



John Geigle YMCA (North Pinellas) | June 2nd - June 8th

	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-9:00PM (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-9:00PM (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>		

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tennis Pickleball Court 4A					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 4A					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)	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)
Pickleball Pickleball Court 4B					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-12:00AM (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)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball Pickleball Court 4C					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)	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)
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)	8:00AM-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)
Tennis Court 6 Tennis					6:00AM-8:00AM (Tennis) 8:00AM-10:00AM (Tennis) 12:00PM-2:00PM (Tennis) 2:00PM-4:00PM (Tennis) 4:00PM-6:00PM (Tennis) 6:00PM-8:00PM (Tennis) 8:00PM-9:00PM (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)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BootCamp Group Exercise Room					6:00AM-7:00AM (Cardio) <i>Alexis H.</i>		
Swim Team- 3 Lanes Pool					7:00AM-9:00AM (Program) <i>Taylor D.</i>		
Step and Strength Group Exercise Room					7:15AM-8:15AM (Cardio) <i>Joe H.</i>		
Tennis Clay Court 2 Adult Round Robin					7:30AM-12:00PM (Tennis)	7:30AM-12:00PM (Tennis)	
BODYCOMBAT Group Exercise Room					8:30AM-9:30AM (Cardio) <i>Theresa G.</i>	9:30AM-10:30AM (Cardio) <i>Alina H.</i>	
Barre Multipurpose Room					8:30AM-9:30AM (Strength) <i>Pam J.</i>		
Tennis Court 5 Tennis Live Ball Drills for Doubles 1.0-2.5 W/Coach Robert \$\$\$					9:00AM-10:00AM (Tennis)		
BODYPUMP Group Exercise Room					9:45AM-10:45AM (Strength) <i>Kim W.</i>	8:15AM-9:15AM (Strength) <i>Hana P.</i>	
Yoga Multipurpose Room					9:45AM-10:45AM (Mind Body) <i>Alisa M.</i>		
Water Exercise Pool					10:00AM-11:00AM (Cardio) <i>Anne M.</i> 10:00AM-11:00AM (Program) <i>Anne M.</i>	9:00AM-10:00AM (Cardio) <i>Jacquie F.</i>	
Zumba Group Exercise Room					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					11:00AM-1:30PM (Program) <i>Taylor D.</i>		
SilverSneakers Circuit Multipurpose Room					11:30AM-12:15PM (Strength) <i>Kim W.</i>		
Stretch Group Exercise Room					12:15PM-1:00PM (Mind Body) <i>Michele K.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PYP Swim Team Advanced- 5 Lanes Pool					5:00PM-7:00PM (Program) <i>Taylor D.</i>		
Pickleball Pickleball Court 4C Round Robin Intermediate					6:00PM-8:00PM (Pickleball)		
Pickleball Pickleball Court 4A Round Robin Beginners					6:00PM-8:00PM (Pickleball)		
Open Swim Pool					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>
SPRINT Group Exercise Room						7:15AM-7:45AM (Cardio) <i>Hana P.</i>	
Tennis Clay Court 1 Adult Round Robin						7:30AM-12:00PM (Tennis)	
Pilates Multipurpose Room						8:15AM-9:15AM (Core) <i>Sue C.</i>	
Water Exercise- 5 Lanes Pool						9:00AM-10:00AM (Program) <i>Jacquie F.</i>	
Power Yoga Multipurpose Room						9:30AM-10:30AM (Mind Body) <i>Alisa M.</i>	
Tennis Court 5 Tennis - Live Ball Drills for Doubles 3.0-4.0 w/ Coach Robert \$\$\$						10:00AM-11:00AM (Tennis)	
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)
Cycling Group Exercise Room							11:15AM-12:00PM (Cardio) <i>Maureen W.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYBALANCE Multipurpose Room							11:15AM-12:15PM (Mind Body) <i>Alina H.</i>
Beginner's Line Dancing Group Exercise Room							2:25PM-3:25PM (Dance) <i>Brenda D.</i>
Line Dancing Group Exercise Room							3:30PM-4:30PM (Dance) <i>Brenda D.</i>



