



## James P. Gills Family YMCA | April 27th - May 3rd

|  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday                    | Sunday   |
|--|---|--|--|--|--|-----------------------------|--|
| <b>Open Gym</b><br>Basketball-Court 2                          | 5:00AM-8:45AM<br>(Open Gym)   | 5:00AM-8:45AM<br>(Open Gym)  | 5:00AM-8:45AM<br>(Open Gym)  | 5:00AM-8:45AM<br>(Open Gym)  | 5:00AM-8:45AM<br>(Open Gym)  |                             | 11:00AM-12:00PM<br>(Open Gym)                  |
| <b>Open Gym</b><br>Basketball-Court 1                          | 5:00AM-8:30AM<br>(Open Gym)   | 5:00AM-8:30AM<br>(Open Gym)  | 5:00AM-8:30AM<br>(Open Gym)  | 5:00AM-8:30AM<br>(Open Gym)  | 5:00AM-8:30AM<br>(Open Gym)  |                             | 11:00AM-5:00PM<br>(Open Gym)                   |
| <b>Lap Swim- 3 Lanes</b><br>Family Pool                        | 5:30AM-10:00AM<br>(Lap Swim)<br><br>11:00AM-3:30PM<br>(Lap Swim)<br><br>8:00PM-9:00PM<br>(Lap Swim) | 5:30AM-9:00PM<br>(Lap Swim)<br><br>11:00AM-3:30PM<br>(Lap Swim)<br><br>8:00PM-9:00PM<br>(Lap Swim) | 5:30AM-3:30PM<br>(Lap Swim)<br><br>8:00PM-9:00PM<br>(Lap Swim)                                     | 5:30AM-9:00PM<br>(Lap Swim)<br><br>11:00AM-3:30PM<br>(Lap Swim)<br><br>8:00PM-9:00PM<br>(Lap Swim) | 5:30AM-9:00PM<br>(Lap Swim)<br><br>11:00AM-3:30PM<br>(Lap Swim)<br><br>8:00PM-9:00PM<br>(Lap Swim) |                             |  |
| <b>Pool Closed for Renovations</b><br>Competition Pool         | 5:30AM-9:00PM<br>(Lap Swim)   | 5:30AM-9:00PM<br>(Lap Swim)  | 5:30AM-9:00PM<br>(Lap Swim)  | 5:30AM-9:00PM<br>(Lap Swim)  | 5:30AM-9:00PM<br>(Lap Swim)  | 5:30AM-9:00PM<br>(Lap Swim) | 5:30AM-9:00PM<br>(Lap Swim)                    |
| <b>Pool Open</b><br>Family Pool                                | 5:30AM-9:00PM<br>(Program)  | 5:30AM-9:00PM<br>(Program)   | 5:30AM-9:00PM<br>(Program)   | 5:30AM-9:00PM<br>(Program)   | 5:30AM-9:00PM<br>(Program)   | 7:30AM-4:30PM<br>(Program)  | 11:30AM-4:30PM<br>(Program)                    |
| <b>Cycling</b><br>Community Room 2<br><a href="#">REGISTER</a> | 5:50AM-6:35AM<br>(Cardio)<br><i>Peter R.</i><br><br>9:00AM-9:45AM<br>(Cardio)<br><i>Carrie R.</i>   | 9:00AM-9:45AM<br>(Cardio)<br><i>Torri K.</i>   | 5:50AM-6:35AM<br>(Cardio)<br><i>Peter R.</i><br><br>9:00AM-9:45AM<br>(Cardio)<br><i>Cortney B.</i> | 9:00AM-9:45AM<br>(Cardio)<br><i>Karen E.</i>   | 5:50AM-6:35AM<br>(Cardio)<br><i>Peter R.</i><br><br>9:00AM-9:45AM<br>(Cardio)<br><i>Torri K.</i>   |                             | 12:15PM-1:00PM<br>(Cardio)<br><i>Carrie R.</i> |
| <b>Group Exercise Class</b><br>Basketball-Court 2              | 9:00AM-11:00AM<br>(Group Exercise)  | 9:00AM-11:00AM<br>(Group Exercise)   | 9:00AM-11:00AM<br>(Group Exercise)   | 9:00AM-11:00AM<br>(Group Exercise)   | 9:00AM-11:00AM<br>(Group Exercise)   |                             |  |
| <b>Group Exercise Class</b><br>Basketball-Court 1              | 9:00AM-11:00AM<br>(Group Exercise)  | 9:00AM-11:00AM<br>(Group Exercise)   | 9:00AM-11:00AM<br>(Group Exercise)   | 9:00AM-11:00AM<br>(Group Exercise)   | 9:00AM-11:00AM<br>(Group Exercise)   |                             |  |
| <b>Cardio Lite</b><br>Community Room 1                         | 9:00AM-9:30AM<br>(Cardio)<br><i>Lauren S.</i>   |  |  |  | 9:00AM-9:30AM<br>(Cardio)<br><i>Lauren S.</i>  |                             |  |
| <b>Step</b><br>Group Exercise                                  | 9:00AM-9:45AM<br>(Cardio)<br><i>Cathy R.</i>  |  |  |  |  |                             |  |
| <b>HIIT</b><br>Basketball-Court 1                              | 9:10AM-9:50AM<br>(Cardio)<br><i>Denise F.</i>   |  | 9:10AM-9:50AM<br>(Cardio)<br><i>Karen E.</i>   |  |  |                             |  |
| <b>Strength Lite</b><br>Community Room 1                       | 9:30AM-10:00AM<br>(Strength)<br><i>Meridith H.</i>  |  |  |  | 9:30AM-10:00AM<br>(Strength)<br><i>Lauren S.</i>   |                             |  |

|   | <b>Monday</b>   | <b>Tuesday</b>                                   | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>   | <b>Saturday</b>                               | <b>Sunday</b>                                   |
|---|---|--|---|--|---|---|---|
| <b>Water Exercise</b><br>Family Pool                | 10:00AM-11:00AM<br>(Program)<br><br>10:00AM-11:00AM<br>(Cardio)<br><i>Ruth S.</i> | 10:00AM-11:00AM<br>(Program)                     |   | 10:00AM-11:00AM<br>(Program)   | 10:00AM-11:00AM<br>(Cardio)<br><i>Ruth S.</i><br><br>10:00AM-11:00AM<br>(Program) |   |   |
| <b>Lap Swim- 2 Lanes</b><br>Family Pool             | 10:00AM-11:00AM<br>(Lap Swim)   | 10:00AM-11:00AM<br>(Lap Swim)                    |   | 10:00AM-11:00AM<br>(Lap Swim)  | 10:00AM-11:00AM<br>(Lap Swim)   | 7:30AM-4:30PM<br>(Lap Swim)                   | 11:30AM-4:30PM<br>(Lap Swim)                    |
| <b>BODYBALANCE</b><br>Group Exercise                | 10:10AM-11:05AM<br>(Mind Body)<br><i>Denise F.</i>                                | 5:00PM-5:55PM<br>(Mind Body)<br><i>Carrie R.</i> |   | 5:50AM-6:40AM<br>(Mind Body)<br><i>Carrie R.</i><br><br>10:10AM-11:05AM<br>(Mind Body)<br><i>Denise F.</i> |   |   |   |
| <b>BODYPUMP</b><br>Basketball-Court 1               | 10:10AM-11:00AM<br>(Strength)<br><i>Mary M.</i>                                   |  | 10:10AM-11:00AM<br>(Strength)<br><i>Denise F.</i>   |  |   |   |   |
| <b>EnhanceFitness</b><br>Community Room 2           | 10:15AM-11:15AM<br>(Community Health)<br><i>Meridith H.</i>                       |  | 10:15AM-11:15AM<br>(Community Health)<br><i>Meridith H.</i>   |  | 10:15AM-11:15AM<br>(Community Health)<br><i>Clark P.</i>                          |   |   |
| <b>Balance and Mobility</b><br>Group Exercise       | 11:05AM-11:45AM<br>(Core)<br><i>Carrie R.</i>                                     |  | 10:10AM-11:00AM<br>(Core)<br><i>Karen E.</i>  |  |   |   |   |
| <b>Pedaling for Parkinson's</b><br>Community Room 2 | 11:30AM-12:30PM<br>(Cardio)<br><i>Clark P.</i>                                    |  | 11:30AM-12:30PM<br>(Cardio)<br><i>Clark P.</i>  |  | 11:30AM-12:30PM<br>(Cardio)<br><i>Clark P.</i>                                    |   |   |
| <b>Zumba Gold</b><br>Group Exercise                 | 12:00PM-1:00PM<br>(Dance)<br><i>Priscilla V.</i>                                  |  |   |  |   |   |   |
| <b>Lap Swim- 1 Lane</b><br>Family Pool              | 3:30PM-8:00PM<br>(Lap Swim)   | 3:30PM-8:00PM<br>(Lap Swim)                      | 3:30PM-8:00PM<br>(Lap Swim)   | 3:30PM-8:00PM<br>(Lap Swim)  | 3:30PM-8:00PM<br>(Lap Swim)   |   |   |
| <b>Swim Team- 4 Lanes</b><br>Family Pool            | 3:30PM-8:00PM<br>(Program)  | 3:30PM-8:00PM<br>(Program)                       | 3:30PM-8:00PM<br>(Program)  | 3:30PM-8:00PM<br>(Program)   | 3:30PM-8:00PM<br>(Program)  |   |   |
| <b>BODYPUMP</b><br>Group Exercise                   | 5:00PM-5:55PM<br>(Strength)<br><i>Tori W.</i>                                     |  | 5:50AM-6:40AM<br>(Strength)<br><i>Tori W.</i><br><br>6:00PM-6:50PM<br>(Strength)<br><i>Heather G.</i> | 6:00PM-6:45PM<br>(Strength)<br><i>Torri K.</i>   |   | 8:00AM-9:00AM<br>(Strength)<br><i>Tori W.</i> |   |
| <b>Swim Lessons</b><br>Family Pool                  | 5:00PM-8:00PM<br>(Program)  | 5:00PM-8:00PM<br>(Program)                       | 5:00PM-8:00PM<br>(Program)  | 5:00PM-8:00PM<br>(Program)   | 5:00PM-8:00PM<br>(Program)  | 9:00AM-12:00PM<br>(Program)                   |   |
| <b>BODYCOMBAT</b><br>Community Room 1               | 6:00PM-6:55PM<br>(Cardio)<br><i>Heather G.</i>                                    |  |   |  |   |   | 11:10AM-12:00PM<br>(Cardio)<br><i>Carrie R.</i> |

|   | <b>Monday</b>                                    | <b>Tuesday</b>                                  | <b>Wednesday</b>                             | <b>Thursday</b>                               | <b>Friday</b>                                   | <b>Saturday</b>                                | <b>Sunday</b>              |
|---|--|---|--|---|---|--|----------------------------|
| <b>Pilates</b><br>Community Room 2                                | 6:00PM-6:55PM<br>(Core)<br><i>Kristen P.</i>     |   |  |   |   |  |                            |
| <b>Zumba</b><br>Group Exercise                                    | 6:00PM-7:00PM<br>(Dance)<br><i>Carmen U.</i>     |   |  | 7:00PM-8:00PM<br>(Dance)<br><i>Brenda P.</i>  |   | 10:30AM-11:30AM<br>(Dance)<br><i>Carmen U.</i> |                            |
| <b>Yoga</b><br>Community Room 2                                   | 7:05PM-8:05PM<br>(Mind Body)<br><i>Zhanna W.</i> |   |  |   |   |  |                            |
| <b>Members Only 30+ Pick-up</b><br>Basketball-Court 1             | 8:00PM-9:30PM<br>(Sports)                        |   |  |   |   | 7:00AM-8:30AM<br>(Sports)                      |                            |
| <b>Pool Closed</b><br>Family Pool                                 | 9:00PM-9:30PM<br>(Program)                       | 9:00PM-9:30PM<br>(Program)                      | 9:00PM-9:30PM<br>(Program)                   | 9:00PM-9:30PM<br>(Program)                    | 9:00PM-9:30PM<br>(Program)                      | 4:30PM-5:00PM<br>(Program)                     | 4:30PM-5:00PM<br>(Program) |
| <b>Strength and Resistance</b><br>Group Exercise                  |  | 5:45AM-6:30AM<br>(Strength)<br><i>Karen E.</i>  |  |   |   |  |                            |
| <b>Cardio Lite</b><br>Group Exercise                              |  | 9:00AM-9:45AM<br>(Cardio)<br><i>Cathy R.</i>    | 9:00AM-9:30AM<br>(Cardio)<br><i>Cathy R.</i> | 9:00AM-9:30AM<br>(Cardio)<br><i>Cathy R.</i>  |   |  |                            |
| <b>Cardio and Strength</b><br>Basketball-Court 1                  |  | 9:10AM-9:50AM<br>(Cardio)<br><i>Denise F.</i>   |  | 9:10AM-9:50AM<br>(Cardio)<br><i>Denise F.</i> |   |  |                            |
| <b>BODYCOMBAT</b><br>Group Exercise                               |  | 10:00AM-10:55AM<br>(Cardio)<br><i>Carrie R.</i> |  |   | 10:00AM-11:00AM<br>(Cardio)<br><i>Carrie R.</i> |  |                            |
| <b>Pilates</b><br>Group Exercise                                  |  | 11:05AM-12:00PM<br>(Core)<br><i>Colleen B.</i>  |  |   |   |  |                            |
| <b>Power Yoga</b><br>Group Exercise                               |  | 12:10PM-1:00PM<br>(Mind Body)<br><i>Mary M.</i> |  |   | 5:50AM-6:45AM<br>(Mind Body)<br><i>Mary M.</i>  |  |                            |
| <b>SilverSneakers Circuit</b><br>Group Exercise                   |  | 1:15PM-2:15PM<br>(Strength)<br><i>Cathy R.</i>  |  |   |   |  |                            |
| <b>Cardio and Strength</b><br>Group Exercise                      |  | 6:00PM-6:50PM<br>(Cardio)<br><i>Kristen P.</i>  |  |   |   | 9:15AM-10:00AM<br>(Cardio)<br><i>Carrie R.</i> |                            |
| <b>HIIT Cycle</b><br>Community Room 2<br><a href="#">REGISTER</a> |  | 6:00PM-6:30PM<br>(Cardio)<br><i>Tori W.</i>     |  |   |   |  |                            |
| <b>BootCamp</b><br>Group Exercise                                 |  | 7:05PM-8:05PM<br>(Cardio)<br><i>Heather G.</i>  |  |   |   |  |                            |

