



James P. Gills Family YMCA | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Basketball-Court 2	5:00AM-8:45AM (Open Gym) 1:00PM-3:00PM (Open Gym) 8:30PM-9:30PM (Open Gym)	5:00AM-8:45AM (Open Gym) 1:00PM-3:00PM (Open Gym)	5:00AM-8:45AM (Open Gym) 1:00PM-3:00PM (Open Gym)	5:00AM-8:45AM (Open Gym) 1:00PM-3:00PM (Open Gym)	5:00AM-8:45AM (Open Gym) 1:00PM-3:00PM (Open Gym)	7:00AM-8:30AM (Open Gym) 3:30PM-5:00PM (Open Gym)	11:00AM-12:00PM (Open Gym)
Open Gym Basketball-Court 1	5:00AM-8:30AM (Open Gym) 1:00PM-3:00PM (Open Gym)	5:00AM-8:30AM (Open Gym) 1:00PM-3:00PM (Open Gym)	5:00AM-8:30AM (Open Gym) 1:00PM-3:00PM (Open Gym) 8:30PM-9:30PM (Open Gym)	5:00AM-8:30AM (Open Gym) 1:00PM-3:00PM (Open Gym)	5:00AM-8:30AM (Open Gym) 1:00PM-3:00PM (Open Gym)	3:30PM-5:30PM (Open Gym)	11:00AM-5:00PM (Open Gym)
Pickleball Pickleball-Court #1	5:30AM-9:00PM (Pickleball)	5:30AM-9:00PM (Pickleball)	5:30AM-9:00PM (Pickleball)	5:30AM-9:00PM (Pickleball)	5:30AM-9:00PM (Pickleball)	7:30AM-4:30PM (Pickleball)	11:30AM-4:30PM (Pickleball)
Pickleball Pickleball-Court #2	5:30AM-9:00PM (Pickleball)	5:30AM-9:00PM (Pickleball)	5:30AM-9:00PM (Pickleball)	5:30AM-9:00PM (Pickleball)	5:30AM-9:00PM (Pickleball)	7:30AM-4:30PM (Pickleball)	11:30AM-4:30PM (Pickleball)
Pickleball Pickleball-Court #3	5:30AM-9:00PM (Pickleball)	5:30AM-9:00PM (Pickleball)	5:30AM-9:00PM (Pickleball)	5:30AM-9:00PM (Pickleball)	5:30AM-9:00PM (Pickleball)	7:30AM-4:30PM (Pickleball)	11:30AM-4:30PM (Pickleball)
Pickleball Pickleball-Court #4	5:30AM-9:00PM (Pickleball)	5:30AM-9:00PM (Pickleball)	5:30AM-9:00PM (Pickleball)	5:30AM-9:00PM (Pickleball)	5:30AM-9:00PM (Pickleball)	7:30AM-4:30PM (Pickleball)	11:30AM-4:30PM (Pickleball)
Core and Glute Group Exercise	5:50AM-6:35AM (Strength) <i>Tori W.</i>				9:05AM-9:50AM (Strength) <i>Denise F.</i>		
Cycling Cycle Studio	5:50AM-6:35AM (Cardio) <i>Peter R.</i> 9:00AM-9:45AM (Cardio) <i>Carrie R.</i>	9:00AM-9:45AM (Cardio) <i>Carrie R.</i>	5:50AM-6:35AM (Cardio) <i>Peter R.</i> 9:00AM-9:45AM (Cardio) <i>Cortney B.</i>	9:00AM-9:45AM (Cardio) <i>Carrie R.</i>	5:50AM-6:35AM (Cardio) <i>Peter R.</i> 9:00AM-9:45AM (Cardio) <i>Tori W.</i>		12:15PM-1:00PM (Cardio) <i>Carrie R.</i>
Cardio Lite Community Room 2	9:00AM-9:30AM (Cardio) <i>Meridith H.</i>				9:00AM-9:30AM (Cardio) <i>Lauren S.</i>		
Step Group Exercise	9:00AM-9:45AM (Cardio) <i>Roxanne W.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Exercise Class Basketball-Court 2	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)		
Group Exercise Class Basketball-Court 1	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)		
HIIT Basketball-Court 1	9:05AM-9:50AM (Cardio) <i>Denise F.</i>		9:05AM-9:50AM (Cardio) <i>Denise F.</i>				
Strength Lite Community Room 2	9:30AM-10:00AM (Strength) <i>Meridith H.</i>				9:30AM-10:00AM (Strength) <i>Lauren S.</i>		
BODYPUMP Basketball-Court 1	10:00AM-11:00AM (Strength) <i>Cortney B.</i>		10:00AM-11:00AM (Strength) <i>Denise F.</i>				
BODYBALANCE Group Exercise	10:00AM-10:50AM (Mind Body) <i>Denise F.</i>	4:55PM-5:50PM (Mind Body) <i>Carrie R.</i>		5:50AM-6:40AM (Mind Body) <i>Carrie R.</i> 10:10AM-11:05AM (Mind Body) <i>Denise F.</i>			
EnhanceFitness Community Room 2	10:15AM-11:15AM (Community Health) <i>Meridith H.</i>		10:15AM-11:15AM (Community Health) <i>Meridith H.</i>		10:15AM-11:15AM (Community Health) <i>Clark P.</i>		
Balance and Mobility Group Exercise	11:00AM-11:45AM (Core) <i>Carrie R.</i>		10:15AM-11:00AM (Core) <i>Carrie R.</i>				
Summer Camp Basketball-Court 2	11:00AM-1:00PM (Open Gym) 3:00PM-5:30PM (Open Gym)	11:00AM-1:00PM (Open Gym) 3:00PM-5:30PM (Open Gym)	11:00AM-1:00PM (Open Gym) 3:00PM-5:30PM (Open Gym)	11:00AM-1:00PM (Open Gym) 3:00PM-5:30PM (Open Gym)	11:00AM-1:00PM (Open Gym) 3:00PM-5:30PM (Open Gym)		
Summer Camp Basketball-Court 1	11:00AM-1:00PM (Open Gym) 3:00PM-5:30PM (Open Gym)	11:00AM-1:00PM (Open Gym) 3:00PM-5:30PM (Open Gym)	11:00AM-1:00PM (Open Gym) 3:00PM-5:30PM (Open Gym)	11:00AM-1:00PM (Open Gym) 3:00PM-5:30PM (Open Gym)	11:00AM-1:00PM (Open Gym) 3:00PM-5:30PM (Open Gym)		
Zumba Gold Group Exercise	12:00PM-1:00PM (Dance) <i>Priscilla V.</i>			1:15PM-2:15PM (Dance) <i>Cathy R.</i>			
BODYPUMP Group Exercise	4:50PM-5:45PM (Strength) <i>Tori W.</i>		5:50AM-6:40AM (Strength) <i>Tori W.</i> 6:00PM-6:50PM (Strength) <i>Heather G.</i>			8:00AM-9:00AM (Strength) <i>Tori W.</i>	
Youth Volleyball Basketball-Court 1	5:30PM-8:00PM (Youth Programs)		5:30PM-8:00PM (Youth Programs)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth Volleyball Basketball-Court 2	5:30PM-8:00PM (Youth Programs)		5:30PM-8:00PM (Youth Programs)				
Zumba Group Exercise	6:00PM-7:00PM (Dance) <i>Roxanne W.</i>			7:00PM-8:00PM (Dance) <i>Brenda P.</i>		10:30AM-11:30AM (Dance) <i>Carmen U.</i>	
BODYCOMBAT Community Room 2	6:00PM-6:55PM (Cardio) <i>Heather G.</i>						
Yoga Community Room 2	7:05PM-8:05PM (Mind Body) <i>Zhanna W.</i>						
Members Only 30+ Pick-up Basketball-Court 1	8:00PM-9:30PM (Sports)					7:00AM-8:30AM (Sports)	
Strength and Resistance Group Exercise		5:50AM-6:35AM (Strength) <i>Karen E.</i>					
Cardio Lite Group Exercise		9:00AM-9:45AM (Cardio) <i>Cathy R.</i>	9:00AM-9:30AM (Cardio) <i>Cathy R.</i>	9:00AM-9:30AM (Cardio) <i>Lauren S.</i>			
Cardio and Strength Basketball-Court 1		9:05AM-9:50AM (Cardio) <i>Denise F.</i>		9:05AM-9:50AM (Cardio) <i>Denise F.</i>			
BODYCOMBAT Group Exercise		10:00AM-10:55AM (Cardio) <i>Carrie R.</i>	7:00PM-7:30PM (Cardio) <i>Tori W.</i>		10:00AM-11:00AM (Cardio) <i>Carrie R.</i>		11:10AM-12:00PM (Cardio) <i>Carrie R.</i>
Water Exercise Family Pool		10:00AM-11:00AM (Cardio) <i>Meridith H.</i>		10:00AM-11:00AM (Cardio) <i>Meridith H.</i>			
Pilates Group Exercise		11:15AM-12:15PM (Core) <i>Colleen B.</i>					
