</i>	8:30AM-9:15AM (Les Mills) <i>Donna G.</i>	9:30AM-10:25AM (Les Mills) <i>Melissa W.</i>			9:00AM-9:55AM (Les Mills) <i>Melissa W.</i>	
Pop-up Adaptive Fitness Studio 2 - Multipurpose	10:40AM-11:35AM (Pop Up) <i>Eileen N.</i>						
Pop-up Family Cardio Drumming Studio 4 - Main	10:40AM-11:15AM (Pop Up) <i>Janet T.</i>				1:00PM-1:45PM (Pop Up) <i>Janet T.</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>				
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)	12:00PM-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>		
Lap Swimming Lap Pool (4 Lanes)	4:45PM-9:30PM (Lap Swimming)						
Programming - Reserved Gymnasium B	4:45PM-8:00PM (Open Gym)	11:00AM-1:00PM (Open Gym) 4:30PM-7:00PM (Open Gym)	12:00PM-2:30PM (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)
Youth Strength Training Turf	5:00PM-6:00PM (Sgt) <i>Donna G.</i>						
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>	6:15PM-7:00PM (Dance) <i>Eileen N.</i>			
Aqua Boot Camp Therapy Pool	5:30PM-6:30PM (Aqua) <i>Jacqui L.</i>	7:00PM-8:00PM (Aqua) <i>Karyn M.</i>	6:00PM-6:45PM (Aqua) <i>Ginny M.</i>				
LES MILLS BODYCOMBAT Studio 4 - Main	6:30PM-7:25PM (Les Mills) <i>Marielle O.</i>	10:00AM-10:55AM (Les Mills) <i>Sara F.</i>	6:30PM-7:25PM (Les Mills) <i>Sonia H.</i>	4:30PM-5:00PM (Les Mills) <i>Lisa T.</i>	9:30AM-10:25AM (Les Mills) <i>Lisa T.</i>	10:05AM-11:05AM (Les Mills) <i>Lisa T.</i>	
LES MILLS BODYCOMBAT Studio 4 Main B	6:30PM-7:25PM (Les Mills) <i>Sara F.</i>	10:00AM-10:55AM (Les Mills) <i>Raina A.</i>			9:30AM-10:25AM (Les Mills) <i>Melissa W.</i>	10:05AM-11:05AM (Les Mills) <i>Marielle O.</i>	
Power Yoga Studio 1 - Mind/Body	6:30PM-7:25PM (Yoga & Pilates) <i>Allie H.</i>		6:30PM-7:25PM (Yoga & Pilates) <i>Allie H.</i>				
LES MILLS SPRINT Studio 3 - Cycle	6:35PM-7:05PM (Les Mills) <i>Steve K.</i>						
LES MILLS BODYBALANCE Studio 1 - Mind/Body	7:35PM-8:20PM (Les Mills) <i>Lisa T.</i>		10:15AM-11:10AM (Les Mills) <i>Lisa T.</i>				
LES MILLS GRIT Studio 4 - Main		6:00AM-6:30AM (Les Mills) <i>Andrew H.</i>					
Aqua Combo Lap Pool		7:00AM-7:45AM (Aqua) <i>Dawn A.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance Fitness Studio 1 - Mind/Body		8:30AM-9:15AM (Dance) <i>Blaire J.</i>					
LES MILLS CORE Studio 4 - Main		9:30AM-10:00AM (Les Mills) <i>Trish O.</i>		10:00AM-10:30AM (Les Mills) <i>Trish O.</i> 5:00PM-5:30PM (Les Mills) <i>Lisa T.</i>			
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>Trish O.</i>		
Programming - Reserved Gymnasium A		9:30AM-10:30AM (Open Gym) 1:00PM-3:00PM (Open Gym)	4:45PM-8:00PM (Open Gym)			8:45AM-12:00PM (Open Gym)	
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>		
Pickleball - Beginner Gymnasium A		10:30AM-12:00PM (Pickleball)		8:30AM-12:00PM (Pickleball)			
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>			
Family LES MILLS BODYCOMBAT Studio 4 Main B		11:10AM-11:45AM (Family) <i>Lisa T.</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>			
Zumba Gold Studio 4 - Main		1:00PM-1:45PM (Active Older Adult) <i>Chris P.</i>		1:00PM-1:45PM (Active Older Adult) <i>Chris P.</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-10:00AM (Cardio) <i>Trish O.</i>			
Pickleball Gymnasium A		4:45PM-9:45PM (Pickleball)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swimming Lap Pool (2 Lanes)		5:30PM-8:00PM (Lap Swimming)		6:45AM-8:00AM (Lap Swimming)			
Aqua Cardio & Strength Therapy Pool		6:00PM-6:45PM (Aqua) <i>Shelly P.</i>					
Adult Volleyball Gymnasium B		7:00PM-9:45PM (Volleyball)					
H.I.I.T. Studio 2 - Multipurpose			5:15AM-6:00AM (Strength) <i>Jen B.</i>				
Dance Fitness Studio 4 - Main			8:00AM-8:45AM (Dance) <i>Chris P.</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>Lisa T.</i>	
Family Zumba Studio 4 - Main			10:40AM-11:35AM (Family) <i>Eileen N.</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>				
Teen Strength Training Turf			6:00PM-7:00PM (Sgt) <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-9:25AM (Yoga & Pilates) <i>Lisa T.</i>			
Aqua Stretch & Strength Therapy Pool				9:30AM-10:15AM (Aqua) <i>Jacqui L.</i> 10:15AM-11:00AM (Aqua) <i>Jacqui L.</i>			
Strength Studio 2 - Multipurpose				10:45AM-11:45AM (Strength) <i>Taryn L.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Toning Studio 4 - Main				11:35AM-12:30PM (Dance) <i>Marla G.</i>			
Pickleball - Beginner/Intermediate Gymnasium A				4:45PM-9:45PM (Pickleball)			
LES MILLS BODYBALANCE Studio 4 - Main				5:30PM-6:00PM (Les Mills) <i>Lisa T.</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>		
Aqua Shallow Therapy Pool					9:00AM-9:45AM (Aqua) <i>Jacqui L.</i>		
Aqua Intermediate Therapy Pool					10:00AM-10:45AM (Aqua) <i>Barbara B.</i> 11:00AM-11:45AM (Aqua) <i>Barbara B.</i> 5:15PM-6:15PM (Aqua) <i>Karyn M.</i>		
Family Yoga Studio 1 - Mind/Body					10:40AM-11:15AM (Family) <i>Lisa T.</i>		
Zumba Studio 4 - Main					10:40AM-11:35AM (Dance) <i>Noel D.</i>	11:15AM-12:15PM (Dance) <i>Stefanie E.</i>	
LES MILLS GRIT CARDIO Studio 4 - Main						8:20AM-8:50AM (Les Mills) <i>Andrew H.</i>	
LES MILLS GRIT CARDIO Studio 4 Main B						8:20AM-8:50AM (Les Mills) <i>Ted M.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>Jacqui L.</i>	
Pilates Studio 2 - Multipurpose						10:00AM-10:55AM (Yoga & Pilates) <i>Elleen S.</i>	
Aqua Mind Body Mix Therapy Pool						10:30AM-11:15AM (Aqua) <i>Jacqui L.</i>	
PFD Free Time Family Pool						11:00AM-12:00PM (Family Swim)	10:00AM-11:00AM (Family Swim)
Dynamic Boxing Studio 2 - Multipurpose						11:00AM-12:00PM (Sgt) <i>Donna G.</i>	



Spring Valley YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball Gym A/B	5:00AM-8:00AM (Pickleball) 12:00PM-3:00PM (Pickleball)	12:00PM-3:00PM (Pickleball)	12:00PM-3:00PM (Pickleball)	12:00PM-3:00PM (Pickleball)	5:00AM-8:00AM (Pickleball) 12:00PM-3:00PM (Pickleball)		
Open Basketball Gym C	5:00AM-11:00AM (Basketball) 12:00PM-1:00PM (Basketball) 2:00PM-5:15PM (Basketball)	5:00AM-11:00AM (Basketball) 12:00PM-4:15PM (Basketball) 7:15PM-9:45PM (Basketball)	5:00AM-10:15AM (Basketball) 12:00PM-4:30PM (Basketball) 7:15PM-9:45PM (Basketball)	7:00AM-9:45AM (Basketball) 12:00PM-4:15PM (Basketball)	5:00AM-11:00AM (Basketball) 1:45PM-8:45PM (Basketball)	7:00AM-8:45AM (Basketball)	7:00AM-8:00AM (Basketball)
Open Basketball Gym D	5:00AM-9:15AM (Basketball) 12:45PM-4:15PM (Basketball)	5:00AM-12:00PM (Basketball) 12:45PM-5:00PM (Basketball) 8:00PM-9:45PM (Basketball)	5:00AM-12:00PM (Basketball) 12:45PM-6:00PM (Basketball)	7:00AM-12:00PM (Basketball) 12:45PM-4:15PM (Basketball)	5:00AM-12:00PM (Basketball) 12:45PM-8:45PM (Basketball)		7:00AM-12:00PM (Basketball)
Sauna Hours Sauna	5:15AM-9:30PM (Sauna & Whirlpool)	5:15AM-1:30PM (Sauna & Whirlpool) 3:30PM-9:30PM (Sauna & Whirlpool)	5:15AM-9:30PM (Sauna & Whirlpool)	5:15AM-9:30PM (Sauna & Whirlpool)	5:15AM-9:30PM (Sauna & Whirlpool)	7:15AM-6:00PM (Sauna & Whirlpool)	7:15AM-6:00PM (Sauna & Whirlpool)
Water Walking Lap Pool (1 Lane)	5:15AM-10:00AM (Water Walking) 12:00PM-3:00PM (Water Walking) 5:00PM-6:30PM (Water Walking) 7:45PM-9:30PM (Water Walking)	5:15AM-9:15AM (Water Walking) 10:15AM-3:00PM (Water Walking) 5:00PM-7:15PM (Water Walking) 8:45PM-9:30PM (Water Walking)	5:15AM-10:00AM (Water Walking) 12:00PM-3:00PM (Water Walking) 5:00PM-6:30PM (Water Walking) 8:45PM-9:30PM (Water Walking)	5:15AM-9:15AM (Water Walking) 10:15AM-3:00PM (Water Walking) 5:00PM-6:30PM (Water Walking) 8:45PM-9:30PM (Water Walking)	5:15AM-11:00AM (Water Walking) 12:00PM-3:00PM (Water Walking) 5:00PM-7:15PM (Water Walking)	7:15AM-7:45AM (Water Walking) 9:00AM-10:15AM (Water Walking) 11:15AM-6:00PM (Water Walking)	7:15AM-6:00PM (Water Walking)