|   | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b>                                    | <b>Thursday</b>                                     | <b>Friday</b>                                     | <b>Saturday</b>                               | <b>Sunday</b>                                   |
|---|---------------|----------------|---|---|---|---|---|
| <b>Strength Lite</b><br>Group Exercise                        |               |                | 9:30AM-10:00AM<br>(Strength)<br><i>Cathy R.</i>     | 9:30AM-10:00AM<br>(Strength)<br><i>Cathy R.</i>     |   |   |   |
| <b>Yoga</b><br>Community Room 1                               |               |                | 11:00AM-12:00PM<br>(Mind Body)<br><i>Ines R.</i>    |   | 10:15AM-11:15AM<br>(Mind Body)<br><i>Ines R.</i>  |   | 12:15PM-1:10PM<br>(Mind Body)<br><i>Mary M.</i> |
| <b>Chair Yoga</b><br>Group Exercise                           |               |                | 11:10AM-11:50AM<br>(Mind Body)<br><i>Colleen B.</i> | 11:10AM-11:50AM<br>(Mind Body)<br><i>Colleen B.</i> |   |   |   |
| <b>SilverSneakers Classic</b><br>Group Exercise               |               |                | 1:15PM-2:15PM<br>(Cardio)<br><i>Cathy R.</i>        |   |   |   |   |
| <b>HIIT</b><br>Group Exercise                                 |               |                | 5:00PM-5:45PM<br>(Cardio)<br><i>Lauren S.</i>       |   |   |   |   |
| <b>Yogalates</b><br>Community Room 2                          |               |                | 6:00PM-6:55PM<br>(Mind Body)<br><i>Zhanna W.</i>    |   |   |   |   |
| <b>Members Only Open Volleyball</b><br>Basketball-Court 2     |               |                | 8:00PM-9:30PM<br>(Sports)                           |   |   |   | 12:00PM-2:00PM<br>(Sports)                      |
| <b>Yogalates</b><br>Group Exercise                            |               |                |   | 12:00PM-1:00PM<br>(Mind Body)<br><i>Colleen B.</i>  |   |   |   |
| <b>Zumba Gold</b><br>Community Room 2                         |               |                |   | 1:15PM-2:15PM<br>(Dance)<br><i>Cathy R.</i>         |   |   |   |
| <b>SHAPES</b><br>Group Exercise                               |               |                |   | 5:00PM-5:50PM<br>(Mind Body)<br><i>Tori W.</i>      |   |   |   |
| <b>SPRINT</b><br>Community Room 2<br><a href="#">REGISTER</a> |               |                |   | 6:00PM-6:30PM<br>(Cardio)<br><i>Tori W.</i>         |   | 9:15AM-9:45AM<br>(Cardio)<br><i>Tori W.</i>   |   |
| <b>Core and Glute</b><br>Group Exercise                       |               |                |   |   | 9:10AM-9:50AM<br>(Strength)<br><i>Kathryn D.</i>  |   |   |
| <b>Strength and Resistance</b><br>Basketball-Court 1          |               |                |   |   | 10:05AM-10:50AM<br>(Strength)<br><i>Lauren S.</i> |   |   |
| <b>Pilates</b><br>Community Room 1                            |               |                |   |   |   | 10:15AM-11:15AM<br>(Core)<br><i>Carrie R.</i> |   |
| <b>Water Slide Open</b><br>Family Pool                        |               |                |   |   |   | 12:00PM-4:30PM<br>(Lap Swim)                  | 12:00PM-4:30PM<br>(Lap Swim)                    |

|                                       | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b> | <b>Thursday</b> | <b>Friday</b> | <b>Saturday</b>                                  | <b>Sunday</b> |
|---------------------------------------|---------------|----------------|------------------|-----------------|---------------|--|---------------|
| <b>Chair Yoga</b><br>Community Room 2 |               |                |                  |                 |               | 12:00PM-12:45PM<br>(Mind Body)<br><i>Aura D.</i> |               |



|  | <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>  | <b>Saturday</b>  | <b>Sunday</b>  |
|--|--|---|--|---|--|--|--|
| <b>Pickleball</b><br>Pickleball Court 4C<br><a href="#">REGISTER</a> | 6:00AM-8:00AM<br>(Pickleball)<br><br>8:00AM-10:00AM<br>(Pickleball)<br><br>10:00AM-12:00PM<br>(Pickleball)<br><br>12:00PM-2:00PM<br>(Pickleball)<br><br>2:00PM-4:00PM<br>(Pickleball)<br><br>4:00PM-6:00PM<br>(Pickleball)<br><br>6:00PM-8:00PM<br>(Pickleball)<br><br>8:00PM-9:25PM<br>(Pickleball) | 6:00AM-8:00AM<br>(Pickleball)<br><br>12:00PM-2:00PM<br>(Pickleball)<br><br>2:00PM-4:00PM<br>(Pickleball)<br><br>4:00PM-6:00PM<br>(Pickleball)<br><br>6:00PM-8:00PM<br>(Pickleball)<br><br>8:00PM-9:25PM<br>(Pickleball) | 6:00AM-8:00AM<br>(Pickleball)<br><br>8:00AM-10:00AM<br>(Pickleball)<br><br>10:00AM-12:00PM<br>(Pickleball)<br><br>12:00PM-2:00PM<br>(Pickleball)<br><br>2:00PM-4:00PM<br>(Pickleball)<br><br>4:00PM-6:00PM<br>(Pickleball)<br><br>6:00PM-8:00PM<br>(Pickleball)<br><br>8:00PM-9:25PM<br>(Pickleball) | 6:00AM-8:00AM<br>(Pickleball)<br><br>12:00PM-2:00PM<br>(Pickleball)<br><br>2:00PM-4:00PM<br>(Pickleball)<br><br>4:00PM-6:00PM<br>(Pickleball)<br><br>6:00PM-8:00PM<br>(Pickleball)<br><br>8:00PM-9:25PM<br>(Pickleball) | 6:00AM-8:00AM<br>(Pickleball)<br><br>8:00AM-10:00AM<br>(Pickleball)<br><br>10:00AM-12:00PM<br>(Pickleball)<br><br>12:00PM-2:00PM<br>(Pickleball)<br><br>2:00PM-4:00PM<br>(Pickleball)<br><br>4:00PM-6:00PM<br>(Pickleball)<br><br>6:00PM-8:00PM<br>(Pickleball)<br><br>8:00PM-9:00PM<br>(Pickleball) | 11:00AM-1:00PM<br>(Pickleball)<br><br>1:00PM-3:00PM<br>(Pickleball)<br><br>3:00PM-4:45PM<br>(Pickleball) | 11:00AM-1:00PM<br>(Pickleball)<br><br>1:00PM-3:00PM<br>(Pickleball)<br><br>3:00PM-5:00PM<br>(Pickleball) |
| <b>Pickleball</b><br>Pickleball Court 4A<br><a href="#">REGISTER</a> | 6:00AM-8:00AM<br>(Pickleball)<br><br>10:00AM-12:00PM<br>(Pickleball)<br><br>12:00PM-2:00PM<br>(Pickleball)<br><br>2:00PM-4:00PM<br>(Pickleball)<br><br>4:00PM-6:00PM<br>(Pickleball)<br><br>6:00PM-8:00PM<br>(Pickleball)<br><br>8:00PM-9:25PM<br>(Pickleball)                                       | 6:00AM-8:00AM<br>(Pickleball)<br><br>12:00PM-2:00PM<br>(Pickleball)<br><br>2:00PM-4:00PM<br>(Pickleball)<br><br>4:00PM-6:00PM<br>(Pickleball)<br><br>6:00PM-8:00PM<br>(Pickleball)<br><br>8:00PM-9:25PM<br>(Pickleball) | 6:00AM-8:00AM<br>(Pickleball)<br><br>8:00AM-10:00AM<br>(Pickleball)<br><br>10:00AM-12:00PM<br>(Pickleball)<br><br>12:00PM-2:00PM<br>(Pickleball)<br><br>2:00PM-4:00PM<br>(Pickleball)<br><br>4:00PM-6:00PM<br>(Pickleball)<br><br>6:00PM-8:00PM<br>(Pickleball)<br><br>8:00PM-9:25PM<br>(Pickleball) | 6:00AM-8:00AM<br>(Pickleball)<br><br>12:00PM-2:00PM<br>(Pickleball)<br><br>2:00PM-4:00PM<br>(Pickleball)<br><br>4:00PM-6:00PM<br>(Pickleball)<br><br>6:00PM-8:00PM<br>(Pickleball)<br><br>8:00PM-9:25PM<br>(Pickleball) | 6:00AM-8:00AM<br>(Pickleball)<br><br>8:00AM-10:00AM<br>(Pickleball)<br><br>10:00AM-12:00PM<br>(Pickleball)<br><br>12:00PM-2:00PM<br>(Pickleball)<br><br>2:00PM-4:00PM<br>(Pickleball)<br><br>4:00PM-6:00PM<br>(Pickleball)<br><br>6:00PM-8:00PM<br>(Pickleball)<br><br>8:00PM-9:00PM<br>(Pickleball) | 11:00AM-1:00PM<br>(Pickleball)<br><br>1:00PM-3:00PM<br>(Pickleball)<br><br>3:00PM-4:45PM<br>(Pickleball) | 11:00AM-1:00PM<br>(Pickleball)<br><br>1:00PM-3:00PM<br>(Pickleball)<br><br>3:00PM-5:00PM<br>(Pickleball) |

|  | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>  | <b>Saturday</b>   | <b>Sunday</b>  |
|--|---|---|---|---|--|---|--|
| <b>Pickleball</b><br>Pickleball Court 4D<br><a href="#">REGISTER</a> | 6:00AM-8:00AM<br>(Pickleball)<br><br>12:00PM-2:00PM<br>(Pickleball)<br><br>2:00PM-4:00PM<br>(Pickleball)<br><br>4:00PM-6:00PM<br>(Pickleball)<br><br>6:00PM-8:00PM<br>(Pickleball)<br><br>8:00PM-9:25PM<br>(Pickleball) | 6:00AM-8:00AM<br>(Pickleball)<br><br>12:00PM-2:00PM<br>(Pickleball)<br><br>2:00PM-4:00PM<br>(Pickleball)<br><br>4:00PM-6:00PM<br>(Pickleball)<br><br>6:00PM-8:00PM<br>(Pickleball)<br><br>8:00PM-9:25PM<br>(Pickleball) | 6:00AM-8:00AM<br>(Pickleball)<br><br>12:00PM-2:00PM<br>(Pickleball)<br><br>2:00PM-4:00PM<br>(Pickleball)<br><br>4:00PM-6:00PM<br>(Pickleball)<br><br>6:00PM-8:00PM<br>(Pickleball)<br><br>8:00PM-9:25PM<br>(Pickleball) | 6:00AM-8:00AM<br>(Pickleball)<br><br>12:00PM-2:00PM<br>(Pickleball)<br><br>2:00PM-4:00PM<br>(Pickleball)<br><br>4:00PM-6:00PM<br>(Pickleball)<br><br>6:00PM-8:00PM<br>(Pickleball)<br><br>8:00PM-9:25PM<br>(Pickleball) | 6:00AM-8:00AM<br>(Pickleball)<br><br>8:00AM-10:00AM<br>(Pickleball)<br><br>10:00AM-12:00PM<br>(Pickleball)<br><br>12:00PM-2:00PM<br>(Pickleball)<br><br>2:00PM-4:00PM<br>(Pickleball)<br><br>4:00PM-6:00PM<br>(Pickleball)<br><br>6:00PM-8:00PM<br>(Pickleball)<br><br>8:00PM-9:00PM<br>(Pickleball) | 11:00AM-1:00PM<br>(Pickleball)<br><br>1:00PM-3:00PM<br>(Pickleball)<br><br>3:00PM-4:45PM<br>(Pickleball)  | 11:00AM-1:00PM<br>(Pickleball)<br><br>1:00PM-3:00PM<br>(Pickleball)<br><br>3:00PM-5:00PM<br>(Pickleball) |
| <b>Pickleball</b><br>Pickleball Court 4B<br><a href="#">REGISTER</a> | 6:00AM-8:00AM<br>(Pickleball)<br><br>12:00PM-2:00PM<br>(Pickleball)<br><br>2:00PM-4:00PM<br>(Pickleball)<br><br>4:00PM-6:00PM<br>(Pickleball)<br><br>6:00PM-8:00PM<br>(Pickleball)<br><br>8:00PM-9:25PM<br>(Pickleball) | 6:00AM-8:00AM<br>(Pickleball)<br><br>12:00PM-2:00PM<br>(Pickleball)<br><br>2:00PM-4:00PM<br>(Pickleball)<br><br>4:00PM-6:00PM<br>(Pickleball)<br><br>6:00PM-8:00PM<br>(Pickleball)<br><br>8:00PM-9:25PM<br>(Pickleball) | 6:00AM-8:00AM<br>(Pickleball)<br><br>12:00PM-2:00PM<br>(Pickleball)<br><br>2:00PM-4:00PM<br>(Pickleball)<br><br>4:00PM-6:00PM<br>(Pickleball)<br><br>6:00PM-8:00PM<br>(Pickleball)<br><br>8:00PM-9:25PM<br>(Pickleball) | 6:00AM-8:00AM<br>(Pickleball)<br><br>12:00PM-2:00PM<br>(Pickleball)<br><br>2:00PM-4:00PM<br>(Pickleball)<br><br>4:00PM-6:00PM<br>(Pickleball)<br><br>6:00PM-8:00PM<br>(Pickleball)<br><br>8:00PM-9:25PM<br>(Pickleball) | 6:00AM-8:00AM<br>(Pickleball)<br><br>8:00AM-10:00AM<br>(Pickleball)<br><br>10:00AM-12:00PM<br>(Pickleball)<br><br>12:00PM-2:00PM<br>(Pickleball)<br><br>2:00PM-4:00PM<br>(Pickleball)<br><br>4:00PM-6:00PM<br>(Pickleball)<br><br>6:00PM-8:00PM<br>(Pickleball)<br><br>8:00PM-9:00PM<br>(Pickleball) | 10:00AM-12:00AM<br>(Pickleball)<br><br>11:00AM-1:00PM<br>(Pickleball)<br><br>1:00PM-3:00PM<br>(Pickleball)<br><br>3:00PM-4:45PM<br>(Pickleball) | 11:00AM-1:00PM<br>(Pickleball)<br><br>1:00PM-3:00PM<br>(Pickleball)<br><br>3:00PM-5:00PM<br>(Pickleball) |