SilverSneakers Circuit Group Exercise		1:15PM-2:15PM (Strength) <i>Cathy R.</i>					
Strong Nation Community Room 2		5:10PM-6:00PM (Strength) <i>Jean C.</i>					
Youth Basketball Basketball-Court 1		5:30PM-9:00PM (Youth Programs)		5:30PM-9:00PM (Youth Programs)	5:30PM-9:00PM (Youth Programs)	8:30AM-3:30PM (Youth Programs)	
Youth Basketball Basketball-Court 2		5:30PM-9:00PM (Youth Programs)		5:30PM-9:00PM (Youth Programs)	5:30PM-9:00PM (Youth Programs)	8:30AM-3:30PM (Youth Programs)	
Cardio and Strength Group Exercise		6:00PM-6:50PM (Cardio) <i>Kristen P.</i>				9:15AM-10:00AM (Cardio) <i>Kristen P.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Cycle Cycle Studio		6:00PM-6:30PM (Cardio) <i>Tori W.</i>		6:00PM-6:30PM (Cardio) <i>Tori W.</i>		9:15AM-9:45AM (Cardio) <i>Tori W.</i>	
BootCamp Group Exercise		7:05PM-8:05PM (Cardio) <i>Heather G.</i>		6:00PM-6:50PM (Cardio) <i>Heather G.</i>			
Strength Lite Group Exercise			9:30AM-10:00AM (Strength) <i>Cathy R.</i>	9:30AM-10:00AM (Strength) <i>Lauren S.</i>			
Chair Yoga Group Exercise			11:10AM-11:50AM (Mind Body) <i>Alicia A.</i>	11:10AM-11:50AM (Mind Body) <i>Colleen B.</i>		12:00PM-12:45PM (Mind Body) <i>Aura D.</i>	12:30PM-1:10PM (Mind Body) <i>Alicia A.</i>
Yoga Group Exercise			12:00PM-1:00PM (Mind Body) <i>Alicia A.</i>	12:00PM-1:00PM (Mind Body) <i>Colleen B.</i>	11:15AM-12:15PM (Mind Body) <i>Ines R.</i>		1:30PM-2:30PM (Mind Body) <i>Alicia A.</i>
SilverSneakers Classic Group Exercise			1:15PM-2:15PM (Cardio) <i>Cathy R.</i>				
HIIT Group Exercise			5:00PM-5:45PM (Cardio) <i>Lauren S.</i>				
Yogalates Community Room 2			6:00PM-6:55PM (Mind Body) <i>Zhanna W.</i>				
Members Only Open Volleyball Basketball-Court 2			8:00PM-9:30PM (Sports)				12:00PM-2:00PM (Sports)
Pilates Community Room 2				5:30PM-6:30PM (Core) <i>Kristen P.</i>		10:15AM-11:15AM (Core) <i>Kristen P.</i>	
Core and Glute Community Room 2				6:45PM-7:30PM (Strength) <i>Tori W.</i>			
Strength and Resistance Basketball-Court 1					10:10AM-10:50AM (Strength) <i>Lauren S.</i>		



John Geigle YMCA (North Pinellas) | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tennis Court 1 Clay	5:00AM-7:00AM (Tennis) 4:00PM-6:00PM (Tennis) 6:00PM-8:00PM (Tennis) 8:00PM-9:25PM (Tennis)	5:00AM-7:00AM (Tennis) 6:00PM-8:00PM (Tennis) 8:00PM-9:25PM (Tennis)	5:00AM-7:00AM (Tennis) 4:00PM-6:00PM (Tennis) 6:00PM-8:00PM (Tennis) 8:00PM-9:25PM (Tennis)	5:00AM-7:00AM (Tennis) 4:00PM-6:00PM (Tennis) 6:00PM-8:00PM (Tennis) 8:00PM-9:25PM (Tennis)	5:00AM-7:00AM (Tennis) 4:00PM-6:00PM (Tennis) 6:00PM-8:00PM (Tennis) 8:00PM-9:00PM (Tennis)	12:00PM-2:00PM (Tennis) 2:00PM-4:00PM (Tennis) 4:00PM-5:00PM (Tennis)	11:00AM-1:00PM (Tennis) 1:00PM-3:00PM (Tennis) 3:00PM-5:00PM (Tennis)
Tennis Court 2 Clay	5:00AM-7:00AM (Tennis) 4:00PM-6:00PM (Tennis) 6:00PM-8:00PM (Tennis) 8:00PM-9:25PM (Tennis)	5:00AM-7:00AM (Tennis) 4:00PM-6:00PM (Tennis) 6:00PM-8:00PM (Tennis) 8:00PM-9:25PM (Tennis)	5:00AM-7:00AM (Tennis) 4:00PM-6:00PM (Tennis) 6:00PM-8:00PM (Tennis) 8:00PM-9:25PM (Tennis)	5:00AM-7:00AM (Tennis) 5:00AM-7:00AM (Tennis) 4:00PM-6:00PM (Tennis) 6:00PM-8:00PM (Tennis) 8:00PM-9:25PM (Tennis)	5:00AM-7:00AM (Tennis) 4:00PM-6:00PM (Tennis) 6:00PM-8:00PM (Tennis) 8:00PM-9:00PM (Tennis)	12:00PM-2:00PM (Tennis) 2:00PM-4:00PM (Tennis) 4:00PM-5:00PM (Tennis)	11:00AM-1:00PM (Tennis) 1:00PM-3:00PM (Tennis) 3:00PM-5:00PM (Tennis)
Lap Swim- 6 Lanes Pool	5:30AM-9:50AM (Lap Swim) <i>Taylor D.</i>	5:30AM-9:50AM (Lap Swim) <i>Taylor D.</i>	5:30AM-9:50AM (Lap Swim) <i>Taylor D.</i>	5:30AM-9:50AM (Lap Swim) <i>Taylor D.</i>	5:30AM-9:50AM (Lap Swim) <i>Taylor D.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tennis Court 6 Tennis	6:00AM-8:00AM (Tennis)	6:00AM-8:00AM (Tennis)	6:00AM-8:00AM (Tennis)	6:00AM-8:00AM (Tennis)	6:00AM-8:00AM (Tennis)	12:00PM-2:00PM (Tennis)	11:00AM-1:00PM (Tennis)
	8:00AM-10:00AM (Tennis)	8:00AM-10:00AM (Tennis)	8:00AM-10:00AM (Tennis)	8:00AM-10:00AM (Tennis)	8:00AM-10:00AM (Tennis)	2:00PM-4:00PM (Tennis)	1:00PM-3:00PM (Tennis)
	10:00AM-12:00PM (Tennis)	10:00AM-12:00PM (Tennis)	10:00AM-12:00PM (Tennis)	10:00AM-12:00PM (Tennis)	12:00PM-2:00PM (Tennis)	4:00PM-5:00PM (Tennis)	3:00PM-5:00PM (Tennis)
	12:00PM-2:00PM (Tennis)	12:00PM-2:00PM (Tennis)	12:00PM-2:00PM (Tennis)	12:00PM-2:00PM (Tennis)	2:00PM-4:00PM (Tennis)		
	2:00PM-4:00PM (Tennis)	2:00PM-4:00PM (Tennis)	2:00PM-4:00PM (Tennis)	2:00PM-4:00PM (Tennis)	4:00PM-6:00PM (Tennis)		
	7:00PM-9:00PM (Tennis)	4:00PM-6:00PM (Tennis)	4:00PM-6:00PM (Tennis)	4:00PM-6:00PM (Tennis)	6:00PM-8:00PM (Tennis)		
		6:00PM-7:00PM (Tennis)	6:00PM-8:00PM (Tennis)	6:00PM-8:00PM (Tennis)	8:00PM-9:00PM (Tennis)		
			8:00PM-9:25PM (Tennis)	8:00PM-9:15PM (Tennis)			
Pickleball Pickleball Court 4C	6:00AM-8:00AM (Pickleball)	6:00AM-8:00AM (Pickleball)	6:00AM-8:00AM (Pickleball)	6:00AM-8:00AM (Pickleball)	6:00AM-8:00AM (Pickleball)	8:00AM-10:00AM (Pickleball)	11:00AM-1:00PM (Pickleball)
	8:00AM-10:00AM (Pickleball)	12:00PM-2:00PM (Pickleball)	8:00AM-10:00AM (Pickleball)	12:00PM-2:00PM (Pickleball)	8:00AM-10:00AM (Pickleball)	10:00AM-12:00PM (Pickleball)	1:00PM-3:00PM (Pickleball)
	12:00PM-2:00PM (Pickleball)	2:00PM-4:00PM (Pickleball)	12:00PM-2:00PM (Pickleball)	2:00PM-4:00PM (Pickleball)	10:00AM-12:00PM (Pickleball)	12:00PM-2:00PM (Pickleball)	3:00PM-5:00PM (Pickleball)
	2:00PM-4:00PM (Pickleball)	4:00PM-6:00PM (Pickleball)	2:00PM-4:00PM (Pickleball)	4:00PM-6:00PM (Pickleball)	12:00PM-2:00PM (Pickleball)	2:00PM-4:00PM (Pickleball)	
	4:00PM-6:00PM (Pickleball)	6:00PM-8:00PM (Pickleball)	4:00PM-6:00PM (Pickleball)	6:00PM-8:00PM (Pickleball)	2:00PM-4:00PM (Pickleball)	4:00PM-5:00PM (Pickleball)	
	6:00PM-8:00PM (Pickleball)	8:00PM-9:25PM (Pickleball)	6:00PM-8:00PM (Pickleball)	8:00PM-9:25PM (Pickleball)	4:00PM-6:00PM (Pickleball)		