Whirlpool Hours Whirlpool	5:15AM-9:30PM (Sauna & Whirlpool)	5:15AM-1:30PM (Sauna & Whirlpool)	5:15AM-9:30PM (Sauna & Whirlpool)	5:15AM-9:30PM (Sauna & Whirlpool)	5:15AM-8:30PM (Sauna & Whirlpool)	7:15AM-6:00PM (Sauna & Whirlpool)	7:15AM-6:00PM (Sauna & Whirlpool)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Walking Family Pool	5:15AM-10:00AM (Water Walking) 11:00AM-12:00PM (Water Walking) 1:00PM-4:45PM (Water Walking) 8:00PM-9:30PM (Water Walking)	5:15AM-9:30AM (Water Walking) 12:05PM-4:45PM (Water Walking) 7:30PM-9:30PM (Water Walking)	5:15AM-9:15AM (Water Walking) 11:00AM-12:00PM (Water Walking) 1:00PM-4:45PM (Water Walking) 7:15PM-9:30PM (Water Walking)	5:15AM-9:30AM (Water Walking) 11:30AM-4:45PM (Water Walking) 7:45PM-9:30PM (Water Walking)	11:00AM-12:00PM (Water Walking) 1:00PM-3:00PM (Water Walking) 4:00PM-8:30PM (Water Walking)	7:15AM-8:00AM (Water Walking) 1:00PM-6:00PM (Water Walking)	7:15AM-6:00PM (Water Walking)
Lap Swimming Lap Pool (5 Lanes)	5:15AM-10:00AM (Lap Swimming) 12:00PM-3:00PM (Lap Swimming)	5:15AM-7:00AM (Lap Swimming) 8:00AM-9:15AM (Lap Swimming) 10:15AM-7:15PM (Lap Swimming) 8:45PM-9:30PM (Lap Swimming)	5:15AM-10:00AM (Lap Swimming) 12:00PM-5:00PM (Lap Swimming) 8:45PM-9:30PM (Lap Swimming)	5:15AM-9:15AM (Lap Swimming) 11:15AM-5:00PM (Lap Swimming) 8:45PM-9:30PM (Lap Swimming)	5:15AM-11:00AM (Lap Swimming) 12:00PM-5:00PM (Lap Swimming) 5:00PM-7:15PM (Lap Swimming)	7:15AM-7:45AM (Lap Swimming) 12:45PM-6:00PM (Lap Swimming)	7:15AM-9:00AM (Lap Swimming) 10:00AM-6:00PM (Lap Swimming)
LES MILLS BODYPUMP Studio B	5:45AM-6:45AM (Les Mills) <i>Megan Y.</i> 9:15AM-10:15AM (Les Mills) <i>Sherry C.</i> 6:45PM-7:45PM (Les Mills) <i>Amanda H.</i>	1:00PM-2:00PM (Les Mills) <i>Jennifer S.</i> 5:15PM-6:15PM (Les Mills) <i>Martha C.</i>	9:15AM-10:15AM (Les Mills) <i>Dianne V.</i> 6:45PM-7:45PM (Les Mills) <i>Amanda H.</i>	6:00AM-7:00AM (Les Mills) <i>Martha C.</i> 1:00PM-2:00PM (Les Mills) <i>Sherry C.</i> 5:15PM-6:15PM (Les Mills) <i>Sandra C.</i>	9:15AM-10:15AM (Les Mills) <i>Jodi B.</i> 4:45PM-5:45PM (Les Mills) <i>Amanda H.</i>	9:30AM-10:30AM (Les Mills) <i>Martha C.</i>	
Power Yoga Studio C	6:00AM-7:00AM (Yoga & Pilates) <i>Marlaina C.</i>		9:30AM-10:30AM (Yoga & Pilates) <i>Christy W.</i>		9:15AM-10:15AM (Yoga & Pilates) <i>Jennifer P.</i>		
PAID - APEX Strength APEX Studio	6:30AM-7:15AM (Membership Add On) <i>Michele M.</i>		6:30AM-7:15AM (Membership Add On) <i>Michele M.</i> 5:45PM-6:30PM (Membership Add On) <i>Stephanie P.</i>	9:30AM-10:15AM (Membership Add On) <i>Sebastian L.</i>	6:30AM-7:15AM (Membership Add On) <i>Stephanie P.</i>		
KidZone Open Care Kid Zone	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-8:00PM (Kidzone)	8:00AM-1:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)	8:00AM-12:00PM (Kidzone)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Basketball Gym A/B	8:00AM-12:00PM (Basketball)	5:00AM-12:00PM (Basketball) 3:00PM-9:45PM (Basketball)	8:00AM-12:00PM (Basketball) 3:00PM-5:15PM (Basketball) 6:45PM-9:45PM (Basketball)	5:00AM-12:00PM (Basketball) 3:00PM-9:45PM (Basketball)	8:00AM-12:00PM (Basketball) 3:00PM-8:45PM (Basketball)	7:00AM-6:45PM (Basketball)	7:00AM-6:45PM (Basketball)
Family Swim Family Pool - Ramp Area	8:00AM-9:00AM (Family Swim) 11:00AM-12:00PM (Family Swim) 7:15PM-8:00PM (Family Swim)	8:00AM-9:30AM (Family Swim)	11:00AM-12:00PM (Family Swim)	8:00AM-10:00AM (Family Swim) 8:00PM-8:30PM (Family Swim)			
Cardio Kickboxing Studio A	8:00AM-9:00AM (Cardio) <i>Karen C.</i>						
LES MILLS BODYSTEP Studio A	9:15AM-10:15AM (Les Mills) <i>Christy S.</i>					11:30AM-12:30PM (Les Mills) <i>Cristina W.</i>	
Aqua ZUMBA Family Pool	9:15AM-10:00AM (Aqua) <i>Michelle E.</i>		9:15AM-10:00AM (Aqua) <i>Michelle E.</i>			8:10AM-8:55AM (Aqua) <i>Karina S.</i>	
Cycle Cycle Studio	9:30AM-10:15AM (Cycle) <i>Carrie H.</i>	5:15AM-6:00AM (Cycle) <i>Michele M.</i>	6:00AM-6:45AM (Cycle) <i>Colleen M.</i> 9:30AM-10:15AM (Cycle) <i>Jackie G.</i>	5:15AM-6:00AM (Cycle) <i>Stephanie P.</i>	9:30AM-10:15AM (Cycle) <i>Jackie G.</i>		
PAID - APEX Metcon APEX Studio	9:30AM-10:15AM (Membership Add On) <i>Tara K.</i>	5:45AM-6:30AM (Membership Add On) <i>Michelle G.</i> 5:45PM-6:30PM (Membership Add On) <i>Stephanie P.</i>	5:30AM-6:15AM (Membership Add On) <i>Michele M.</i> 9:30AM-10:15AM (Membership Add On) <i>Michelle G.</i>		5:30AM-6:15AM (Membership Add On) <i>Stephanie P.</i>		
Vinyasa Yoga Studio C	9:30AM-10:30AM (Yoga & Pilates) <i>Maddy B.</i>	6:15PM-7:15PM (Yoga & Pilates) <i>Kate S.</i>		9:30AM-10:30AM (Yoga & Pilates) <i>Amanda H.</i>			
Aqua ZUMBA Lap Pool	10:15AM-11:00AM (Aqua) <i>Michelle E.</i>		10:15AM-11:00AM (Aqua) <i>Michelle E.</i>				
Total Body Conditioning Studio A	10:30AM-11:30AM (Cardio) <i>Karen C.</i>	5:00PM-6:00PM (Cardio) <i>Liz T.</i>	10:30AM-11:30AM (Cardio) <i>Tara K.</i>		9:15AM-10:15AM (Cardio) <i>Kathleen Y.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver Cardio Fusion Studio B	10:45AM-11:45AM (Active Older Adult) <i>Marnie S.</i>		10:45AM-11:45AM (Active Older Adult) <i>Marnie S.</i>				
LES MILLS BODYBALANCE Studio C	10:45AM-11:45AM (Les Mills) <i>Amy L.</i> 6:00PM-7:00PM (Les Mills) <i>Zack S.</i>		1:00PM-2:00PM (Les Mills) <i>Kim D.</i>				
Lap Swimming Lap Pool (3 Lanes)	11:00AM-12:00PM (Lap Swimming) 5:00PM-6:30PM (Lap Swimming)	9:15AM-10:15AM (Lap Swimming)	11:00AM-12:00PM (Lap Swimming)	9:15AM-11:15AM (Lap Swimming) 5:00PM-5:45PM (Lap Swimming)	11:00AM-12:00PM (Lap Swimming)	9:00AM-10:15AM (Lap Swimming)	9:00AM-10:00AM (Lap Swimming)
Aqua Combo Lap Pool	11:15AM-12:00PM (Aqua) <i>Joanne A.</i>		11:15AM-12:00PM (Aqua) <i>Joanne A.</i>		11:15AM-12:00PM (Aqua) <i>Joanne A.</i>		
Arthritis Foundation Aquatics Program Family Pool	12:00PM-1:00PM (Aqua) <i>Joanne A.</i>		12:00PM-1:00PM (Aqua) <i>Joanne A.</i>		12:00PM-1:00PM (Aqua) <i>Joanne A.</i>		
SilverSneakers Classic Studio B	12:00PM-1:00PM (Active Older Adult) <i>Marnie S.</i>				10:45AM-11:45AM (Active Older Adult) <i>Linda N.</i>		
PFD Free Time Family Pool	1:00PM-4:00PM (Family Swim) 8:00PM-8:30PM (Family Swim)	1:00PM-4:00PM (Family Swim) 7:45PM-8:30PM (Family Swim)	1:00PM-4:00PM (Family Swim) 7:45PM-8:30PM (Family Swim)	12:00PM-4:00PM (Family Swim) 8:00PM-8:30PM (Family Swim)	4:00PM-7:30PM (Family Swim)	1:00PM-5:00PM (Family Swim)	12:00PM-5:00PM (Family Swim)
Family Swim Family Pool	1:00PM-4:00PM (Family Swim) 8:00PM-8:30PM (Family Swim)	1:00PM-4:00PM (Family Swim) 7:45PM-8:30PM (Family Swim)	1:00PM-4:00PM (Family Swim) 7:30PM-8:30PM (Family Swim)	11:30AM-4:00PM (Family Swim)	8:00AM-9:00AM (Family Swim) 4:00PM-7:30PM (Family Swim)	1:00PM-5:00PM (Family Swim)	12:00PM-5:00PM (Family Swim)
LES MILLS BODYATTACK Studio A	1:15PM-2:00PM (Les Mills) <i>Catherine K.</i>						
Chair Yoga Studio B	1:15PM-2:15PM (Active Older Adult) <i>Chris C.</i>		12:00PM-12:45PM (Active Older Adult) <i>Alysha M.</i>		12:00PM-1:00PM (Active Older Adult) <i>Maddy B.</i>		
Quick Fit Studio A	4:30PM-5:00PM (Strength) <i>Nadine D.</i>		4:30PM-5:00PM (Strength) <i>Megan Y.</i>				
Core Training Studio A	5:05PM-5:35PM (Strength) <i>Nadine D.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYCOMBAT Studio B	5:30PM-6:30PM (Les Mills) <i>Amanda H.</i>		5:45AM-6:45AM (Les Mills) <i>Sandra C.</i> 8:00AM-9:00AM (Les Mills) <i>Laura W.</i> 5:30PM-6:30PM (Les Mills) <i>Amanda H.</i>			7:10AM-8:10AM (Les Mills) <i>Sandra C.</i>	
PAID - APEX Strength Training Zone	5:30PM-6:15PM (Membership Add On) <i>Karen D.</i>						
PAID - APEX Sports Performance APEX Studio	6:00PM-6:45PM (Membership Add On) <i>Sean S.</i>			6:00PM-6:45PM (Membership Add On) <i>Sean S.</i>			
