

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball Pickleball Court 4C REGISTER	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) 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) 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)	11:00AM-1:00PM (Pickleball) 1:00PM-3:00PM (Pickleball) 3:00PM-4:45PM (Pickleball)	
Pickleball Pickleball Court 4B REGISTER	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) 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)	10:00AM-12:00AM (Pickleball) 11:00AM-1:00PM (Pickleball) 1:00PM-3:00PM (Pickleball) 3:00PM-4:45PM (Pickleball)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tennis Court 3 Tennis REGISTER	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) 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) 8:00AM-10:00AM (Tennis) 10:00AM-12:00PM (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) 6:00PM-8:00PM (Tennis) 8:00PM-9:25PM (Tennis) 8:00PM-9:25PM (Tennis)	6:00AM-8:00AM (Tennis) 6:00AM-8:00AM (Tennis) 8:00AM-10:00AM (Tennis) 8:00AM-10:00AM (Tennis) 12:00PM-2:00PM (Tennis) 12:00PM-2:00PM (Tennis) 2:00PM-4:00PM (Tennis) 4:00PM-6:00PM (Tennis) 4:00PM-6:00PM (Tennis) 6:00PM-8:00PM (Tennis) 8:00PM-9:25PM (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) 6:00PM-8:00PM (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)	
Pickleball Pickleball Court 4A REGISTER	6:00AM-8:00AM (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) 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) 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)	11:00AM-1:00PM (Pickleball) 1:00PM-3:00PM (Pickleball) 3:00PM-4:45PM (Pickleball)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tennis Court 6 Tennis REGISTER	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) 7:00PM-9:00PM (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) 6:00PM-7:00PM (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) 7:00PM-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) 6:00PM-8:00PM (Tennis) 8:00PM-8:00PM (Tennis) 8:00PM-9:15PM (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)	
Pickleball Pickleball Court 4D REGISTER	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) 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)	11:00AM-1:00PM (Pickleball) 3:00PM-4:45PM (Pickleball)	
Step and Strength Group Exercise Room	7:15AM-8:15AM (Cardio) <i>Joe H.</i>	8:30AM-9:30AM (Cardio) <i>Pam J.</i>	7:15AM-8:15AM (Cardio) <i>Joe H.</i>		7:15AM-8:15AM (Cardio) <i>Joe H.</i>		
Pilates Multipurpose Room	7:30AM-8:15AM (Core) <i>Pam J.</i>					8:15AM-9:15AM (Core) <i>Sue C.</i>	
Tennis Clay Court 2 Adult Round Robin	8:00AM-12:00PM (Tennis)	7:30AM-12:00PM (Tennis)	7:30AM-12:00PM (Tennis)	7:30AM-12:00PM (Tennis)	7:30AM-12:00PM (Tennis)	7:00AM-12:00PM (Tennis)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball Pickleball Court 4B Round Robin Beginners	8:00AM-12:00PM (Pickleball)		8:00AM-12:00PM (Pickleball)				
Pickleball Pickleball Court 4D Round Robin Beginners	8:00AM-12:00PM (Pickleball)		8:00AM-12:00PM (Pickleball)				
Tennis Court 5 Tennis REGISTER	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) 6:00PM-8:00PM (Tennis)	8:00AM-10:00AM (Tennis) 10:00AM-12:00PM (Tennis) 2:00PM-4:00PM (Tennis) 4:00PM-6:00PM (Tennis) 6:00PM-8:00PM (Tennis)					
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 REGISTER	8:30AM-9:30AM (Cardio) <i>Kim 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 (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>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>	8:50AM-9:50AM (Cardio) <i>Jacquie F.</i>	
Deep Water Exercise Pool	10:00AM-11:00AM (Cardio) <i>Anne M.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers Circuit Multipurpose Room	10:55AM-11:35AM (Strength) <i>Teresa C.</i>		11:30AM-12:15PM (Strength) <i>Kim W.</i>		11:30AM-12:15PM (Strength) <i>Kim W.</i>		