	8:00PM-9:25PM (Pickleball)		8:00PM-9:25PM (Pickleball)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball Pickleball Court 4D	6:00AM-8:00AM (Pickleball) 8:00AM-10:00AM (Pickleball) 10:00AM-12:00PM (Pickleball) 12:00PM-2:00PM (Pickleball) 2:00PM-4:00PM (Pickleball) 4:00PM-6:00PM (Pickleball) 6:00PM-8:00PM (Pickleball) 8:00PM-9:25PM (Pickleball)	6:00AM-8:00AM (Pickleball) 12:00PM-2:00PM (Pickleball) 2:00PM-4:00PM (Pickleball) 4:00PM-6:00PM (Pickleball) 6:00PM-8:00PM (Pickleball) 8:00PM-9:25PM (Pickleball)	6:00AM-8:00AM (Pickleball) 12:00PM-2:00PM (Pickleball) 2:00PM-4:00PM (Pickleball) 4:00PM-6:00PM (Pickleball) 6:00PM-8:00PM (Pickleball) 8:00PM-9:25PM (Pickleball)	6:00AM-8:00AM (Pickleball) 12:00PM-2:00PM (Pickleball) 2:00PM-4:00PM (Pickleball) 4:00PM-6:00PM (Pickleball) 6:00PM-8:00PM (Pickleball) 8:00PM-9:25PM (Pickleball)	6:00AM-8:00AM (Pickleball) 8:00AM-10:00AM (Pickleball) 10:00AM-12:00PM (Pickleball) 12:00PM-2:00PM (Pickleball) 2:00PM-4:00PM (Pickleball) 4:00PM-6:00PM (Pickleball) 6:00PM-8:00PM (Pickleball)	8:00AM-10:00AM (Pickleball) 10:00AM-12:00PM (Pickleball) 12:00PM-2:00PM (Pickleball) 2:00PM-4:00PM (Pickleball) 4:00PM-5:00PM (Pickleball)	11:00AM-1:00PM (Pickleball) 1:00PM-3:00PM (Pickleball) 3:00PM-5:00PM (Pickleball)
BODYPUMP Group Exercise Room	6:00AM-7:00AM (Strength) <i>Hana P.</i> 5:30PM-6:30PM (Strength) <i>Monika G.</i>	9:45AM-10:45AM (Strength) <i>Michele K.</i>	8:30AM-9:30AM (Strength) <i>Alina H.</i> 5:30PM-6:30PM (Strength) <i>Monika G.</i>		9:45AM-10:45AM (Strength) <i>Kim W.</i>	8:15AM-9:15AM (Strength) <i>Cameron K.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tennis Court 3 Tennis	6:00AM-8:00AM (Tennis)	6:00AM-8:00AM (Tennis)	6:00AM-8:00AM (Tennis)	6:00AM-8:00AM (Tennis)	6:00AM-8:00AM (Tennis)	8:00AM-10:00AM (Tennis)	11:00AM-1:00PM (Tennis)
	8:00AM-10:00AM (Tennis)	12:00PM-2:00PM (Tennis)	8:00AM-10:00AM (Tennis)	6:00AM-8:00AM (Tennis)	8:00AM-10:00AM (Tennis)	10:00AM-12:00PM (Tennis)	1:00PM-3:00PM (Tennis)
	10:00AM-12:00PM (Tennis)	2:00PM-4:00PM (Tennis)	8:00AM-10:00AM (Tennis)	8:00AM-10:00AM (Tennis)	10:00AM-12:00PM (Tennis)	12:00PM-2:00PM (Tennis)	3:00PM-5:00PM (Tennis)
	12:00PM-2:00PM (Tennis)	4:00PM-6:00PM (Tennis)	10:00AM-12:00PM (Tennis)	12:00PM-2:00PM (Tennis)	12:00PM-2:00PM (Tennis)	2:00PM-4:00PM (Tennis)	
	2:00PM-4:00PM (Tennis)	6:00PM-8:00PM (Tennis)	12:00PM-2:00PM (Tennis)	12:00PM-2:00PM (Tennis)	12:00PM-2:00PM (Tennis)	4:00PM-5:00PM (Tennis)	
	4:00PM-6:00PM (Tennis)	8:00PM-9:25PM (Tennis)	12:00PM-2:00PM (Tennis)	2:00PM-4:00PM (Tennis)	2:00PM-4:00PM (Tennis)		
	6:00PM-8:00PM (Tennis)		2:00PM-4:00PM (Tennis)	2:00PM-4:00PM (Tennis)	2:00PM-4:00PM (Tennis)		
	8:00PM-9:25PM (Tennis)		2:00PM-4:00PM (Tennis)	4:00PM-6:00PM (Tennis)	4:00PM-6:00PM (Tennis)		
			4:00PM-6:00PM (Tennis)	4:00PM-6:00PM (Tennis)	4:00PM-6:00PM (Tennis)		
			4:00PM-6:00PM (Tennis)	6:00PM-8:00PM (Tennis)	6:00PM-8:00PM (Tennis)		
			6:00PM-8:00PM (Tennis)	8:00PM-9:25PM (Tennis)	6:00PM-8:00PM (Tennis)		
			6:00PM-8:00PM (Tennis)	8:00PM-9:25PM (Tennis)	8:00PM-9:00PM (Tennis)		
			8:00PM-9:25PM (Tennis)		8:00PM-9:00PM (Tennis)		
		8:00PM-9:25PM (Tennis)					

[illegible]

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fit for Life Multipurpose Room	8:30AM-9:30AM (Cardio) <i>Wendy N.</i>		8:30AM-9:30AM (Cardio) <i>Teresa C.</i>				
Cycling and Strength Group Exercise Room	8:30AM-9:30AM (Cardio) <i>Maureen W.</i>						
Tabata Group Exercise Room	9:45AM-10:45AM (Cardio) <i>Maureen W.</i>			9:45AM-10:45AM (Cardio) <i>Hana P.</i>			
Yoga Multipurpose Room	9:45AM-10:45AM (Mind Body) <i>Dianna T.</i>		9:45AM-10:45AM (Mind Body) <i>Dianna T.</i> 6:00PM-7:00PM (Mind Body) <i>Alisa M.</i>		9:45AM-10:45AM (Mind Body) <i>Wendy N.</i>		
Water Exercise Pool	10:00AM-11:00AM (Program) <i>Anne M.</i>	10:00AM-11:00AM (Cardio) <i>Anne M.</i> 10:00AM-11:00AM (Program) <i>Anne M.</i>	10:00AM-11:00AM (Cardio) <i>Anne M.</i> 10:00AM-11:00AM (Program) <i>Anne M.</i>	10:00AM-11:00AM (Program) <i>Jacquie F.</i> 10:00AM-11:00AM (Cardio) <i>Jacquie F.</i>	10:00AM-11:00AM (Cardio) <i>Anne M.</i> 10:00AM-11:00AM (Program) <i>Anne M.</i>	9:00AM-10:00AM (Cardio) <i>Michele K.</i>	
Deep Water Exercise Pool	10:00AM-11:00AM (Cardio) <i>Anne M.</i>						
Zumba Group Exercise Room	11:00AM-12:00PM (Dance) <i>Nancy B.</i>			5:30PM-6:30PM (Dance) <i>Nancy B.</i>	11:00AM-12:00PM (Dance) <i>Susie M.</i>	10:45AM-11:45AM (Dance) <i>Nancy B.</i>	1:00PM-2:00PM (Dance) <i>Patricia R.</i>
Camp Swim Pool	11:15AM-1:30PM (Program) <i>Taylor D.</i>	11:00AM-1:30PM (Program) <i>Taylor D.</i>	11:00AM-1:30PM (Program) <i>Taylor D.</i>	11:00AM-1:30PM (Program) <i>Taylor D.</i>	11:00AM-1:30PM (Program) <i>Taylor D.</i>		
SilverSneakers Circuit Multipurpose Room	11:30AM-12:15PM (Strength) <i>Teresa C.</i>		11:30AM-12:15PM (Strength) <i>Wendy N.</i>		11:30AM-12:15PM (Strength) <i>Wendy N.</i>		
Cardio Drumming Group Exercise Room	12:15PM-1:00PM (Cardio) <i>Nancy B.</i>		12:15PM-1:00PM (Cardio) <i>Nancy B.</i>				
High School Swimming Pool	2:30PM-4:30PM (Program) <i>Taylor D.</i>	2:30PM-4:30PM (Program) <i>Taylor D.</i>	2:30PM-4:30PM (Program) <i>Taylor D.</i>	2:30PM-4:30PM (Program) <i>Taylor D.</i> 2:30PM-4:30PM (Program) <i>Taylor D.</i>	2:30PM-4:30PM (Program) <i>Taylor D.</i>		
PYP Swim Team Developmental- 5 Lanes Pool	4:30PM-7:00PM (Program) <i>Taylor D.</i>	4:30PM-7:00PM (Program) <i>Taylor D.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Pool	7:00PM-9:00PM (Lap Swim) <i>Taylor D.</i>	7:00PM-9:00PM (Lap Swim) <i>Taylor D.</i>	7:00PM-9:00PM (Lap Swim) <i>Taylor D.</i>	7:00PM-9:00PM (Lap Swim) <i>Taylor D.</i>	7:00PM-8:30PM (Lap Swim) <i>Taylor D.</i>	7:00AM-8:50AM (Lap Swim) 12:50PM-4:30PM (Lap Swim) <i>Taylor D.</i>	11:00AM-4:30PM (Lap Swim) <i>Taylor D.</i>
Swim Team- 5 Lanes Pool		4:30AM-7:00PM (Program) <i>Taylor D.</i>	5:00PM-7:00PM (Program) <i>Taylor D.</i>				