Hernando County YMCA | June 2nd - June 8th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Court Outdoor Courts					5:00AM-7:00AM (Basketball) 9:30AM-9:00PM (Basketball)		11:00AM-5:00PM (Basketball)
Cycling Cycling					5:40AM-6:10AM (Cardio) <i>Deanne M.</i>	8:05AM-8:35AM (Cardio) <i>Barb L.</i>	
BODYPUMP MP1					6:15AM-7:00AM (Strength) <i>Stacey G.</i> 9:00AM-10:00AM (Strength) <i>Monica K.</i>		
Pickleball Outdoor Courts					7:00AM-9:30AM (Pickleball)	7:00AM-9:00AM (Pickleball)	
Cardio and Strength MP1					8:00AM-8:45AM (Cardio) <i>Shelly W.</i>		
Yoga MP2					8:45AM-9:45AM (Mind Body) <i>Nelson S.</i>		
Water Exercise Pool					9:00AM-10:00AM (Cardio) <i>Di'Ana N.</i> 10:30AM-11:30AM (Cardio) <i>Di'Ana N.</i>	8:00AM-8:45AM (Cardio) <i>Kathy K.</i>	
Barre MP2					10:00AM-10:45AM (Strength) <i>Kathryn P.</i>		
Zumba MP1					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>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPRINT Cycling					10:15AM-10:45AM (Cardio) <i>Monica K.</i>		
SilverSneakers Classic MP2					11:00AM-11:45AM (Cardio) <i>Donna B.</i>		
Line Dancing MP1					1:00PM-2:00PM (Dance) <i>Di'Ana N.</i>		
SilverSneakers Yoga MP2					2:30PM-3:15PM (Mind Body) <i>Donna B.</i>		
BODYBALANCE MP1					4:30PM-5:30PM (Mind Body) <i>Monica K.</i>		
BODYCOMBAT MP1					5:45PM-6:45PM (Cardio) <i>Meredith M.</i>	9:45AM-10:45AM (Cardio) <i>Monica K.</i>	12:50PM-1:50PM (Cardio) <i>Meredith M.</i>
CORE MP1					6:50PM-7:20PM (Strength) <i>Meredith M.</i>		12:15PM-12:45PM (Strength) <i>Meredith M.</i>
Strength and Resistance MP1						8:45AM-9:30AM (Strength) <i>Barb L.</i>	
Cardio Drumming MP2						10:00AM-11:00AM (Cardio) <i>Kelly B.</i>	
HIIT MP1							11:15AM-12:00PM (Cardio) <i>Monica K.</i>



Citrus Memorial Health Foundation YMCA | June 2nd - June 8th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Toning Group Exercise					8:30AM-9:30AM (Dance) <i>Virgie P.</i>		
Cardio Drumming Levy					8:30AM-9:15AM (Cardio) <i>Betsy S.</i>		
Swim Lessons Family Pool					9:00AM-11:00AM (Program) 5:30PM-6:00PM (Program)		
Swim Lessons- 2 Lanes Competition Pool					9:00AM-11:45AM (Program) 5:30PM-7:30PM (Program)	9:00AM-12:10PM (Program)	
Stretch HLC A					9:30AM-10:30AM (Mind Body) <i>Dagmar P.</i>		
Chair Yoga Group Exercise					9:45AM-10:45AM (Mind Body) <i>Kira K.</i>		
SilverSplash Competition Pool					9:45AM-10:45AM (Cardio) <i>Cathy W.</i>		
Water Exercise- 5 Lanes Competition Pool					9:45AM-10:45AM (Program)	11:15AM-12:15PM (Program)	
Tai Chi Levy					10:00AM-11:00AM (Mind Body) <i>Dorcas W.</i>		
HIIT Group Exercise					11:00AM-12:00PM (Cardio) <i>Cathy W.</i>		
Family Swim Family Pool					11:00AM-7:00PM (Program)	11:00AM-4:00PM (Program)	11:00AM-4:00PM (Program)
Pool Open Family Pool					11:00AM-7:00PM (Program)	11:00AM-4:00PM (Program)	11:00AM-4:00PM (Program)
Lap Swim- 4 Lanes Competition Pool					11:00AM-12:00PM (Lap Swim)	9:30AM-11:00AM (Lap Swim)	
Zumba Group Exercise					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>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim- 2 Lanes Competition Pool					12:00PM-4:00PM (Program) 7:30PM-8:30PM (Program)	12:30PM-5:30PM (Program)	11:00AM-5:30PM (Program)
Camp Swim Family Pool					12:45PM-3:45PM (Program)		
Yin Yoga Group Exercise					3:30PM-4:30PM (Mind Body) <i>Liz L.</i>		
Open Swim Competition Pool						7:00AM-9:00AM (Lap Swim)	
Tai Chi Outdoors						9:00AM-10:00AM (Mind Body) <i>Dorcas W.</i>	
BODYPUMP Group Exercise						9:00AM-10:00AM (Strength)	
Chair Yoga HLC A						9:45AM-10:45AM (Mind Body) <i>Kira K.</i>	11:45AM-12:45PM (Mind Body) <i>Liz L.</i>
Taji Fit Group Exercise						10:15AM-11:15AM (Mind Body) <i>Dorcas W.</i>	
Yoga HLC A						11:00AM-12:00PM (Mind Body) <i>Kira K.</i>	1:00PM-2:00PM (Mind Body) <i>Liz L.</i>



