



**John Geigle YMCA (North Pinellas) | June 23rd - June 29th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Tennis</b> 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 )
<b>Tennis</b> 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 )
<b>Lap Swim- 6 Lanes</b> 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
<b>Tennis</b> 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 )		
<b>Pickleball</b> 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)
<b>Pickleball</b> 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)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pickleball</b> 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)
<b>Pickleball</b> 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)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Tennis</b> Court 6 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 )	11:00AM-1:00PM (Tennis )  1:00PM-3:00PM (Tennis )  3:00PM-5:00PM (Tennis )
<b>BootCamp</b> Group Exercise Room					6:00AM-7:00AM (Cardio ) <i>Alexis H.</i>		
<b>Swim Team- 3 Lanes</b> Pool					7:00AM-9:00AM (Program ) <i>Taylor D.</i>		
<b>Step and Strength</b> Group Exercise Room					7:15AM-8:15AM (Cardio ) <i>Joe H.</i>		
<b>Tennis</b> Clay Court 2 Adult Round Robin					7:30AM-12:00PM (Tennis )	7:30AM-12:00PM (Tennis )	
<b>Tennis</b> Court 5 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 )	8:00AM-10:00AM (Tennis )  10:00AM-12:00PM (Tennis )  12:00PM-5:00PM (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
<b>Barre</b> Multipurpose Room					8:30AM-9:30AM (Strength) <i>Wendy N.</i>		
<b>BODYCOMBAT</b> Group Exercise Room					8:30AM-9:30AM (Cardio ) <i>Theresa G.</i>	9:30AM-10:30AM (Cardio ) <i>Cameron K.</i>	
<b>Yoga</b> Multipurpose Room					9:45AM-10:45AM (Mind Body) <i>Wendy N.</i>		
<b>BODYPUMP</b> Group Exercise Room					9:45AM-10:45AM (Strength) <i>Monika G.</i>	8:15AM-9:15AM (Strength) <i>Cameron K.</i>	
<b>Water Exercise</b> 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>	
<b>Camp Swim</b> Pool					11:00AM-1:30PM (Program ) <i>Taylor D.</i>		
<b>Zumba</b> 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>
<b>SilverSneakers Circuit</b> Multipurpose Room					11:30AM-12:15PM (Strength) <i>Wendy N.</i>		
<b>Stretch</b> Group Exercise Room					12:15PM-1:00PM (Mind Body) <i>Gabbi M.</i>		
<b>PYP Swim Team</b> <b>Advanced- 5 Lanes</b> Pool					5:00PM-7:00PM (Program ) <i>Taylor D.</i>		
<b>Pickleball</b> Pickleball Court 4A Round Robin Beginners					6:00PM-8:00PM (Pickleball)		
<b>Pickleball</b> Pickleball Court 4C Round Robin Intermediate					6:00PM-8:00PM (Pickleball)		
<b>Open Swim</b> 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>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SPRINT</b> Group Exercise Room						7:15AM-7:45AM (Cardio ) <i>Michele K.</i>	
<b>Tennis</b> Clay Court 1 Adult Round Robin						7:30AM-12:00PM (Tennis )	
<b>Pilates</b> Multipurpose Room						8:15AM-9:15AM (Core) <i>Sue C.</i>	
<b>Water Exercise- 5 Lanes</b> Pool						9:00AM-10:00AM (Program ) <i>Jacquie F.</i>	
<b>Power Yoga</b> Multipurpose Room						9:30AM-10:30AM (Mind Body) <i>Alisa M.</i>	
<b>Swim Lessons</b> Pool						10:00AM-12:45PM (Program ) <i>Anne M.</i>	
<b>Cycling</b> Group Exercise Room							11:15AM-12:00PM (Cardio ) <i>Maureen W.</i>
<b>BODYBALANCE</b> Multipurpose Room							11:15AM-12:15PM (Mind Body) <i>Alina H.</i>
<b>Beginner's Line Dancing</b> Group Exercise Room							2:25PM-3:25PM (Dance) <i>Brenda D.</i>