Tennis Clay Court 1 Adult Round Robin		7:00AM-12:00PM (Tennis)				7:30AM-12:00PM (Tennis)	
Cycling Group Exercise Room		7:30AM-8:15AM (Cardio) <i>Sue C.</i>	5:30AM-6:15AM (Cardio) <i>Hana P.</i>	7:30AM-8:15AM (Cardio) <i>Maureen W.</i>			11:15AM-12:00PM (Cardio) <i>Maureen W.</i>
Pickleball Pickleball Court 4D Round Robin Intermediate		8:00AM-12:00PM (Pickleball)		8:00AM-12:00PM (Pickleball)			
Pickleball Pickleball Court 4C Round Robin Intermediate		8:00AM-12:00PM (Pickleball)			6:00PM-8:00PM (Pickleball)		
Pickleball Pickleball Court 4A Round Robin Intermediate		8:00AM-12:00PM (Pickleball)		8:00AM-12:00PM (Pickleball)			
CORE Multipurpose Room		9:00AM-9:45AM (Strength) <i>Alina H.</i>					
Fit for Life Group Exercise Room		11:00AM-12:00PM (Cardio) <i>Wendy N.</i>		11:00AM-12:00PM (Cardio) <i>Pam J.</i>			
SilverSneakers Classic Multipurpose Room		11:30AM-12:15PM (Cardio) <i>Michele K.</i>		11:30AM-12:15PM (Cardio) <i>Linda G.</i>			
Zumba Gold Group Exercise Room		12:15PM-1:00PM (Dance) <i>Sheila B.</i>		12:15PM-1:00PM (Dance) <i>Sheila B.</i>			
Chair Yoga Multipurpose Room		12:30PM-1:15PM (Mind Body) <i>Michele K.</i>		12:30PM-1:15PM (Mind Body) <i>Linda G.</i>			
Tai Chi Multipurpose Room		1:45PM-2:45PM (Mind Body) <i>Cathy O.</i>		1:45PM-2:45PM (Mind Body) <i>Cathy O.</i>			
Beginner's Line Dancing Group Exercise Room		2:30PM-3:30PM (Dance) <i>Brenda D.</i>					2:25PM-3:25PM (Dance) <i>Brenda D.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Lessons- 3 Lanes, Zero depth area open Pool		4:30PM-5:30PM (Program) <i>Taylor D.</i>		4:30PM-5:30PM (Program) <i>Taylor D.</i>			
BODYCOMBAT Group Exercise Room		6:00PM-7:00PM (Cardio) <i>Alina H.</i>	9:45AM-10:45AM (Cardio) <i>Cameron K.</i>		8:30AM-9:30AM (Cardio) <i>Theresa G.</i>	9:30AM-10:30AM (Cardio) <i>Cameron K.</i>	
Tennis Court 5 Tennis - Live Ball Drills for Doubles 3.0-4.0 w/ Coach Robert \$\$\$		7:00PM-8:00PM (Tennis)				10:00AM-11:00AM (Tennis)	
Pickleball Pickleball Court 4B Round Robin Beginners			8:00AM-12:00PM (Pickleball)				
Pickleball Pickleball Court 4D Round Robin Beginners			8:00AM-12:00PM (Pickleball)				
Zumba Toning Group Exercise Room			11:00AM-12:00PM (Dance) <i>Carrie L.</i>				
Tennis Pickleball Court 4A			12:00PM-2:00PM (Tennis) 2:00PM-4:00PM (Tennis) 4:00PM-6:00PM (Tennis) 6:00PM-8:00PM (Tennis) 8:00PM-9:25PM (Tennis)	6:00AM-8:00AM (Tennis) 12:00PM-2:00PM (Tennis) 2:00PM-4:00PM (Tennis) 4:00PM-6:00PM (Tennis) 6:00PM-8:00PM (Tennis) 8:00PM-9:25PM (Tennis)	6:00AM-8:00AM (Tennis) 8:00AM-10:00AM (Tennis) 10:00AM-12:00PM (Tennis) 12:00PM-2:00PM (Tennis) 2:00PM-4:00PM (Tennis) 4:00PM-6:00PM (Tennis) 8:00PM-9:00PM (Tennis)		
Pickleball Pickleball Court 4B Round Robin Intermediate				8:00AM-12:00PM (Pickleball)			
Yin Yoga Multipurpose Room				8:30AM-9:30AM (Mind Body) <i>Mary C.</i>			
CORE Group Exercise Room				9:00AM-9:30AM (Strength) <i>Alina H.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barre Multipurpose Room				9:45AM-10:45AM (Strength) <i>Dianna T.</i>	8:30AM-9:30AM (Strength) <i>Wendy N.</i>		
SilverSneakers Stability Multipurpose Room				10:50AM-11:20AM (Strength) <i>Linda G.</i>			
PYP Swim Team Advanced- 5 Lanes Pool				4:30PM-7:00PM (Program) <i>Taylor D.</i>	5:00PM-7:00PM (Program) <i>Taylor D.</i>		
BODYBALANCE Multipurpose Room				6:00PM-7:00PM (Mind Body) <i>Alina H.</i>			11:15AM-12:15PM (Mind Body) <i>Annette B.</i>
Tennis Court 5 Tennis Live Ball Drills for Doubles 1.0-2.5 W/Coach Robert \$\$\$					9:00AM-10:00AM (Tennis)		
Pickleball Pickleball Court 4A Round Robin Beginners					6:00PM-8:00PM (Pickleball)		
SPRINT Group Exercise Room						7:15AM-7:45AM (Cardio) <i>Hana P.</i>	
Water Exercise- 5 Lanes Pool						9:00AM-10:00AM (Program) <i>Jacque F.</i>	
Power Yoga Multipurpose Room						9:30AM-10:30AM (Mind Body) <i>Alisa M.</i>	
Swim Lessons Pool						10:00AM-12:45PM (Program) <i>Anne M.</i>	
Tennis Court 5 Tennis							11:00AM-1:00PM (Tennis) 1:00PM-3:00PM (Tennis) 3:00PM-5:00PM (Tennis)
Line Dancing Group Exercise Room							3:30PM-4:30PM (Dance) <i>Brenda D.</i>



Citrus Memorial Health Foundation YMCA | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Open Competition Pool	5:00AM-9:00PM (Program)	5:00AM-9:00PM (Program)	5:00AM-9:00PM (Program)	5:00AM-9:00PM (Program)	5:00AM-8:30PM (Program)	7:00AM-5:30PM (Program)	11:00AM-5:30PM (Program)
Lap Swim- 6 Lanes Competition Pool	5:00AM-6:00AM (Lap Swim)	5:00AM-6:00AM (Lap Swim)	5:00AM-6:00AM (Lap Swim)	5:00AM-6:00AM (Lap Swim)	5:00AM-6:00AM (Lap Swim)		
Cycling Cycling Room	5:45AM-6:45AM (Cardio) <i>Dondi C.</i> 6:00PM-7:00PM (Cardio) <i>Barbara C.</i>	11:45AM-12:45PM (Cardio) <i>Barbara C.</i>	5:45AM-6:45AM (Cardio) <i>Dondi C.</i> 6:00PM-7:00PM (Cardio) <i>Barbara C.</i>	11:45AM-12:45PM (Cardio) <i>Barbara C.</i>	5:45AM-6:45AM (Cardio) <i>Dondi C.</i> 11:45AM-12:45PM (Cardio) <i>Barbara C.</i>	9:30AM-10:30AM (Cardio) <i>Barbara C.</i> 11:00AM-12:00PM (Cardio) <i>Barbara C.</i>	
Lap Swim- 1 Lane Competition Pool	6:00AM-7:30AM (Lap Swim)	6:00AM-7:30AM (Lap Swim) 9:30AM-11:00AM (Lap Swim)	6:00AM-7:30AM (Lap Swim)	6:00AM-7:30AM (Lap Swim)	6:00AM-7:30AM (Lap Swim)		
Masters Swim- 5 Lanes Competition Pool	6:00AM-7:30AM (Program)	6:00AM-7:30AM (Program)	6:00AM-7:30AM (Program)	6:00AM-7:30AM (Program)	6:00AM-7:30AM (Program)		
Pilates HLC A	7:00AM-8:00AM (Core) <i>Cathy W.</i>			7:00AM-8:00AM (Core) <i>Cathy W.</i>	7:00AM-8:00AM (Core) <i>Cathy W.</i>		
Yoga Group Exercise	7:00AM-8:00AM (Mind Body) <i>Kira K.</i>	7:00PM-8:00PM (Mind Body) <i>Kira K.</i>	7:00AM-8:00AM (Mind Body) <i>Kira K.</i> 1:00PM-2:00PM (Mind Body) <i>Liz L.</i> 3:00PM-4:00PM (Mind Body) <i>Liz L.</i>	4:00PM-5:00PM (Mind Body) <i>Kira K.</i>	7:00AM-8:00AM (Mind Body) <i>Kira K.</i> 1:00PM-2:00PM (Mind Body) <i>Liz L.</i>		