Cardio Fusion Studio A	6:15PM-7:00PM (Cardio) <i>Celina M.</i>	8:00AM-9:00AM (Cardio) <i>Karen C.</i>	6:15PM-7:00PM (Cardio) <i>Celina M.</i>	5:30PM-6:30PM (Cardio) <i>Linda N.</i>	8:00AM-9:00AM (Cardio) <i>Celina M.</i>	8:00AM-8:45AM (Cardio) <i>Karen C.</i>	
Adult Volleyball Gym D	6:15PM-9:45PM (Volleyball)			6:15PM-9:45PM (Volleyball)		12:00PM-4:00PM (Volleyball)	
Yin Yoga Studio C	7:20PM-8:20PM (Yoga & Pilates) <i>Marcela K.</i>	7:30PM-8:30PM (Yoga & Pilates) <i>Kate S.</i>			10:30AM-11:30AM (Yoga & Pilates) <i>Jennifer P.</i>		
Lap Swimming Lap Pool (2 Lanes)	7:45PM-8:45PM (Lap Swimming)		5:00PM-5:45PM (Lap Swimming)	5:45PM-6:30PM (Lap Swimming)		11:15AM-12:00PM (Lap Swimming)	
LES MILLS GRIT Studio B		6:00AM-6:30AM (Les Mills) <i>Lauren S.</i>			5:45AM-6:15AM (Les Mills) <i>Megan Y.</i>		
Lap Swimming Lap Pool (4 Lanes)		7:00AM-8:00AM (Lap Swimming)	5:45PM-6:30PM (Lap Swimming)			12:00PM-12:45PM (Lap Swimming)	
LES MILLS BODYCOMBAT Studio A		9:15AM-10:15AM (Les Mills) <i>Christy S.</i>		9:15AM-10:15AM (Les Mills) <i>Christy S.</i>	10:30AM-11:30AM (Les Mills) <i>Sherry C.</i>		
LES MILLS RPM Cycle Studio		9:15AM-10:00AM (Les Mills) <i>Melissa A.</i> 6:00PM-6:45PM (Les Mills) <i>Amanda H.</i>		9:15AM-10:00AM (Les Mills) <i>Melissa A.</i> 6:00PM-6:45PM (Les Mills) <i>Lyndsay L.</i>		8:30AM-9:15AM (Les Mills) <i>Lyndsay L.</i>	
Aqua Boot Camp Lap Pool		9:30AM-10:15AM (Aqua) <i>Karen C.</i>		9:30AM-10:15AM (Aqua) <i>Karen C.</i>			
Hatha Yoga Studio C		9:30AM-10:30AM (Yoga & Pilates) <i>Amanda H.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Studio B		9:30AM-10:30AM (Dance) <i>Shanel K.</i> 6:30PM-7:30PM (Dance) <i>Nicole B.</i>		9:30AM-10:30AM (Dance) <i>Michelle E.</i> 6:30PM-7:30PM (Dance) <i>Jess C.</i>			
Pilates Studio A		10:20AM-11:20AM (Yoga & Pilates) <i>Jackie G.</i> 6:45PM-7:45PM (Yoga & Pilates) <i>Nadine D.</i>		10:20AM-11:20AM (Yoga & Pilates) <i>Jackie G.</i> 6:45PM-7:45PM (Yoga & Pilates) <i>Dianne V.</i>			
Silver Strength Studio B		10:45AM-11:45AM (Active Older Adult) <i>Kathleen Y.</i>		10:45AM-11:45AM (Active Older Adult) <i>Christy S.</i>			
Stretch & Balance Studio B		12:00PM-12:45PM (Stretch) <i>Kathleen Y.</i>		12:00PM-12:45PM (Stretch) <i>Christy S.</i>			
Line Dancing Studio A		1:00PM-2:00PM (Dance) <i>Anne B.</i>					
Whirlpool/Sauna Hours Whirlpool		6:00PM-9:30PM (Sauna & Whirlpool)					
Barre Studio A			9:30AM-10:15AM (Yoga & Pilates) <i>Tara K.</i>		5:45AM-6:30AM (Yoga & Pilates) <i>Celina M.</i>		
LES MILLS CORE Studio A			5:05PM-5:35PM (Les Mills) <i>Megan Y.</i>			9:00AM-9:45AM (Les Mills) <i>Christina S.</i>	
Yoga Studio C			6:00PM-7:00PM (Yoga & Pilates) <i>Kim M.</i>				
Zumba Studio A			7:15PM-8:15PM (Dance) <i>Stephanie P.</i>			10:15AM-11:15AM (Dance) <i>Emily M.</i>	
Strength Studio A				8:00AM-9:00AM (Strength) <i>Karen C.</i>			
Total Body Cycle Cycle Studio				11:30AM-12:30PM (Cycle) <i>Cassie D.</i>		9:45AM-10:45AM (Cycle) <i>Stephanie P.</i>	
Zumba Gold Studio A				12:00PM-1:00PM (Active Older Adult) <i>Karina S.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner Line Dancing Studio A				1:15PM-2:15PM (Dance) <i>Carolyn Q.</i>			
Gentle Yoga Studio C				6:15PM-7:15PM (Yoga & Pilates) <i>Terri A.</i>		9:30AM-10:30AM (Yoga & Pilates) <i>Jennifer F.</i>	
LES MILLS CORE Studio B					6:15AM-6:45AM (Les Mills) <i>Megan Y.</i>		
Core Training Cycle Studio					10:15AM-10:45AM (Strength) <i>Jackie G.</i>		
Aqua Cardio & Strength Family Pool					3:00PM-4:00PM (Aqua) <i>Karen M.</i>		
Pickleball Gym D						7:00AM-8:45AM (Pickleball)	
LES MILLS BODYATTACK Studio B						8:15AM-9:15AM (Les Mills) <i>Megan Y.</i>	
Chair Pilates Studio B						10:45AM-11:30AM (Active Older Adult) <i>Maddy B.</i>	
Pickleball Gym C							8:00AM-9:45AM (Pickleball)



Christian Street YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball Gym B	5:00AM-7:00AM (Pickleball)	5:00AM-7:00AM (Pickleball) 10:00AM-1:00PM (Pickleball)		5:00AM-7:00AM (Pickleball) 10:00AM-1:00PM (Pickleball)	5:00AM-7:00AM (Pickleball)	10:00AM-1:00PM (Pickleball)	
Open Basketball Gym A	5:00AM-10:00AM (Basketball) 12:00PM-3:45PM (Basketball) 7:45PM-8:45PM (Basketball)	5:00AM-10:00AM (Basketball) 12:00PM-3:45PM (Basketball) 7:45PM-8:45PM (Basketball)	5:00AM-10:00AM (Basketball) 12:00PM-3:45PM (Basketball)	5:00AM-10:00AM (Basketball) 12:00PM-3:45PM (Basketball) 4:45PM-5:45PM (Basketball) 7:45PM-8:45PM (Basketball)	5:00AM-10:00AM (Basketball) 12:00PM-3:45PM (Basketball) 4:45PM-8:45PM (Basketball)	7:00AM-9:15AM (Basketball)	7:00AM-9:00AM (Basketball) 11:00AM-5:45PM (Basketball)
Water Walking Lap Pool (1 Lane)	5:15AM-8:50AM (Water Walking) 11:15AM-4:30PM (Water Walking)	5:15AM-9:50AM (Water Walking) 12:30PM-4:30PM (Water Walking)	5:15AM-8:50AM (Water Walking) 11:15AM-3:35PM (Water Walking)	5:15AM-9:20AM (Water Walking) 12:30PM-4:30PM (Water Walking)	5:15AM-8:50AM (Water Walking) 11:00AM-4:50PM (Water Walking)	7:15AM-9:30AM (Water Walking) 4:30PM-5:00PM (Water Walking)	
Lap Swimming Lap Pool (4 Lanes)	5:15AM-8:50AM (Lap Swimming) 10:45AM-4:30PM (Lap Swimming)	5:15AM-9:50AM (Lap Swimming) 12:30PM-4:30PM (Lap Swimming)	5:15AM-8:50AM (Lap Swimming) 11:15AM-3:30PM (Lap Swimming)	5:15AM-9:20AM (Lap Swimming) 12:30PM-4:30PM (Lap Swimming)	5:15AM-8:50AM (Lap Swimming) 11:00AM-4:50PM (Lap Swimming)	7:15AM-9:30AM (Lap Swimming) 4:30PM-5:00PM (Lap Swimming)	
Open Basketball Gym B	7:00AM-10:15AM (Basketball) 11:15AM-3:45PM (Basketball)	7:00AM-10:00AM (Basketball) 1:00PM-3:45PM (Basketball) 6:00PM-8:45PM (Basketball)	7:00AM-9:00AM (Basketball) 6:00PM-8:45PM (Basketball)	7:00AM-10:00AM (Basketball) 1:00PM-3:45PM (Basketball) 6:00PM-8:45PM (Basketball)	7:00AM-11:00AM (Basketball)	7:00AM-10:00AM (Basketball) 1:00PM-5:45PM (Basketball)	7:00AM-9:00AM (Basketball) 10:30AM-5:45PM (Basketball)
KidZone Open Care Child Watch Area	8:30AM-12:30PM (Kidzone) 5:00PM-8:00PM (Kidzone) <i>Eliana K.</i>	8:30AM-12:30PM (Kidzone)	8:30AM-12:30PM (Kidzone) 5:00PM-8:00PM (Kidzone) <i>Eliana K.</i>	8:30AM-12:30PM (Kidzone)	8:30AM-12:30PM (Kidzone)	8:30AM-12:30PM (Kidzone)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swimming Lap Pool (2 Lanes)	8:50AM-10:45AM (Lap Swimming) 4:30PM-8:00PM (Lap Swimming)	9:50AM-12:30PM (Lap Swimming) 4:30PM-8:00PM (Lap Swimming)	8:50AM-11:00AM (Lap Swimming) 4:30PM-8:00PM (Lap Swimming)	9:20AM-12:15PM (Lap Swimming) 4:30PM-6:45PM (Lap Swimming)	8:50AM-10:00AM (Lap Swimming) 4:50PM-8:00PM (Lap Swimming)	1:30PM-4:30PM (Lap Swimming)	
TRX Gym B	9:00AM-10:00AM (Sgt) <i>Jake D.</i>						
H.I.I.T. Main Studio	9:00AM-9:45AM (Strength) <i>Michelle P.</i>		3:30PM-4:15PM (Strength) <i>Sandra T.</i>				
Dance Fitness Main Studio	10:00AM-11:00AM (Dance) <i>Sakita J.</i>	10:15AM-11:15AM (Dance) <i>Sakita J.</i> 7:00PM-8:00PM (Dance) <i>Taj C.</i>	10:00AM-11:00AM (Dance) <i>Sakita J.</i>		4:00PM-5:00PM (Dance) <i>Taj C.</i>		
Programming - Reserved Gym B	10:15AM-11:15AM (Open Gym) 3:45PM-6:00PM (Open Gym)	3:45PM-6:00PM (Open Gym)	9:00AM-11:00AM (Open Gym) 3:45PM-6:00PM (Open Gym)	3:45PM-6:00PM (Open Gym)	11:00AM-12:30PM (Open Gym) 3:45PM-6:00PM (Open Gym) 6:00PM-8:45PM (Open Gym)		9:00AM-10:30AM (Open Gym)
Hatha Yoga Main Studio	11:15AM-12:15PM (Yoga & Pilates) <i>Dale S.</i>		11:15AM-12:15PM (Yoga & Pilates) <i>Dale S.</i>		11:15AM-12:15PM (Yoga & Pilates) <i>Dale S.</i>		
Programming - Reserved Gym A	3:45PM-7:30PM (Open Gym)	10:00AM-12:00PM (Open Gym) 3:45PM-7:45PM (Open Gym)	10:00AM-12:00PM (Open Gym) 3:45PM-7:30PM (Open Gym) 7:30PM-8:45PM (Open Gym)	10:00AM-12:00PM (Open Gym) 3:45PM-4:45PM (Open Gym) 5:45PM-7:45PM (Open Gym)	10:00AM-12:00PM (Open Gym) 3:45PM-4:45PM (Open Gym)	9:15AM-12:15PM (Open Gym) 12:15PM-5:45PM (Open Gym)	