<b>Line Dancing</b> Group Exercise Room							3:30PM-4:30PM (Dance) <i>Brenda D.</i>



## Citrus Memorial Health Foundation YMCA | June 23rd - June 29th

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



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Zumba Toning</b> Group Exercise					8:30AM-9:30AM (Dance) <i>Virgie P.</i>		
<b>Cardio Drumming</b> Levy					8:30AM-9:15AM (Cardio ) <i>Betsy S.</i>		
<b>Swim Lessons- 2 Lanes</b> Competition Pool					9:00AM-11:45AM (Program )  5:30PM-7:30PM (Program )	9:00AM-12:10PM (Program )	
<b>Swim Lessons</b> Family Pool					9:00AM-11:00AM (Program )  5:30PM-6:00PM (Program )		
<b>Stretch</b> HLC A					9:30AM-10:30AM (Mind Body) <i>Dagmar P.</i>		
<b>Chair Yoga</b> Group Exercise					9:45AM-10:45AM (Mind Body) <i>Kira K.</i>		
<b>Water Exercise- 5 Lanes</b> Competition Pool					9:45AM-10:45AM (Program )	11:15AM-12:15PM (Program )	
<b>SilverSplash</b> Competition Pool					9:45AM-10:45AM (Cardio ) <i>Debra S.</i>		
<b>Tai Chi</b> Levy					10:00AM-11:00AM (Mind Body) <i>Dorcas W.</i>		
<b>Lap Swim- 4 Lanes</b> Competition Pool					11:00AM-12:00PM (Lap Swim )	9:30AM-11:00AM (Lap Swim )	
<b>Pool Open</b> Family Pool					11:00AM-7:00PM (Program )	11:00AM-4:00PM (Program )	11:00AM-4:00PM (Program )
<b>Family Swim</b> Family Pool					11:00AM-7:00PM (Program )	11:00AM-4:00PM (Program )	11:00AM-4:00PM (Program )
<b>HIIT</b> Group Exercise					11:00AM-12:00PM (Cardio ) <i>Cathy W.</i>		
<b>Zumba</b> 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
<b>Family Swim- 2 Lanes</b> Competition Pool					12:00PM-4:00PM (Program )  7:30PM-8:30PM (Program )	12:30PM-5:30PM (Program )	11:00AM-5:30PM (Program )
<b>Camp Swim</b> Family Pool					12:45PM-3:45PM (Program )		
<b>Yin Yoga</b> Group Exercise					3:30PM-4:30PM (Mind Body) <i>Liz L.</i>		
<b>Open Swim</b> Competition Pool						7:00AM-9:00AM (Lap Swim )	
<b>BODYPUMP</b> Group Exercise						9:00AM-10:00AM (Strength)	
<b>Tai Chi</b> Outdoors						9:00AM-10:00AM (Mind Body) <i>Dorcas W.</i>	
<b>Chair Yoga</b> HLC A						9:45AM-10:45AM (Mind Body) <i>Caryn H.</i>	11:45AM-12:45PM (Mind Body) <i>Liz L.</i>
<b>Taji Fit</b> Group Exercise						10:15AM-11:15AM (Mind Body) <i>Dorcas W.</i>	
<b>Yoga</b> HLC A						11:00AM-12:00PM (Mind Body) <i>Caryn H.</i>	1:00PM-2:00PM (Mind Body) <i>Liz L.</i>
<b>Water Exercise</b> Competition Pool						11:15AM-12:15PM (Cardio ) <i>Chez I.</i>	



## James P. Gills Family YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Basketball-Court 2					5:00AM-9:00AM (Open Gym )  1:00PM-3:00PM (Open Gym )  5:30PM-9:30PM (Open Gym )	7:00AM-5:00PM (Open Gym )	11:00AM-12:00PM (Open Gym )
<b>Open Gym</b> Basketball-Court 1					5:00AM-9:00AM (Open Gym )  1:00PM-3:00PM (Open Gym )  5:30PM-9:30PM (Open Gym )	8:30AM-5:00PM (Open Gym )	11:00AM-5:00PM (Open Gym )
<b>Lap Swim- 4 Lanes</b> Competition Pool					5:30AM-7:00AM (Lap Swim )  10:00AM-5:30PM (Lap Swim )	10:00AM-4:30PM (Lap Swim )	11:30AM-4:30PM (Lap Swim )
<b>Lap Swim- 3 Lanes</b> Family Pool					5:30AM-10:00AM (Lap Swim )		
<b>Pickleball</b> Pickleball-Court #4					5:30AM-9:00PM (Pickleball)	7:30AM-4:30PM (Pickleball)	11:30AM-4:30PM (Pickleball)
<b>Pickleball</b> Pickleball-Court #2					5:30AM-9:00PM (Pickleball)	7:30AM-4:30PM (Pickleball)	11:30AM-4:30PM (Pickleball)
<b>Pickleball</b> Pickleball-Court #3					5:30AM-9:00PM (Pickleball)	7:30AM-4:30PM (Pickleball)	11:30AM-4:30PM (Pickleball)