SilverSneakers Circuit HLC A	8:15AM-9:15AM (Strength) <i>Cathy W.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Group Exercise	8:30AM-9:30AM (Dance) <i>Virgie P.</i> 11:45AM-12:45PM (Dance) <i>Virgie P.</i> 7:15PM-8:15PM (Dance) <i>Anna O.</i>	10:55AM-11:55AM (Dance) <i>Amy M.</i>	8:30AM-9:30AM (Dance) <i>Virgie P.</i> 11:45AM-12:45PM (Dance) <i>Virgie P.</i> 7:15PM-8:15PM (Dance) <i>Dang K.</i>	10:55AM-11:55AM (Dance) <i>Amy M.</i>	12:00PM-1:00PM (Dance) <i>Anna O.</i>	12:00PM-1:00PM (Dance) <i>Renee C.</i>	12:00PM-1:00PM (Dance) <i>Dang K.</i>
Swim Lessons Family Pool	9:00AM-11:00AM (Program) 5:30PM-6:00PM (Program)	9:00AM-11:00AM (Program) 5:30PM-6:00PM (Program)	9:00AM-11:00AM (Program) 5:30PM-6:00PM (Program)	9:00AM-11:00AM (Program) 5:30PM-6:00PM (Program)	9:00AM-11:00AM (Program) 5:30PM-6:00PM (Program)		
Aqua Zumba Competition Pool	9:00AM-10:00AM (Dance) <i>Anna O.</i>		9:00AM-10:00AM (Dance) <i>Anna O.</i>				
Water Exercise- 5 Lanes Competition Pool	9:00AM-10:00AM (Program)		9:00AM-10:00AM (Program)		9:45AM-10:45AM (Program)		
Swim Lessons- 2 Lanes Competition Pool	9:00AM-11:45AM (Program) 5:30PM-7:30PM (Program)	9:00AM-11:45AM (Program) 5:30PM-7:30PM (Program)	9:00AM-11:45AM (Program) 5:30PM-7:30PM (Program)	9:00AM-11:45AM (Program) 5:30PM-7:30PM (Program)	9:00AM-11:45AM (Program) 5:30PM-7:30PM (Program)	9:00AM-12:10PM (Program)	
Cardio and Strength Group Exercise	9:45AM-10:45AM (Cardio) <i>Cynthia H.</i>		9:45AM-10:45AM (Cardio) <i>Cynthia H.</i>				
SilverSneakers Cardio Fit HLC A	9:45AM-10:45AM (Cardio) <i>Tammy K.</i>		9:45AM-10:45AM (Cardio) <i>Tammy K.</i>	8:15AM-9:15AM (Cardio) <i>Cathy W.</i>			
SilverSneakers Classic Levy	10:00AM-11:00AM (Cardio) <i>Diana P.</i>		10:00AM-11:00AM (Cardio) <i>Diana P.</i>				
Family Swim Family Pool	11:00AM-7:00PM (Program)	11:00AM-7:00PM (Program)	11:00AM-7:00PM (Program)	11:00AM-7:00PM (Program)	11:00AM-7:00PM (Program)	11:00AM-4:00PM (Program)	11:00AM-4:00PM (Program)
Zumba Gold Group Exercise	11:00AM-11:30AM (Dance) <i>Virgie P.</i>		11:00AM-11:30AM (Dance) <i>Virgie P.</i>				
Pool Open Family Pool	11:00AM-7:00PM (Program)	11:00AM-7:00PM (Program)	11:00AM-7:00PM (Program)	11:00AM-7:00PM (Program)	11:00AM-7:00PM (Program)	11:00AM-4:00PM (Program)	11:00AM-4:00PM (Program)
Family Swim- 2 Lanes Competition Pool	12:00PM-3:30PM (Program) 7:30PM-9:00PM (Program)	12:00PM-3:30PM (Program) 7:30PM-9:00PM (Program)	12:00PM-3:30PM (Program) 7:30PM-9:00PM (Program)	12:00PM-3:30PM (Program) 7:30PM-9:00PM (Program)	12:00PM-3:30PM (Program) 7:30PM-8:30PM (Program)	12:30PM-5:30PM (Program)	11:00AM-5:30PM (Program)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim- 5 Lanes Competition Pool	12:00PM-3:30PM (Lap Swim) 7:00PM-9:00PM (Lap Swim)	7:30AM-9:30AM (Lap Swim) 11:00AM-3:30PM (Lap Swim) 7:00PM-9:00PM (Lap Swim)	12:00PM-3:30PM (Lap Swim) 7:00PM-9:00PM (Lap Swim)	12:00PM-3:30PM (Lap Swim) 7:00PM-9:00PM (Lap Swim)	12:00PM-3:30PM (Lap Swim) 5:30PM-8:30PM (Lap Swim)	9:30AM-5:30PM (Lap Swim)	11:00AM-5:30PM (Lap Swim)
Chair Yoga HLC A	2:00PM-3:30PM (Mind Body) <i>Kira K.</i>					9:45AM-10:45AM (Mind Body) <i>Caryn H.</i>	11:45AM-12:45PM (Mind Body) <i>Liz L.</i>
LHS Swim Team- 7 Lanes Competition Pool	3:30PM-5:30PM (Program)	3:30PM-5:30PM (Program)	3:30PM-5:30PM (Program)	3:30PM-5:30PM (Program)	3:30PM-5:30PM (Program)		
BODYPUMP Group Exercise	5:15PM-6:15PM (Strength) <i>Stacy A.</i>	8:30AM-9:35AM (Strength) <i>Natalie W.</i>	5:15PM-6:15PM (Strength) <i>Amy G.</i>	8:30AM-9:30AM (Strength) <i>Natalie W.</i>		9:00AM-10:00AM (Strength)	
Hip Hop Cardio Dance HLC A	5:30PM-6:30PM (Dance) <i>Ana D.</i>						
PYP Swim Team Developmental- 6 Lanes Competition Pool	5:30PM-7:00PM (Program)	5:30PM-7:00PM (Program)	5:30PM-7:00PM (Program)	5:30PM-7:00PM (Program)			
Core Group Exercise	6:30PM-7:00PM (Core) <i>Stacy A.</i>						
BootCamp Outdoors		6:00AM-7:00AM (Cardio)		6:00AM-7:00AM (Cardio)			
Zumba Levy		8:30AM-9:30AM (Dance) <i>Amy M.</i>		8:30AM-9:30AM (Dance) <i>Amy M.</i>			
Water Exercise- 4 Lanes Competition Pool		9:45AM-10:45AM (Program)		9:45AM-10:45AM (Program)			
SilverSneakers Classic HLC A		9:45AM-10:45AM (Cardio) <i>Natalie W.</i>		9:45AM-10:45AM (Cardio) <i>Natalie W.</i>	8:15AM-9:15AM (Cardio) <i>Cathy W.</i>		
Aqua Tabata Competition Pool		9:45AM-10:45AM (Cardio) <i>Debra S.</i>					
HIIT Group Exercise		9:45AM-10:45AM (Cardio) <i>Cathy W.</i>		9:45AM-10:45AM (Cardio) <i>Cathy W.</i>	11:00AM-12:00PM (Cardio) <i>Cathy W.</i>		
Zumba Gold HLC A		11:00AM-12:00PM (Dance) <i>Barbara H.</i>		11:00AM-12:00PM (Dance) <i>Barbara H.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga HLC A		12:00PM-1:00PM (Mind Body) <i>Kira K.</i>		12:00PM-1:00PM (Mind Body) <i>Kira K.</i>		11:00AM-12:00PM (Mind Body) <i>Caryn H.</i>	1:00PM-2:00PM (Mind Body) <i>Liz L.</i>
Line Dancing Group Exercise		12:00PM-1:00PM (Dance) <i>Tom C.</i>		12:00PM-1:00PM (Dance)			
Camp Swim Family Pool		12:45PM-3:45PM (Program)	12:45PM-3:45PM (Program)	12:45PM-3:45PM (Program)	12:45PM-3:45PM (Program)		
Chair Yoga Group Exercise		1:30PM-2:30PM (Mind Body) <i>Kira K.</i>		1:30PM-2:30PM (Mind Body) <i>Kira K.</i>	9:45AM-10:45AM (Mind Body) <i>Kira K.</i>		
BODYCOMBAT Group Exercise		5:15PM-6:15PM (Cardio) <i>Stacy A.</i>					
Zumba Toning HLC A		5:30PM-6:30PM (Dance) <i>Anna O.</i>					
SilverSneakers Stability HLC A			8:15AM-9:15AM (Strength) <i>Cathy W.</i>				
Yin Yoga Group Exercise			4:00PM-5:00PM (Mind Body) <i>Liz L.</i>		3:30PM-4:30PM (Mind Body) <i>Liz L.</i>		
CORE Group Exercise			6:30PM-7:00PM (Strength) <i>Amy G.</i>				
Deep Water Exercise Competition Pool				9:45AM-10:45AM (Cardio) <i>Cathy W.</i>			
Taji Fit Group Exercise				2:45PM-3:45PM (Mind Body) <i>Dorcas W.</i>			
Hip Hop Cardio Dance Group Exercise				5:30PM-6:30PM (Dance) <i>Ana D.</i>			