Pool Reserved Lap Pool (1 Lane)	3:50PM-4:30PM (Open Swim)		3:35PM-4:30PM (Open Swim)				
Pool Reserved Lap Pool (3 Lanes)	4:30PM-8:00PM (Open Swim)	4:30PM-8:00PM (Open Swim)	4:30PM-8:00PM (Open Swim)	4:30PM-8:00PM (Open Swim)			
Vinyasa Yoga Main Studio	5:30PM-6:30PM (Yoga & Pilates) <i>Juliet O.</i>		5:30PM-6:30PM (Yoga & Pilates) <i>Amina M.</i>		5:15PM-6:00PM (Yoga & Pilates) <i>Juliet O.</i>	1:30PM-2:30PM (Yoga & Pilates) <i>Dale S.</i>	
Pickleball 101 Instruction Gym B	6:00PM-8:45PM (Pickleball)						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Toning Main Studio	6:30PM-7:15PM (Dance) <i>Marianna H.</i>		6:45PM-7:30PM (Dance) <i>Marianna H.</i>			10:00AM-10:45AM (Dance) <i>Marianna H.</i>	
Quick Fit Main Studio		6:30AM-7:00AM (Strength) <i>Agnes P.</i>		6:30AM-7:00AM (Strength) <i>Agnes P.</i>			
LES MILLS BODYPUMP Main Studio		9:00AM-10:00AM (Les Mills) <i>Deborah H.</i>					
Aqua Stretch & Strength Lap Pool		10:15AM-11:15AM (Aqua) <i>Moonstone S.</i>					
Arthritis Foundation Aquatics Program Lap Pool		11:15AM-12:00PM (Aqua) <i>Sharmaine G.</i>	10:00AM-10:45AM (Aqua) <i>Sharmaine G.</i>	11:15AM-12:00PM (Aqua) <i>Sharmaine G.</i>			
Tai Chi Main Studio		11:30AM-12:30PM (Yoga & Pilates) <i>David B.</i>				11:30AM-12:15PM (Yoga & Pilates) <i>David B.</i>	
SilverSneakers Classic Main Studio		12:30PM-1:30PM (Active Older Adult) <i>Janet F.</i>		11:15AM-12:15PM (Active Older Adult) <i>Janet F.</i>			
Adult Pickleball Gym B			5:00AM-7:00AM (Pickleball)				
Aquacise Lap Pool			9:00AM-9:45AM (Aqua) <i>Moonstone S.</i>				
Cardio Kickboxing & Core Main Studio			9:00AM-10:00AM (Cardio) <i>Michelle P.</i>				
Cardio Fusion Main Studio				9:00AM-9:30AM (Cardio) <i>Deborah H.</i>			
Aqua Yoga/Pilates Lap Pool				9:30AM-10:30AM (Aqua) <i>Janet F.</i>			
Strength Main Studio				9:45AM-10:30AM (Strength) <i>Deborah H.</i>			
Stretch & Balance Main Studio				10:30AM-11:00AM (Stretch) <i>Deborah H.</i>			
Chair Yoga Main Studio				12:15PM-1:00PM (Active Older Adult) <i>Janet F.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Main Studio				6:30PM-7:30PM (Yoga & Pilates) <i>Juliet O.</i>			
Total Body Conditioning Main Studio					9:00AM-10:00AM (Cardio) <i>Theresa P.</i>		
Pilates Main Studio					10:15AM-11:00AM (Yoga & Pilates) <i>Deborah H.</i>		
Aqua Combo Lap Pool					10:15AM-11:15AM (Aqua) <i>Moonstone S.</i>		
Family Swim Lap Pool (3 Lanes)					5:00PM-8:00PM (Family Swim)	1:30PM-4:30PM (Family Swim)	
Trim and Sculpt Main Studio						9:00AM-10:00AM (Strength) <i>Agnes P.</i>	
Advanced Tai Chi Main Studio						12:15PM-1:00PM (Yoga & Pilates) <i>David B.</i>	
Family Gym Time Gym A							9:00AM-11:00AM (Family)



Boyertown YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Basketball Full Gym	5:00AM-8:45AM (Basketball) 10:15AM-11:15AM (Basketball) 3:00PM-4:45PM (Basketball)	5:00AM-9:00AM (Basketball) 3:00PM-4:30PM (Basketball)	5:00AM-7:45AM (Basketball)	5:00AM-8:45AM (Basketball) 2:30PM-5:00PM (Basketball)	5:00AM-9:00AM (Basketball) 10:30AM-12:30PM (Basketball) 2:30PM-8:45PM (Basketball)	7:00AM-9:00AM (Basketball) 11:30AM-6:45PM (Basketball)	12:00PM-6:45PM (Basketball)
Water Walking Lap Pool (3 Lanes)	5:15AM-9:30PM (Water Walking)	6:30AM-9:15AM (Water Walking)	5:15AM-9:15AM (Water Walking)	5:15AM-8:30AM (Water Walking)	6:15AM-9:00AM (Water Walking)		
Whirlpool/Sauna Hours Whirlpool/Sauna	5:15AM-9:00PM (Sauna & Whirlpool)	5:15AM-9:00PM (Sauna & Whirlpool)	5:15AM-9:00PM (Sauna & Whirlpool)	5:15AM-9:00PM (Sauna & Whirlpool)	5:15AM-8:00PM (Sauna & Whirlpool)	7:00AM-6:00PM (Sauna & Whirlpool)	
Adult Lap Swimming Lap Pool (5 Lanes)	5:15AM-9:30AM (Lap Swimming)	6:30AM-9:15AM (Lap Swimming)	5:15AM-9:30AM (Lap Swimming)		6:15AM-9:00AM (Lap Swimming)		
Tai Chi Group Exercise Studio <i>Charles B.</i>	8:00AM-9:00AM (Yoga & Pilates) <i>Charles B.</i>		8:00AM-9:00AM (Yoga & Pilates) <i>Charles B.</i>				
KidZone Open Care Child Watch (Ages 5 & Under)	8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-12:00PM (Kidzone)	8:00AM-12:00PM (Kidzone)	
Pilates SMB Studio	8:15AM-9:00AM (Yoga & Pilates) <i>Ceil F.</i>		5:30PM-6:30PM (Yoga & Pilates) <i>Nadine D.</i>				
Aquacise Lap Pool	8:30AM-9:15AM (Aqua) <i>Selenia R.</i>		8:30AM-9:15AM (Aqua) <i>Selenia R.</i>				
Cycle Cycle Studio	8:30AM-9:00AM (Cycle) <i>Heidi F.</i>	6:30PM-7:15PM (Cycle) <i>Val S.</i>	10:00AM-10:45AM (Cycle) <i>Sandra M.</i>	6:30PM-7:15PM (Cycle) <i>Val S.</i>			
Zumba Toning Full Gym	9:00AM-10:00AM (Dance) <i>Sallie R.</i>			9:00AM-10:00AM (Dance) <i>Sallie R.</i>			
Strength Group Exercise Studio	9:15AM-10:00AM (Strength) <i>Heidi F.</i> 6:30PM-7:15PM (Strength) <i>Val S.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hatha Yoga SMB Studio	9:15AM-10:15AM (Yoga & Pilates) <i>Ceil F.</i>		9:15AM-10:15AM (Yoga & Pilates) <i>Natalie T.</i>				
Aqua Deep Lap Pool	9:30AM-10:15AM (Aqua) <i>Connie S.</i>		9:30AM-10:15AM (Aqua) <i>Chris F.</i>		9:45AM-10:30AM (Aqua) <i>Chris F.</i>		
Adult Lap Swimming Lap Pool (2 Lanes)	9:30AM-11:00AM (Lap Swimming)	10:15AM-11:00AM (Lap Swimming)	9:30AM-11:00AM (Lap Swimming) 3:15PM-4:45PM (Lap Swimming)		5:15AM-6:15AM (Lap Swimming) 9:00AM-11:30AM (Lap Swimming) 5:30PM-6:30PM (Lap Swimming)		
Arthritis Foundation Aquatics Program Lap Pool	10:15AM-11:00PM (Aqua) <i>Connie S.</i>		10:15AM-11:00AM (Aqua) <i>Chris F.</i>		9:00AM-9:45AM (Aqua) <i>Chris F.</i>		
Senior Circuit Express Half Gym	10:30AM-11:15AM (Active Older Adult) <i>Natalie T.</i>				10:30AM-11:15AM (Active Older Adult) <i>Natalie T.</i>		
Water Walking Lap Pool (4 Lanes)	11:00AM-3:15PM (Water Walking) 8:15PM-9:00PM (Water Walking)	11:00AM-3:15PM (Water Walking)	11:00AM-3:15PM (Water Walking)	11:00AM-3:15PM (Water Walking)		12:00PM-6:00PM (Water Walking)	
Adult Lap Swimming Lap Pool (4 Lanes)	11:00AM-5:00PM (Lap Swimming) 8:15PM-9:00PM (Lap Swimming)	11:00AM-5:00PM (Lap Swimming)	11:00AM-3:15PM (Lap Swimming) 8:30PM-9:00PM (Lap Swimming)	11:00AM-4:45PM (Lap Swimming)	11:30AM-5:30PM (Lap Swimming)	12:00PM-6:00PM (Lap Swimming)	
Chair Yoga Group Exercise Studio	11:30AM-12:15PM (Active Older Adult) <i>Natalie T.</i>						
Pickleball Full Gym	1:00PM-3:00PM (Pickleball) 8:00PM-9:45PM (Pickleball)	1:30PM-3:00PM (Pickleball)		11:30AM-2:30PM (Pickleball) 8:00PM-9:45PM (Pickleball)	12:30PM-2:30PM (Pickleball)		7:00AM-9:00AM (Pickleball)
Family Swim Lap Pool (4 Lanes)	1:30PM-3:15PM (Family Swim) 8:15PM-9:00PM (Family Swim)	12:00PM-3:15PM (Family Swim)	12:00PM-3:15PM (Family Swim) 8:30PM-9:00PM (Family Swim)	12:00PM-3:15PM (Family Swim)	12:30PM-3:15PM (Family Swim) 6:30PM-8:00PM (Family Swim)	12:00PM-6:00PM (Family Swim)	
KidZone Open Care Child Watch (Ages 6-11)	4:00PM-8:00PM (Kidzone)	4:00PM-8:00PM (Kidzone)	4:00PM-8:00PM (Kidzone)	4:00PM-8:00PM (Kidzone)		8:00AM-12:00PM (Kidzone)	
Vinyasa Yoga SMB Studio	4:30PM-5:30PM (Yoga & Pilates) <i>Natalie T.</i>	6:30PM-7:30PM (Yoga & Pilates) <i>Andrew S.</i>		9:30AM-10:30AM (Yoga & Pilates) <i>Natalie T.</i>		9:00AM-10:00AM (Yoga & Pilates) <i>Natalie T.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap Swimming Lap Pool (1 Lane)	5:00PM-7:30PM (Lap Swimming)	5:00PM-6:00PM (Lap Swimming)	5:15PM-7:15PM (Lap Swimming)			8:30AM-11:30AM (Lap Swimming)	
Cardio Kickboxing Group Exercise Studio	5:40PM-6:20PM (Cardio) <i>Val S.</i>	9:15AM-10:15AM (Cardio) <i>Heidi F.</i>					
Adult Lap Swimming Lap Pool (3 Lanes)	7:30PM-8:15PM (Lap Swimming)	5:15AM-6:30AM (Lap Swimming) 9:15AM-10:15AM (Lap Swimming)		5:15AM-6:30AM (Lap Swimming) 8:30AM-11:00AM (Lap Swimming)		7:00AM-8:30AM (Lap Swimming)	