<b>Pickleball</b> Pickleball-Court #1					5:30AM-9:00PM (Pickleball)	7:30AM-4:30PM (Pickleball)	11:30AM-4:30PM (Pickleball)
<b>Cycling</b> Cycle Studio					5:50AM-6:35AM (Cardio ) <i>Peter R.</i>  9:00AM-9:45AM (Cardio ) <i>Tori W.</i>		12:15PM-1:00PM (Cardio ) <i>Peter R.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swim Team- 6 Lanes</b> Competition Pool					7:00AM-9:00AM (Program )  5:30PM-8:00PM (Program )		
<b>Swim Lessons</b> Family Pool					8:00AM-10:00AM (Program )  5:30PM-7:30PM (Program )	9:00AM-12:30PM (Program )	
<b>Group Exercise Class</b> Basketball-Court 2					9:00AM-11:00AM (Group Exercise )		
<b>Group Exercise Class</b> Basketball-Court 1					9:00AM-11:00AM (Group Exercise )		
<b>Cardio Lite</b> Community Room 2					9:00AM-9:30AM (Cardio ) <i>Lauren S.</i>		
<b>Core and Glute</b> Group Exercise					9:05AM-9:50AM (Strength) <i>Denise F.</i>		
<b>Strength Lite</b> Community Room 2					9:30AM-10:00AM (Strength) <i>Lauren S.</i>		
<b>Lap Swim- 2 Lanes</b> Family Pool					10:00AM-7:30PM (Lap Swim )  7:30PM-9:00PM (Lap Swim )	7:00AM-4:30PM (Lap Swim )	11:30AM-4:30PM (Lap Swim )
<b>Diving Board Open</b> Competition Pool					10:00AM-5:30PM (Lap Swim )	12:00PM-4:30PM (Lap Swim )	12:00PM-4:30PM (Lap Swim )
<b>BODYCOMBAT</b> Group Exercise					10:00AM-11:00AM (Cardio ) <i>Jean C.</i>		11:10AM-12:00PM (Cardio ) <i>Jean C.</i>
<b>Strength and Resistance</b> Basketball-Court 1					10:10AM-10:50AM (Strength) <i>Kathryn D.</i>		
<b>EnhanceFitness</b> Community Room 2					10:15AM-11:15AM (Community Health ) <i>Clark P.</i>		
<b>Summer Camp</b> Basketball-Court 2					11:00AM-1:00PM (Open Gym )  3:00PM-5:30PM (Open Gym )		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Summer Camp</b> Basketball-Court 1					11:00AM-1:00PM (Open Gym )  3:00PM-5:30PM (Open Gym )		
<b>Family Swim</b> Family Pool					11:00AM-5:30PM (Program )  7:30PM-9:00PM (Program )		
<b>Yoga</b> Group Exercise					11:15AM-12:15PM (Mind Body) <i>Ines R.</i>		1:30PM-2:30PM (Mind Body) <i>Alicia A.</i>
<b>Lap Swim- 5 Lanes</b> Competition Pool					8:00PM-9:00PM (Lap Swim )		
<b>Members Only 30+ Pick-up</b> Basketball-Court 1						7:00AM-8:30AM (Sports )	
<b>Lap Swim- 6 Lanes</b> Competition Pool						7:30AM-8:00AM (Lap Swim )	
<b>BODYPUMP</b> Group Exercise						8:00AM-9:00AM (Strength) <i>Tori W.</i>	
<b>Lap Swim- 3 Lanes</b> Competition Pool						8:00AM-10:00AM (Lap Swim )	
<b>Swim Team- 3 Lanes</b> Competition Pool						8:00AM-10:00AM (Program )	
<b>Cardio and Strength</b> Group Exercise						9:15AM-10:00AM (Cardio ) <i>Kristen P.</i>	
<b>HIIT Cycle</b> Cycle Studio						9:15AM-9:45AM (Cardio ) <i>Tori W.</i>	
<b>Pilates</b> Community Room 2						10:15AM-11:15AM (Core) <i>Kristen P.</i>	
<b>Zumba</b> Group Exercise						10:30AM-11:30AM (Dance) <i>Priscilla V.</i>	
<b>Water Slide Open</b> Family Pool						12:00PM-4:30PM (Lap Swim )	12:00PM-4:30PM (Lap Swim )
<b>Chair Yoga</b> Group Exercise						12:00PM-12:45PM (Mind Body) <i>Aura D.</i>	12:30PM-1:10PM (Mind Body) <i>Alicia A.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Members Only Open Volleyball Basketball-Court 2							12:00PM-2:00PM (Sports )



## Hernando County YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Court</b> Outdoor Courts					5:00AM-7:00AM (Basketball )  9:30AM-9:00PM (Basketball )		11:00AM-5:00PM (Basketball )
<b>Cycling</b> Cycling					5:40AM-6:10AM (Cardio ) Stacey G.	8:05AM-8:35AM (Cardio ) Stacey G.	