James P. Gills Family YMCA | June 2nd - June 8th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Basketball-Court 2					5:00AM-9:00AM (Open Gym) 1:00PM-3:00PM (Open Gym)	3:30PM-5:00PM (Open Gym)	11:00AM-12:00PM (Open Gym)
Open Gym Basketball-Court 1					5:00AM-9:00AM (Open Gym) 1:00PM-3:00PM (Open Gym)	3:30PM-5:00PM (Open Gym)	11:00AM-5:00PM (Open Gym)
Cycling Cycle Studio					5:50AM-6:35AM (Cardio) <i>Peter R.</i> 9:00AM-9:45AM (Cardio) <i>Clark P.</i>		12:15PM-1:00PM (Cardio) <i>Carrie R.</i>
Group Exercise Class Basketball-Court 2					9:00AM-11:00AM (Group Exercise)		
Group Exercise Class Basketball-Court 1					9:00AM-11:00AM (Group Exercise)		
Cardio Lite Community Room 2					9:00AM-9:30AM (Cardio) <i>Lauren S.</i>		
Core and Glute Group Exercise					9:05AM-9:50AM (Strength) <i>Kathryn D.</i>		
Strength Lite Community Room 2					9:30AM-10:00AM (Strength) <i>Lauren S.</i>		
BODYCOMBAT Group Exercise					10:00AM-11:00AM (Cardio) <i>Carrie R.</i>		11:10AM-12:00PM (Cardio) <i>Carrie R.</i>
Strength and Resistance Basketball-Court 1					10:10AM-10:50AM (Strength) <i>Lauren S.</i>		
EnhanceFitness Community Room 2					10:15AM-11:15AM (Community Health) <i>Clark P.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Summer Camp Basketball-Court 1					11:00AM-1:00PM (Open Gym) 3:00PM-5:30PM (Open Gym)		
Summer Camp Basketball-Court 2					11:00AM-1:00PM (Open Gym) 3:00PM-5:30PM (Open Gym)		
Yoga Group Exercise					11:15AM-12:15PM (Mind Body) <i>Ines R.</i>		1:30PM-2:30PM (Mind Body) <i>Alicia A.</i>
Youth Basketball Basketball-Court 1					6:00PM-9:30PM (Youth Programs)	8:30AM-3:30PM (Youth Programs)	
Youth Basketball Basketball-Court 2					6:00PM-9:30PM (Youth Programs)	8:30AM-3:30PM (Youth Programs)	
Members Only 30+ Pick-up Basketball-Court 1						7:00AM-8:30AM (Sports)	
BODYPUMP Group Exercise						8:00AM-9:00AM (Strength) <i>Tori W.</i>	
HIIT Cycle Cycle Studio						9:15AM-9:45AM (Cardio) <i>Tori W.</i>	
Cardio and Strength Group Exercise						9:15AM-10:00AM (Cardio) <i>Kristen P.</i>	
Pilates Community Room 2						10:15AM-11:15AM (Core) <i>Kristen P.</i>	
Zumba Group Exercise						10:30AM-11:30AM (Dance) <i>Ashley W.</i>	
Chair Yoga Group Exercise						12:00PM-12:45PM (Mind Body) <i>Aura D.</i>	12:30PM-1:10PM (Mind Body) <i>Alicia A.</i>
Members Only Open Volleyball Basketball-Court 2							12:00PM-2:00PM (Sports)