Total Body Conditioning SMB Studio		5:15AM-6:00AM (Cardio) <i>Tina S.</i>					
Stretch & Balance Group Exercise Studio		8:15AM-9:00AM (Stretch) <i>Ceil F.</i>			11:30AM-12:15PM (Stretch) <i>Natalie T.</i>		
Core Training SMB Studio		8:30AM-9:00AM (Strength) <i>Heidi F.</i>					
Zumba Full Gym		9:15AM-10:15AM (Dance) <i>Michelle E.</i>			9:15AM-10:15AM (Dance) <i>Michelle E.</i>		
Aqua Yoga/Pilates Lap Pool		9:15AM-10:00AM (Aqua) <i>Ceil F.</i>					
Aqua Shallow Lap Pool		10:15AM-11:00AM (Aqua) <i>Gail B.</i>		10:15AM-11:00AM (Aqua) <i>Gail B.</i>			
Silver Cardio Fusion Group Exercise Studio		10:30AM-11:15AM (Active Older Adult) <i>Heidi F.</i>					
Open Basketball Half Gym		4:30PM-6:30PM (Basketball)	11:00AM-4:00PM (Basketball)				
Total Body Conditioning Group Exercise Studio		5:15PM-6:00PM (Cardio) <i>Sandra M.</i>	9:15AM-10:00AM (Cardio) <i>Heidi F.</i> 4:15PM-5:15PM (Cardio) <i>Amy C.</i>				
Core Training Group Exercise Studio		6:00PM-6:30PM (Strength) <i>Sandra M.</i>					
Volleyball Half Gym - B		6:30PM-8:00PM (Volleyball)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Group Exercise Studio		6:45PM-7:45PM (Dance) <i>Sallie R.</i>		6:45PM-7:45PM (Dance) <i>Pam K.</i>			
Functional Pilates SMB Studio			8:15AM-9:00AM (Yoga & Pilates) <i>Ceil F.</i>		8:15AM-9:00AM (Yoga & Pilates) <i>Heidi F.</i>		
Lap Swimming Lap Pool (3 Lanes)			8:30AM-9:30AM (Lap Swimming)				
Silver Strength Group Exercise Studio			10:30AM-11:15AM (Active Older Adult) <i>Natalie T.</i>	10:30AM-11:15AM (Active Older Adult) <i>Sandra M.</i>			
Line Dancing Group Exercise Studio			11:30AM-12:15PM (Dance) <i>Robin W.</i>				
Yoga SMB Studio			4:30PM-5:15PM (Yoga & Pilates) <i>Nadine D.</i>				
LES MILLS BODYPUMP Group Exercise Studio			6:15PM-7:15PM (Les Mills) <i>Val S.</i>		9:15AM-10:15AM (Les Mills) <i>Zack S.</i>	9:00AM-9:45AM (Les Mills) <i>Nadine D.</i>	
Aqua Stretch & Strength Lap Pool				8:30AM-9:15AM (Aqua) <i>Ceil F.</i>			
H.I.I.T. Group Exercise Studio				9:15AM-10:00AM (Strength) <i>Heidi F.</i>			
SilverSneakers Splash Lap Pool				9:30AM-10:15AM (Active Older Adult) <i>Ceil F.</i>			
Teen Fitness Group Exercise Studio				3:15PM-4:00PM (Strength) <i>Natalie T.</i>			
Barre SMB Studio				5:30PM-6:30PM (Yoga & Pilates) <i>Kelly W.</i>			
Gentle Yoga SMB Studio				7:05PM-8:00PM (Yoga & Pilates) <i>Kate S.</i>			
SilverSneakers Classic Group Exercise Studio					8:15AM-9:00AM (Active Older Adult) <i>Ceil F.</i>		
LES MILLS RPM Cycle Studio					8:30AM-9:00AM (Les Mills) <i>Zack S.</i>	8:00AM-8:45AM (Les Mills) <i>Nadine D.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua ZUMBA Lap Pool					10:30AM-11:15AM (Aqua) <i>Michelle E.</i>		
Zumba Toning Group Exercise Studio					4:30PM-5:30PM (Dance) <i>Sallie R.</i>		
Barre Group Exercise Studio						10:00AM-11:00AM (Yoga & Pilates) <i>Nadine D.</i>	



Columbia North YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Basketball Full Gym	5:00AM-9:00AM (Basketball) 12:00PM-3:45PM (Basketball) 7:30PM-9:00PM (Basketball)	5:00AM-9:00AM (Basketball) 12:00PM-3:45PM (Basketball) 7:30PM-9:00PM (Basketball)	5:00AM-9:00AM (Basketball) 12:00PM-4:30PM (Basketball) 7:30PM-9:00PM (Basketball)	5:00AM-9:00AM (Basketball) 12:00PM-4:30PM (Basketball) 7:30PM-9:00PM (Basketball)	5:00AM-9:00AM (Basketball) 12:00PM-4:30PM (Basketball) 7:00PM-9:00PM (Basketball)	7:00AM-9:00AM (Basketball) 3:00PM-5:45PM (Basketball)	7:00AM-8:20AM (Basketball) 4:00PM-6:00PM (Basketball)
Lap Swimming Lap Pool (6 Lanes)	5:30AM-7:00AM (Lap Swimming)	5:30AM-7:00AM (Lap Swimming)	5:30AM-7:00AM (Lap Swimming)	5:30AM-7:00AM (Lap Swimming)	5:30AM-7:00AM (Lap Swimming)		
Lap Swimming Lap Pool (3 Lanes)	7:00AM-4:30PM (Lap Swimming) 7:00PM-8:30PM (Lap Swimming)	7:00AM-4:30PM (Lap Swimming) 7:00PM-8:30PM (Lap Swimming)	7:00AM-4:30PM (Lap Swimming) 7:00PM-8:30PM (Lap Swimming)	7:00AM-4:30PM (Lap Swimming) 7:00PM-8:30PM (Lap Swimming)	7:00AM-4:30PM (Lap Swimming) 7:00PM-8:30PM (Lap Swimming)	7:00AM-9:00AM (Lap Swimming) 2:00PM-5:00PM (Lap Swimming)	7:00AM-12:00PM (Lap Swimming) 2:30PM-5:30PM (Lap Swimming)
Yoga Studio 1	7:00AM-8:00AM (Yoga & Pilates) <i>Erika F.</i>		7:00AM-8:00AM (Yoga & Pilates) <i>Erika F.</i>				10:00AM-11:00AM (Yoga & Pilates) <i>Denine N.</i>
Water Walking Lap Pool (3 Lanes)	7:00AM-4:30PM (Water Walking)	7:00AM-8:00AM (Water Walking) 9:00AM-10:00AM (Water Walking) 12:00PM-4:30PM (Water Walking)	7:00AM-10:00AM (Water Walking)	7:00AM-8:00AM (Water Walking) 9:00AM-10:00AM (Water Walking) 12:00PM-4:30PM (Water Walking)	7:00AM-10:00PM (Water Walking) 11:00AM-12:00PM (Water Walking)	7:00AM-9:00AM (Water Walking) 2:00PM-5:00PM (Water Walking)	7:00AM-9:00AM (Water Walking)
KidZone Open Care Child Watch Area	8:00AM-12:45PM (Kidzone) 4:00PM-8:45PM (Kidzone)	8:00AM-12:45PM (Kidzone) 4:00PM-8:45PM (Kidzone)	8:00AM-12:45PM (Kidzone) 4:00PM-8:45PM (Kidzone)	8:00AM-12:45PM (Kidzone) 4:00PM-8:45PM (Kidzone)	8:00AM-12:45PM (Kidzone) 4:00PM-8:45PM (Kidzone)	8:00AM-1:45PM (Kidzone)	
Fit Camp Studio 3	8:00AM-9:00AM (Strength) <i>Femi M.</i>	5:00PM-6:00PM (Strength) <i>Femi M.</i>	8:00AM-9:00AM (Strength) <i>Femi M.</i>		9:00AM-10:00AM (Strength) <i>Femi M.</i>		
Senior Circuit Express Gym A	9:00AM-10:00AM (Active Older Adult) <i>Nathaniel G.</i>	9:00AM-10:00AM (Active Older Adult) <i>Deeian M.</i>	9:00AM-10:00AM (Active Older Adult) <i>Nathaniel G.</i>	9:00AM-10:00AM (Active Older Adult) <i>Deeian M.</i>	9:00AM-10:00AM (Active Older Adult) <i>Nathaniel G.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Studio 1	10:00AM-11:00AM (Cycle) <i>Deeian M.</i>	6:00AM-7:00AM (Cycle) <i>Denine N.</i> 10:00AM-11:00AM (Cycle) <i>Deeian M.</i> 7:00PM-8:00PM (Cycle) <i>Deeian M.</i>	10:00AM-11:00AM (Cycle) <i>Deeian M.</i> 6:00PM-7:00PM (Cycle) <i>Maddy B.</i>	10:00AM-11:00AM (Cycle) <i>Deeian M.</i>	10:00AM-11:00AM (Cycle) <i>Deeian M.</i> 5:30PM-6:30PM (Cycle) <i>Jenea D.</i>	8:00AM-9:00AM (Cycle) <i>Deeian M.</i>	
Lap Swimming Lap Pool (1 Lane)	4:30PM-7:00PM (Lap Swimming)	4:30PM-7:00PM (Lap Swimming)	4:30PM-7:00PM (Lap Swimming)	4:30PM-7:00PM (Lap Swimming)			12:00PM-2:30PM (Lap Swimming)
Line Dancing Studio 1	5:00PM-6:00PM (Dance) <i>Lucia M.</i>		5:00PM-6:00PM (Dance) <i>Lucia M.</i>				
Programming - Reserved Full Gym	5:30PM-7:30PM (Open Gym)	5:30PM-7:30PM (Open Gym)				9:00AM-2:45PM (Open Gym)	10:30AM-12:00PM (Open Gym) 12:15PM-3:45PM (Open Gym)
Zumba Studio 1	6:00PM-7:00PM (Dance) <i>Kyesha O.</i>	9:00AM-10:00AM (Dance) <i>Ayana J.</i>		6:00PM-7:00PM (Dance) <i>Kyesha O.</i>			
Family Swim Lap Pool (3 Lanes)	7:00PM-8:30PM (Family Swim)	7:00PM-8:30PM (Family Swim)	12:00PM-4:30PM (Family Swim) 7:00PM-8:30PM (Family Swim)		12:00PM-2:30PM (Family Swim) 4:30PM-8:30PM (Family Swim)		9:00AM-12:00PM (Family Swim) 2:30PM-5:30PM (Family Swim)
Sauna Hours Sauna		6:00AM-8:30PM (Sauna & Whirlpool)	6:00AM-8:30PM (Sauna & Whirlpool)	6:00AM-8:30PM (Sauna & Whirlpool)	6:00AM-8:30PM (Sauna & Whirlpool)	8:00AM-5:30PM (Sauna & Whirlpool)	8:00AM-5:30PM (Sauna & Whirlpool)
Aquacise Lap Pool		8:00AM-9:00AM (Aqua) <i>Nathaniel G.</i>		8:00AM-9:00AM (Aqua) <i>Nathaniel G.</i>			
Total Body Conditioning Studio 3		9:00AM-10:00AM (Cardio) <i>Abbie A.</i>		9:00AM-10:00AM (Cardio) <i>Abbie A.</i>			
Yoga Studio 3		10:00AM-11:00AM (Yoga & Pilates) <i>Abbie A.</i>		10:00AM-11:00AM (Yoga & Pilates) <i>Abbie A.</i>			
Pool Reserved Lap Pool (3 Lanes)		10:00AM-2:00PM (Open Swim)	10:00AM-12:00PM (Open Swim)	10:00AM-12:00PM (Open Swim)			
Silver Strength Studio 1		11:00AM-12:00PM (Active Older Adult) <i>Ms. J.</i>		11:00AM-12:00PM (Active Older Adult) <i>Ms. J.</i>			