Zumba Group Exercise Room	11:00AM-12:00PM (Dance) <i>Nancy B.</i>				11:00AM-12:00PM (Dance) <i>Susie M.</i>	10:45AM-11:45AM (Dance) <i>Nancy B.</i>	
Open Swim Pool	11:05AM-5:00PM (Lap Swim) 7:30PM-9:00PM (Lap Swim) <i>Taylor D.</i>	11:05AM-4:30PM (Lap Swim) 7:30PM-9:00PM (Lap Swim) <i>Taylor D.</i>	11:05AM-4:30PM (Lap Swim) 7:30PM-9:00PM (Lap Swim)	11:05AM-4:30PM (Lap Swim) 7:30PM-9:00PM (Lap Swim) <i>Taylor D.</i>	11:05AM-5:00PM (Lap Swim) 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>
SilverSneakers Cardio Fit Multipurpose Room	11:40AM-12:20PM (Cardio) <i>Teresa C.</i>						
Cardio Drumming Group Exercise Room REGISTER	12:15PM-1:00PM (Cardio) <i>Nancy B.</i>		12:15PM-1:00PM (Cardio) <i>Nancy B.</i>		12:15PM-1:00PM (Cardio) <i>Nancy B.</i>		
Tennis Court 2 Coach Robert Group Private	5:00PM-6:00PM (Tennis) 5:00PM-6:00PM (Tennis)		5:00PM-6:00PM (Tennis) 5:00PM-6:00PM (Tennis)				
Tennis Court 3 Coach Robert Group Private	5:00PM-6:00PM (Tennis)		5:00PM-6:00PM (Tennis)				
PYP Swim Team Advanced- 6 Lanes Pool	5:00PM-7:30PM (Program) <i>Taylor D.</i>	5:00PM-7:30PM (Program) <i>Taylor D.</i>			5:00PM-7:30PM (Program) <i>Taylor D.</i>		
BODYPUMP HEAVY Group Exercise Room	5:30PM-6:30PM (Strength) <i>Monika G.</i>		8:30AM-9:30AM (Strength) <i>Alina H.</i>				
BODYATTACK Group Exercise Room	6:45PM-7:45PM (Cardio) <i>Benjamin D.</i>						
Tennis Clay Court 1 Adult Round Robin		7:00AM-12:00PM (Tennis)				7:00AM-12:00PM (Tennis)	
Cycling Group Exercise Room REGISTER		7:30AM-8:15AM (Cardio) <i>Sue C.</i>		7:30AM-8:15AM (Cardio) <i>Kim W.</i>		7:15AM-7:45AM (Cardio) <i>Sue C.</i>	
Pickleball Pickleball Court 4C Round Robin Intermediate		8:00AM-12:00PM (Pickleball)				7:00AM-11:00AM (Pickleball)	
Pickleball Pickleball Court 4A Round Robin Intermediate		8:00AM-12:00PM (Pickleball)		8:00AM-12:00PM (Pickleball)		7:00AM-11:00AM (Pickleball)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball Pickleball Court 4D Round Robin Intermediate		8:00AM-12:00PM (Pickleball)		8:00AM-12:00PM (Pickleball)		7:00AM-11:00AM (Pickleball)	
CORE Multipurpose Room		9:00AM-9:45AM (Strength) <i>Alina H.</i>					
BODYBALANCE Multipurpose Room		10:00AM-11:00AM (Mind Body) <i>Alina H.</i>					
Fit for Life Group Exercise Room		11:00AM-12:00PM (Cardio) <i>Kim W.</i>		11:00AM-12:00PM (Cardio) <i>Kim W.</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>				2:30PM-3:30PM (Dance) <i>Brenda D.</i>	
BODYBALANCE Group Exercise Room		6:00PM-7:00PM (Mind Body) <i>Alina H.</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)	
Functional Strength Group Exercise Room			5:30AM-6:30AM (Strength) <i>Nick H.</i>				
BODYCOMBAT Group Exercise Room			9:45AM-10:45AM (Cardio) <i>Cameron K.</i>	6:00PM-7:00PM (Cardio) <i>Alina H.</i>	8:30AM-9:30AM (Cardio) <i>Theresa G.</i>	9:30AM-10:30AM (Cardio) <i>Cameron K.</i>	
Zumba Toning Group Exercise Room			11:00AM-12:00PM (Dance) <i>Carrie L.</i>				

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Yoga Multipurpose Room						9:30AM-10:30AM (Mind Body) <i>Alisa M.</i>	
Swim Lessons Pool REGISTER						10:00AM-12:45PM (Program) <i>Anne M.</i>	
Line Dancing Group Exercise Room						3:30PM-4:30PM (Dance) <i>Brenda D.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Group Exercise	5:00PM-5:55PM (Strength) <i>Tori W.</i>		5:50AM-6:40AM (Strength) <i>Tori W.</i> 6:00PM-6:50PM (Strength) <i>Heather G.</i>	6:00PM-6:45PM (Strength) <i>Torri K.</i>		8:00AM-9:00AM (Strength) <i>Tori W.</i>	
BODYCOMBAT Community Room 1	6:00PM-6:55PM (Cardio) <i>Heather G.</i>						
Pilates Community Room 2	6:00PM-6:55PM (Core) <i>Kristen P.</i>					10:15AM-11:15AM (Core) <i>Kristen P.</i>	
Zumba Group Exercise	6:00PM-7:00PM (Dance) <i>Carmen U.</i>					10:30AM-11:30AM (Dance) <i>Carmen U.</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)	