Zumba Toning Group Exercise					8:30AM-9:30AM (Dance) <i>Virgie P.</i>		
Stretch HLC A					9:30AM-10:30AM (Mind Body) <i>Dagmar P.</i>		
SilverSplash Competition Pool					9:45AM-10:45AM (Cardio) <i>Cathy W.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tai Chi Levy					10:00AM-11:00AM (Mind Body) <i>Dorcas W.</i>		
PYP Swim Team Advanced- 6 Lanes Competition Pool						7:30AM-9:30AM (Program)	
Water Exercise Competition Pool						11:15AM-12:15PM (Cardio) <i>Chez I.</i>	



Greater Palm Harbor YMCA | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Zone- Strength PowerZone	5:15AM-6:05AM (Functional Training \$) <i>Chris A.</i> 6:15AM-7:05AM (Functional Training \$) <i>Chris A.</i> 8:15AM-9:05AM (Functional Training \$) <i>Chris A.</i> 9:15AM-10:05AM (Functional Training \$) <i>Chris A.</i> 4:15PM-5:05PM (Functional Training \$) <i>Tracie W.</i> 5:15PM-6:05PM (Functional Training \$) <i>Tracie W.</i>		5:15AM-6:05AM (Functional Training \$) <i>Chris A.</i> 6:15AM-7:05AM (Functional Training \$) <i>Chris A.</i> 8:15AM-9:05AM (Functional Training \$) <i>Chris A.</i> 9:15AM-10:05AM (Functional Training \$) <i>Chris A.</i> 4:15PM-5:05PM (Functional Training \$) <i>Johnny T.</i> 5:15PM-6:05PM (Functional Training \$) <i>Johnny T.</i>		5:15AM-6:05AM (Functional Training \$) <i>Chris A.</i> 6:15AM-7:05AM (Functional Training \$) <i>Chris A.</i> 8:15AM-9:05AM (Functional Training \$) <i>Lisa M.</i> 9:15AM-10:05AM (Functional Training \$) <i>Lisa M.</i> 4:15PM-5:05PM (Functional Training \$) <i>Wilda S.</i> 5:15PM-6:05PM (Functional Training \$) <i>Wilda S.</i>		
Cycling Cycle Room	5:30AM-6:20AM (Cardio) <i>Nancy B.</i> 8:30AM-9:20AM (Cardio) <i>Isadora P.</i> 6:00PM-6:50PM (Cardio) <i>Deanna R.</i>		5:30AM-6:20AM (Cardio) <i>Victoria H.</i> 8:30AM-9:20AM (Cardio) <i>Hana P.</i> 6:00PM-6:50PM (Cardio) <i>Deanna R.</i>	9:15AM-10:05AM (Cardio) <i>Isadora P.</i>	5:30AM-6:20AM (Cardio) <i>Nancy B.</i> 8:30AM-9:20AM (Cardio) <i>Isadora P.</i>	9:15AM-10:05AM (Cardio) <i>Isadora P.</i>	
Lap Swim- 8 Lanes Competition Pool	5:30AM-9:30AM (Lap Swim) 10:30AM-3:00PM (Lap Swim) 5:00PM-9:00PM (Lap Swim)	5:30AM-6:30AM (Lap Swim) 7:30AM-3:00PM (Lap Swim) 5:00PM-7:15PM (Lap Swim) 8:30PM-9:00PM (Lap Swim)	5:30AM-6:30AM (Lap Swim) 7:30AM-9:30AM (Lap Swim) 10:30AM-3:00PM (Lap Swim) 5:00PM-9:00PM (Lap Swim)	5:30AM-6:30AM (Lap Swim) 7:30AM-3:00PM (Lap Swim) 5:00PM-7:15PM (Lap Swim) 8:30PM-9:00PM (Lap Swim)	5:30AM-6:30AM (Lap Swim) 7:30AM-9:30AM (Lap Swim) 10:30AM-3:00PM (Lap Swim) 5:00PM-8:30PM (Lap Swim)	8:00AM-1:30PM (Lap Swim) 3:00PM-4:30PM (Lap Swim)	11:30AM-11:45AM (Lap Swim) 1:00PM-4:30PM (Lap Swim)
Pickleball Pickle Ball	7:30AM-10:00AM (Pickleball)	5:00PM-8:00PM (Pickleball)	7:30AM-10:00AM (Pickleball)	5:00PM-8:00PM (Pickleball)	7:30AM-10:00AM (Pickleball)	8:30AM-11:30AM (Pickleball)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim Family Pool	7:30AM-7:00PM (Program)	7:30AM-7:00PM (Program)	7:30AM-7:00PM (Program)	7:30AM-7:00PM (Program)	7:30AM-7:00PM (Program)	1:15PM-4:30PM (Program)	12:00PM-4:30PM (Program)
Tabata Group Exercise	8:00AM-8:50AM (Cardio) <i>Chrissy R.</i>				8:00AM-8:50AM (Cardio) <i>Deanna R.</i>		
Barre Multi Purpose Room	8:30AM-9:20AM (Strength) <i>Tiffany O.</i> 5:40PM-6:25PM (Strength) <i>Tiffany O.</i>		8:30AM-9:25AM (Strength) <i>Wilda S.</i>				
BootCamp Outdoors	8:30AM-9:15AM (Cardio) <i>Tracie W.</i>		8:30AM-9:15AM (Cardio) <i>Tracie W.</i>		8:30AM-9:15AM (Cardio) <i>Chris A.</i>		
Yoga Group Exercise	9:00AM-10:00AM (Mind Body) <i>Wilda S.</i>				9:00AM-10:00AM (Mind Body) <i>Wilda S.</i>		11:15AM-12:15PM (Mind Body) <i>Wilda S.</i>
Lap Swim- 5 Lanes Competition Pool	9:30AM-10:30AM (Lap Swim)	7:15PM-8:30PM (Lap Swim)	9:30AM-10:30AM (Lap Swim)	7:15PM-8:30PM (Lap Swim)	9:30AM-10:30AM (Lap Swim)		11:45AM-1:00PM (Lap Swim)
Water Exercise- 3 Lanes, Dive well Competition Pool	9:30AM-10:30AM (Program) <i>MaryAnne W.</i>		9:30AM-10:30AM (Program) <i>MaryAnne W.</i>		9:30AM-10:30AM (Program) <i>MaryAnne W.</i>		
Deep Water Exercise Competition Pool	9:30AM-10:25AM (Cardio) <i>Sandra M.</i>		9:30AM-10:25AM (Cardio) <i>Sandra M.</i>				
Summer Camp Family Pool	10:00AM-2:00PM (Program)	10:00AM-2:00PM (Program)	10:00AM-2:00PM (Program)	10:00AM-2:00PM (Program)	10:00AM-2:00PM (Program)		
Reserved for Personal Training PowerZone	10:05AM-12:30PM (Power Zone)	10:05AM-3:00PM (Power Zone)	10:05AM-3:00PM (Power Zone)	10:05AM-12:30PM (Power Zone)	10:05AM-12:30PM (Power Zone)		
BODYPUMP Group Exercise	10:15AM-11:15AM (Strength) <i>Hana P.</i>	5:40AM-6:40AM (Strength) <i>Michele K.</i> 6:40PM-7:40PM (Strength) <i>Sara E.</i>	10:15AM-11:15AM (Strength) <i>Chrissy R.</i>	5:40AM-6:40AM (Strength) <i>Hana P.</i> 6:40PM-7:40PM (Strength) <i>Sara E.</i>	10:15AM-11:15AM (Strength) <i>Jessica F.</i>	10:40AM-11:40AM (Strength) <i>Niko G.</i>	
Hot Yoga Multi Purpose Room	10:45AM-11:45AM (Mind Body) <i>Belle G.</i>		10:45AM-11:45AM (Mind Body) <i>Belle G.</i>		10:45AM-11:45AM (Mind Body) <i>Belle G.</i>		
Zumba Gold Group Exercise	11:30AM-12:15PM (Dance) <i>Tammy E.</i>		11:30AM-12:15PM (Dance) <i>Sheila B.</i>				
SilverSneakers Classic Group Exercise	12:30PM-1:20PM (Cardio) <i>George D.</i>	11:40AM-12:30PM (Cardio) <i>Dee A.</i>	12:30PM-1:20PM (Cardio) <i>George D.</i>	11:40AM-12:30PM (Cardio) <i>Dee A.</i>	12:30PM-1:20PM (Cardio) <i>George D.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretch Multi Purpose Room	12:30PM-1:15PM (Mind Body) <i>Wilda S.</i>				12:30PM-1:15PM (Mind Body) <i>Jessica F.</i>		
Open Hours PowerZone	12:30PM-3:30PM (Power Zone) 7:00PM-9:00PM (Power Zone)	7:05PM-9:00PM (Power Zone)	7:05PM-9:00PM (Power Zone)	12:30PM-3:30PM (Power Zone) 7:00PM-9:00PM (Power Zone)	12:30PM-3:30PM (Power Zone) 7:05PM-9:00PM (Power Zone)	10:30AM-5:00PM (Power Zone)	12:30PM-5:00PM (Power Zone)