|   | <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>   | <b>Saturday</b>   | <b>Sunday</b>   |
|---|---|--|---|--|---|---|---|
| <b>Tennis</b><br>Court 6 Tennis<br><a href="#">REGISTER</a> | 6:00AM-8:00AM<br>(Tennis)<br><br>8:00AM-10:00AM<br>(Tennis)<br><br>10:00AM-12:00PM<br>(Tennis)<br><br>12:00PM-2:00PM<br>(Tennis)<br><br>2:00PM-4:00PM<br>(Tennis)<br><br>7:00PM-9:00PM<br>(Tennis)<br><br>8:00PM-9:00PM<br>(Tennis) | 6:00AM-8:00AM<br>(Tennis)<br><br>8:00AM-10:00AM<br>(Tennis)<br><br>10:00AM-12:00PM<br>(Tennis)<br><br>12:00PM-2:00PM<br>(Tennis)<br><br>2:00PM-4:00PM<br>(Tennis)<br><br>4:00PM-6:00PM<br>(Tennis)<br><br>6:00PM-7:00PM<br>(Tennis)<br><br>8:00PM-9:00PM<br>(Tennis) | 6:00AM-8:00AM<br>(Tennis)<br><br>8:00AM-10:00AM<br>(Tennis)<br><br>10:00AM-12:00PM<br>(Tennis)<br><br>12:00PM-2:00PM<br>(Tennis)<br><br>2:00PM-4:00PM<br>(Tennis)<br><br>7:00PM-8:00PM<br>(Tennis)<br><br>8:00PM-9:25PM<br>(Tennis)<br><br>8:00PM-9:00PM<br>(Tennis)  | 6:00AM-8:00AM<br>(Tennis)<br><br>8:00AM-10:00AM<br>(Tennis)<br><br>10:00AM-12:00PM<br>(Tennis)<br><br>12:00PM-2:00PM<br>(Tennis)<br><br>2:00PM-4:00PM<br>(Tennis)<br><br>4:00PM-6:00PM<br>(Tennis)<br><br>6:00PM-8:00PM<br>(Tennis)<br><br>8:00PM-8:00PM<br>(Tennis)<br><br>8:00PM-9:15PM<br>(Tennis)<br><br>8:00PM-9:00PM<br>(Tennis) | 6:00AM-8:00AM<br>(Tennis)<br><br>8:00AM-10:00AM<br>(Tennis)<br><br>12:00PM-2:00PM<br>(Tennis)<br><br>2:00PM-4:00PM<br>(Tennis)<br><br>4:00PM-6:00PM<br>(Tennis)<br><br>6:00PM-8:00PM<br>(Tennis)<br><br>8:00PM-9:00PM<br>(Tennis)<br><br>8:00PM-9:00PM<br>(Tennis)                                    | 12:00PM-2:00PM<br>(Tennis)<br><br>2:00PM-4:00PM<br>(Tennis)<br><br>4:00PM-5:00PM<br>(Tennis)<br><br>8:00PM-9:00PM<br>(Tennis)                                     | 11:00AM-1:00PM<br>(Tennis)<br><br>1:00PM-3:00PM<br>(Tennis)<br><br>3:00PM-5:00PM<br>(Tennis)<br><br>8:00PM-9:00PM<br>(Tennis) |
| <b>Tennis</b><br>Court 3 Tennis<br><a href="#">REGISTER</a> | 6:00AM-8:00AM<br>(Tennis)<br><br>8:00AM-10:00AM<br>(Tennis)<br><br>10:00AM-12:00PM<br>(Tennis)<br><br>12:00PM-2:00PM<br>(Tennis)<br><br>2:00PM-4:00PM<br>(Tennis)<br><br>6:00PM-8:00PM<br>(Tennis)<br><br>8:00PM-9:25PM<br>(Tennis) | 6:00AM-8:00AM<br>(Tennis)<br><br>12:00PM-2:00PM<br>(Tennis)<br><br>2:00PM-4:00PM<br>(Tennis)<br><br>4:00PM-6:00PM<br>(Tennis)<br><br>6:00PM-8:00PM<br>(Tennis)   | 6:00AM-8:00AM<br>(Tennis)<br><br>8:00AM-10:00AM<br>(Tennis)<br><br>8:00AM-10:00AM<br>(Tennis)<br><br>10:00AM-12:00PM<br>(Tennis)<br><br>12:00PM-2:00PM<br>(Tennis)<br><br>2:00PM-4:00PM<br>(Tennis)<br><br>2:00PM-4:00PM<br>(Tennis)<br><br>6:00PM-8:00PM<br>(Tennis)<br><br>8:00PM-9:25PM<br>(Tennis)<br><br>8:00PM-9:25PM<br>(Tennis) | 6:00AM-8:00AM<br>(Tennis)<br><br>6:00AM-8:00AM<br>(Tennis)<br><br>8:00AM-10:00AM<br>(Tennis)<br><br>12:00PM-2:00PM<br>(Tennis)<br><br>12:00PM-2:00PM<br>(Tennis)<br><br>2:00PM-4:00PM<br>(Tennis)<br><br>4:00PM-6:00PM<br>(Tennis)<br><br>6:00PM-8:00PM<br>(Tennis)<br><br>8:00PM-9:25PM<br>(Tennis)<br><br>8:00PM-9:25PM<br>(Tennis)  | 6:00AM-8:00AM<br>(Tennis)<br><br>7:00AM-8:00AM<br>(Tennis)<br><br>8:00AM-10:00AM<br>(Tennis)<br><br>10:00AM-12:00PM<br>(Tennis)<br><br>12:00PM-2:00PM<br>(Tennis)<br><br>2:00PM-4:00PM<br>(Tennis)<br><br>4:00PM-6:00PM<br>(Tennis)<br><br>6:00PM-8:00PM<br>(Tennis)<br><br>8:00PM-9:00PM<br>(Tennis) | 8:00AM-10:00AM<br>(Tennis)<br><br>10:00AM-12:00PM<br>(Tennis)<br><br>12:00PM-2:00PM<br>(Tennis)<br><br>2:00PM-4:00PM<br>(Tennis)<br><br>4:00PM-5:00PM<br>(Tennis) | 11:00AM-1:00PM<br>(Tennis)<br><br>1:00PM-3:00PM<br>(Tennis)<br><br>3:00PM-5:00PM<br>(Tennis)                                  |

|  | <b>Monday</b>                                     | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>   | <b>Saturday</b>                                | <b>Sunday</b>                                  |
|--|---|---|--|---|---|--|--|
| <b>Step and Strength</b><br>Group Exercise Room                                | 7:15AM-8:15AM<br>(Cardio)<br><i>Joe H.</i>        | 8:30AM-9:30AM<br>(Cardio)<br><i>Pam J.</i>  | 7:15AM-8:15AM<br>(Cardio)<br><i>Joe H.</i>   |   | 7:15AM-8:15AM<br>(Cardio)<br><i>Joe H.</i>  |  |  |
| <b>Pilates</b><br>Multipurpose Room  | 7:30AM-8:15AM<br>(Core)<br><i>Pam J.</i>          |   |  |   |   | 8:15AM-9:15AM<br>(Core)<br><i>Pam J.</i>       |  |
| <b>Tennis</b><br>Clay Court 2 Adult Round Robin                                | 8:00AM-12:00PM<br>(Tennis)                        | 7:30AM-12:00PM<br>(Tennis)  | 7:30AM-12:00PM<br>(Tennis)   | 7:30AM-12:00PM<br>(Tennis)  | 7:30AM-12:00PM<br>(Tennis)  | 7:00AM-12:00PM<br>(Tennis)                     |  |
| <b>Pickleball</b><br>Pickleball Court 4B Round Robin Beginners                 | 8:00AM-12:00PM<br>(Pickleball)                    |   | 8:00AM-12:00PM<br>(Pickleball)   |   |   |  |  |
| <b>Pickleball</b><br>Pickleball Court 4D Round Robin Beginners                 | 8:00AM-12:00PM<br>(Pickleball)                    |   | 8:00AM-12:00PM<br>(Pickleball)   |   |   |  |  |
| <b>Fit for Life</b><br>Multipurpose Room                                       | 8:30AM-9:30AM<br>(Cardio)<br><i>Wendy N.</i>      |   | 8:30AM-9:30AM<br>(Cardio)<br><i>Teresa C.</i>  |   |   |  |  |
| <b>Cycling and Strength</b><br>Group Exercise Room<br><a href="#">REGISTER</a> | 8:30AM-9:30AM<br>(Cardio)<br><i>Kim W.</i>        |   |  |   |   |  |  |
| <b>Tabata</b><br>Group Exercise Room   | 9:45AM-10:45AM<br>(Cardio)<br><i>Maureen W.</i>   |   |  | 9:45AM-10:45AM<br>(Cardio)<br><i>Kari G.</i>  |   |  |  |
| <b>Yoga</b><br>Multipurpose Room   | 9:45AM-10:45AM<br>(Mind Body)<br><i>Dianna T.</i> |   | 9:45AM-10:45AM<br>(Mind Body)<br><i>Dianna T.</i><br><br>6:00PM-7:00PM<br>(Mind Body)<br><i>Alisa M.</i> |   | 9:45AM-10:45AM<br>(Mind Body)<br><i>Wendy N.</i>  |  |  |
| <b>Water Exercise</b><br>Pool  | 10:00AM-11:00AM<br>(Program)<br><i>Anne M.</i>    | 10:00AM-11:00AM<br>(Cardio)<br><i>Anne M.</i><br><br>10:00AM-11:00AM<br>(Program)<br><i>Anne M.</i> | 10:00AM-11:00AM<br>(Cardio)<br><i>Anne M.</i><br><br>10:00AM-11:00AM<br>(Program)<br><i>Anne M.</i>      | 10:00AM-11:00AM<br>(Cardio)<br><i>Jacquie F.</i><br><br>10:00AM-11:00AM<br>(Program)<br><i>Jacquie F.</i> | 10:00AM-11:00AM<br>(Cardio)<br><i>Anne M.</i><br><br>10:00AM-11:00AM<br>(Program)<br><i>Anne M.</i> | 8:50AM-9:50AM<br>(Cardio)<br><i>Jacquie F.</i> |  |
| <b>Deep Water Exercise</b><br>Pool   | 10:00AM-11:00AM<br>(Cardio)<br><i>Anne M.</i>     |   |  |   |   |  |  |
| <b>SilverSneakers Circuit</b><br>Multipurpose Room                             | 10:55AM-11:35AM<br>(Strength)<br><i>Teresa C.</i> |   | 11:30AM-12:15PM<br>(Strength)<br><i>Kim W.</i>   |   | 11:30AM-12:15PM<br>(Strength)<br><i>Wendy N.</i>  |  |  |
| <b>Zumba</b><br>Group Exercise Room  | 11:00AM-12:00PM<br>(Dance)<br><i>Nancy B.</i>     |   |  |   | 11:00AM-12:00PM<br>(Dance)<br><i>Nancy B.</i>   | 10:45AM-11:45AM<br>(Dance)<br><i>Nancy B.</i>  | 1:00PM-2:00PM<br>(Dance)<br><i>Patricia R.</i> |

|   | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>   | <b>Saturday</b>   | <b>Sunday</b>                                    |
|---|---|---|---|---|---|---|--|
| <b>Open Swim</b><br>Pool  | 11:05AM-5:00PM<br>(Lap Swim)<br><br>7:30PM-9:00PM<br>(Lap Swim)<br><i>Taylor D.</i> | 11:05AM-4:30PM<br>(Lap Swim)<br><br>7:30PM-9:00PM<br>(Lap Swim)<br><i>Taylor D.</i> | 11:05AM-4:30PM<br>(Lap Swim)<br><br>7:30PM-9:00PM<br>(Lap Swim) | 11:05AM-4:30PM<br>(Lap Swim)<br><br>7:30PM-9:00PM<br>(Lap Swim)<br><i>Taylor D.</i> | 11:05AM-5:00PM<br>(Lap Swim)<br><br>7:00PM-8:30PM<br>(Lap Swim)<br><i>Taylor D.</i> | 7:00AM-8:50AM<br>(Lap Swim)<br><br>12:50PM-4:30PM<br>(Lap Swim)<br><i>Taylor D.</i> | 11:00AM-4:30PM<br>(Lap Swim)<br><i>Taylor D.</i> |
| <b>SilverSneakers Cardio Fit</b><br>Multipurpose Room                     | 11:40AM-12:20PM<br>(Cardio)<br><i>Teresa C.</i>                                     |   |   |   |   |   |  |
| <b>Cardio Drumming</b><br>Group Exercise Room<br><a href="#">REGISTER</a> | 12:15PM-1:00PM<br>(Cardio)<br><i>Nancy B.</i>                                       |   | 12:15PM-1:00PM<br>(Cardio)<br><i>Nancy B.</i>                   |   | 12:15PM-1:00PM<br>(Cardio)<br><i>Nancy B.</i>                                       |   |  |
| <b>PYP Swim Team</b><br><b>Advanced- 6 Lanes</b><br>Pool                  | 5:00PM-7:30PM<br>(Program)<br><i>Taylor D.</i>                                      | 5:00PM-7:30PM<br>(Program)<br><i>Taylor D.</i>                                      |   |   | 5:00PM-7:30PM<br>(Program)<br><i>Taylor D.</i>                                      |   |  |
| <b>Tennis</b><br>Court 2 Coach Robert Group<br>Private                    | 5:00PM-6:00PM<br>(Tennis)<br><br>5:00PM-6:00PM<br>(Tennis)                          |   | 5:00PM-6:00PM<br>(Tennis)<br><br>5:00PM-6:00PM<br>(Tennis)      |   |   |   |  |
| <b>Tennis</b><br>Court 3 Coach Robert Group<br>Private                    | 5:00PM-6:00PM<br>(Tennis)   |   | 5:00PM-6:00PM<br>(Tennis)                                       |   |   |   |  |
| <b>BODYPUMP HEAVY</b><br>Group Exercise Room                              | 5:30PM-6:30PM<br>(Strength)<br><i>Alina H.</i>                                      |   | 8:30AM-9:30AM<br>(Strength)<br><i>Alina H.</i>                  |   |   |   |  |
| <b>BODYATTACK</b><br>Group Exercise Room                                  | 6:45PM-7:45PM<br>(Cardio)<br><i>Benjamin D.</i>                                     |   |   |   |   |   |  |
| <b>Tennis</b><br>Clay Court 1 Adult Round<br>Robin                        |   | 7:00AM-12:00PM<br>(Tennis)  |   |   |   | 7:00AM-12:00PM<br>(Tennis)  |  |
| <b>Cycling</b><br>Group Exercise Room<br><a href="#">REGISTER</a>         |   | 7:30AM-8:15AM<br>(Cardio)<br><i>Sue C.</i>  |   | 7:30AM-8:15AM<br>(Cardio)<br><i>Kim W.</i>  |   | 7:15AM-7:45AM<br>(Cardio)<br><i>Hana P.</i>   | 11:15AM-12:00PM<br>(Cardio)<br><i>Hana P.</i>    |
| <b>Pickleball</b><br>Pickleball Court 4A Round<br>Robin Intermediate      |   | 8:00AM-12:00PM<br>(Pickleball)  |   | 8:00AM-12:00PM<br>(Pickleball)  |   | 7:00AM-11:00AM<br>(Pickleball)  |  |
| <b>Pickleball</b><br>Pickleball Court 4D Round<br>Robin Intermediate      |   | 8:00AM-12:00PM<br>(Pickleball)  |   | 8:00AM-12:00PM<br>(Pickleball)  |   | 7:00AM-11:00AM<br>(Pickleball)  |  |
| <b>Pickleball</b><br>Pickleball Court 4C Round<br>Robin Intermediate      |   | 8:00AM-12:00PM<br>(Pickleball)  |   |   |   | 7:00AM-11:00AM<br>(Pickleball)  |  |
| <b>CORE</b><br>Multipurpose Room  |   | 9:00AM-9:45AM<br>(Strength)<br><i>Alina H.</i>                                      |   |   |   |   |  |