Pool Closed Family Pool	9:00PM-9:30PM (Program)	9:00PM-9:30PM (Program)	9:00PM-9:30PM (Program)	9:00PM-9:30PM (Program)	9:00PM-9:30PM (Program)	4:30PM-5:00PM (Program)	4:30PM-5:00PM (Program)
Strength and Resistance Group Exercise		5:45AM-6:30AM (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>Cathy R.</i>			
Cardio and Strength Basketball-Court 1		9:10AM-9:50AM (Cardio) <i>Denise F.</i>		9:10AM-9:50AM (Cardio) <i>Denise F.</i>			
BODYCOMBAT Group Exercise		10:00AM-10:55AM (Cardio) <i>Carrie R.</i>			10:00AM-11:00AM (Cardio) <i>Carrie R.</i>		
BootCamp Basketball-Court 1		10:00AM-11:00AM (Cardio) <i>Lauren S.</i>			9:00AM-10:00AM (Cardio) <i>Mary M.</i>		
Pilates Group Exercise		11:10AM-12:00PM (Core) <i>Colleen B.</i>					
SilverSneakers Circuit Group Exercise		1:15PM-2:15PM (Strength) <i>Cathy R.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio and Strength Group Exercise		6:00PM-6:50PM (Cardio) <i>Kristen P.</i>				9:15AM-10:00AM (Cardio) <i>Kristen P.</i>	
HIIT Cycle Community Room 2 REGISTER		6:00PM-6:30PM (Cardio) <i>Tori W.</i>					
BootCamp Group Exercise		7:05PM-8:05PM (Cardio) <i>Heather G.</i>		7:00PM-8:00PM (Cardio) <i>Torri K.</i>			
Strength Lite Group Exercise			9:30AM-10:00AM (Strength) <i>Cathy R.</i>	9:30AM-10:00AM (Strength) <i>Cathy R.</i>			
Yoga Community Room 1			11:00AM-12:00PM (Mind Body) <i>Ines R.</i>		10:15AM-11:15AM (Mind Body) <i>Mary M.</i>		
Chair Yoga Group Exercise			11:10AM-11:50AM (Mind Body) <i>Colleen B.</i>	11:10AM-11:50AM (Mind Body) <i>Colleen B.</i>		12:00PM-12:45PM (Mind Body) <i>Aura D.</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)
Yogalates Group Exercise				12:00PM-1:00PM (Mind Body) <i>Colleen B.</i>			
SHAPES Group Exercise				5:00PM-5:50PM (Mind Body) <i>Tori W.</i>			
SPRINT Community Room 2 REGISTER				6:00PM-6:30PM (Cardio) <i>Tori W.</i>		9:15AM-9:45AM (Cardio) <i>Tori W.</i>	
Zumba Community Room 1				7:00PM-8:00PM (Dance) <i>Brenda P.</i>			
Power Yoga Group Exercise					5:50AM-6:45AM (Mind Body) <i>Mary M.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core and Glute Group Exercise					9:10AM-9:50AM (Strength) <i>Carrie R.</i>		
Strength and Resistance Basketball-Court 1					10:05AM-10:50AM (Strength) <i>Lauren S.</i>		
Water Slide Open Family Pool						12:00PM-4:30PM (Lap Swim)	12:00PM-4:30PM (Lap Swim)



Citrus Memorial Health Foundation YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Closed for Renovations Competition Pool	5:00AM-9:00PM (Lap Swim)	5:00AM-9:00PM (Lap Swim)	5:00AM-9:00PM (Lap Swim)	5:00AM-9:00PM (Lap Swim)	5:00AM-8:30PM (Lap Swim)	7:00AM-5:30PM (Lap Swim)	11:00AM-5:30PM (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>	
Yoga Group Exercise REGISTER	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>	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>		
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>		
Open Swim Family Pool	8:00AM-3:30PM (Lap Swim)	9:20AM-3:30PM (Lap Swim)	8:00AM-3:30PM (Lap Swim)	9:20AM-3:30PM (Lap Swim)	8:00AM-9:45AM (Lap Swim) 10:45AM-3:30PM (Lap Swim)		
SilverSneakers Stability HLC A REGISTER	8:15AM-9:15AM (Strength) <i>Cathy W.</i> 9:30AM-10:30AM (Strength) <i>Cathy W.</i>		8:15AM-9:15AM (Strength) <i>Cathy W.</i> 9:30AM-10:30AM (Strength) <i>Cathy W.</i>				
Zumba Group Exercise	8:30AM-9:30AM (Dance) <i>Virgie P.</i> 11:45AM-12:45PM (Dance) <i>Virgie P.</i> 7:30PM-8:30PM (Dance) <i>Anna O.</i>	10:55AM-11:55AM (Dance) <i>Carina S.</i>	8:30AM-9:30AM (Dance) <i>Virgie P.</i> 11:45AM-12:45PM (Dance) <i>Virgie P.</i>	10:55AM-11:55AM (Dance) <i>Carina S.</i>	12:00PM-1:00PM (Dance) <i>Anna O.</i>	12:00PM-1:00PM (Dance) <i>Renee C.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio and Strength Group Exercise REGISTER	9:45AM-10:45AM (Cardio) Cynthia H.		9:45AM-10:45AM (Cardio) Cynthia H.				