Core Training Studio 3		11:00AM-12:00PM (Strength) <i>Abbie A.</i>		11:00AM-12:00PM (Strength) <i>Abbie A.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Studio 1		12:00PM-1:00PM (Yoga & Pilates) <i>Ms. J.</i>		12:00PM-1:00PM (Yoga & Pilates) <i>Ms. J.</i>			
Aqua Yoga/Pilates Lap Pool		1:00PM-2:00PM (Aqua) <i>Ms. J.</i>		1:00PM-2:00PM (Aqua) <i>Ms. J.</i>			
Programming - Reserved Studio 1		2:00PM-3:30PM (Family) <i>Femi M.</i>					
Zumba Studio 3		6:00PM-7:00PM (Dance) <i>Alicia S.</i>					
Programming - Reserved Gym B			5:30PM-7:30PM (Open Gym)	5:30PM-7:30PM (Open Gym)			
Dance Fitness Studio 1				9:00AM-10:00AM (Dance) <i>Sakita J.</i>			
Dance Fitness Studio 3					10:00AM-11:00AM (Dance) <i>Sakita J.</i>		
Strength Studio 3						9:00AM-10:00AM (Strength) <i>Femi M.</i>	
Programming - Reserved Studio 3						10:00PM-2:00PM (Family) <i>Sean C.</i>	
Adult Basketball Full Gym							8:30AM-10:30AM (Basketball)



Northeast Family YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Basketball Full Gym	5:00AM-7:00AM (Basketball) 12:45PM-2:00PM (Basketball) 3:00PM-4:00PM (Basketball) 8:15PM-9:00PM (Basketball)	5:00AM-7:00AM (Basketball) 3:00PM-4:45PM (Basketball)	5:00AM-7:00AM (Basketball) 10:15AM-11:30AM (Basketball) 3:30PM-5:00PM (Basketball) 8:15PM-9:00PM (Basketball)	5:00AM-7:00AM (Basketball) 3:30PM-5:00PM (Basketball) 8:15PM-9:00PM (Basketball)	5:00AM-9:45AM (Basketball) 11:15AM-1:00PM (Basketball) 3:15PM-9:00PM (Basketball)	7:00AM-9:45AM (Basketball) 3:00PM-6:00PM (Basketball)	7:00AM-8:45AM (Basketball) 12:00PM-6:00PM (Basketball)
Water Walking Deep End	5:15AM-3:00PM (Water Walking) 4:00PM-8:30PM (Water Walking)	5:15AM-3:30PM (Water Walking) 8:30AM-10:00AM (Water Walking) 3:45PM-7:45PM (Water Walking) 7:55PM-8:30PM (Water Walking)	5:15AM-2:45PM (Water Walking) 4:00PM-8:30PM (Water Walking)	5:15AM-8:55AM (Water Walking) 10:00AM-3:45PM (Water Walking) 7:55PM-8:30PM (Water Walking)	5:15AM-4:00PM (Water Walking) 7:30PM-8:30PM (Water Walking)	7:15AM-1:15PM (Water Walking) 4:30PM-5:30PM (Water Walking)	7:15AM-1:15PM (Water Walking) 4:30PM-5:30PM (Water Walking)
Lap Swimming Lap Pool (4 Lanes)	5:15AM-9:45AM (Lap Swimming) 11:15AM-12:00PM (Lap Swimming) 7:45PM-8:30PM (Lap Swimming)	5:15AM-8:30AM (Lap Swimming) 10:00AM-12:00PM (Lap Swimming) 7:55PM-8:30PM (Lap Swimming)	5:15AM-10:00AM (Lap Swimming) 7:45PM-8:30PM (Lap Swimming)	5:15AM-8:55AM (Lap Swimming) 10:00AM-12:00PM (Lap Swimming) 7:55PM-8:30PM (Lap Swimming)	5:15AM-8:30AM (Lap Swimming) 10:00AM-4:00PM (Lap Swimming) 7:30PM-8:30PM (Lap Swimming)	7:15AM-9:00AM (Lap Swimming) 4:30PM-5:30PM (Lap Swimming)	7:15AM-9:15AM (Lap Swimming)
Water Walking Shallow End	5:15AM-10:00AM (Water Walking) 11:00AM-3:45PM (Water Walking) 7:45PM-8:30PM (Water Walking)	5:15AM-8:30AM (Water Walking) 10:00AM-3:30PM (Water Walking) 7:55PM-8:30PM (Water Walking)	5:15AM-10:00AM (Water Walking) 11:30AM-3:45PM (Water Walking) 7:45PM-8:30PM (Water Walking)	5:15AM-8:55AM (Water Walking) 9:00AM-3:45PM (Water Walking) 7:55PM-8:30PM (Water Walking)	5:15AM-8:30AM (Water Walking) 10:00AM-4:00PM (Water Walking) 7:30PM-8:30PM (Water Walking)	7:15AM-8:30AM (Water Walking) 4:30PM-5:30PM (Water Walking)	7:15AM-9:15AM (Water Walking) 4:30PM-5:30PM (Water Walking)
KidZone Open Care Kid Zone Area	9:00AM-1:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	9:00AM-1:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	9:00AM-1:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	9:00AM-1:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)		8:00AM-12:00PM (Kidzone)	8:00AM-12:00PM (Kidzone)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Gold Full Gym	9:00AM-10:00AM (Active Older Adult) <i>Christina A.</i>		9:00AM-10:00AM (Active Older Adult) <i>Christina A.</i>				
Lap Swimming Lap Pool (2 Lanes)	9:45AM-11:15AM (Lap Swimming) 12:00PM-5:15PM (Lap Swimming)	8:30AM-10:00AM (Lap Swimming)	10:00AM-3:45PM (Lap Swimming)	9:00AM-9:55AM (Lap Swimming) 12:00PM-4:40PM (Lap Swimming)			9:15AM-10:00AM (Lap Swimming)
Aqua Stretch & Strength Shallow End	10:00AM-11:00AM (Aqua) <i>Lauren I.</i>						
Pilates Studio	10:30AM-11:15AM (Yoga & Pilates) <i>Fran S.</i>		10:30AM-11:15AM (Yoga & Pilates) <i>Fran S.</i>				
SilverSneakers Classic Full Gym	11:45AM-12:30PM (Active Older Adult) <i>Eileen D.</i>		11:45AM-12:30PM (Active Older Adult) <i>Jessica B.</i>		10:05AM-10:50AM (Active Older Adult) <i>Janet M.</i>		
Zumba Toning Studio	12:45PM-1:30PM (Dance) <i>Lisa F.</i>		12:45PM-1:30PM (Dance) <i>Lisa F.</i>				
PFD Free Time Shallow End	1:00PM-3:00PM (Family Swim)	2:00PM-4:00PM (Family Swim)	1:00PM-3:00PM (Family Swim)	2:00PM-4:00PM (Family Swim)	1:00PM-3:00PM (Family Swim)		
Open Studio Studio	1:45PM-2:45PM (Stretch) <i>Melissa G.</i>	1:50PM-2:30PM (Stretch) <i>Melissa G.</i>	1:45PM-3:00PM (Stretch) <i>Melissa G.</i>	1:30PM-2:30PM (Stretch) <i>Melissa G.</i>	3:00PM-4:00PM (Stretch) <i>Melissa G.</i>	2:30PM-5:30PM (Stretch) <i>Melissa G.</i>	
Aqua Deep Deep End	3:00PM-4:00PM (Aqua) <i>Marianne R.</i>		3:00PM-4:00PM (Aqua) <i>Marianne R.</i>	9:00AM-9:45AM (Aqua) <i>Lauren I.</i>			
LES MILLS BODYCOMBAT Studio	3:30PM-4:15PM (Les Mills) <i>Ginger D.</i>		6:30PM-7:25PM (Les Mills) <i>Ginger D.</i>				
Cycle Studio	4:30PM-5:15PM (Cycle) <i>Marianne R.</i>	8:30AM-9:00AM (Cycle) <i>Melissa G.</i> 4:30PM-5:00PM (Cycle) <i>Christina J.</i>	4:30PM-5:15PM (Cycle) <i>Marianne R.</i>	8:30AM-9:00AM (Cycle) <i>Melissa G.</i>			
LES MILLS BODYSTEP Studio	5:30PM-6:15PM (Les Mills) <i>Janet M.</i>			6:00AM-6:30AM (Les Mills) <i>Janet M.</i>			
Zumba Studio	6:30PM-7:30PM (Dance) <i>Marlene V.</i>	11:00AM-12:00PM (Dance) <i>Lisa F.</i> 6:30PM-7:30PM (Dance) <i>Beatriz S.</i>		11:00AM-12:00PM (Dance) <i>Leanne K.</i> 6:30PM-7:30PM (Dance) <i>Juanita M.</i>	11:00AM-12:00PM (Dance) <i>Gina M.</i> 4:00PM-5:00PM (Dance) <i>Marlene V.</i>	10:00AM-11:00AM (Dance) <i>Kyneisha H.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Functional Pilates Studio	7:30PM-8:00PM (Yoga & Pilates) <i>Rebecca G.</i>	7:30PM-8:00PM (Yoga & Pilates) <i>Rebecca G.</i>		5:30PM-6:15PM (Yoga & Pilates) <i>Melissa G.</i>			
Core Training Studio		6:00AM-6:30AM (Strength) <i>Janet M.</i>					
LES MILLS BODYBALANCE Studio		6:30AM-7:00AM (Les Mills) <i>Janet M.</i>	5:30PM-6:00PM (Les Mills) <i>Janet M.</i>	6:30AM-7:00AM (Les Mills) <i>Janet M.</i>			
Aqua ZUMBA Shallow End		9:00AM-9:45AM (Aqua) <i>Christina A.</i>					
Chair Yoga Studio		9:15AM-10:00AM (Active Older Adult) <i>Jessica B.</i>		10:00AM-11:00AM (Active Older Adult) <i>Basheerah M.</i>			
Pop-up Fitness Bingo Gymnasium		12:00PM-1:00PM (Pop Up) <i>Melissa G.</i>					
Yoga Studio		12:15PM-1:00PM (Yoga & Pilates) <i>Melissa G.</i>		12:10PM-12:50PM (Yoga & Pilates) <i>Ashlan W.</i>			
Lap Swimming Lap Pool (1 Lane)		1:00PM-7:45PM (Lap Swimming)	2:45PM-7:45PM (Lap Swimming)	4:45PM-7:55PM (Lap Swimming)	4:00PM-7:30PM (Lap Swimming)	1:30PM-4:30PM (Lap Swimming)	1:30PM-4:30PM (Lap Swimming)
Tai Chi Studio		1:05PM-1:50PM (Yoga & Pilates) <i>Melissa G.</i>					
Line Dancing Studio		3:00PM-4:00PM (Dance) <i>Cil R.</i>		3:00PM-4:00PM (Dance) <i>Cil R.</i>			
LES MILLS BODYPUMP Studio		5:15PM-6:15PM (Les Mills) <i>Leslie Y.</i>				8:00AM-8:45AM (Les Mills) <i>Sharon H.</i>	
Pickleball - Intermediate/Advanced Full Gym		7:00PM-9:00PM (Pickleball) <i>Joann C.</i>					
SilverSneakers Splash Shallow End			10:15AM-11:15AM (Active Older Adult) <i>Eileen D.</i>				
LES MILLS CORE Studio			6:00PM-6:30PM (Les Mills) <i>Ginger D.</i>				
TRX Shock Fitness Center			7:00PM-8:00PM (Sgt) <i>Diana O.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Qigong Studio				9:15AM-9:45AM (Yoga & Pilates) <i>Tamika W.</i>			