|   | <b>Monday</b> | <b>Tuesday</b>                                     | <b>Wednesday</b>                                | <b>Thursday</b>                                  | <b>Friday</b>                                  | <b>Saturday</b>                                 | <b>Sunday</b>                                       |
|---|---------------|--|---|--|--|---|---|
| <b>BODYBALANCE</b><br>Multipurpose Room   |               | 10:00AM-11:00AM<br>(Mind Body)<br><i>Alina H.</i>  |   |  |  |   | 11:15AM-12:15PM<br>(Mind Body)<br><i>Annette B.</i> |
| <b>Fit for Life</b><br>Group Exercise Room  |               | 11:00AM-12:00PM<br>(Cardio)<br><i>Kim W.</i>       |   | 11:00AM-12:00PM<br>(Cardio)<br><i>Kim W.</i>     |  |   |   |
| <b>SilverSneakers Classic</b><br>Multipurpose Room  |               | 11:30AM-12:15PM<br>(Cardio)<br><i>Michele K.</i>   |   | 11:30AM-12:15PM<br>(Cardio)<br><i>Linda G.</i>   |  |   |   |
| <b>Zumba Gold</b><br>Group Exercise Room  |               | 12:15PM-1:00PM<br>(Dance)<br><i>Sheila B.</i>      |   | 12:15PM-1:00PM<br>(Dance)<br><i>Sheila B.</i>    |  |   |   |
| <b>Chair Yoga</b><br>Multipurpose Room  |               | 12:30PM-1:15PM<br>(Mind Body)<br><i>Michele K.</i> |   | 12:30PM-1:15PM<br>(Mind Body)<br><i>Linda G.</i> |  |   |   |
| <b>Tai Chi</b><br>Multipurpose Room   |               | 1:45PM-2:45PM<br>(Mind Body)<br><i>Buddy M.</i>    |   | 1:45PM-2:45PM<br>(Mind Body)<br><i>Buddy M.</i>  |  |   |   |
| <b>Beginner's Line Dancing</b><br>Group Exercise Room   |               | 2:30PM-3:30PM<br>(Dance)<br><i>Brenda D.</i>       |   |  |  |   | 2:30PM-3:30PM<br>(Dance)<br><i>Brenda D.</i>        |
| <b>Line Dancing</b><br>Group Exercise Room  |               | 3:30PM-4:30PM<br>(Dance)<br><i>Brenda D.</i>       |   |  |  |   | 3:30PM-4:30PM<br>(Dance)<br><i>Brenda D.</i>        |
| <b>BODYBALANCE</b><br>Group Exercise Room   |               | 6:00PM-7:00PM<br>(Mind Body)<br><i>Annette B.</i>  |   |  |  |   |   |
| <b>Tennis</b><br>Court 5 Tennis - Live Ball<br>Drills for Doubles 3.0-4.0 w/<br>Coach Robert \$\$\$ |               | 7:00PM-8:00PM<br>(Tennis)                          |   |  |  | 10:00AM-11:00AM<br>(Tennis)                     |   |
| <b>Functional Strength</b><br>Group Exercise Room   |               |  | 5:30AM-6:30AM<br>(Strength)<br><i>Nick H.</i>   |  |  |   |   |
| <b>BODYCOMBAT</b><br>Group Exercise Room  |               |  | 9:45AM-10:45AM<br>(Cardio)<br><i>Cameron K.</i> | 6:00PM-7:00PM<br>(Cardio)<br><i>Alina H.</i>     | 8:30AM-9:30AM<br>(Cardio)<br><i>Theresa G.</i> | 9:30AM-10:30AM<br>(Cardio)<br><i>Cameron K.</i> |   |
| <b>Zumba Toning</b><br>Group Exercise Room  |               |  | 11:00AM-12:00PM<br>(Dance)<br><i>Carrie L.</i>  |  |  |   |   |

|  | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>  | <b>Saturday</b>                | <b>Sunday</b> |
|--|---------------|----------------|---|--|--|--------------------------------|---------------|
| <b>Tennis</b><br>Pickleball Court 4A<br><a href="#">REGISTER</a>                                 |               |                | 12:00PM-2:00PM<br>(Tennis)<br><br>2:00PM-4:00PM<br>(Tennis)<br><br>4:00PM-6:00PM<br>(Tennis)<br><br>8:00PM-9:25PM<br>(Tennis) | 6:00AM-8:00AM<br>(Tennis)<br><br>12:00PM-2:00PM<br>(Tennis)<br><br>8:00PM-9:25PM<br>(Tennis) | 6:00AM-8:00AM<br>(Tennis)<br><br>8:00AM-10:00AM<br>(Tennis)<br><br>10:00AM-12:00PM<br>(Tennis)<br><br>12:00PM-2:00PM<br>(Tennis)<br><br>2:00PM-4:00PM<br>(Tennis)<br><br>4:00PM-6:00PM<br>(Tennis) |                                |               |
| <b>Tennis</b><br>Court 1 Coach Robert Group<br>Private   |               |                | 5:00PM-6:00PM<br>(Tennis)   |  |  |                                |               |
| <b>PYP Swim Team</b><br><b>Developmental- 6 Lanes</b><br>Pool                                    |               |                | 5:30PM-7:30PM<br>(Program)  | 5:00PM-7:30PM<br>(Program)<br><i>Taylor D.</i>   |  |                                |               |
| <b>Pickleball</b><br>Pickleball Court 4B Round<br>Robin Intermediate                             |               |                |   | 8:00AM-12:00PM<br>(Pickleball)   |  | 7:00AM-11:00AM<br>(Pickleball) |               |
| <b>Yin Yoga</b><br>Multipurpose Room 2   |               |                |   | 8:30AM-9:30AM<br>(Mind Body)<br><i>Mary C.</i>   |  |                                |               |
| <b>CORE</b><br>Group Exercise Room   |               |                |   | 9:00AM-9:30AM<br>(Strength)<br><i>Alina H.</i>   |  |                                |               |
| <b>Barre</b><br>Multipurpose Room 2  |               |                |   | 9:45AM-10:45AM<br>(Strength)<br><i>Sue C.</i>  |  |                                |               |
| <b>SilverSneakers Stability</b><br>Multipurpose Room   |               |                |   | 10:50AM-11:20AM<br>(Strength)<br><i>Linda G.</i>   |  |                                |               |
| <b>Barre</b><br>Multipurpose Room  |               |                |   |  | 8:30AM-9:30AM<br>(Strength)<br><i>Wendy N.</i>   |                                |               |
| <b>Tennis</b><br>Court 5 Tennis Live Ball Drills<br>for Doubles 1.0-2.5 W/Coach<br>Robert \$\$\$ |               |                |   |  | 9:00AM-10:00AM<br>(Tennis)   |                                |               |
| <b>Stretch</b><br>Group Exercise Room  |               |                |   |  | 1:15PM-2:00PM<br>(Mind Body)<br><i>Natasha R.</i>  |                                |               |

|   | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b> | <b>Thursday</b> | <b>Friday</b>             | <b>Saturday</b>                                  | <b>Sunday</b>  |
|---|---------------|----------------|------------------|-----------------|---------------------------|--|--|
| <b>Tennis</b><br>Court 5 Tennis<br><a href="#">REGISTER</a> |               |                |                  |                 | 8:00PM-9:00PM<br>(Tennis) |  | 11:00AM-1:00PM<br>(Tennis)<br><br>1:00PM-3:00PM<br>(Tennis)<br><br>3:00PM-5:00PM<br>(Tennis) |
| <b>Water Exercise- 5 Lanes</b><br>Pool                      |               |                |                  |                 |                           | 9:00AM-10:00AM<br>(Program)<br><i>Jacque F.</i>  |  |
| <b>Power Yoga</b><br>Multipurpose Room                      |               |                |                  |                 |                           | 9:30AM-10:30AM<br>(Mind Body)<br><i>Alisa M.</i> |  |
| <b>Swim Lessons</b><br>Pool<br><a href="#">REGISTER</a>     |               |                |                  |                 |                           | 10:00AM-12:45PM<br>(Program)<br><i>Anne M.</i>   |  |



## Hernando County Family YMCA | April 27th - May 3rd

|   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday  | Sunday                         |
|---|---|--|---|---|---|---|--------------------------------|
| <b>Lap Swim- 6 Lanes</b><br>Pool              | 5:00AM-9:00AM<br>(Lap Swim)   | 5:00AM-9:00AM<br>(Lap Swim)  | 5:00AM-9:00AM<br>(Lap Swim)   | 5:00AM-9:00AM<br>(Lap Swim)   | 5:00AM-9:00AM<br>(Lap Swim)   |   |                                |
| <b>Cycling</b><br>Cycling                     | 5:40AM-6:10AM<br>(Cardio)<br><i>Deanne M.</i><br><br>10:00AM-10:30AM<br>(Cardio)<br><i>Deanne M.</i><br><br>6:00PM-6:30PM<br>(Cardio)<br><i>Alyssa M.</i> | 10:00AM-10:30AM<br>(Cardio)<br><i>Deanne M.</i><br><br>5:00PM-5:30PM<br>(Cardio)<br><i>Michelle C.</i> | 5:40AM-6:10AM<br>(Cardio)<br><i>Deanne M.</i><br><br>10:00AM-10:30AM<br>(Cardio)<br><i>Deanne M.</i><br><br>6:00PM-6:30PM<br>(Cardio)<br><i>Barb L.</i> | 10:00AM-10:30AM<br>(Cardio)<br><i>Deanne M.</i><br><br>5:00PM-5:30PM<br>(Cardio)<br><i>Holly F.</i> | 5:40AM-6:10AM<br>(Cardio)<br><i>Stacey G.</i>   | 8:05AM-8:35AM<br>(Cardio)<br><i>Deanne M.</i>     |                                |
| <b>Strength and Resistance</b><br>MP1         | 6:15AM-7:00AM<br>(Strength)<br><i>Barb L.</i>   |  |   |   |   | 8:45AM-9:30AM<br>(Strength)<br><i>Courtney L.</i> |                                |
| <b>Pickleball Open Play</b><br>Outdoor Courts | 6:30AM-9:00AM<br>(Pickleball)<br><br>4:30PM-7:30PM<br>(Pickleball)  | 6:30AM-9:00AM<br>(Pickleball)  | 6:30AM-9:00AM<br>(Pickleball)   | 6:30AM-9:00AM<br>(Pickleball)   | 6:30AM-9:00AM<br>(Pickleball)   |   | 11:00AM-2:00PM<br>(Pickleball) |
| <b>Cardio and Strength</b><br>MP1             | 8:00AM-8:45AM<br>(Cardio)<br><i>Monica K.</i>   |  | 8:00AM-8:45AM<br>(Cardio)<br><i>Donna C.</i>  |   | 8:00AM-8:45AM<br>(Cardio)<br><i>Shelly W.</i>   |   |                                |
| <b>Yoga</b><br>MP2                            | 8:45AM-9:45AM<br>(Mind Body)<br><i>Donna C.</i>   | 5:30PM-6:30PM<br>(Mind Body)<br><i>Nelson S.</i>   | 8:45AM-9:45AM<br>(Mind Body)<br><i>Barb G.</i>  | 5:30PM-6:30PM<br>(Mind Body)<br><i>Nelson S.</i>  | 8:45AM-9:45AM<br>(Mind Body)<br><i>Nelson S.</i>  |   |                                |
| <b>BODYPUMP</b><br>MP1                        | 9:00AM-10:00AM<br>(Strength)<br><i>Monica K.</i>  | 5:40PM-6:25PM<br>(Strength)<br><i>Meredith M.</i>  | 6:15AM-7:00AM<br>(Strength)<br><i>Stacey G.</i><br><br>9:00AM-10:00AM<br>(Strength)<br><i>Monica K.</i>   | 5:40PM-6:25PM<br>(Strength)<br><i>Meredith M.</i>   | 6:15AM-7:00AM<br>(Strength)<br><i>Stacey G.</i><br><br>9:00AM-10:00AM<br>(Strength)<br><i>Monica K.</i> |   |                                |
| <b>Open Court</b><br>Outdoor Courts           | 9:00AM-4:30PM<br>(Basketball)<br><br>7:30PM-9:30PM<br>(Basketball)  | 9:00AM-5:30PM<br>(Basketball)  | 9:00AM-9:30PM<br>(Basketball)   | 9:00AM-5:30PM<br>(Basketball)<br><br>8:15PM-9:30PM<br>(Basketball)                                  | 9:00AM-9:00PM<br>(Basketball)   |   | 2:00PM-5:00PM<br>(Basketball)  |

|  | <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>   | <b>Saturday</b>  | <b>Sunday</b>                |
|--|---|--|---|---|---|--|------------------------------|
| <b>Water Exercise</b><br>Pool                                    | 9:00AM-10:00AM<br>(Program)<br><br>9:00AM-10:00AM<br>(Cardio)<br><i>Kathy K.</i><br><br>10:30AM-11:30AM<br>(Cardio)<br><i>Connie L.</i><br><br>10:30AM-11:30AM<br>(Program) | 9:00AM-10:00AM<br>(Cardio)<br><i>Linda N.</i><br><br>9:00AM-10:00AM<br>(Program)<br><br>10:30AM-11:30AM<br>(Cardio)<br><i>Linda N.</i><br><br>10:30AM-11:30AM<br>(Program) | 9:00AM-10:00AM<br>(Program)<br><br>9:00AM-10:00AM<br>(Cardio)<br><i>Linda N.</i><br><br>10:30AM-11:30AM<br>(Cardio)<br><i>Lynn R.</i><br><br>10:30AM-11:30AM<br>(Program) | 9:00AM-10:00AM<br>(Cardio)<br><i>Linda N.</i><br><br>9:00AM-10:00AM<br>(Program)<br><br>10:30AM-11:30AM<br>(Cardio)<br><i>Lynn R.</i><br><br>10:30AM-11:30AM<br>(Program) | 9:00AM-10:00AM<br>(Cardio)<br><i>Linda N.</i><br><br>9:00AM-10:00AM<br>(Program)<br><br>10:30AM-11:30AM<br>(Cardio)<br><i>Connie L.</i><br><br>10:30AM-11:30AM<br>(Program) | 8:00AM-8:45AM<br>(Cardio)<br><i>Kathy K.</i><br><br>8:00AM-9:00AM<br>(Program) |                              |
| <b>Barre</b><br>MP2  | 10:00AM-10:45AM<br>(Strength)<br><i>Kathryn P.</i>  |  | 10:00AM-10:45AM<br>(Strength)<br><i>Meghan A.</i>   |   | 10:00AM-10:45AM<br>(Strength)<br><i>Meghan A.</i>   |  |                              |
| <b>Zumba</b><br>MP1  | 10:15AM-11:00AM<br>(Dance)<br><i>Dana S.</i><br><br>11:45AM-12:30PM<br>(Dance)<br><i>Dana S.</i><br><br>6:50PM-7:35PM<br>(Dance)<br><i>Stacey G.</i>                        |  | 10:15AM-11:00AM<br>(Dance)<br><i>Dana S.</i><br><br>11:45AM-12:30PM<br>(Dance)<br><i>Dana S.</i><br><br>6:50PM-7:35PM<br>(Dance)<br><i>Dana S.</i>                        |   | 10:15AM-11:00AM<br>(Dance)<br><i>Monica M.</i><br><br>11:45AM-12:30PM<br>(Dance)<br><i>Monica M.</i>  | 11:00AM-11:45AM<br>(Dance)<br><i>Beth S.</i>                                   |                              |
| <b>SilverSneakers Classic</b><br>MP2<br><a href="#">REGISTER</a> | 11:00AM-11:45AM<br>(Cardio)<br><i>Lynn R.</i><br><br>12:00PM-12:45PM<br>(Cardio)<br><i>Lynn R.</i>  |  | 11:00AM-11:45AM<br>(Cardio)<br><i>Kathy K.</i><br><br>12:00PM-12:45PM<br>(Cardio)<br><i>Kathy K.</i>  |   | 11:00AM-11:45AM<br>(Cardio)<br><i>Donna B.</i><br><br>12:00PM-12:45PM<br>(Cardio)<br><i>Donna B.</i>  |  |                              |
| <b>Family Swim</b><br>Pool                                       | 12:00PM-5:00PM<br>(Program)<br><br>12:00PM-5:00PM<br>(Program)  | 12:00PM-5:00PM<br>(Program)<br><br>7:00PM-9:00PM<br>(Program)  | 12:00PM-5:00PM<br>(Program)<br><br>7:00PM-9:00PM<br>(Program)   | 12:00PM-5:00PM<br>(Program)<br><br>7:00PM-9:00PM<br>(Program)   | 12:00PM-5:00PM<br>(Program)<br><br>7:00PM-9:00PM<br>(Program)   | 12:00PM-5:30PM<br>(Program)  | 11:00AM-4:30PM<br>(Program)  |
| <b>Lap Swim- 5 Lanes</b><br>Pool                                 | 12:00PM-5:00PM<br>(Lap Swim)  | 12:00PM-5:00PM<br>(Lap Swim)   | 12:00PM-5:00PM<br>(Lap Swim)  | 12:00PM-5:00PM<br>(Lap Swim)  | 12:00PM-5:00PM<br>(Lap Swim)  | 12:00PM-5:30PM<br>(Lap Swim)   | 11:00AM-4:30PM<br>(Lap Swim) |
| <b>Chair Volleyball</b><br>MP1<br><a href="#">REGISTER</a>       | 1:00PM-2:30PM<br>(Cardio)<br><i>Nancy M.</i>  |  | 2:30PM-4:00PM<br>(Cardio)<br><i>Nancy M.</i>  |   |   |  |                              |
| <b>BODYBALANCE</b><br>MP1  | 4:30PM-5:30PM<br>(Mind Body)<br><i>Monica K.</i>  |  | 4:30PM-5:30PM<br>(Mind Body)<br><i>Kathryn P.</i>   |   | 4:30PM-5:30PM<br>(Mind Body)<br><i>Monica K.</i>  |  |                              |
| <b>Lap Swim- 1 Lane</b><br>Pool                                  | 5:00PM-7:00PM<br>(Lap Swim)   | 5:00PM-7:00PM<br>(Lap Swim)  | 5:00PM-7:00PM<br>(Lap Swim)   |   |   |  |                              |