SilverSneakers Classic Levy	10:00AM-11:00AM (Cardio) Diana P.		10:00AM-11:00AM (Cardio) Diana P.				
SilverSneakers Cardio Fit HLC A REGISTER	10:45AM-11:45AM (Cardio) Tammy K.		10:45AM-11:45AM (Cardio) Tammy K.	8:15AM-9:15AM (Cardio) Cathy W.			
Zumba Gold Group Exercise	11:00AM-11:30AM (Dance) Virgie P.		11:00AM-11:30AM (Dance) Virgie P.				
POUND HLC A	12:00PM-1:00PM (Cardio) Linda W.		12:00PM-1:00PM (Cardio) Linda W.				
Barre Group Exercise	1:00PM-2:00PM (Strength) Pat M.						
Chair Yoga HLC A REGISTER	2:00PM-3:00PM (Mind Body) Kira K.					9:45AM-10:45AM (Mind Body) Caryn H.	
Family Swim Family Pool	3:30PM-7:30PM (Program)	3:30PM-5:00PM (Program)	3:30PM-7:30PM (Program)	3:30PM-5:00PM (Program)	3:30PM-7:30PM (Program)	12:00PM-5:30PM (Program)	
BODYPUMP Group Exercise REGISTER	5:30PM-6:30PM (Strength) Stacy A.	8:30AM-9:30AM (Strength) Joyce S.	5:30PM-6:30PM (Strength) Stacy A.	8:30AM-9:30AM (Strength) Joyce S.		9:00AM-10:00AM (Strength) Stacy A.	
Cardio Dance HLC A	5:30PM-6:30PM (Dance) Ana D.						
Core Group Exercise	6:45PM-7:15PM (Core) Stacy A.						
Step Group Exercise		7:30AM-8:15AM (Cardio) Joyce S.		7:30AM-8:15AM (Cardio) Joyce S.			
Stretch HLC A		8:15AM-9:15AM (Mind Body) Dagmar P.			9:30AM-10:30AM (Mind Body) Dagmar P.		
Zumba Levy		8:30AM-9:30AM (Dance) Jeff J.		8:30AM-9:30AM (Dance) Jeff J.			
Swim Lessons Family Pool		8:30AM-9:20AM (Program) 5:00PM-7:45PM (Program)		8:30AM-9:20AM (Program) 5:00PM-7:45PM (Program)		9:00AM-12:00PM (Program)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers Classic HLC A REGISTER		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>		
HIIT Group Exercise REGISTER		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>		
Line Dancing Group Exercise REGISTER		12:00PM-1:00PM (Dance) <i>Tom C.</i>		12:00PM-1:00PM (Dance)			
Yoga HLC A REGISTER		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>	
Chair Yoga Group Exercise REGISTER		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>		
Zumba Toning HLC A		5:30PM-6:30PM (Dance) <i>Anna O.</i>					
BODYCOMBAT Group Exercise		5:30PM-6:30PM (Cardio) <i>Stacy A.</i>					
Step Levy			8:30AM-9:00AM (Cardio) <i>Joyce S.</i>		8:30AM-9:00AM (Cardio) <i>Joyce S.</i>		
Chair Yoga Crystal River			9:00AM-10:00AM (Mind Body) <i>Kira K.</i>		1:00PM-2:00PM (Mind Body) <i>Kira K.</i>		
Pilates Levy			9:00AM-10:00AM (Core) <i>Joyce S.</i>		9:00AM-10:00AM (Core) <i>Joyce S.</i>		
Barre HLC A			1:00PM-2:00PM (Strength) <i>Pat M.</i>				
Yin Yoga Group Exercise			3:30PM-4:30PM (Mind Body) <i>Liz L.</i>		3:30PM-4:30PM (Mind Body) <i>Liz L.</i>		
CORE Group Exercise			6:45PM-7:15PM (Strength) <i>Stacy A.</i>				
SilverSneakers Boom Muscle Levy				9:45AM-10:45AM (Strength) <i>Diana P.</i>			
Taji Fit HLC A				2:45PM-3:45PM (Mind Body) <i>Dorcas W.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Dance Group Exercise				5:30PM-6:30PM (Dance) <i>Ana D.</i>			
Zumba Toning Group Exercise					8:30AM-9:30AM (Dance) <i>Anna O.</i>		
Water Exercise Family Pool					9:45AM-10:45AM (Program)		
SilverSplash Family Pool REGISTER					9:45AM-10:45AM (Cardio) <i>Cathy W.</i>		
Taji Fit Levy					10:00AM-11:00AM (Mind Body) <i>Dorcas W.</i>		
Yoga Crystal River					11:30AM-12:30PM (Mind Body) <i>Kira K.</i>		
Tai Chi Outdoors						9:00AM-10:00AM (Mind Body) <i>Dorcas W.</i>	