Women & Weights Fitness Center				9:30AM-10:30AM (Sgt) <i>Melissa G.</i>			
Meditation Studio					8:45AM-9:00AM (Yoga & Pilates) <i>Melissa G.</i>		
Aquacise Shallow End					9:00AM-10:00AM (Aqua) <i>Alicia M.</i>	8:30AM-9:30AM (Aqua) <i>Alicia M.</i>	
Vinyasa Yoga Studio					9:00AM-10:00AM (Yoga & Pilates) <i>Melissa G.</i>		
Pickleball - Beginner Full Gym					1:00PM-3:00PM (Pickleball) <i>Joann C.</i>		
Family Swim Deep End					4:00PM-7:30PM (Family Swim)	1:30PM-4:30PM (Family Swim)	1:30PM-4:30PM (Family Swim)
Family Swim Shallow End					4:00PM-7:30PM (Family Swim)	1:30PM-4:30PM (Family Swim)	1:30PM-4:30PM (Family Swim)
Launch - LES MILLS BODYBALANCE Studio						9:10AM-9:40AM (Les Mills) <i>Samar O.</i>	
Silver & Fit Studio						11:30AM-12:30PM (Active Older Adult) <i>Tiffany S.</i>	
Pickleball Full Gym						1:00PM-3:00PM (Pickleball) <i>Joann C.</i>	



Upper Perkiomen Valley YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYCOMBAT Group Exercise Studio	5:30AM-6:00AM (Les Mills) <i>Bekkah F.</i>	9:15AM-10:00AM (Les Mills) <i>Sherry C.</i>				8:15AM-9:00AM (Les Mills) <i>Amy C.</i>	
Open Basketball Gym A	5:45AM-10:15AM (Basketball) 3:00PM-4:30PM (Basketball) 8:00PM-9:45PM (Basketball)	5:45AM-8:30AM (Basketball) 10:00AM-1:45PM (Basketball)	5:45AM-12:00PM (Basketball) 3:00PM-4:45PM (Basketball)	9:00AM-1:15PM (Basketball)	12:00PM-6:00PM (Basketball)	12:00PM-6:45PM (Basketball)	
Open Basketball Gym B	5:45AM-12:00PM (Basketball) 3:00PM-5:30PM (Basketball) 7:00PM-8:00PM (Basketball)	5:45AM-7:00AM (Basketball) 10:00AM-4:00PM (Basketball) 6:00PM-7:45PM (Basketball)	5:45AM-12:00PM (Basketball) 3:00PM-4:00PM (Basketball)	5:45AM-7:00AM (Basketball) 11:00AM-4:00PM (Basketball)	11:00AM-12:00PM (Basketball) 12:00PM-6:00PM (Basketball)	8:45AM-6:45PM (Basketball)	
LES MILLS SHAPES Group Exercise Studio	6:00AM-6:30AM (Les Mills) <i>Bekkah F.</i> 6:30PM-7:15PM (Les Mills) <i>Melissa H.</i>	6:30PM-7:15PM (Les Mills) <i>Amy L.</i>		6:10AM-6:40AM (Les Mills) <i>Bekkah F.</i> 10:15AM-10:45AM (Les Mills) <i>Amanda H.</i>		10:30AM-11:15AM (Les Mills) <i>Bekkah F.</i>	
Whirlpool Hours Whirlpool	7:15AM-8:30PM (Sauna & Whirlpool)	6:15AM-8:30PM (Sauna & Whirlpool)	7:15AM-8:30PM (Sauna & Whirlpool)	6:15AM-8:30PM (Sauna & Whirlpool)	6:15AM-12:00PM (Sauna & Whirlpool) 3:00PM-8:30PM (Sauna & Whirlpool)	7:15AM-5:00PM (Sauna & Whirlpool)	7:15AM-5:00PM (Sauna & Whirlpool)
Sauna Hours Sauna	7:15AM-8:30PM (Sauna & Whirlpool)	6:15AM-8:30PM (Sauna & Whirlpool)	7:15AM-8:30PM (Sauna & Whirlpool)	6:15AM-8:30PM (Sauna & Whirlpool)	6:15AM-12:00PM (Sauna & Whirlpool) 3:00PM-8:30PM (Sauna & Whirlpool)	7:15AM-5:00PM (Sauna & Whirlpool)	7:15AM-5:00PM (Sauna & Whirlpool)
Water Walking 6 Lane Pool (1 Lane)	7:15AM-9:00AM (Water Walking)		7:15AM-9:00AM (Water Walking)				
Lap Swimming 6 Lane Pool (5 Lanes)	7:15AM-9:00AM (Lap Swimming)		7:15AM-9:00AM (Lap Swimming)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
KidZone Open Care Child Watch Area	8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-12:00PM (Kidzone) 4:00PM-8:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)	8:00AM-1:00PM (Kidzone)
LES MILLS SPRINT Cycle Studio	8:15AM-8:45AM (Les Mills) <i>Amanda H.</i>	6:00PM-6:30PM (Les Mills) <i>Bekkah F.</i>	8:15AM-8:45AM (Les Mills) <i>Amanda H.</i>	5:30AM-6:00AM (Les Mills) <i>Bekkah F.</i> 6:00PM-6:30PM (Les Mills) <i>Novi D.</i>	8:15AM-8:45AM (Les Mills) <i>Amanda H.</i>	8:30AM-9:00AM (Les Mills) <i>Novi D.</i>	8:30AM-9:00AM (Les Mills) <i>Novi D.</i>
Silver Strength Spirit/Mind/Body Studio	8:15AM-9:00AM (Active Older Adult) <i>Sue W.</i>						
Water Walking Program Pool - Half Pool	9:00AM-11:00AM (Water Walking)	10:00AM-11:00AM (Water Walking)			4:00PM-7:00PM (Water Walking)		
Lap Swimming 6 Lane Pool	9:00AM-4:30PM (Lap Swimming)	6:15AM-4:30PM (Lap Swimming)	9:00AM-4:30PM (Lap Swimming)	6:15AM-4:30PM (Lap Swimming)	6:15AM-12:00PM (Lap Swimming)		
LES MILLS BODYPUMP Group Exercise Studio	9:15AM-10:15AM (Les Mills) <i>Jodi B.</i>		5:30AM-6:30AM (Les Mills) <i>Bekkah F.</i> 9:15AM-10:15AM (Les Mills) <i>Amanda H.</i> 5:30PM-6:30PM (Les Mills) <i>Melissa H.</i>			9:15AM-10:15AM (Les Mills) <i>Samantha L.</i>	8:00AM-8:45AM (Les Mills) <i>Amy L.</i>
Cycle Cycle Studio	9:15AM-10:00AM (Cycle) <i>Sarah T.</i> 6:45PM-7:30PM (Cycle) <i>Bekkah F.</i>	5:30AM-6:00AM (Cycle) <i>Bekkah F.</i> 8:45AM-9:30AM (Cycle) <i>Sarah T.</i>	9:15AM-10:00AM (Cycle) <i>Sarah T.</i>	8:15AM-9:00AM (Cycle) <i>Ethan H.</i>			
Stretch & Balance Spirit/Mind/Body Studio	9:15AM-10:00AM (Stretch) <i>Sue W.</i>	12:00PM-12:45PM (Stretch) <i>Sue W.</i>			9:15AM-10:00AM (Stretch) <i>Jen P.</i>	9:15AM-10:00AM (Stretch) <i>Christine M.</i>	
Programming - Reserved Gym A	10:15AM-12:00PM (Open Gym) 5:30PM-8:00PM (Open Gym)	1:45PM-4:00PM (Open Gym) 4:00PM-7:30PM (Open Gym) 7:30PM-8:30PM (Open Gym)	4:45PM-8:00PM (Open Gym)	1:15PM-2:30PM (Open Gym) 5:45PM-8:00PM (Open Gym)	9:15AM-12:00PM (Open Gym)	8:45AM-12:00PM (Open Gym)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Group Exercise Studio	10:30AM-11:30AM (Dance) <i>Krista C.</i>				10:30AM-11:30AM (Dance) <i>Krista C.</i>		
Yoga Spirit/Mind/Body Studio	10:30AM-11:30AM (Yoga & Pilates) <i>Sarah T.</i>		7:30PM-8:30PM (Yoga & Pilates) <i>Rick B.</i>	10:15AM-11:15AM (Yoga & Pilates) <i>Jen P.</i>			8:30AM-9:30AM (Yoga & Pilates) <i>Rick B.</i>
Pickleball Full Gym	12:00PM-2:30PM (Pickleball)	8:30AM-10:00AM (Pickleball)	12:00PM-2:30PM (Pickleball)	7:00AM-9:00AM (Pickleball)	7:00AM-9:00AM (Pickleball) 6:00PM-8:00PM (Pickleball)		
Water Walking Program Pool	4:00PM-5:00PM (Water Walking)	7:00AM-9:00AM (Water Walking) 4:00PM-5:00PM (Water Walking)	9:00AM-11:00AM (Water Walking) 4:00PM-5:00PM (Water Walking)	7:00AM-9:00AM (Water Walking) 10:00AM-11:00AM (Water Walking) 4:00PM-5:00PM (Water Walking)	7:00AM-10:00AM (Water Walking)	7:15AM-9:00AM (Water Walking)	8:00AM-12:00PM (Water Walking)
Yoga/Pilates Spirit/Mind/Body Studio	4:15PM-5:15PM (Yoga & Pilates) <i>Ceil F.</i>		10:30AM-11:30AM (Yoga & Pilates) <i>Ceil F.</i>				
Lap Swimming 6 Lane Pool (1 Lane)	4:30PM-7:30PM (Lap Swimming)	4:30PM-7:30PM (Lap Swimming)	4:30PM-7:30PM (Lap Swimming)	4:30PM-7:30PM (Lap Swimming)		7:15AM-9:30AM (Lap Swimming)	
H.I.I.T. Group Exercise Studio	4:45PM-5:15PM (Strength) <i>Jen P.</i>						
Family Swim Family Fun Pool	5:00PM-7:00PM (Family Swim)	5:00PM-7:00PM (Family Swim)		5:00PM-7:00PM (Family Swim)		12:00PM-5:00PM (Family Swim)	9:00AM-5:00PM (Family Swim)
Programming - Reserved Gym B	5:30PM-7:00PM (Open Gym)	4:45PM-6:00PM (Open Gym)	4:00PM-5:45PM (Open Gym) 5:45PM-8:00PM (Open Gym)	9:00AM-11:00AM (Open Gym) 5:45PM-7:00PM (Open Gym)	9:00AM-11:00AM (Open Gym)		
LES MILLS STRENGTH DEVELOPMENT Group Exercise Studio	5:30PM-6:15PM (Les Mills) <i>Samantha L.</i>	12:00PM-12:45PM (Les Mills) <i>Sherry C.</i>		12:00PM-12:45PM (Les Mills) <i>Amanda H.</i>	5:30AM-6:15AM (Les Mills) <i>Bekkah F.</i> 9:15AM-10:00AM (Les Mills) <i>Amanda H.</i>		
Lap Swimming Program Pool	7:30PM-8:30PM (Lap Swimming)	7:30PM-8:30PM (Lap Swimming)	7:30PM-8:30PM (Lap Swimming)	7:30PM-8:30PM (Lap Swimming)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS GRIT Group Exercise Studio		6:15AM-6:45AM (Les Mills) <i>Bekkah F.</i> 5:45PM-6:15PM (Les Mills) <i>Amy L.</i>	4:45PM-5:15PM (Les Mills) <i>Melissa H.</i>				9:00AM-9:30AM (Les Mills) <i>Amy L.</i>
Pickleball Gym B		7:00AM-8:30AM (Pickleball)					
Chair Yoga Spirit/Mind/Body Studio		8:30AM-9:30AM (Active Older Adult) <i>Rick B.</i>	9:15AM-10:00AM (Active Older Adult) <i>Sue W.</i>				
Aqua Stretch & Strength Program Pool		9:00AM-9:45AM (Aqua) <i>Kathy D.</i>					