|  | <b>Monday</b>                                 | <b>Tuesday</b>                                      | <b>Wednesday</b>                              | <b>Thursday</b>                                  | <b>Friday</b>                                   | <b>Saturday</b>                                 | <b>Sunday</b>                                    |
|--|---|---|---|--|---|---|--|
| <b>Swim Lessons</b><br>Pool  | 5:00PM-7:00PM<br>(Program)                    | 5:00PM-7:00PM<br>(Program)                          | 5:00PM-7:00PM<br>(Program)                    | 5:00PM-7:00PM<br>(Program)                       |   | 8:45AM-12:00PM<br>(Program)                     |  |
| <b>Swim Team- 4 Lanes</b><br>Pool                                  | 5:00PM-7:00PM<br>(Program)                    | 5:00PM-7:00PM<br>(Program)                          | 5:00PM-7:00PM<br>(Program)                    | 5:00PM-7:00PM<br>(Program)                       | 5:00PM-7:00PM<br>(Program)                      |   |  |
| <b>BODYCOMBAT</b><br>MP1   | 5:45PM-6:45PM<br>(Cardio)<br><i>Shelly W.</i> | 9:00AM-10:00AM<br>(Cardio)<br><i>Monica K.</i>      | 5:45PM-6:45PM<br>(Cardio)<br><i>Monica K.</i> | 9:00AM-10:00AM<br>(Cardio)<br><i>Monica K.</i>   | 5:45PM-6:45PM<br>(Cardio)<br><i>Meredith M.</i> | 9:45AM-10:45AM<br>(Cardio)<br><i>Norm D.</i>    | 12:50PM-1:50PM<br>(Cardio)<br><i>Meredith M.</i> |
| <b>BootCamp</b><br>Entrance  |   | 5:45AM-6:30AM<br>(Cardio)<br><i>Deanne M.</i>       |   | 5:45AM-6:30AM<br>(Cardio)<br><i>Deanne M.</i>    |   |   |  |
| <b>Step and Strength</b><br>MP1                                    |   | 8:00AM-8:45AM<br>(Cardio)<br><i>Monica K.</i>       |   | 8:00AM-8:45AM<br>(Cardio)<br><i>Monica K.</i>    |   | 8:00AM-8:35AM<br>(Cardio)<br><i>Courtney L.</i> |  |
| <b>Pilates</b><br>MP2  |   | 8:30AM-9:30AM<br>(Core)<br><i>Terrie B.</i>         |   | 8:30AM-9:30AM<br>(Core)<br><i>Terrie B.</i>      |   |   |  |
| <b>Strength Lite</b><br>MP2  |   | 9:45AM-10:30AM<br>(Strength)<br><i>Lynn R.</i>      |   | 9:45AM-10:30AM<br>(Strength)<br><i>Lynn R.</i>   |   |   |  |
| <b>Yoga</b><br>MP1   |   | 10:15AM-11:15AM<br>(Mind Body)<br><i>Ashlee S.</i>  |   | 10:15AM-11:15AM<br>(Mind Body)<br><i>Ben P.</i>  |   |   |  |
| <b>SilverSneakers Stability</b><br>MP2<br><a href="#">REGISTER</a> |   | 10:45AM-11:30AM<br>(Strength)<br><i>Michelle C.</i> |   |  |   |   |  |
| <b>SilverSneakers Circuit</b><br>MP2<br><a href="#">REGISTER</a>   |   | 11:45AM-12:30PM<br>(Strength)<br><i>Michelle C.</i> |   | 11:45AM-12:30PM<br>(Strength)<br><i>Lynn R.</i>  |   |   |  |
| <b>Chair Yoga</b><br>MP1   |   | 1:00PM-1:45PM<br>(Mind Body)<br><i>Nelson S.</i>    |   | 1:00PM-1:45PM<br>(Mind Body)<br><i>Nelson S.</i> |   |   |  |
| <b>Zumba Toning</b><br>MP1   |   | 3:30PM-4:15PM<br>(Dance)<br><i>Beth S.</i>          |   | 3:30PM-4:15PM<br>(Dance)<br><i>Beth S.</i>       |   |   |  |
| <b>Tai Chi</b><br>MP2  |   | 4:00PM-5:00PM<br>(Mind Body)<br><i>Rocco O.</i>     |   |  |   | 8:30AM-9:30AM<br>(Mind Body)<br><i>Rocco O.</i> |  |
| <b>HIIT</b><br>MP1   |   | 4:45PM-5:30PM<br>(Cardio)<br><i>Courtney L.</i>     |   | 4:45PM-5:30PM<br>(Cardio)<br><i>Shelly W.</i>    |   |   | 11:15AM-12:00PM<br>(Cardio)<br><i>Monica K.</i>  |
| <b>Barre</b><br>MP1  |   | 6:35PM-7:20PM<br>(Strength)<br><i>Meghan A.</i>     |   | 6:35PM-7:20PM<br>(Strength)<br><i>Meghan A.</i>  |   |   |  |

|   | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b> | <b>Thursday</b>               | <b>Friday</b>                                     | <b>Saturday</b>              | <b>Sunday</b>                                       |
|---|---------------|----------------|------------------|-------------------------------|---|------------------------------|---|
| <b>YMCA Programs - Youth Sports</b><br>Outdoor Courts |               |                |                  | 6:00PM-8:15PM<br>(Basketball) |   |                              |   |
| <b>SPRINT</b><br>Cycling                              |               |                |                  |                               | 10:15AM-10:45AM<br>(Cardio)<br><i>Monica K.</i>   |                              |   |
| <b>SilverSneakers Yoga</b><br>MP2                     |               |                |                  |                               | 2:15PM-3:00PM<br>(Mind Body)<br><i>Donna B.</i>   |                              |   |
| <b>CORE</b><br>MP1                                    |               |                |                  |                               | 6:50PM-7:20PM<br>(Strength)<br><i>Meredith M.</i> |                              | 12:15PM-12:45PM<br>(Strength)<br><i>Meredith M.</i> |
| <b>Lap Swim- 4 Lanes</b><br>Pool                      |               |                |                  |                               |   | 7:00AM-12:00PM<br>(Lap Swim) |   |



## Citrus Memorial Health Foundation YMCA | April 27th - May 3rd

|   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  | Sunday                       |
|---|--|---|---|---|--|---|------------------------------|
| <b>Lap Swim- 6 Lanes</b><br>Competition Pool                          | 5:00AM-6:00AM<br>(Lap Swim)  | 5:00AM-6:00AM<br>(Lap Swim)                                   | 5:00AM-6:00AM<br>(Lap Swim)   | 5:00AM-6:00AM<br>(Lap Swim)                                   | 5:00AM-6:00AM<br>(Lap Swim)  | 7:00AM-7:30AM<br>(Lap Swim)                     |                              |
| <b>Cycling</b><br>Cycling Room  | 5:45AM-6:45AM<br>(Cardio)<br><i>Dondi C.</i><br><br>6:00PM-7:00PM<br>(Cardio)<br><i>Barbara C.</i> | 11:45AM-12:45PM<br>(Cardio)<br><i>Barbara C.</i>              | 5:45AM-6:45AM<br>(Cardio)<br><i>Dondi C.</i><br><br>6:00PM-7:00PM<br>(Cardio)<br><i>Barbara C.</i>  | 11:45AM-12:45PM<br>(Cardio)<br><i>Barbara C.</i>              | 5:45AM-6:45AM<br>(Cardio)<br><i>Dondi C.</i><br><br>11:45AM-12:45PM<br>(Cardio)<br><i>Barbara C.</i> | 9:30AM-10:30AM<br>(Cardio)<br><i>Barbara C.</i> |                              |
| <b>PYP Swim Team</b><br><b>Advanced - 2 Lanes</b><br>Competition Pool | 5:45AM-6:45AM<br>(Program)   |   | 5:45AM-6:45AM<br>(Program)  |   | 5:45AM-6:45AM<br>(Program)   |   |                              |
| <b>Masters Swim- 5 Lanes</b><br>Competition Pool                      | 6:00AM-7:30AM<br>(Program)   | 6:00AM-7:30AM<br>(Program)                                    | 6:00AM-7:30AM<br>(Program)  | 6:00AM-7:30AM<br>(Program)                                    | 6:00AM-7:30AM<br>(Program)   |   |                              |
| <b>Lap Swim- 2 Lanes</b><br>Competition Pool                          | 6:45AM-7:30AM<br>(Lap Swim)  |   | 6:45AM-7:30AM<br>(Lap Swim)   |   | 6:45AM-7:30AM<br>(Lap Swim)  |   |                              |
| <b>Yoga</b><br>Group Exercise<br><a href="#">REGISTER</a>             | 7:00AM-8:00AM<br>(Mind Body)<br><i>Kira K.</i>   | 7:00PM-8:00PM<br>(Mind Body)<br><i>Kira K.</i>                | 7:00AM-8:00AM<br>(Mind Body)<br><i>Kira K.</i><br><br>1:00PM-2:00PM<br>(Mind Body)<br><i>Liz L.</i> | 4:00PM-5:00PM<br>(Mind Body)<br><i>Kira K.</i>                | 7:00AM-8:00AM<br>(Mind Body)<br><i>Kira K.</i><br><br>1:00PM-2:00PM<br>(Mind Body)<br><i>Liz L.</i>  |   |                              |
| <b>Pilates</b><br>HLC A   | 7:00AM-8:00AM<br>(Core)<br><i>Cathy W.</i>   |   |   | 7:00AM-8:00AM<br>(Core)<br><i>Cathy W.</i>                    | 7:00AM-8:00AM<br>(Core)<br><i>Cathy W.</i>   |   |                              |
| <b>Lap Swim- 5 Lanes</b><br>Competition Pool                          | 7:30AM-3:30PM<br>(Lap Swim)<br><br>7:00PM-9:00PM<br>(Lap Swim)                                     | 7:00PM-9:00PM<br>(Lap Swim)                                   | 7:30AM-3:30PM<br>(Lap Swim)<br><br>7:00PM-9:00PM<br>(Lap Swim)                                      | 7:00PM-9:00PM<br>(Lap Swim)                                   | 7:30AM-9:30AM<br>(Lap Swim)<br><br>10:45AM-3:30PM<br>(Lap Swim)<br><br>5:30PM-8:30PM<br>(Lap Swim)   | 12:10PM-5:30PM<br>(Lap Swim)                    | 11:00AM-5:30PM<br>(Lap Swim) |
| <b>Family Swim- 2 Lanes</b><br>Competition Pool                       | 7:30AM-3:30PM<br>(Program)<br><br>7:00PM-9:00PM<br>(Program)                                       | 10:00AM-3:30PM<br>(Program)<br><br>7:35PM-9:00PM<br>(Program) | 7:30AM-3:30PM<br>(Program)<br><br>7:00PM-9:00PM<br>(Program)  | 10:00AM-3:30PM<br>(Program)<br><br>7:35PM-9:00PM<br>(Program) | 10:45AM-3:30PM<br>(Program)<br><br>5:30PM-8:30PM<br>(Program)  | 12:10PM-5:30PM<br>(Program)                     | 11:00AM-5:30PM<br>(Program)  |
| <b>Open Swim</b><br>Family Pool                                       | 8:00AM-9:00AM<br>(Lap Swim)  |   |   |   |  |   |                              |