Taji Fit Group Exercise						10:15AM-11:15AM (Mind Body) <i>Dorcas W.</i>	
Pool Closed Family Pool							11:00AM-5:30PM (Program)



Hernando County Family YMCA | March 30th - April 5th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Exercise Pool	9:00AM-10:00AM (Program) 10:30AM-11:30AM (Program)	9:00AM-10:00AM (Cardio) <i>Linda N.</i> 9:00AM-10:00AM (Program) 10:30AM-11:30AM (Cardio) <i>Linda N.</i> 10:30AM-11:30AM (Program)	9:00AM-10:00AM (Program) 9:00AM-10:00AM (Cardio) <i>Linda N.</i> 10:30AM-11:30AM (Cardio) <i>Lynn R.</i> 10:30AM-11:30AM (Program)	9:00AM-10:00AM (Cardio) <i>Kathy K.</i> 9:00AM-10:00AM (Program) 10:30AM-11:30AM (Program) 10:30AM-11:30AM (Cardio) <i>Kathy K.</i>	9:00AM-10:00AM (Program) 10:30AM-11:30AM (Cardio) <i>Connie L.</i> 10:30AM-11:30AM (Program)	8:00AM-8:45AM (Cardio) <i>Kathy K.</i> 8:00AM-9:00AM (Program)	
Open Court Outdoor Courts	9:00AM-4:30PM (Basketball) 7:30PM-9:30PM (Basketball)	9:00AM-5:30PM (Basketball)	9:00AM-9:30PM (Basketball)	9:00AM-5:30PM (Basketball) 8:15PM-9:30PM (Basketball)	9:00AM-9:00PM (Basketball)		2:00PM-5:00PM (Basketball)
Barre MP2	10:00AM-10:45AM (Strength) <i>Meghan A.</i>		10:00AM-10:45AM (Strength) <i>Kathryn P.</i>		10:00AM-10:45AM (Strength) <i>Kathryn P.</i>		
Zumba MP1	10:15AM-11:00AM (Dance) <i>Dana S.</i> 11:45AM-12:30PM (Dance) <i>Dana S.</i> 6:50PM-7:35PM (Dance) <i>Adreanna M.</i>		10:15AM-11:00AM (Dance) <i>Dana S.</i> 11:45AM-12:30PM (Dance) <i>Dana S.</i> 6:50PM-7:35PM (Dance) <i>Adreanna M.</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 REGISTER	11:00AM-11:45AM (Cardio) <i>Lynn R.</i> 12:00PM-12:45PM (Cardio) <i>Lynn R.</i>		11:00AM-11:45AM (Cardio) <i>Kathy K.</i> 12:00PM-12:45PM (Cardio) <i>Kathy K.</i>		11:00AM-11:45AM (Cardio) <i>Donna B.</i> 12:00PM-12:45PM (Cardio) <i>Donna B.</i>		
Family Swim Pool	12:00PM-5:00PM (Program) 7:00PM-9:00PM (Program)	12:00PM-5:00PM (Program) 7:00PM-9:00PM (Program)	12:00PM-5:00PM (Program) 7:00PM-9:00PM (Program)	12:00PM-5:00PM (Program) 7:00PM-9:00PM (Program)	12:00PM-5:00PM (Program) 7:00PM-9:00PM (Program)	12:00PM-5:30PM (Program)	11:00AM-4:30PM (Program)
Lap Swim- 5 Lanes Pool	12:00PM-5:00PM (Lap Swim)	12:00PM-5:00PM (Lap Swim)	12:00PM-5:00PM (Lap Swim)	12:00PM-5:00PM (Lap Swim)	12:00PM-5:00PM (Lap Swim)	12:00PM-5:30PM (Lap Swim)	11:00AM-4:30PM (Lap Swim)
Chair Volleyball MP1 REGISTER	1:00PM-2:30PM (Cardio) <i>Nancy M.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYBALANCE MP1	4:30PM-5:30PM (Mind Body) <i>Kathryn P.</i>		4:30PM-5:30PM (Mind Body) <i>Kathryn P.</i>		4:30PM-5:30PM (Mind Body) <i>Kathryn P.</i>		
Swim Lessons Pool	5:00PM-7:00PM (Program)	5:00PM-7:00PM (Program)	5:00PM-7:00PM (Program)	5:00PM-7:00PM (Program)		8:45AM-12:00PM (Program)	
Swim Team- 4 Lanes Pool	5:00PM-7:00PM (Program)	5:00PM-7:00PM (Program)	5:00PM-7:00PM (Program)	5:00PM-7:00PM (Program)	5:00PM-7:00PM (Program)		
Lap Swim- 1 Lane Pool	5:00PM-7:00PM (Lap Swim)	5:00PM-7:00PM (Lap Swim)	5:00PM-7:00PM (Lap Swim)	5:00PM-7:00PM (Lap Swim)			
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>		5:45PM-6:45PM (Cardio) <i>Meredith M.</i>	9:45AM-10:45AM (Cardio) <i>Norm D.</i>	
BootCamp Entrance		5:45AM-6:30AM (Cardio) <i>Deanne M.</i>		5:45AM-6:30AM (Cardio) <i>Barb L.</i>			
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>			
Strength Lite MP2		9:45AM-10:30AM (Strength) <i>Lynn R.</i>		9:45AM-10:30AM (Strength) <i>Donna B.</i>			