Gentle Yoga Spirit/Mind/Body Studio		9:45AM-10:45AM (Yoga & Pilates) <i>Christine M.</i>					
PFD Free Time Program Pool - Half Pool		10:00AM-11:00AM (Family Swim)					
LES MILLS CORE Group Exercise Studio		10:10AM-10:40AM (Les Mills) <i>Amanda H.</i>					
Functional Pilates Spirit/Mind/Body Studio		11:00AM-11:45AM (Yoga & Pilates) <i>Ceil F.</i>					
Adult Basketball Gym B		7:45PM-8:30PM (Basketball)					
Adult Basketball Full Gym		8:30PM-9:45PM (Basketball)					
Meditation Spirit/Mind/Body Studio			8:00AM-8:45AM (Yoga & Pilates) <i>Lesley W.</i>				
Silver Cardio Fusion Group Exercise Studio			10:30AM-11:00AM (Active Older Adult) <i>Sue W.</i>				
Stretch & Balance Group Exercise Studio			11:05AM-11:35AM (Stretch) <i>Sue W.</i>				
Open Basketball Full Gym			8:00PM-9:45PM (Basketball)	2:30PM-5:45PM (Basketball)	5:45AM-7:00AM (Basketball)	7:15AM-8:45AM (Basketball)	
Tai Chi Spirit/Mind/Body Studio				8:00AM-9:00AM (Yoga & Pilates) <i>Charles B.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
KidZone Open Play Gym B				9:00AM-11:00AM (Kidzone)			
Aqua Cardio & Strength Program Pool				9:00AM-9:45AM (Aqua) <i>Kathy D.</i>			
Strength Group Exercise Studio				9:15AM-10:00AM (Strength) <i>Sarah T.</i>			
LES MILLS BODYCOMBAT Spirit/Mind/Body Studio				9:15AM-10:00AM (Les Mills) <i>Amanda H.</i>			
Line Dancing Spirit/Mind/Body Studio				11:30AM-12:30PM (Dance) <i>Ken W.</i>			
Hatha Yoga Spirit/Mind/Body Studio				4:15PM-5:15PM (Yoga & Pilates) <i>Ceil F.</i>			
Pop-up LES MILLS DANCE Spirit/Mind/Body Studio				5:45PM-6:30PM (Pop Up) <i>Zach S.</i>		10:30AM-11:15AM (Pop Up) <i>Zach S.</i>	
LES MILLS BODYBALANCE Spirit/Mind/Body Studio				6:40PM-7:40PM (Les Mills) <i>Bekkah F.</i>	8:00AM-9:00AM (Les Mills) <i>Darlene D.</i>	8:05AM-9:05AM (Les Mills) <i>Bekkah F.</i>	10:00AM-11:00AM (Les Mills) <i>Bekkah F.</i>
Volleyball Full Gym				8:00PM-9:45PM (Volleyball)			
KidZone Open Care Gym B					9:00AM-11:00AM (Kidzone)		
Silver Cardio Fusion Spirit/Mind/Body Studio					10:15AM-11:00AM (Active Older Adult) <i>Ceil F.</i>		
Aqua ZUMBA Program Pool					10:15AM-11:00AM (Aqua) <i>Kate S.</i>		
Lap Swimming 6 Lane Pool (6 Lanes)					3:00PM-4:00PM (Lap Swimming)	9:30AM-5:00PM (Lap Swimming)	7:15AM-5:00PM (Lap Swimming)
Family Swim Program Pool - Half Pool					4:00PM-7:00PM (Family Swim)		
Lap Swimming 6 Lane Pool (2 Lanes)					5:30PM-8:30PM (Lap Swimming)		
PFD Free Time Program Pool						2:00PM-5:00PM (Family Swim)	2:00PM-5:00PM (Family Swim)



Pottstown YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Walking Lap Pool (1 Lane)	6:00AM-10:00AM (Water Walking) 4:00PM-7:00PM (Water Walking)	6:00AM-10:00AM (Water Walking) 4:00PM-7:00PM (Water Walking)	6:00AM-10:00PM (Water Walking) 4:00PM-7:00PM (Water Walking)	6:00AM-10:00AM (Water Walking)	6:00AM-10:00AM (Water Walking) 4:00PM-7:00PM (Water Walking)	7:30AM-8:45AM (Water Walking) 11:15AM-1:00PM (Water Walking)	
Lap Swimming Lap Pool (2 Lanes)	6:00AM-10:00AM (Lap Swimming) 4:00PM-7:00PM (Lap Swimming)	6:00AM-10:00AM (Lap Swimming) 4:00PM-7:00PM (Lap Swimming)	6:00AM-10:00AM (Lap Swimming) 4:00PM-7:00PM (Lap Swimming)	6:00AM-10:00AM (Lap Swimming)	6:00AM-10:00AM (Lap Swimming) 4:00PM-7:00PM (Lap Swimming)		
KidZone Open Care Child Watch Area	8:30AM-11:30AM (Kidzone) 4:30PM-7:45PM (Kidzone)	8:30AM-11:30AM (Kidzone) 4:30PM-7:45PM (Kidzone)	4:30PM-7:45PM (Kidzone) 8:30PM-11:30PM (Kidzone)	8:30AM-11:30AM (Kidzone) 4:30PM-7:45PM (Kidzone)	8:30AM-11:30AM (Kidzone)	8:00AM-12:00PM (Kidzone)	
Aquacise Lap Pool (2 Lanes)	8:30AM-9:30AM (Aqua) <i>Freddie J.</i>						
Cardio Kickboxing Group Exercise Room	9:00AM-10:00AM (Cardio) <i>Carol B.</i>			9:00AM-9:45AM (Cardio) <i>Carol B.</i>			
Core Training Group Exercise Room	10:10AM-10:45AM (Strength) <i>Carol B.</i>		10:10AM-10:45AM (Strength) <i>Carol B.</i>				
Family Swim Lap Pool (1 Lane)	4:00PM-6:00PM (Family Swim)		4:00PM-6:30PM (Family Swim)		4:30PM-6:30PM (Family Swim)	11:15AM-12:45PM (Family Swim)	
PFD Free Time Lap Pool (1 Lane)	4:00PM-5:00PM (Family Swim)		4:00PM-5:00PM (Family Swim)		4:30PM-6:30PM (Family Swim)	11:45AM-12:45PM (Family Swim)	
Hatha Yoga Group Exercise Room	5:30PM-6:30PM (Yoga & Pilates) <i>Kaitlyn L.</i>			5:30PM-6:30PM (Yoga & Pilates) <i>Kaitlyn L.</i>			
Zumba Group Exercise Room	6:30PM-7:30PM (Dance) <i>Valerie M.</i>	6:00PM-7:00PM (Dance) <i>Julia M.</i>	6:30PM-7:30PM (Dance) <i>Pam K.</i>			9:00AM-10:00AM (Dance) <i>Sallie R.</i>	9:00AM-10:00AM (Dance) <i>Priya R.</i>
Pilates Group Exercise Room		9:00AM-9:45AM (Yoga & Pilates) <i>Carol B.</i>			9:00AM-9:45AM (Yoga & Pilates) <i>Carol B.</i>		
Launch - LES MILLS BODYPUMP Group Exercise Room		9:55AM-10:55AM (Les Mills) <i>Carol B.</i>		9:55AM-10:55AM (Les Mills) <i>Carol B.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga Group Exercise Room		1:00PM-2:00PM (Active Older Adult) <i>Chris C.</i>					
Kids Arts and Crafts Teen Room		6:00PM-7:00PM (Kidzone)					
Cardio Fusion Group Exercise Room			9:00AM-10:00AM (Cardio) <i>Carol B.</i>				
Tai Chi Group Exercise Room				11:00AM-12:00PM (Yoga & Pilates) <i>Charles B.</i>			
Open Basketball Gymnasium				5:00PM-7:30PM (Basketball)			
Vinyasa Yoga Group Exercise Room					10:00AM-10:45AM (Yoga & Pilates) <i>Carol B.</i>		
Lap Swimming Lap Pool (1 Lane)						7:30AM-8:45AM (Lap Swimming) 11:15AM-1:00PM (Lap Swimming)	



PhilaYatHome | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Fusion Zoom Room	8:15AM-9:00AM (Cardio (Virtual)) <i>Christy S.</i>						
Maternal Wellness Pre/Post Natal Yoga Zoom Room	9:00AM-9:45AM (Maternal Wellness (Virtual)) <i>Marcela K.</i>						
BOOM MUSCLE Zoom Room	10:00AM-10:45AM (Active Older Adult (Virtual)) <i>Mary G.</i>						
Gentle Yoga Zoom Room	11:00AM-11:45AM (Yoga & Pilates (Virtual)) <i>Chris C.</i>		9:00AM-9:45AM (Yoga & Pilates (Virtual)) <i>Jennifer P.</i>				
Zumba Zoom Room	1:30PM-2:15PM (Dance (Virtual)) <i>Richarda B.</i>	6:15PM-7:00PM (Dance (Virtual)) <i>Christine D.</i>		5:30PM-6:15PM (Dance (Virtual)) <i>Maureen L.</i>			
Maternal Wellness Discussions Zoom Room	2:00PM-3:00PM (Maternal Wellness (Virtual)) <i>Juanita M.</i>						
Chair Pilates Zoom Room		8:30AM-9:15AM (Active Older Adult (Virtual)) <i>Lissa G.</i>					
BOOM Zoom Room		10:00AM-10:45AM (Active Older Adult (Virtual)) <i>Maureen L.</i>		10:00AM-10:45AM (Active Older Adult (Virtual)) <i>Maureen L.</i>			
Silver Barre Zoom Room		11:00AM-11:45AM (Active Older Adult (Virtual)) <i>Maureen L.</i>					
Strength Zoom Room		12:00PM-12:45PM (Strength (Virtual)) <i>Logan W.</i>	6:30AM-7:15AM (Strength (Virtual)) <i>Jennifer S.</i>	12:00PM-12:45PM (Strength (Virtual)) <i>Mary G.</i>	8:30AM-9:15AM (Strength (Virtual)) <i>Jennifer S.</i>		
Barre Zoom Room			8:00AM-8:45AM (Yoga & Pilates (Virtual)) <i>Maureen L.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Strut Zoom Room			10:00AM-10:45AM (Active Older Adult (Virtual)) <i>Pam D.</i>		10:00AM-10:45AM (Active Older Adult (Virtual)) <i>Pam D.</i>		
Core Training Zoom Room			12:00PM-12:45PM (Strength (Virtual)) <i>Jennifer S.</i>		9:30AM-10:15AM (Strength (Virtual)) <i>Christy S.</i>		
Chair Yoga Zoom Room			1:15PM-2:00PM (Active Older Adult (Virtual)) <i>Alissa M.</i>	1:00PM-1:45PM (Active Older Adult (Virtual)) <i>Alissa M.</i>			
Pilates Zoom Room				8:30AM-9:15AM (Yoga & Pilates (Virtual)) <i>Lissa G.</i>			
Silver Dance Zoom Room				11:00AM-11:45AM (Active Older Adult (Virtual)) <i>Maureen L.</i>			
LES MILLS BODYPUMP Zoom Room					10:30AM-11:30AM (Les Mills (Virtual)) <i>Christy S.</i>		
BOOM MIND Zoom Room					11:00AM-11:45AM (Active Older Adult (Virtual)) <i>Mary G.</i>		