Greater Palm Harbor YMCA | June 2nd - June 8th

	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>Johnny T.</i> 9:15AM-10:05AM (Functional Training \$) <i>Johnny T.</i> 4:30PM-5:20PM (Functional Training \$) <i>Wilda S.</i> 5:30PM-6:20PM (Functional Training \$) <i>Wilda S.</i>		
Cycling Cycle Room					5:30AM-6:20AM (Cardio) <i>Maria C.</i> 8:30AM-9:20AM (Cardio) <i>Maria C.</i>	9:15AM-10:05AM (Cardio) <i>Niko G.</i>	
Lap Swim- 8 Lanes Competition Pool					5:30AM-6:30AM (Lap Swim) 9:30AM-9:30AM (Lap Swim) 10:30AM-3:00PM (Lap Swim) 6:30PM-9:00PM (Lap Swim)	10:00AM-1:30PM (Lap Swim) 3:00PM-4:30PM (Lap Swim)	11:30AM-4:30PM (Lap Swim)
Masters Swim- 5 Lanes Competition Pool					6:30AM-7:30AM (Program)		
Lap Swim- 3 Lanes Competition Pool					6:30AM-7:30AM (Lap Swim)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
On the Ball Group Exercise					7:00AM-7:50AM (Core) <i>George D.</i>		
Pickleball Pickle Ball					7:30AM-10:00AM (Pickleball)	8:30AM-11:30AM (Pickleball)	
Swim Team- 8 Lanes Competition Pool					7:30AM-9:30PM (Program) 3:00PM-6:30PM (Program)	8:00AM-10:00AM (Program)	
Tabata Group Exercise					8:00AM-8:45AM (Cardio) <i>Chrissy R.</i>		
BootCamp Outdoors					8:30AM-9:15AM (Cardio) <i>Chris A.</i>		
Yoga Group Exercise					9:00AM-10:00AM (Mind Body) <i>Sandy B.</i>		11:15AM-12:15PM (Mind Body) <i>Janessa B.</i>
Group Fitness Class Field House					9:30AM-10:30AM (Group Exercise) 12:30PM-1:15PM (Group Exercise)		
Lap Swim- 5 Lanes Competition Pool					9:30AM-10:30AM (Lap Swim)		
Water Exercise- 3 Lanes, Dive well Competition Pool					9:30AM-10:30AM (Program) <i>MaryAnne W.</i>		
AQUA Drums Vibes Competition Pool					9:30AM-10:25AM (Cardio) <i>MaryAnne W.</i>		
Summer Camp Family Pool					10:00AM-2:00PM (Program)		
BODYPUMP Group Exercise					10:15AM-11:15AM (Strength) <i>Bianca R.</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>		
Stretch Multi Purpose Room					12:30PM-1:15PM (Mind Body) <i>Jessica F.</i>		
SilverSneakers Classic Group Exercise					12:30PM-1:20PM (Cardio) <i>George D.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers Yoga Group Exercise					1:30PM-2:20PM (Mind Body) <i>Wilda S.</i>		
Family Swim Family Pool					2:00PM-7:00PM (Program)	1:15PM-3:30PM (Program)	12:00PM-4:00PM (Program)
EnhanceFitness Group Exercise					3:45PM-4:45PM (Community Health)		
Line Dancing Group Exercise					5:30PM-7:00PM (Dance) <i>Jeanne A.</i>		
Power Zone- Conditioning PowerZone						8:15AM-9:05AM (Functional Training \$) <i>Chris A.</i> 9:15AM-10:05AM (Functional Training \$) <i>Chris A.</i>	11:15AM-12:05PM (Functional Training \$) <i>Wilda S.</i>
Strength Lite Group Exercise						8:30AM-9:15AM (Strength) <i>Deanna R.</i>	
Water Exercise Family Pool						9:30AM-10:25AM (Cardio) <i>Karen B.</i> 9:30AM-10:25AM (Program)	
BODYCOMBAT Group Exercise						9:30AM-10:30AM (Cardio) <i>Shawn B.</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>	
Adult Dance Mix Group Exercise						12:30PM-1:00PM (Dance) <i>Wilda S.</i>	
Tri- Clinic Competition Pool						1:30PM-3:00PM (Program)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim- 6 Lanes Competition Pool						1:30PM-3:00PM (Lap Swim)	



Greater Ridgecrest YMCA | June 2nd - June 8th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Group Studio - 2nd Floor					9:00AM-9:45AM (Mind Body) <i>Jennifer S.</i>		
SilverSneakers Classic Full Gym					10:00AM-11:00AM (Cardio) <i>Sheri J.</i>		
Pickleball Full Gym					11:00AM-2:00PM (Sports) <i>Judy M.</i>		10:00AM-1:00PM (Sports) <i>Judy M.</i>
Lap Swim- 4 Lanes Lap Swim						10:00AM-12:00PM (Lap Swim) 1:00PM-4:00PM (Lap Swim)	
Lap Swim- 3 Lanes Lap Swim						12:00PM-1:00PM (Lap Swim)	
Water Exercise Lap Pool						12:00PM-1:00PM (Program)	
Water Exercise Pool						12:00PM-1:00PM (Cardio) <i>Karen B.</i>	
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)	