Yoga MP1		10:15AM-11:15AM (Mind Body) <i>Ashlee S.</i>					
SilverSneakers Stability MP2 REGISTER		10:45AM-11:30AM (Strength) <i>Michelle C.</i>		10:45AM-11:30AM (Strength) <i>Michelle C.</i>			
SilverSneakers Circuit MP2 REGISTER		11:45AM-12:30PM (Strength) <i>Michelle C.</i>		11:45AM-12:30PM (Strength) <i>Michelle C.</i>			
Chair Yoga MP1		1:00PM-1:45PM (Mind Body) <i>Nelson S.</i>					
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>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YMCA Programs - Youth Sports Outdoor Courts		6:00PM-9:30PM (Basketball)		6:00PM-8:15PM (Basketball)		8:00AM-3:45PM (Basketball)	
Barre MP1		6:35PM-7:20PM (Strength) <i>Kathryn P.</i>		6:35PM-7:20PM (Strength) <i>Kathryn P.</i>			
SPRINT Cycling					10:15AM-10:45AM (Cardio) <i>Monica K.</i>		
SilverSneakers Yoga MP2					2:15PM-3:00PM (Mind Body) <i>Donna B.</i>		
CORE MP1					6:50PM-7:20PM (Strength) <i>Meredith M.</i>		
Lap Swim- 4 Lanes Pool						7:00AM-12:00PM (Lap Swim)	
Step and Strength MP1						7:45AM-8:30AM (Cardio) <i>Courtney L.</i>	



Greater Palm Harbor YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
TribeFit STRONG PowerZone REGISTER	5:00AM-5:50AM (Functional Training \$) <i>Chris A.</i> 6:00AM-6:50AM (Functional Training \$) <i>Chris A.</i> 8:00AM-8:50AM (Functional Training \$) <i>Chris A.</i> 9:00AM-9:50AM (Functional Training \$) <i>Chris A.</i> 5:00PM-5:50PM (Functional Training \$) <i>Sara E.</i> 6:00PM-6:50PM (Functional Training \$) <i>Sara E.</i>		5:00AM-5:50AM (Functional Training \$) <i>Chris A.</i> 6:00AM-6:50AM (Functional Training \$) <i>Chris A.</i> 8:00AM-8:50AM (Functional Training \$) <i>Chris A.</i> 9:00AM-9:50AM (Functional Training \$) <i>Chris A.</i> 5:00PM-5:50PM (Functional Training \$) <i>Sara E.</i> 6:00PM-6:50PM (Functional Training \$) <i>Sara E.</i>		5:00AM-5:50AM (Functional Training \$) <i>Chris A.</i> 6:00AM-6:50AM (Functional Training \$) <i>Chris A.</i> 8:00AM-8:50AM (Functional Training \$) <i>Chris A.</i> 9:00AM-9:50AM (Functional Training \$) <i>Chris A.</i> 5:00PM-5:50PM (Functional Training \$) <i>Sara E.</i> 6:00PM-6:50PM (Functional Training \$) <i>Sara E.</i>			
Cycling Cycle Room REGISTER	5:30AM-6:20AM (Cardio) <i>Nancy B.</i> 6:00PM-6:50PM (Cardio) <i>Deanna R.</i>		5:30AM-6:20AM (Cardio) <i>Victoria H.</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>	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) 8:00PM-9:00PM (Lap Swim)	5:30AM-6:30AM (Lap Swim) 7:30AM-9:30AM (Lap Swim) 10:30AM-3:00PM (Lap Swim) 7:00PM-9:00PM (Lap Swim)	5:30AM-6:30AM (Lap Swim) 7:30AM-8:30AM (Lap Swim) 10:30AM-3:00PM (Lap Swim) 8:00PM-9:00PM (Lap Swim)	5:30AM-6:30AM (Lap Swim) 7:30AM-9:30AM (Lap Swim) 10:30AM-3:00PM (Lap Swim) 7:00PM-9:00PM (Lap Swim)	5:30AM-6:30AM (Lap Swim) 10:30AM-8:30PM (Lap Swim)	10:50AM-1:30PM (Lap Swim) 3:00PM-4:30PM (Lap Swim)	11:30AM-4:30PM (Lap Swim)	
Pickleball Power Hour Outdoors	8:00AM-11:00AM (Pickleball)	4:00PM-7:00PM (Pickleball)	8:00PM-11:00AM (Pickleball)	4:00PM-7:00PM (Pickleball)	8:00AM-11:00AM (Pickleball)			
Tabata Group Exercise	8:30AM-9:20AM (Cardio) <i>Chrissy R.</i>				8:30AM-9:20AM (Cardio) <i>Chrissy R.</i>			

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretch Field House	12:30PM-1:15PM (Mind Body) <i>Jessica F.</i>				12:30PM-1:15PM (Mind Body) <i>Jessica F.</i>		