|  | <b>Monday</b>  | <b>Tuesday</b>                                 | <b>Wednesday</b>  | <b>Thursday</b>                                  | <b>Friday</b>                                 | <b>Saturday</b>                                  | <b>Sunday</b>                                  |
|--|--|--|---|--|---|--|--|
| <b>SilverSneakers Stability</b><br>HLC A<br><a href="#">REGISTER</a>     | 8:15AM-9:15AM<br>(Strength)<br><i>Cathy W.</i><br><br>9:30AM-10:30AM<br>(Strength)<br><i>Cathy W.</i>  |  | 8:15AM-9:15AM<br>(Strength)<br><i>Cathy W.</i><br><br>9:30AM-10:30AM<br>(Strength)<br><i>Cathy W.</i> |  |   |  |  |
| <b>Zumba</b><br>Group Exercise   | 8:30AM-9:30AM<br>(Dance)<br><i>Virgie P.</i><br><br>11:45AM-12:45PM<br>(Dance)<br><i>Virgie P.</i><br><br>7:30PM-8:30PM<br>(Dance)<br><i>Anna O.</i> | 10:55AM-11:55AM<br>(Dance)<br><i>Anna O.</i>   | 8:30AM-9:30AM<br>(Dance)<br><i>Virgie P.</i><br><br>11:45AM-12:45PM<br>(Dance)<br><i>Virgie P.</i>    | 10:55AM-11:55AM<br>(Dance)<br><i>Amy M.</i>      | 12:00PM-1:00PM<br>(Dance)<br><i>Carina S.</i> | 12:00PM-1:00PM<br>(Dance)<br><i>Carina S.</i>    | 12:00PM-1:00PM<br>(Dance)<br><i>Virgie P.</i>  |
| <b>Cardio and Strength</b><br>Group Exercise<br><a href="#">REGISTER</a> | 9:45AM-10:45AM<br>(Cardio)<br><i>Cynthia H.</i>  |  | 9:45AM-10:45AM<br>(Cardio)<br><i>Cynthia H.</i>   |  |   |  |  |
| <b>SilverSneakers Classic</b><br>Levy                                    | 10:00AM-11:00AM<br>(Cardio)<br><i>Diana P.</i>   |  | 10:00AM-11:00AM<br>(Cardio)<br><i>Diana P.</i>  |  |   |  |  |
| <b>SilverSneakers Cardio Fit</b><br>HLC A<br><a href="#">REGISTER</a>    | 10:45AM-11:45AM<br>(Cardio)<br><i>Tammy K.</i>   |  | 10:45AM-11:45AM<br>(Cardio)<br><i>Tammy K.</i>  | 8:15AM-9:15AM<br>(Cardio)<br><i>Cathy W.</i>     |   |  |  |
| <b>Zumba Gold</b><br>Group Exercise                                      | 11:00AM-11:30AM<br>(Dance)<br><i>Virgie P.</i>   |  | 11:00AM-11:30AM<br>(Dance)<br><i>Virgie P.</i>  |  |   |  |  |
| <b>POUND</b><br>HLC A  | 12:00PM-1:00PM<br>(Cardio)<br><i>Linda W.</i>  |  |   |  |   |  |  |
| <b>Chair Yoga</b><br>HLC A   | 2:00PM-3:00PM<br>(Mind Body)<br><i>Kira K.</i>   |  |   |  |   | 9:45AM-10:45AM<br>(Mind Body)<br><i>Caryn H.</i> | 12:15PM-1:15PM<br>(Mind Body)<br><i>Liz L.</i> |
| <b>Family Swim</b><br>Family Pool  | 3:30PM-6:00PM<br>(Program)   | 3:30PM-6:00PM<br>(Program)                     | 3:30PM-6:00PM<br>(Program)  | 3:30PM-6:00PM<br>(Program)                       | 3:30PM-6:00PM<br>(Program)                    | 11:00AM-4:00PM<br>(Program)                      | 11:00AM-4:00PM<br>(Program)                    |
| <b>PYP Swim Team</b><br><b>Advanced- 6 Lanes</b><br>Competition Pool     | 3:30PM-5:30PM<br>(Program)   | 3:30PM-5:30PM<br>(Program)                     | 3:30PM-5:30PM<br>(Program)  | 3:30PM-5:30PM<br>(Program)                       | 3:30PM-5:30PM<br>(Program)                    | 7:30AM-9:30AM<br>(Program)                       |  |
| <b>BODYPUMP</b><br>Group Exercise<br><a href="#">REGISTER</a>            | 5:30PM-6:30PM<br>(Strength)<br><i>Stacy A.</i>   | 8:30AM-9:30AM<br>(Strength)<br><i>Joyce S.</i> | 5:30PM-6:30PM<br>(Strength)<br><i>Stacy A.</i>  | 8:30AM-9:30AM<br>(Strength)<br><i>Cynthia H.</i> |   | 9:00AM-10:00AM<br>(Strength)<br><i>Stacy A.</i>  |  |
| <b>Cardio Dance</b><br>HLC A   | 5:30PM-6:30PM<br>(Dance)<br><i>Carina S.</i>   |  |   |  |   |  |  |

|  | <b>Monday</b>                       | <b>Tuesday</b>  | <b>Wednesday</b>                         | <b>Thursday</b>   | <b>Friday</b>                             | <b>Saturday</b>                            | <b>Sunday</b> |
|--|-------------------------------------|---|--|---|---|--|---------------|
| <b>PYP Swim Team Developmental- 6 Lanes</b><br>Competition Pool    | 5:30PM-7:00PM<br>(Program)          | 5:30PM-7:00PM<br>(Program)                                    | 5:30PM-7:00PM<br>(Program)               | 5:30PM-7:00PM<br>(Program)                                    |   |  |               |
| <b>Core</b><br>Group Exercise                                      | 6:45PM-7:15PM<br>(Core)<br>Stacy A. |   |  |   |   |  |               |
| <b>Functional Strength</b><br>Group Exercise                       |                                     | 5:45AM-6:45AM<br>(Strength)<br>Monty V.                       |  | 5:45AM-6:45AM<br>(Strength)<br>Monty V.                       |   |  |               |
| <b>Step</b><br>Group Exercise                                      |                                     | 7:30AM-8:15AM<br>(Cardio)<br>Joyce S.                         |  |   |   |  |               |
| <b>Lap Swim- 4 Lanes</b><br>Competition Pool                       |                                     | 7:30AM-3:30PM<br>(Lap Swim)                                   |  | 7:30AM-3:30PM<br>(Lap Swim)                                   |   | 9:30AM-12:10PM<br>(Lap Swim)               |               |
| <b>Stretch</b><br>HLC A  |                                     | 8:15AM-9:15AM<br>(Mind Body)<br>Dorcas W.                     |  |   | 9:30AM-10:30AM<br>(Mind Body)<br>Sonja P. |  |               |
| <b>Swim Lessons- 2 Lanes</b><br>Competition Pool                   |                                     | 8:40AM-10:00AM<br>(Program)<br><br>5:15PM-7:35PM<br>(Program) |  | 8:40AM-10:00AM<br>(Program)<br><br>5:15PM-7:35PM<br>(Program) |   | 9:00AM-12:10PM<br>(Program)                |               |
| <b>HIIT</b><br>Group Exercise<br><a href="#">REGISTER</a>          |                                     | 9:45AM-10:45AM<br>(Cardio)<br>Cathy W.                        |  | 9:45AM-10:45AM<br>(Cardio)<br>Cathy W.                        | 11:00AM-12:00PM<br>(Cardio)<br>Cathy W.   |  |               |
| <b>SilverSneakers Classic</b><br>HLC A<br><a href="#">REGISTER</a> |                                     | 9:45AM-10:45AM<br>(Cardio)<br>Natalie W.                      |  | 9:45AM-10:45AM<br>(Cardio)<br>Natalie W.                      | 8:15AM-9:15AM<br>(Cardio)<br>Cathy W.     |  |               |
| <b>Line Dancing</b><br>Group Exercise<br><a href="#">REGISTER</a>  |                                     | 12:00PM-1:00PM<br>(Dance)<br>Tom C.                           |  | 12:00PM-1:00PM<br>(Dance)                                     |   |  |               |
| <b>Yoga</b><br>HLC A<br><a href="#">REGISTER</a>                   |                                     | 12:00PM-1:00PM<br>(Mind Body)<br>Kira K.                      |  | 12:00PM-1:00PM<br>(Mind Body)<br>Kira K.                      |   | 11:00AM-12:00PM<br>(Mind Body)<br>Caryn H. |               |
| <b>Chair Yoga</b><br>Group Exercise<br><a href="#">REGISTER</a>    |                                     | 1:30PM-2:30PM<br>(Mind Body)<br>Kira K.                       |  | 1:30PM-2:30PM<br>(Mind Body)<br>Kira K.                       | 9:45AM-10:45AM<br>(Mind Body)<br>Kira K.  |  |               |
| <b>Zumba Toning</b><br>HLC A                                       |                                     | 5:30PM-6:30PM<br>(Dance)<br>Anna O.                           |  |   |   |  |               |
| <b>BODYCOMBAT</b><br>Group Exercise                                |                                     | 5:30PM-6:30PM<br>(Cardio)<br>Stacy A.                         |  |   |   |  |               |
| <b>Chair Yoga</b><br>Crystal River                                 |                                     |   | 9:00AM-10:00AM<br>(Mind Body)<br>Kira K. |   | 1:00PM-2:00PM<br>(Mind Body)<br>Kira K.   |  |               |

|  | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b>                               | <b>Thursday</b>                                  | <b>Friday</b>                                      | <b>Saturday</b>                                    | <b>Sunday</b> |
|--|---------------|----------------|--|--|--|--|---------------|
| <b>Yin Yoga</b><br>Group Exercise                              |               |                | 3:30PM-4:30PM<br>(Mind Body)<br><i>Liz L.</i>  |  | 3:30PM-4:30PM<br>(Mind Body)<br><i>Liz L.</i>      |  |               |
| <b>CORE</b><br>Group Exercise                                  |               |                | 6:45PM-7:15PM<br>(Strength)<br><i>Stacy A.</i> |  |  |  |               |
| <b>Zumba</b><br>Levy   |               |                |  | 8:30AM-9:30AM<br>(Dance)<br><i>Amy M.</i>        |  |  |               |
| <b>Taji Fit</b><br>Outdoors                                    |               |                |  | 2:45PM-3:45PM<br>(Mind Body)<br><i>Dorcas W.</i> |  |  |               |
| <b>Cardio Dance</b><br>Group Exercise                          |               |                |  | 5:30PM-6:30PM<br>(Dance)<br><i>Carina S.</i>     |  |  |               |
| <b>Zumba Toning</b><br>Group Exercise                          |               |                |  |  | 8:30AM-9:30AM<br>(Dance)<br><i>Virgie P.</i>       |  |               |
| <b>SilverSneakers Boom Muscle</b><br>Levy                      |               |                |  |  | 9:00AM-10:00AM<br>(Strength)<br><i>Diana P.</i>    |  |               |
| <b>Water Exercise- 5 Lanes</b><br>Competition Pool             |               |                |  |  | 9:45AM-10:45AM<br>(Program)                        |  |               |
| <b>SilverSplash</b><br>Family Pool<br><a href="#">REGISTER</a> |               |                |  |  | 9:45AM-10:45AM<br>(Cardio)<br><i>Cathy W.</i>      |  |               |
| <b>Taji Fit</b><br>Levy  |               |                |  |  | 10:00AM-11:00AM<br>(Mind Body)<br><i>Dorcas W.</i> |  |               |
| <b>Yoga</b><br>Crystal River                                   |               |                |  |  | 11:30AM-12:30PM<br>(Mind Body)<br><i>Kira K.</i>   |  |               |
| <b>Tai Chi</b><br>Outdoors                                     |               |                |  |  |  | 9:00AM-10:00AM<br>(Mind Body)<br><i>Dorcas W.</i>  |               |
| <b>Taji Fit</b><br>Group Exercise                              |               |                |  |  |  | 10:15AM-11:15AM<br>(Mind Body)<br><i>Dorcas W.</i> |               |



## Greater Palm Harbor YMCA | April 27th - May 3rd

|   | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  | Sunday                       |  |
|---|--|---|--|---|--|---|------------------------------|--|
| <b>TribeFit STRONG</b><br>PowerZone<br><a href="#">REGISTER</a> | 5:00AM-5:50AM<br>(Functional Training \$)<br><i>Chris A.</i><br><br>6:00AM-6:50AM<br>(Functional Training \$)<br><i>Chris A.</i><br><br>8:00AM-8:50AM<br>(Functional Training \$)<br><i>Chris A.</i><br><br>9:00AM-9:50AM<br>(Functional Training \$)<br><i>Chris A.</i><br><br>5:00PM-5:50PM<br>(Functional Training \$)<br><i>Sara E.</i><br><br>6:00PM-6:50PM<br>(Functional Training \$)<br><i>Sara E.</i> |   | 5:00AM-5:50AM<br>(Functional Training \$)<br><i>Chris A.</i><br><br>6:00AM-6:50AM<br>(Functional Training \$)<br><i>Chris A.</i><br><br>8:00AM-8:50AM<br>(Functional Training \$)<br><i>Chris A.</i><br><br>9:00AM-9:50AM<br>(Functional Training \$)<br><i>Chris A.</i><br><br>5:00PM-5:50PM<br>(Functional Training \$)<br><i>Sara E.</i><br><br>6:00PM-6:50PM<br>(Functional Training \$)<br><i>Sara E.</i> |   | 5:00AM-5:50AM<br>(Functional Training \$)<br><i>Chris A.</i><br><br>6:00AM-6:50AM<br>(Functional Training \$)<br><i>Chris A.</i><br><br>8:00AM-8:50AM<br>(Functional Training \$)<br><i>Chris A.</i><br><br>9:00AM-9:50AM<br>(Functional Training \$)<br><i>Chris A.</i><br><br>5:00PM-5:50PM<br>(Functional Training \$)<br><i>Sara E.</i><br><br>6:00PM-6:50PM<br>(Functional Training \$)<br><i>Sara E.</i> |   |                              |  |
| <b>Cycling</b><br>Cycle Room<br><a href="#">REGISTER</a>        | 5:30AM-6:20AM<br>(Cardio)<br><i>Nancy B.</i><br><br>6:00PM-6:50PM<br>(Cardio)<br><i>Deanna R.</i>  |   | 5:30AM-6:20AM<br>(Cardio)<br><i>Victoria H.</i><br><br>6:00PM-6:50PM<br>(Cardio)<br><i>Deanna R.</i>   | 9:15AM-10:05AM<br>(Cardio)<br><i>Maria C.</i>   | 5:30AM-6:20AM<br>(Cardio)<br><i>Nancy B.</i>   | 9:15AM-10:05AM<br>(Cardio)<br><i>Isadora P.</i>   |                              |  |
| <b>Lap Swim- 8 Lanes</b><br>Competition Pool                    | 5:30AM-7:30AM<br>(Lap Swim)<br><br>10:30AM-3:00PM<br>(Lap Swim)<br><br>8:00PM-9:00PM<br>(Lap Swim)   | 5:30AM-6:30AM<br>(Lap Swim)<br><br>7:30AM-9:30AM<br>(Lap Swim)<br><br>10:30AM-3:00PM<br>(Lap Swim)<br><br>7:00PM-9:00PM<br>(Lap Swim) | 5:30AM-6:30AM<br>(Lap Swim)<br><br>7:30AM-8:30AM<br>(Lap Swim)<br><br>10:30AM-3:00PM<br>(Lap Swim)<br><br>8:00PM-9:00PM<br>(Lap Swim)  | 5:30AM-6:30AM<br>(Lap Swim)<br><br>7:30AM-9:30AM<br>(Lap Swim)<br><br>10:30AM-3:00PM<br>(Lap Swim)<br><br>7:00PM-9:00PM<br>(Lap Swim) | 5:30AM-6:30AM<br>(Lap Swim)<br><br>7:30AM-9:30AM<br>(Lap Swim)<br><br>10:30AM-3:00PM<br>(Lap Swim)<br><br>6:00PM-8:30PM<br>(Lap Swim)  | 8:30AM-10:00AM<br>(Lap Swim)<br><br>10:50AM-1:30PM<br>(Lap Swim)<br><br>3:00PM-4:30PM<br>(Lap Swim) | 11:30AM-4:30PM<br>(Lap Swim) |  |
| <b>Swim Team- 8 Lanes</b><br>Competition Pool                   | 7:30AM-9:30AM<br>(Program)<br><br>3:00PM-7:00PM<br>(Program)   | 3:00PM-7:00PM<br>(Program)  | 3:00PM-7:00PM<br>(Program)   | 3:00PM-7:00PM<br>(Program)  | 3:00PM-6:00PM<br>(Program)   |   |                              |  |