<b>BODYPUMP</b> MP1					6:15AM-7:00AM (Strength) Stacey G.  9:00AM-10:00AM (Strength) Monica K.		
<b>Pickleball</b> Outdoor Courts					7:00AM-9:30AM (Pickleball)	7:00AM-9:00AM (Pickleball)	
<b>Cardio and Strength</b> MP1					8:00AM-8:45AM (Cardio ) Shelly W.		
<b>Yoga</b> MP2					8:45AM-9:45AM (Mind Body) Nelson S.		
<b>Water Exercise</b> Pool					9:00AM-10:00AM (Cardio ) Connie L.  10:30AM-11:30AM (Cardio ) Connie L.	8:00AM-8:45AM (Cardio ) Tara T.	
<b>Barre</b> MP2					10:00AM-10:45AM (Strength) Meredith M.		
<b>SPRINT</b> Cycling					10:15AM-10:45AM (Cardio ) Monica K.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Zumba</b> MP1					10:15AM-11:00AM (Dance) <i>Addys C.</i>  11:45AM-12:30PM (Dance) <i>Addys C.</i>	11:00AM-11:45AM (Dance) <i>Beth S.</i>	
<b>SilverSneakers Classic</b> MP2					11:00AM-11:45AM (Cardio ) <i>Donna B.</i>		
<b>SilverSneakers Yoga</b> MP2					2:30PM-3:15PM (Mind Body) <i>Donna B.</i>		
<b>BODYBALANCE</b> MP1					4:30PM-5:30PM (Mind Body) <i>Monica K.</i>		
<b>BODYCOMBAT</b> MP1					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>
<b>CORE</b> MP1					6:50PM-7:20PM (Strength) <i>Meredith M.</i>		12:15PM-12:45PM (Strength) <i>Meredith M.</i>
<b>Tai Chi</b> MP2						8:30AM-9:30AM (Mind Body) <i>Rocco O.</i>	
<b>Strength and Resistance</b> MP1						8:45AM-9:30AM (Strength) <i>Stacey G.</i>	
<b>Cardio Drumming</b> MP2						10:00AM-11:00AM (Cardio ) <i>Kelly B.</i>	
<b>HIIT</b> MP1							11:15AM-12:00PM (Cardio ) <i>Michelle C.</i>





## Greater Palm Harbor YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Power Zone- Strength</b> 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>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>		
<b>Lap Swim- 8 Lanes</b> Competition Pool					5:30AM-6:30AM (Lap Swim )  10:30AM-8:30PM (Lap Swim )	10:00AM-1:30PM (Lap Swim )  3:00PM-4:30PM (Lap Swim )	11:30AM-11:45AM (Lap Swim )  1:00PM-4:30PM (Lap Swim )
<b>Cycling</b> Cycle Room					5:30AM-6:20AM (Cardio ) <i>Nancy B.</i>  8:30AM-9:20AM (Cardio ) <i>Maria C.</i>	9:15AM-10:05AM (Cardio ) <i>Maria C.</i>	
<b>Masters Swim- 5 Lanes</b> Competition Pool					6:30AM-7:30AM (Program )		
<b>Lap Swim- 3 Lanes</b> Competition Pool					6:30AM-7:30AM (Lap Swim )	1:30PM-3:00PM (Lap Swim )	
<b>On the Ball</b> Group Exercise					7:00AM-7:50AM (Core) <i>George D.</i>		
<b>Pickleball</b> Pickle Ball					7:30AM-10:00AM (Pickleball)	8:30AM-11:30AM (Pickleball)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swim Team- 8 Lanes</b> Competition Pool					7:30AM-9:30AM (Program )	8:00AM-10:00AM (Program )	
<b>Tabata</b> Group Exercise					8:00AM-8:50AM (Cardio ) <i>Deanna R.</i>		