SilverSneakers Yoga Group Exercise	1:00PM-1:50PM (Mind Body) <i>Wilda S.</i>		1:00PM-1:50PM (Mind Body) <i>Dee A.</i>		1:00PM-1:50PM (Mind Body) <i>Wilda S.</i>		
Line Dancing Group Exercise	2:00PM-3:00PM (Dance) <i>Jeanne A.</i>				6:00PM-7:00PM (Dance) <i>Jeanne A.</i>		
Swim Team- 8 Lanes Competition Pool	3:00PM-7:00PM (Program)	3:00PM-7:00PM (Program)	3:00PM-7:00PM (Program)	3:00PM-7:00PM (Program)	7:30AM-9:30AM (Program)	8:00AM-10:00AM (Program)	
EnhanceFitness Group Exercise	3:45PM-4:45PM (Community Health)		3:45PM-4:45PM (Community Health)		3:45PM-4:45PM (Community Health)		
Project Rally Pickle Ball	5:00PM-7:00PM (Pickleball)	8:00AM-10:00AM (Pickleball)		8:00AM-10:00AM (Pickleball)			
Mini Ballers Basketball Ages 3-6 Field House	5:00PM-5:45PM (Basketball Program)						
Pilates Multi Purpose Room	5:40PM-6:25PM (Core) <i>Ines R.</i>		5:40PM-6:25PM (Core) <i>Teresa O.</i>	9:45AM-10:45AM (Core) <i>Teri L.</i>			
BODYCOMBAT Group Exercise	6:00PM-6:55PM (Cardio) <i>Jessica F.</i>	9:30AM-10:30AM (Cardio) <i>Jessica F.</i>	6:00PM-6:55PM (Cardio) <i>Jessica F.</i>	9:30AM-10:30AM (Cardio) <i>Cameron K.</i>		9:30AM-10:30AM (Cardio) <i>Ann S.</i>	
Little Dunkers Basketball Ages 7-10 Field House	6:00PM-6:45PM (Basketball Program)						
Yoga Multi Purpose Room	6:45PM-7:40PM (Mind Body) <i>Janessa B.</i>	12:00PM-1:00PM (Mind Body) <i>Wilda S.</i>	6:45PM-7:40PM (Mind Body) <i>Shawna T.</i>				
Masters Swim- 4 Lanes Competition Pool	7:00PM-8:00PM (Program)		7:00PM-8:00PM (Program)				
Lap Swim- 4 Lanes Competition Pool	7:00PM-8:00PM (Lap Swim)		7:00PM-8:00PM (Lap Swim)				
Big Play Makers Basketball Ages 11-14 Field House	7:00PM-7:45PM (Basketball Program)						
BODYPUMP HEAVY Group Exercise REGISTER	7:15PM-8:15PM (Strength) <i>Sara E.</i>		7:15PM-8:15PM (Strength) <i>Teri L.</i>			10:45AM-11:45AM (Strength) <i>Sara E.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TribeFit CORE PowerZone REGISTER		5:00AM-5:50AM (Functional Training \$) <i>Chris A.</i> 6:00AM-6:50AM (Functional Training \$) <i>Chris A.</i> 8:00AM-8:50AM (Functional Training \$) <i>Tracie W.</i> 9:00AM-9:50AM (Functional Training \$) <i>Tracie W.</i> 11:00AM-11:50AM (Functional Training \$) <i>Wilda S.</i> 5:00PM-5:50PM (Functional Training \$) <i>Nick H.</i>		5:00AM-5:50AM (Functional Training \$) <i>Chris A.</i> 6:00AM-6:50AM (Functional Training \$) <i>Chris A.</i> 8:00AM-8:50AM (Functional Training \$) <i>Tracie W.</i> 9:00AM-9:50AM (Functional Training \$) <i>Tracie W.</i> 11:00AM-11:50AM (Functional Training \$) <i>Wilda S.</i> 5:00PM-5:50PM (Functional Training \$) <i>Nick H.</i> 6:00PM-6:50PM (Functional Training \$) <i>Nick H.</i>		8:00AM-8:50AM (Functional Training \$) <i>MaryAnne W.</i> 9:00AM-9:50AM (Functional Training \$) <i>MaryAnne W.</i>	
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)		
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)	
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>Carrie S.</i>			
RPM Cycle Room		9:15AM-10:05AM (Cardio) <i>Shawn B.</i>					
Core and Glute Multi Purpose Room		9:45AM-10:35AM (Strength) <i>MaryAnne W.</i>					
Pickleball Lessons Outdoors		10:30AM-11:30AM (Pickleball)		10:30AM-11:30AM (Pickleball)			

	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>Liliana B.</i>			