SilverSneakers Yoga Group Exercise	1:30PM-2:20PM (Mind Body) <i>Wilda S.</i>		1:30PM-2:20PM (Mind Body) <i>Dee A.</i>		1:30PM-2:20PM (Mind Body) <i>Dee A.</i>		
Line Dancing Group Exercise	2:30PM-3:30PM (Dance) <i>Jeanne A.</i>				5:30PM-7:00PM (Dance) <i>Jeanne A.</i>		
Swim Team- 8 Lanes Competition Pool	3:00PM-5:00PM (Program)	3:00PM-5:00PM (Program) 3:00PM-5:00PM (Program)	3:00PM-5:00PM (Program) 3:00PM-5:00PM (Program)	3:00PM-5:00PM (Program) 3:00PM-5:00PM (Program)	3:00PM-5:00PM (Program) 3:00PM-5:00PM (Program)		
EnhanceFitness Group Exercise	3:45PM-4:45PM (Community Health)		3:45PM-4:45PM (Community Health)		3:45PM-4:45PM (Community Health)		
BODYCOMBAT Group Exercise	6:00PM-6:55PM (Cardio) <i>Bianca R.</i>	9:30AM-10:30AM (Cardio) <i>Bianca R.</i>	6:00PM-6:50PM (Cardio) <i>Shawn B.</i>	9:30AM-10:30AM (Cardio) <i>Cameron K.</i>		9:30AM-10:30AM (Cardio) <i>Ann S.</i>	
Yoga Multi Purpose Room	6:45PM-7:40PM (Mind Body) <i>Janessa B.</i>	11:40AM-12:35PM (Mind Body) <i>Wilda S.</i>	6:45PM-7:40PM (Mind Body) <i>Janessa B.</i>				
Power Zone-Conditioning PowerZone		5:15AM-6:05AM (Functional Training \$) <i>Chris A.</i> 6:15AM-7:05AM (Functional Training \$) <i>Chris A.</i> 8:15AM-9:05AM (Functional Training \$) <i>Tracie W.</i> 9:15AM-10:05AM (Functional Training \$) <i>Tracie W.</i> 4:15PM-5:05PM (Functional Training \$) <i>Tracie W.</i> 5:15PM-6:05PM (Functional Training \$) <i>Tracie W.</i>		5:15AM-6:05AM (Functional Training \$) <i>Chris A.</i> 6:15AM-7:05AM (Functional Training \$) <i>Chris A.</i> 8:15AM-9:05AM (Functional Training \$) <i>Tracie W.</i> 9:15AM-10:05AM (Functional Training \$) <i>Tracie W.</i> 4:15PM-5:05PM (Functional Training \$) <i>Johnny T.</i> 5:15PM-6:05PM (Functional Training \$) <i>Johnny T.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim- 3 Lanes Competition Pool		6:30AM-7:30AM (Lap Swim)	6:30AM-7:30AM (Lap Swim)	6:30AM-7:30AM (Lap Swim)	6:30AM-7:30AM (Lap Swim)	1:30PM-3:00PM (Lap Swim)	
Masters Swim- 5 Lanes Competition Pool		6:30AM-7:30AM (Program)	6:30AM-7:30AM (Program)	6:30AM-7:30AM (Program)	6:30AM-7:30AM (Program)		
Strength Lite Group Exercise		8:30AM-9:20AM (Strength) <i>Wilda S.</i>		8:30AM-9:20AM (Strength) <i>Michele K.</i>		8:30AM-9:15AM (Strength) <i>Deanna R.</i>	
BODYBALANCE Multi Purpose Room		8:45AM-9:35AM (Mind Body) <i>Carrie S.</i> 6:40PM-7:35PM (Mind Body) <i>Ann S.</i>		8:45AM-9:35AM (Mind Body) <i>Jordan S.</i> 6:40PM-7:35PM (Mind Body) <i>Jordan S.</i>			
Water Exercise Family Pool		9:00AM-9:50AM (Program) <i>Karen B.</i> 9:00AM-9:55AM (Program) 9:00AM-9:55AM (Cardio) <i>Dee A.</i> 6:30PM-7:25PM (Cardio) <i>Sandra M.</i> 6:30PM-7:30PM (Program) 6:30PM-7:25PM (Program) <i>Sandra M.</i>		9:00AM-9:55AM (Program) 9:00AM-9:55AM (Cardio) <i>Dee A.</i> 6:30PM-7:25PM (Cardio) <i>Sandra M.</i> 6:30PM-7:30PM (Program)		9:00AM-9:55AM (Cardio) <i>Karen B.</i> 9:00AM-9:50AM (Program)	
RPM Cycle Room		9:15AM-10:05AM (Cardio) <i>Shawn B.</i>					
Pilates Multi Purpose Room		9:45AM-10:35AM (Core) <i>Wilda S.</i>	5:40PM-6:25PM (Core) <i>Wilda S.</i>				
Group Fitness Class Field House		9:45AM-10:35AM (Group Exercise) 11:40AM-12:35PM (Group Exercise)	9:30AM-10:30AM (Group Exercise)	9:45AM-10:35AM (Group Exercise)	9:30AM-10:30AM (Group Exercise) 12:30PM-1:15PM (Group Exercise)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Group Exercise		10:40AM-11:30AM (Dance) <i>Susie M.</i> 5:30PM-6:30PM (Dance) <i>Yahaira A.</i>		10:40AM-11:30AM (Dance) <i>Susie M.</i> 5:30PM-6:30PM (Dance) <i>Tammy E.</i>			
SilverSneakers Boom-MOVE Group Exercise		12:45PM-1:35PM (Dance) <i>Wilda S.</i>		12:45PM-1:35PM (Dance) <i>Michelle D.</i>			
HIIT Cycle Cycle Room		6:00PM-6:30PM (Cardio) <i>Niko G.</i>		6:00PM-6:30PM (Cardio) <i>Victoria H.</i>			
CORE Multi Purpose Room		6:00PM-6:30PM (Strength) <i>Ann S.</i>		6:00PM-6:30PM (Strength) <i>Carrie S.</i>			
Special Olympics- 3 Lanes Competition Pool		7:15PM-8:30PM (Program)		7:15PM-8:30PM (Program)		2:00PM-3:00PM (Program)	11:45AM-1:00PM (Program)
On the Ball Group Exercise			7:00AM-7:50AM (Core) <i>George D.</i>		7:00AM-7:50AM (Core) <i>George D.</i>		
Cardio and Strength Group Exercise			8:00AM-8:50AM (Cardio) <i>MaryAnne W.</i>				
Restorative Yoga Group Exercise			9:00AM-10:00AM (Mind Body) <i>Sandy B.</i>				
Yogalates Multi Purpose Room				9:45AM-10:35AM (Mind Body) <i>Wilda S.</i>			
AQUA Drums Vibes Competition Pool					9:30AM-10:25AM (Cardio) <i>Sandra M.</i>		
Lap Swim- 1 Lane Family Pool						10:00AM-1:15PM (Lap Swim)	
Swim Lessons- 2 Lanes, Zero depth area open Family Pool						10:00AM-1:15PM (Program)	
Restorative Yoga Multi Purpose Room						10:45AM-11:45AM (Mind Body) <i>Barbara G.</i>	
Barre Group Exercise						12:00PM-12:30PM (Strength) <i>Wilda S.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Dance Mix Group Exercise						12:30PM-1:00PM (Dance) <i>Wilda S.</i>	
Tri- Clinic Competition Pool						1:30PM-3:00PM (Program)	



Hernando County YMCA | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling Cycling	5:40AM-6:10AM (Cardio) Deanne M. 10:00AM-10:30AM (Cardio) Deanne M.	10:00AM-10:45AM (Cardio) Deanne M. 5:00PM-5:30PM (Cardio) Michelle C.	5:40AM-6:10AM (Cardio) Deanne M. 10:00AM-10:30AM (Cardio) Deanne M.	10:00AM-10:45AM (Cardio) Deanne M. 5:00PM-5:30PM (Cardio) Michelle C.	5:40AM-6:10AM (Cardio) Stacey G.	8:05AM-8:35AM (Cardio) Stacey G.	
Strength and Resistance MP1	6:15AM-7:00AM (Strength) Barb L.					8:45AM-9:30AM (Strength) Stacey G.	
Cardio and Strength MP1	8:00AM-8:45AM (Cardio) Kati M.		8:00AM-8:45AM (Cardio) Donna C.		8:00AM-8:45AM (Cardio) Shelly W.		
Yoga MP2	8:45AM-9:45AM (Mind Body) Donna C. 6:00PM-7:00PM (Mind Body) Nelson S.		8:45AM-9:45AM (Mind Body) Barb G. 6:00PM-7:00PM (Mind Body) Nelson S.		8:45AM-9:45AM (Mind Body) Nelson S.		