|   | <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>                                  | <b>Thursday</b>  | <b>Friday</b>  | <b>Saturday</b>                | <b>Sunday</b>                  |
|---|--|---|---|--|--|--------------------------------|--------------------------------|
| <b>Pickleball Power Hour</b><br>Outdoors                      | 8:00AM-11:00AM<br>(Pickleball)   | 4:00PM-7:00PM<br>(Pickleball)   | 8:00AM-11:00AM<br>(Pickleball)                    | 4:00PM-7:00PM<br>(Pickleball)  | 8:00AM-11:00AM<br>(Pickleball)   |                                |                                |
| <b>Tabata</b><br>Group Exercise                               | 8:30AM-9:20AM<br>(Cardio)<br><i>Chrissy R.</i>                               |   |   |  | 8:30AM-9:20AM<br>(Cardio)<br><i>Danielle K.</i>                              |                                |                                |
| <b>Barre</b><br>Multi Purpose Room                            | 8:30AM-9:25AM<br>(Strength)<br><i>Evelyn L.</i>                              |   | 8:30AM-9:25AM<br>(Strength)<br><i>Wilda S.</i>    |  |  |                                |                                |
| <b>BootCamp</b><br>Outdoors                                   | 9:00AM-9:45AM<br>(Cardio)<br><i>Tracie W.</i>                                |   | 9:00AM-9:45AM<br>(Cardio)<br><i>Hana P.</i>       |  |  |                                |                                |
| <b>Yoga</b><br>Field House                                    | 9:30AM-10:30AM<br>(Mind Body)<br><i>Wilda S.</i>                             |   |   |  | 9:30AM-10:30AM<br>(Mind Body)<br><i>Sandy B.</i>                             |                                |                                |
| <b>Lap Swim- 5 Lanes</b><br>Competition Pool                  | 9:30AM-10:30AM<br>(Lap Swim)   | 9:30AM-10:30AM<br>(Lap Swim)  | 8:30AM-10:30AM<br>(Lap Swim)                      | 9:30AM-10:30AM<br>(Lap Swim)   | 9:30AM-10:30AM<br>(Lap Swim)   | 10:00AM-10:50AM<br>(Lap Swim)  |                                |
| <b>Water Exercise- 3 Lanes, Dive well</b><br>Competition Pool | 9:30AM-10:30AM<br>(Program)<br><i>MaryAnne W.</i>                            | 9:30AM-10:30AM<br>(Program)   | 9:30AM-10:30AM<br>(Program)<br><i>MaryAnne W.</i> | 9:30AM-10:30AM<br>(Program)  | 9:30AM-10:30AM<br>(Program)<br><i>MaryAnne W.</i>                            |                                |                                |
| <b>Group Fitness Class</b><br>Field House                     | 9:30AM-10:30AM<br>(Group Exercise)<br><br>12:30PM-1:15PM<br>(Group Exercise) |   | 9:30AM-10:30AM<br>(Group Exercise)                | 9:45AM-10:35AM<br>(Group Exercise)   | 9:30AM-10:30AM<br>(Group Exercise)<br><br>12:30PM-1:15PM<br>(Group Exercise) |                                |                                |
| <b>Deep Water Exercise</b><br>Competition Pool                | 9:30AM-10:25AM<br>(Cardio)<br><i>Pam M.</i>                                  | 9:30AM-10:25AM<br>(Cardio)<br><i>Sandra M.</i>  | 9:30AM-10:25AM<br>(Cardio)<br><i>Sandra M.</i>    | 9:30AM-10:25AM<br>(Cardio)<br><i>Sandra M.</i>   |  |                                |                                |
| <b>BODYPUMP</b><br>Group Exercise<br><a href="#">REGISTER</a> | 9:30AM-10:30AM<br>(Strength)<br><i>Jessica F.</i>                            | 5:40AM-6:40AM<br>(Strength)<br><i>Michele K.</i><br><br>6:40PM-7:40PM<br>(Strength)<br><i>Teri L.</i> | 9:30AM-10:30AM<br>(Strength)<br><i>Chrissy R.</i> | 5:40AM-6:40AM<br>(Strength)<br><i>Hana P.</i><br><br>6:40PM-7:40PM<br>(Strength)<br><i>Sara E.</i> | 9:30AM-10:30AM<br>(Strength)<br><i>Jessica F.</i>                            |                                |                                |
| <b>Open Hours</b><br>PowerZone                                | 10:05AM-4:00PM<br>(Power Zone)   | 12:00PM-2:15PM<br>(Power Zone)<br><br>3:00PM-4:00PM<br>(Power Zone)                                   | 10:05AM-4:00PM<br>(Power Zone)                    | 12:00PM-2:15PM<br>(Power Zone)<br><br>3:00PM-4:00PM<br>(Power Zone)                                | 10:05AM-4:00PM<br>(Power Zone)   | 10:05AM-5:00PM<br>(Power Zone) | 12:05PM-5:00PM<br>(Power Zone) |
| <b>Zumba Gold</b><br>Group Exercise                           | 10:45AM-11:35AM<br>(Dance)<br><i>Tammy E.</i>                                |   | 10:45AM-11:35AM<br>(Dance)<br><i>Sheila B.</i>    |  |  |                                |                                |
| <b>Hot Yoga</b><br>Multi Purpose Room                         | 10:45AM-11:45AM<br>(Mind Body)<br><i>Belle G.</i>                            |   | 10:45AM-11:45AM<br>(Mind Body)<br><i>Belle G.</i> |  |  |                                |                                |

|   | <b>Monday</b>   | <b>Tuesday</b>                                   | <b>Wednesday</b>                                 | <b>Thursday</b>   | <b>Friday</b>                                      | <b>Saturday</b>                             | <b>Sunday</b> |
|---|---|--|--|---|--|---|---------------|
| <b>Pickleball Open Play</b><br>Outdoors                             | 11:00AM-5:00PM<br>(Pickleball)<br><br>7:00PM-9:00PM<br>(Pickleball) | 11:30AM-4:00PM<br>(Pickleball)                   | 11:00AM-5:00PM<br>(Pickleball)                   | 11:30AM-4:00PM<br>(Pickleball)<br><br>6:00PM-9:00PM<br>(Pickleball) | 11:00AM-9:00PM<br>(Pickleball)                     |   |               |
| <b>SilverSneakers Classic</b><br>Group Exercise                     | 12:00PM-12:50PM<br>(Cardio)<br><i>George D.</i>                     | 11:40AM-12:30PM<br>(Cardio)<br><i>Dee A.</i>     | 12:00PM-12:50PM<br>(Cardio)<br><i>George D.</i>  | 11:40AM-12:30PM<br>(Cardio)<br><i>Dee A.</i>                        | 12:00PM-12:50PM<br>(Cardio)<br><i>George D.</i>    |   |               |
| <b>Stretch</b><br>Field House                                       | 12:30PM-1:15PM<br>(Mind Body)<br><i>Jessica F.</i>                  |  |  |   | 12:30PM-1:15PM<br>(Mind Body)<br><i>Jessica F.</i> |   |               |
| <b>SilverSneakers Yoga</b><br>Group Exercise                        | 1:00PM-1:50PM<br>(Mind Body)<br><i>Wilda S.</i>                     |  | 1:00PM-1:50PM<br>(Mind Body)<br><i>Dee A.</i>    |   | 1:00PM-1:50PM<br>(Mind Body)<br><i>Wilda S.</i>    |   |               |
| <b>Line Dancing</b><br>Group Exercise                               | 2:00PM-3:00PM<br>(Dance)<br><i>Jeanne A.</i>                        |  |  |   | 6:00PM-7:00PM<br>(Dance)<br><i>Jeanne A.</i>       |   |               |
| <b>Lap Swim- 1 Lane</b><br>Family Pool                              | 3:00PM-7:00PM<br>(Lap Swim)   | 3:00PM-7:00PM<br>(Lap Swim)                      | 3:00PM-7:00PM<br>(Lap Swim)                      | 3:00PM-7:00PM<br>(Lap Swim)   |  |   |               |
| <b>Swim Lessons- 2 Lanes, Zero depth area open</b><br>Family Pool   | 3:00PM-7:00PM<br>(Program)  | 3:00PM-7:00PM<br>(Program)                       | 3:00PM-7:00PM<br>(Program)                       | 3:00PM-7:00PM<br>(Program)  |  | 9:30AM-1:10PM<br>(Program)                  |               |
| <b>EnhanceFitness</b><br>Group Exercise                             | 3:45PM-4:45PM<br>(Community Health)                                 |  | 3:45PM-4:45PM<br>(Community Health)              |   | 3:45PM-4:45PM<br>(Community Health)                |   |               |
| <b>Project Rally</b><br>Pickle Ball                                 | 5:00PM-7:00PM<br>(Pickleball)                                       | 8:00AM-10:00AM<br>(Pickleball)                   |  | 8:00AM-10:00AM<br>(Pickleball)                                      |  |   |               |
| <b>Mini Ballers Basketball</b><br><b>Ages 3-6</b><br>Field House    | 5:00PM-5:45PM<br>(Basketball Program)                               |  |  |   |  |   |               |
| <b>Pilates</b><br>Multi Purpose Room                                | 5:40PM-6:25PM<br>(Core)<br><i>Ines R.</i>                           |  | 5:40PM-6:25PM<br>(Core)<br><i>Teresa O.</i>      | 9:45AM-10:45AM<br>(Core)<br><i>Teri L.</i>                          |  |   |               |
| <b>BODYCOMBAT</b><br>Group Exercise                                 | 6:00PM-6:55PM<br>(Cardio)<br><i>Jessica F.</i>                      | 9:30AM-10:30AM<br>(Cardio)<br><i>Jessica F.</i>  | 6:00PM-6:55PM<br>(Cardio)<br><i>Jessica F.</i>   | 9:30AM-10:30AM<br>(Cardio)<br><i>Cameron K.</i>                     |  | 9:30AM-10:30AM<br>(Cardio)<br><i>Ann S.</i> |               |
| <b>Little Dunkers Basketball</b><br><b>Ages 7-10</b><br>Field House | 6:00PM-6:45PM<br>(Basketball Program)                               |  |  |   |  |   |               |
| <b>Yoga</b><br>Multi Purpose Room                                   | 6:45PM-7:40PM<br>(Mind Body)<br><i>Janessa B.</i>                   | 12:00PM-1:00PM<br>(Mind Body)<br><i>Wilda S.</i> | 6:45PM-7:40PM<br>(Mind Body)<br><i>Shawna T.</i> |   |  |   |               |
| <b>Masters Swim- 4 Lanes</b><br>Competition Pool                    | 7:00PM-8:00PM<br>(Program)  |  | 7:00PM-8:00PM<br>(Program)                       |   |  |   |               |
| <b>Lap Swim- 4 Lanes</b><br>Competition Pool                        | 7:00PM-8:00PM<br>(Lap Swim)   |  | 7:00PM-8:00PM<br>(Lap Swim)                      |   |  |   |               |

|   | <b>Monday</b>                                 | <b>Tuesday</b>  | <b>Wednesday</b>                              | <b>Thursday</b>  | <b>Friday</b>  | <b>Saturday</b>  | <b>Sunday</b> |
|---|---|---|---|--|--|--|---------------|
| <b>BODYPUMP HEAVY</b><br>Group Exercise<br><a href="#">REGISTER</a> | 7:15PM-8:15PM<br>(Strength)<br><i>Sara E.</i> |   | 7:15PM-8:15PM<br>(Strength)<br><i>Teri L.</i> |  |  | 10:45AM-11:45AM<br>(Strength)<br><i>Niko G.</i>  |               |
| <b>TribeFit CORE</b><br>PowerZone<br><a href="#">REGISTER</a>       |   | 5:00AM-5:50AM<br>(Functional Training \$)<br><i>Chris A.</i><br><br>6:00AM-6:50AM<br>(Functional Training \$)<br><i>Chris A.</i><br><br>8:00AM-8:50AM<br>(Functional Training \$)<br><i>Tracie W.</i><br><br>9:00AM-9:50AM<br>(Functional Training \$)<br><i>Tracie W.</i><br><br>11:00AM-11:50AM<br>(Functional Training \$)<br><i>Wilda S.</i><br><br>5:00PM-5:50PM<br>(Functional Training \$)<br><i>Nick H.</i> |   | 5:00AM-5:50AM<br>(Functional Training \$)<br><i>Chris A.</i><br><br>6:00AM-6:50AM<br>(Functional Training \$)<br><i>Chris A.</i><br><br>8:00AM-8:50AM<br>(Functional Training \$)<br><i>Tracie W.</i><br><br>9:00AM-9:50AM<br>(Functional Training \$)<br><i>Tracie W.</i><br><br>11:00AM-11:50AM<br>(Functional Training \$)<br><i>Wilda S.</i><br><br>5:00PM-5:50PM<br>(Functional Training \$)<br><i>Nick H.</i><br><br>6:00PM-6:50PM<br>(Functional Training \$)<br><i>Nick H.</i> |  | 8:00AM-8:50AM<br>(Functional Training \$)<br><i>MaryAnne W.</i><br><br>9:00AM-9:50AM<br>(Functional Training \$)<br><i>MaryAnne W.</i> |               |
| <b>Masters Swim- 5 Lanes</b><br>Competition Pool                    |   | 6:30AM-7:30AM<br>(Program)  | 6:30AM-7:30AM<br>(Program)                    | 6:30AM-7:30AM<br>(Program)   | 6:30AM-7:30AM<br>(Program)                                     |  |               |
| <b>Lap Swim- 3 Lanes</b><br>Competition Pool                        |   | 6:30AM-7:30AM<br>(Lap Swim)   | 6:30AM-7:30AM<br>(Lap Swim)                   | 6:30AM-7:30AM<br>(Lap Swim)  | 6:30AM-7:30AM<br>(Lap Swim)<br><br>6:30AM-7:30AM<br>(Lap Swim) | 1:30PM-3:00PM<br>(Lap Swim)  |               |
| <b>Strength Lite</b><br>Group Exercise                              |   | 8:30AM-9:20AM<br>(Strength)<br><i>Wilda S.</i>  |   | 8:30AM-9:20AM<br>(Strength)<br><i>Michele K.</i>   |  | 8:30AM-9:15AM<br>(Strength)<br><i>Deanna R.</i>  |               |
| <b>BODYBALANCE</b><br>Multi Purpose Room                            |   | 8:45AM-9:35AM<br>(Mind Body)<br><i>Carrie S.</i><br><br>6:40PM-7:35PM<br>(Mind Body)<br><i>Ann S.</i>   |   | 8:45AM-9:35AM<br>(Mind Body)<br><i>Carrie S.</i>   |  |  |               |
| <b>RPM</b><br>Cycle Room  |   | 9:15AM-10:05AM<br>(Cardio)<br><i>Maria C.</i>   |   |  |  |  |               |