SilverSneakers Boom-MOVE Group Exercise		12:45PM-1:45PM (Dance) <i>Michelle D.</i>		12:45PM-1:45PM (Dance) <i>Michelle D.</i>			
Reserved for Personal Training PowerZone		2:00PM-3:00PM (Power Zone)		2:00PM-3:00PM (Power Zone)			
Chair Volleyball Group Exercise		2:30PM-3:30PM (Cardio)		2:30PM-3:30PM (Cardio)			
Gymnastics Field House		4:30PM-6:00PM (Gymnastics)		4:30PM-6:00PM (Gymnastics)			
CORE Multi Purpose Room		6:00PM-6:30PM (Strength) <i>Ann S.</i>					
Taekwondo Program Ages 6-10 Field House		6:00PM-6:45PM (Taekwondo)					
HIIT Cycle Cycle Room		6:00PM-6:30PM (Cardio) <i>Niko G.</i>		6:00PM-6:30PM (Cardio) <i>Victoria H.</i>			
Taekwondo Program 11 & up Ages Field House		6:45PM-7:30PM (Taekwondo)					
Adult Basketball Pickup 35 & Up Field House		7:30PM-9:00PM (Basketball Program)					
On the Ball Group Exercise			7:30AM-8:20AM (Core) <i>George D.</i>		7:30AM-8:20AM (Core) <i>Jane L.</i>		
Cardio and Strength Group Exercise			8:30AM-9:20AM (Cardio) <i>Tracie W.</i>				
Water Exercise- Finning Competition Pool			8:30AM-9:30AM (Program) 8:30AM-9:15AM (Cardio) <i>Sandra M.</i>				
Restorative Yoga Field House			9:30AM-10:30AM (Mind Body) <i>Sandy B.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim- 3 Lanes Family Pool			3:00PM-7:00PM (Lap Swim)				
Family Swim Family Pool			3:00PM-7:00PM (Program)	3:00PM-7:00PM (Program)	3:00PM-7:00PM (Program)	9:00AM-4:00PM (Program)	12:00PM-4:00PM (Program)
Little Spikers Volleyball Ages 7-10 Field House			5:00PM-7:00PM (Volleyball)				
Cheer Outdoors			6:00PM-7:00PM (Cheer)				
Big Hitters Volleyball 11-14 years Field House			7:00PM-9:00PM (Volleyball)				
Lap Swim- 1 Lane Family Pool				3:00PM-7:00PM (Lap Swim)			
Basketball League 6-7 years old Field House				6:00PM-6:45PM (Basketball Program)			
Basketball League 8-10 years old Field House				6:45PM-7:30PM (Basketball Program) 7:30PM-8:15PM (Basketball Program)			
Basketball League 11-14 years old Field House				8:15PM-9:00PM (Basketball Program)			
AQUA Drums Vibes Competition Pool					9:30AM-10:25AM (Cardio) <i>MaryAnne W.</i>		
Swim Team- 5 Lanes Competition Pool					9:30AM-10:30AM (Program)		
Water Slide Open Family Pool					3:00PM-4:00PM (Lap Swim)	10:00AM-10:30AM (Lap Swim) 2:00PM-3:00PM (Lap Swim)	1:00PM-2:00PM (Lap Swim)
Beginner's Line Dancing Group Exercise					5:00PM-6:00PM (Dance) <i>Jeanne A.</i>		
Water Exercise Family Pool						9:15AM-10:05AM (Cardio) <i>Karen B.</i>	
Restorative Yoga Multi Purpose Room						10:45AM-11:45AM (Mind Body) <i>Barbara G.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barre Group Exercise						12:00PM-12:30PM (Strength) <i>Wilda S.</i>	
Adult Dance Mix Group Exercise						12:30PM-1:30PM (Dance) <i>Wilda S.</i>	12:30PM-1:30PM (Dance) <i>Wilda S.</i>
Tri- Clinic Competition Pool						1:30PM-3:00PM (Program)	
Yoga Group Exercise							11:15AM-12:15PM (Mind Body) <i>Wilda S.</i>
Volleyball League (Ages 11-14yrs) Field House							12:45PM-3:00PM (Volleyball)



Greater Ridgecrest YMCA | March 30th - April 5th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Volleyball 1/2 Gym				10:00AM-11:00AM (Cardio) <i>Edith M.</i>			
Chair Yoga Group Studio - 2nd Floor				11:15AM-12:15PM (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>			
BootCamp 1/2 Gym						10:00AM-11:00AM (Cardio)	
Swim Lessons Pool						10:00AM-1:40PM (Program)	
Lap Swim- 3 Lanes Lap Pool						10:00AM-2:00PM (Lap Swim)	