



## Columbia North YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Basketball</b> Full Gym					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)
<b>Lap Swimming</b> Lap Pool (6 Lanes)					5:30AM-7:00AM (Lap Swimming)		
<b>Sauna Hours</b> Sauna					6:00AM-8:30PM (Sauna & Whirlpool)	8:00AM-5:30PM (Sauna & Whirlpool)	8:00AM-5:30PM (Sauna & Whirlpool)
<b>Lap Swimming</b> Lap Pool (3 Lanes)					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)
<b>Water Walking</b> Lap Pool (3 Lanes)					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)
<b>KidZone Open Care</b> Child Watch Area					8:00AM-12:45PM (Kidzone)  4:00PM-8:45PM (Kidzone)	8:00AM-1:45PM (Kidzone)	
<b>Senior Circuit Express</b> Gym A					9:00AM-10:00AM (Active Older Adult) <i>Nathaniel G.</i>		
<b>Fit Camp</b> Studio 3					9:00AM-10:00AM (Strength) <i>Femi M.</i>		
<b>Dance Fitness</b> Studio 3					10:00AM-11:00AM (Dance) <i>Sakita J.</i>		

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<b>Cycle</b> Studio 1					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>	
<b>Family Swim</b> Lap Pool (3 Lanes)					12:00PM-2:30PM (Family Swim)  4:30PM-8:30PM (Family Swim)		9:00AM-12:00PM (Family Swim)  2:30PM-5:30PM (Family Swim)
<b>Strength</b> Studio 3						9:00AM-10:00AM (Strength) <i>Femi M.</i>	
<b>Programming - Reserved</b> Full Gym						9:00AM-2:45PM (Open Gym)	10:30AM-12:00PM (Open Gym)  12:15PM-3:45PM (Open Gym)
<b>Programming - Reserved</b> Studio 3						10:00PM-2:00PM (Family) <i>Sean C.</i>	
<b>Adult Basketball</b> Full Gym							8:30AM-10:30AM (Basketball)
<b>Yoga</b> Studio 1							10:00AM-11:00AM (Yoga & Pilates) <i>Denine N.</i>
<b>Lap Swimming</b> Lap Pool (1 Lane)							12:00PM-2:30PM (Lap Swimming)