BODYPUMP MP1	9:00AM-10:00AM (Strength) Monica K.	5:40PM-6:25PM (Strength) Meredith M.	6:15AM-7:00AM (Strength) Stacey G. 9:00AM-10:00AM (Strength) Monica K.	5:40PM-6:25PM (Strength) Meredith M.	6:15AM-7:00AM (Strength) Stacey G. 9:00AM-10:00AM (Strength) Monica K.		
Water Exercise Pool	9:40AM-10:40AM (Cardio) Linda N.	9:00AM-10:00AM (Cardio) Linda N. 10:30AM-11:30AM (Cardio) Linda N.	9:00AM-10:00AM (Cardio) Diane H. 10:30AM-11:30AM (Cardio) Lynn R.	9:00AM-10:00AM (Cardio) Linda N. 10:30AM-11:30AM (Cardio) Lynn R.	9:00AM-10:00AM (Cardio) Linda N. 10:30AM-11:30AM (Cardio) Connie L.	8:00AM-8:45AM (Cardio) Tara T.	
Barre MP2	10:00AM-10:45AM (Strength) Kathryn P.		10:00AM-10:45AM (Strength) Kathryn P.		10:00AM-10:45AM (Strength) Kathryn P.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba MP1	10:15AM-11:00AM (Dance) <i>Dana S.</i> 11:45AM-12:30PM (Dance) <i>Dana S.</i>		10:15AM-11:00AM (Dance) <i>Dana S.</i> 11:45AM-12:30PM (Dance) <i>Dana S.</i>		10:15AM-11:00AM (Dance) <i>Monica M.</i> 11:45AM-12:30PM (Dance) <i>Monica M.</i>	11:00AM-11:45AM (Dance) <i>Beth S.</i>	
SilverSneakers Classic MP2	11:00AM-11:45AM (Cardio) <i>Lynn R.</i>	9:45AM-10:30AM (Cardio) <i>Lynn R.</i>	11:00AM-11:45AM (Cardio) <i>Diane H.</i>	9:45AM-10:30AM (Cardio) <i>Lynn R.</i>	11:00AM-11:45AM (Cardio) <i>Donna B.</i>		
Chair Yoga MP1	1:00PM-1:45PM (Mind Body) <i>Nelson S.</i>	1:00PM-1:45PM (Mind Body) <i>Nelson S.</i>	1:00PM-1:45PM (Mind Body) <i>Nelson S.</i>	1:00PM-1:45PM (Mind Body) <i>Nelson S.</i>			
BODYBALANCE MP1	4:30PM-5:30PM (Mind Body) <i>Monica K.</i>		4:30PM-5:30PM (Mind Body) <i>Kathryn P.</i>		4:30PM-5:30PM (Mind Body) <i>Monica K.</i>		
BODYCOMBAT MP1	5:45PM-6:45PM (Cardio) <i>Shelly W.</i>	9:00AM-10:00AM (Cardio) <i>Monica K.</i>	5:45PM-6:45PM (Cardio) <i>Monica K.</i>	9:00AM-10:00AM (Cardio) <i>Monica K.</i>	5:45PM-6:45PM (Cardio) <i>Meredith M.</i>	9:45AM-10:45AM (Cardio) <i>Norm D.</i>	12:50PM-1:50PM (Cardio) <i>Meredith M.</i>
BootCamp Entrance	6:00PM-7:00PM (Cardio) <i>Kati M.</i>	5:45AM-6:30AM (Cardio) <i>Deanne M.</i>	6:00PM-7:00PM (Cardio) <i>Franklin L.</i>	5:45AM-6:30AM (Cardio) <i>Deanne M.</i>			
Open Court Outdoor Courts		5:00AM-7:00AM (Basketball) 9:30AM-5:00PM (Basketball)	5:00AM-7:00AM (Basketball) 9:30AM-9:30PM (Basketball)	5:00AM-7:00AM (Basketball) 9:00AM-4:00PM (Basketball)	5:00AM-7:00AM (Basketball) 9:30AM-9:00PM (Basketball)		11:00AM-5:00PM (Basketball)
Pickleball Outdoor Courts		7:00AM-9:30AM (Pickleball)	7:00AM-9:30AM (Pickleball)	7:00AM-9:30AM (Pickleball) 3:30PM-5:30PM (Pickleball)	7:00AM-9:30AM (Pickleball)	7:00AM-9:00AM (Pickleball)	
Step MP1		8:00AM-8:45AM (Cardio) <i>Monica K.</i>		8:00AM-8:45AM (Cardio) <i>Monica K.</i>			
Pilates MP2		8:30AM-9:30AM (Core) <i>Terrie B.</i>		8:30AM-9:30AM (Core) <i>Terrie B.</i>			
Yoga MP1		10:15AM-11:15AM (Mind Body) <i>Ashlee S.</i>		10:15AM-11:15AM (Mind Body) <i>Ashlee S.</i>			
SilverSneakers Stability MP2		10:45AM-11:30AM (Strength) <i>Michelle C.</i>		10:45AM-11:30AM (Strength) <i>Michelle C.</i>			
SilverSneakers Circuit MP2		11:45AM-12:30PM (Strength) <i>Michelle C.</i>		11:45AM-12:30PM (Strength) <i>Michelle C.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Toning MP1		3:30PM-4:15PM (Dance) <i>Beth S.</i>		3:30PM-4:15PM (Dance) <i>Beth S.</i>			
Tai Chi MP2		4:00PM-5:00PM (Mind Body) <i>Rocco O.</i>				8:30AM-9:30AM (Mind Body) <i>Rocco O.</i>	
HIIT MP1		4:45PM-5:30PM (Cardio) <i>Kati M.</i>		4:45PM-5:30PM (Cardio) <i>Kati M.</i>			11:15AM-12:00PM (Cardio) <i>Michelle C.</i>
Barre MP1		6:35PM-7:20PM (Strength) <i>Kathryn P.</i>		6:35PM-7:20PM (Strength) <i>Kathryn P.</i>			
Chair Volleyball MP1			2:30PM-4:00PM (Cardio) <i>Nancy M.</i>				
CORE MP1			6:50PM-7:20PM (Strength) <i>Meredith M.</i>		6:50PM-7:20PM (Strength) <i>Meredith M.</i>		12:15PM-12:45PM (Strength) <i>Meredith M.</i>
SPRINT Cycling					10:15AM-10:45AM (Cardio) <i>Monica K.</i>		
SilverSneakers Yoga MP2					2:30PM-3:15PM (Mind Body) <i>Donna B.</i>		
Cardio Drumming MP2						10:00AM-11:00AM (Cardio) <i>Kelly B.</i>	



Greater Ridgecrest YMCA | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers Classic Full Gym	10:00AM-11:00AM (Cardio) <i>Sheri J.</i>		10:00AM-11:00AM (Cardio) <i>Sheri J.</i>		10:00AM-11:00AM (Cardio) <i>Sheri J.</i>		
Pickleball Full Gym	11:00AM-2:00PM (Sports) <i>Judy M.</i>		11:00AM-2:00PM (Sports) <i>Judy M.</i> 6:00PM-8:00PM (Sports) <i>Judy M.</i>		11:00AM-2:00PM (Sports) <i>Judy M.</i>		10:00AM-1:00PM (Sports) <i>Judy M.</i>
Cycling Group Studio - 2nd Floor		9:00AM-10:00AM (Cardio) <i>DeAnne H.</i>		9:00AM-10:00AM (Cardio) <i>DeAnne H.</i>			
Yoga Group Studio - 2nd Floor		11:00AM-11:45AM (Mind Body) <i>Sabrena A.</i>		11:00AM-11:45AM (Mind Body) <i>Jennifer S.</i>	9:00AM-9:45AM (Mind Body) <i>Jennifer S.</i>		
Chair Yoga Multipurpose Room (downstairs)		12:00PM-1:00PM (Mind Body) <i>Sabrena A.</i>					
Water Exercise Pool		4:00PM-5:00PM (Cardio) <i>Karen B.</i>		4:00PM-5:00PM (Cardio) <i>Karen B.</i>		12:00PM-1:00PM (Cardio) <i>Karen B.</i>	
Line Dancing 1/2 Gym		7:00PM-8:00PM (Dance) <i>Leslie H.</i>					
Chair Volleyball 1/2 Gym				10:00AM-11:00AM (Cardio) <i>Edith M.</i>			
Barre Group Studio - 2nd Floor				10:00AM-10:45AM (Strength) <i>Sabrena A.</i>			
Chair Yoga Group Studio - 2nd Floor				12:00PM-1:00PM (Mind Body) <i>Jennifer S.</i>			
Open Gym Full Gym				6:00PM-8:00PM (Open Gym)			
Line Dancing Group Studio - 2nd Floor				7:00PM-8:00PM (Dance) <i>Leslie H.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BootCamp 1/2 Gym						10:00AM-11:00AM (Cardio)	
Lap Swim- 4 Lanes Lap Swim						10:00AM-12:00PM (Lap Swim) 1:00PM-4:00PM (Lap Swim)	
Water Exercise Lap Pool						12:00PM-1:00PM (Program)	
Lap Swim- 3 Lanes Lap Swim						12:00PM-1:00PM (Lap Swim)	
Family Swim- 2 Lanes Lap Pool						1:30PM-4:00PM (Program)	
Water Slide Open Lap Pool						1:30PM-4:00PM (Lap Swim)	
Pool Closed Pool						4:00PM-5:00PM (Program)	