|   | Monday | Tuesday  | Wednesday                                     | Thursday  | Friday                                      | Saturday | Sunday |
|---|--------|--|---|---|---|----------|--------|
| <b>Core and Glute</b><br>Multi Purpose Room               |        | 9:45AM-10:35AM<br>(Strength)<br><i>Teresa O.</i> |   |   |   |          |        |
| <b>Pickleball Lessons</b><br>Outdoors                     |        | 10:30AM-11:30AM<br>(Pickleball)                  |   | 10:30AM-11:30AM<br>(Pickleball)                 |   |          |        |
| <b>Zumba</b><br>Group Exercise                            |        | 10:40AM-11:30AM<br>(Dance)<br><i>Susie M.</i>    |   | 10:40AM-11:30AM<br>(Dance)<br><i>Evelyn L.</i>  |   |          |        |
|   |        | 5:30PM-6:30PM<br>(Dance)<br><i>Evelyn L.</i>     |   | 5:30PM-6:30PM<br>(Dance)<br><i>Evelyn L.</i>    |   |          |        |
| <b>SilverSneakers Boom-MOVE</b><br>Group Exercise         |        | 12:45PM-1:45PM<br>(Dance)<br><i>Michelle D.</i>  |   | 12:45PM-1:45PM<br>(Dance)<br><i>Michelle D.</i> |   |          |        |
| <b>Reserved for Personal Training</b><br>PowerZone        |        | 2:15PM-3:00PM<br>(Power Zone)                    |   | 2:15PM-3:00PM<br>(Power Zone)                   |   |          |        |
| <b>Chair Volleyball</b><br>Group Exercise                 |        | 2:30PM-3:30PM<br>(Cardio)                        |   | 2:30PM-3:30PM<br>(Cardio)                       |   |          |        |
| <b>Gymnastics</b><br>Field House                          |        | 4:30PM-6:00PM<br>(Gymnastics)                    |   | 4:30PM-6:00PM<br>(Gymnastics)                   |   |          |        |
| <b>CORE</b><br>Multi Purpose Room                         |        | 6:00PM-6:30PM<br>(Strength)<br><i>Ann S.</i>     |   |   |   |          |        |
| <b>Taekwondo Program Ages 6-10</b><br>Field House         |        | 6:00PM-6:45PM<br>(Taekwondo)                     |   |   |   |          |        |
| <b>HIIT Cycle</b><br>Cycle Room                           |        | 6:00PM-6:30PM<br>(Cardio)<br><i>Victoria H.</i>  |   | 6:00PM-6:30PM<br>(Cardio)<br><i>Victoria H.</i> |   |          |        |
| <b>Taekwondo Program 11 &amp; up Ages</b><br>Field House  |        | 6:45PM-7:30PM<br>(Taekwondo)                     |   |   |   |          |        |
| <b>Adult Basketball Pickup 35 &amp; Up</b><br>Field House |        | 7:30PM-9:00PM<br>(Basketball Program)            |   |   |   |          |        |
| <b>On the Ball</b><br>Group Exercise                      |        |  | 7:30AM-8:20AM<br>(Core)<br><i>George D.</i>   |   | 7:30AM-8:20AM<br>(Core)<br><i>George D.</i> |          |        |
| <b>Cardio and Strength</b><br>Group Exercise              |        |  | 8:30AM-9:20AM<br>(Cardio)<br><i>Tracie W.</i> |   |   |          |        |

|   | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>                                    | <b>Saturday</b>                         | <b>Sunday</b>                         |
|---|---------------|----------------|---|--|--|---|---------------------------------------|
| <b>Water Exercise- Finning</b><br>Competition Pool            |               |                | 8:30AM-9:30AM<br>(Program)<br><br>8:30AM-9:15AM<br>(Cardio)<br><i>Sandra M.</i> |  |  |   |                                       |
| <b>Restorative Yoga</b><br>Field House                        |               |                | 9:30AM-10:30AM<br>(Mind Body)<br><i>Sandy B.</i>                                |  |  |   |                                       |
| <b>Yin Yoga</b><br>Field House                                |               |                | 9:30AM-10:30AM<br>(Mind Body)<br><i>Sandy B.</i>                                |  |  |   |                                       |
| <b>Mini All Starts Sports Sampler Ages 3-6</b><br>Field House |               |                | 4:00PM-5:00PM<br>(Sports Sampler)   |  |  |   |                                       |
| <b>Little Spikers Volleyball Ages 7-10</b><br>Field House     |               |                | 5:00PM-7:00PM<br>(Volleyball)   |  | 5:00PM-7:00PM<br>(Volleyball)                    |   |                                       |
| <b>Youth Sports</b><br>Pickle Ball                            |               |                | 5:00PM-6:00PM<br>(Youth Programs)   |  |  |   |                                       |
| <b>Little All Stars Sports Sampler 7-10 years</b><br>Outdoors |               |                | 5:00PM-6:00PM<br>(Sports Sampler)   |  |  |   |                                       |
| <b>Cheer</b><br>Outdoors                                      |               |                | 6:00PM-7:00PM<br>(Cheer)  |  |  |   |                                       |
| <b>Pickleball Open Play</b><br>Pickle Ball                    |               |                | 6:00PM-9:00PM<br>(Pickleball)   |  |  |   |                                       |
| <b>Big Hitters Volleyball 11-14 years</b><br>Field House      |               |                | 7:00PM-9:00PM<br>(Volleyball)   |  | 7:00PM-9:00PM<br>(Volleyball)                    |   |                                       |
| <b>Basketball League 6-7 years old</b><br>Field House         |               |                |   | 6:00PM-6:45PM<br>(Basketball Program)  |  | 9:00AM-9:45AM<br>(Basketball Program)   |                                       |
| <b>Basketball League 8-10 years old</b><br>Field House        |               |                |   | 6:45PM-7:30PM<br>(Basketball Program)<br><br>7:30PM-8:15PM<br>(Basketball Program) |  | 9:45AM-11:15AM<br>(Basketball Program)  |                                       |
| <b>Basketball League 11-14 years old</b><br>Field House       |               |                |   | 8:15PM-9:00PM<br>(Basketball Program)  |  | 11:15AM-12:00PM<br>(Basketball Program) | 3:30PM-4:30PM<br>(Basketball Program) |
| <b>AQUA Drums Vibes</b><br>Competition Pool                   |               |                |   |  | 9:30AM-10:25AM<br>(Cardio)<br><i>MaryAnne W.</i> |   |                                       |
| <b>Water Slide Open</b><br>Family Pool                        |               |                |   |  | 3:00PM-4:00PM<br>(Lap Swim)                      | 2:00PM-3:00PM<br>(Lap Swim)             | 1:00PM-2:00PM<br>(Lap Swim)           |

|   | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b> | <b>Thursday</b> | <b>Friday</b>                                | <b>Saturday</b>  | <b>Sunday</b>                                     |
|---|---------------|----------------|------------------|-----------------|--|--|---|
| <b>Family Swim</b><br>Family Pool                       |               |                |                  |                 | 3:00PM-7:00PM<br>(Program)                   | 1:10PM-4:00PM<br>(Program)   | 12:00PM-4:00PM<br>(Program)                       |
| <b>Beginner's Line Dancing</b><br>Group Exercise        |               |                |                  |                 | 5:00PM-6:00PM<br>(Dance)<br><i>Jeanne A.</i> |  |   |
| <b>Water Exercise</b><br>Family Pool                    |               |                |                  |                 |  | 9:15AM-10:05AM<br>(Cardio)<br><i>Karen B.</i><br><br>9:15AM-10:05AM<br>(Program) |   |
| <b>Restorative Yoga</b><br>Multi Purpose Room           |               |                |                  |                 |  | 10:45AM-11:45AM<br>(Mind Body)<br><i>Barbara G.</i>                              |   |
| <b>Yin Yoga</b><br>Multi Purpose Room                   |               |                |                  |                 |  | 10:45AM-11:45AM<br>(Mind Body)<br><i>Barbara G.</i>                              |   |
| <b>Barre</b><br>Group Exercise                          |               |                |                  |                 |  | 12:00PM-12:30PM<br>(Strength)<br><i>Wilda S.</i>                                 |   |
| <b>Adult Dance Mix</b><br>Group Exercise                |               |                |                  |                 |  | 12:30PM-1:30PM<br>(Dance)<br><i>Wilda S.</i>                                     | 12:30PM-1:30PM<br>(Dance)<br><i>Wilda S.</i>      |
| <b>Cardio Dance</b><br>Group Exercise                   |               |                |                  |                 |  | 12:30PM-1:30PM<br>(Dance)<br><i>Wilda S.</i>                                     | 12:30PM-1:30PM<br>(Dance)<br><i>Wilda S.</i>      |
| <b>Volleyball League (Ages 11-14yrs)</b><br>Field House |               |                |                  |                 |  | 12:45PM-3:15PM<br>(Volleyball)   | 12:45PM-3:00PM<br>(Volleyball)                    |
| <b>Tri- Clinic</b><br>Competition Pool                  |               |                |                  |                 |  | 1:30PM-3:00PM<br>(Program)   |   |
| <b>Volleyball League (ages 7-10 )</b><br>Field House    |               |                |                  |                 |  |  | 11:00AM-12:30PM<br>(Volleyball)                   |
| <b>Yoga</b><br>Group Exercise                           |               |                |                  |                 |  |  | 11:15AM-12:15PM<br>(Mind Body)<br><i>Wilda S.</i> |



## Greater Ridgecrest YMCA | April 27th - May 3rd

|  | <b>Monday</b>                                  | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>                                       | <b>Saturday</b>  | <b>Sunday</b>                                |
|--|--|--|---|--|---|--|--|
| <b>Lap Swim- 6 Lanes</b><br>Lap Pool                                   | 8:00AM-3:00PM<br>(Lap Swim)                    | 8:00AM-3:00PM<br>(Lap Swim)  | 8:00AM-3:00PM<br>(Lap Swim)   | 8:00AM-3:00PM<br>(Lap Swim)  | 8:00AM-3:00PM<br>(Lap Swim)                         |  |  |
| <b>Open Swim</b><br>Zero Depth Pool                                    | 8:00AM-3:00PM<br>(Lap Swim)                    | 8:00AM-3:00PM<br>(Lap Swim)  | 8:00AM-3:00PM<br>(Lap Swim)   | 8:00AM-3:00PM<br>(Lap Swim)  | 8:00AM-3:00PM<br>(Lap Swim)                         | 10:00AM-2:00PM<br>(Lap Swim)   |  |
| <b>SilverSneakers Classic</b><br>Full Gym                              | 10:00AM-11:00AM<br>(Cardio)<br><i>Sheri J.</i> |  | 10:00AM-11:00AM<br>(Cardio)<br><i>Sheri J.</i>  |  | 10:00AM-11:00AM<br>(Cardio)<br><i>Sheri J.</i>      |  |  |
| <b>Pickleball</b><br>Full Gym  | 11:00AM-2:00PM<br>(Sports)<br><i>Judy M.</i>   |  | 11:00AM-2:00PM<br>(Sports)<br><i>Judy M.</i><br><br>6:00PM-8:00PM<br>(Sports)<br><i>Judy M.</i> |  | 11:00AM-2:00PM<br>(Sports)<br><i>Judy M.</i>        |  | 10:00AM-1:00PM<br>(Sports)<br><i>Judy M.</i> |
| <b>Lap Swim- 1 Lane</b><br>Lap Pool                                    | 3:00PM-7:00PM<br>(Lap Swim)                    | 3:00PM-7:00PM<br>(Lap Swim)  | 3:00PM-7:00PM<br>(Lap Swim)   | 3:00PM-7:00PM<br>(Lap Swim)  | 3:00PM-7:00PM<br>(Lap Swim)                         |  |  |
| <b>Swim Team- 3 Lanes</b><br>Lap Pool                                  | 3:00PM-8:00PM<br>(Program)                     | 3:00PM-8:00PM<br>(Program)   | 3:00PM-8:00PM<br>(Program)  | 3:00PM-8:00PM<br>(Program)   | 3:00PM-8:00PM<br>(Program)                          |  |  |
| <b>Cycling</b><br>Group Studio - 2nd Floor<br><a href="#">REGISTER</a> |  | 9:00AM-10:00AM<br>(Cardio)<br><i>DeAnne H.</i>                                 |   | 9:00AM-10:00AM<br>(Cardio)<br><i>DeAnne H.</i>                                 |   |  |  |
| <b>Yoga</b><br>Group Studio - 2nd Floor                                |  | 10:15AM-11:00AM<br>(Mind Body)<br><i>Jennifer S.</i>                           |   | 10:15AM-11:00AM<br>(Mind Body)<br><i>Sabrena A.</i>                            | 9:00AM-10:00AM<br>(Mind Body)<br><i>Jennifer S.</i> |  |  |
| <b>Chair Yoga</b><br>Multipurpose Room<br>(downstairs)                 |  | 11:15AM-12:15PM<br>(Mind Body)<br><i>Jennifer S.</i>                           |   |  |   |  |  |
| <b>Cardio Drumming</b><br>Full Gym                                     |  | 12:30PM-1:30PM<br>(Cardio)   |   | 12:30PM-1:30PM<br>(Cardio)   |   |  |  |
| <b>Water Exercise</b><br>Pool  |  | 4:00PM-5:00PM<br>(Cardio)<br><i>Karen B.</i><br><br>4:00PM-5:00PM<br>(Program) |   | 4:00PM-5:00PM<br>(Cardio)<br><i>Karen B.</i><br><br>4:00PM-5:00PM<br>(Program) |   | 12:00PM-1:00PM<br>(Cardio)<br><i>Karen B.</i><br><br>12:00PM-1:00PM<br>(Program) |  |
| <b>Line Dancing</b><br>1/2 Gym   |  | 7:00PM-8:00PM<br>(Dance)<br><i>Leslie H.</i>                                   |   |  |   |  |  |

|   | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b> | <b>Thursday</b>                                      | <b>Friday</b> | <b>Saturday</b>              | <b>Sunday</b> |
|---|---------------|----------------|------------------|--|---------------|------------------------------|---------------|
| <b>Chair Volleyball</b><br>1/2 Gym              |               |                |                  | 10:00AM-11:00AM<br>(Cardio)<br><i>Edith M.</i>       |               |                              |               |
| <b>Chair Yoga</b><br>Group Studio - 2nd Floor   |               |                |                  | 11:15AM-12:15PM<br>(Mind Body)<br><i>Jennifer S.</i> |               |                              |               |
| <b>Open Gym</b><br>Full Gym                     |               |                |                  | 6:00PM-8:00PM<br>(Open Gym)                          |               |                              |               |
| <b>Line Dancing</b><br>Group Studio - 2nd Floor |               |                |                  | 6:30PM-7:30PM<br>(Dance)<br><i>Leslie H.</i>         |               |                              |               |
| <b>BootCamp</b><br>1/2 Gym                      |               |                |                  |  |               | 10:00AM-11:00AM<br>(Cardio)  |               |
| <b>Swim Lessons</b><br>Pool                     |               |                |                  |  |               | 10:00AM-1:40PM<br>(Program)  |               |
| <b>Lap Swim- 3 Lanes</b><br>Lap Pool            |               |                |                  |  |               | 10:00AM-2:00PM<br>(Lap Swim) |               |