<b>BootCamp</b> Outdoors					8:30AM-9:15AM (Cardio ) <i>Chris A.</i>		
<b>Yoga</b> Group Exercise					9:00AM-10:00AM (Mind Body) <i>Sandy B.</i>		11:15AM-12:15PM (Mind Body) <i>Wilda S.</i>
<b>Water Exercise- 3 Lanes, Dive well</b> Competition Pool					9:30AM-10:30AM (Program ) <i>MaryAnne W.</i>		
<b>AQUA Drums Vibes</b> Competition Pool					9:30AM-10:25AM (Cardio ) <i>MaryAnne W.</i>		
<b>Group Fitness Class</b> Field House					9:30AM-10:30AM (Group Exercise)  12:30PM-1:15PM (Group Exercise)		
<b>Swim Team- 5 Lanes</b> Competition Pool					9:30AM-10:30AM (Program )		
<b>Summer Camp</b> Family Pool					10:00AM-2:00PM (Program )		
<b>BODYPUMP</b> Group Exercise					10:15AM-11:15AM (Strength) <i>Jessica F.</i>	10:40AM-11:40AM (Strength) <i>Michele K.</i>	
<b>Hot Yoga</b> Multi Purpose Room					10:45AM-11:45AM (Mind Body) <i>Barbara G.</i>		
<b>SilverSneakers Classic</b> Group Exercise					12:30PM-1:20PM (Cardio ) <i>George D.</i>		
<b>Stretch</b> Multi Purpose Room					12:30PM-1:15PM (Mind Body) <i>Jessica F.</i>		
<b>SilverSneakers Yoga</b> Group Exercise					1:30PM-2:20PM (Mind Body) <i>Wilda S.</i>		
<b>Family Swim</b> Family Pool					2:00PM-7:00PM (Program )	1:15PM-4:30PM (Program )	12:00PM-4:30PM (Program )
<b>EnhanceFitness</b> Group Exercise					3:45PM-4:45PM (Community Health )		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Line Dancing</b> Group Exercise					5:30PM-7:00PM (Dance) <i>Jeanne A.</i>		
<b>Power Zone- Conditioning</b> PowerZone						8:15AM-9:05AM (Functional Training \$ ) <i>Tracie W.</i>  9:15AM-10:05AM (Functional Training \$ ) <i>Tracie W.</i>	11:15AM-12:05PM (Functional Training \$ ) <i>Tracie W.</i>
<b>Little Spikers Volleyball</b> <b>Ages 7-10</b> Field House						8:30AM-12:00PM (Volleyball)	
<b>Strength Lite</b> Group Exercise						8:30AM-9:15AM (Strength) <i>Deanna R.</i>	
<b>Water Exercise</b> Family Pool						9:00AM-9:55AM (Cardio ) <i>Karen B.</i>  9:30AM-10:25AM (Program )	
<b>BODYCOMBAT</b> Group Exercise						9:30AM-10:30AM (Cardio ) <i>Ann S.</i>	
<b>Swim Lessons- 2 Lanes,</b> <b>Zero depth area open</b> Family Pool						10:00AM-1:15PM (Program )	
<b>Lap Swim- 1 Lane</b> Family Pool						10:00AM-1:15PM (Lap Swim )	
<b>Restorative Yoga</b> Multi Purpose Room						10:45AM-11:45AM (Mind Body) <i>Barbara G.</i>	
<b>Barre</b> Group Exercise						12:00PM-12:30PM (Strength) <i>Wilda S.</i>	
<b>Adult Dance Mix</b> Group Exercise						12:30PM-1:00PM (Dance) <i>Wilda S.</i>	
<b>Big Hitters Volleyball</b> <b>11-14 years</b> Field House						1:00PM-4:30PM (Volleyball)	
<b>Tri- Clinic</b> Competition Pool						1:30PM-3:00PM (Program )	
<b>Special Olympics- 3 Lanes</b> Competition Pool						2:00PM-3:00PM (Program )	11:45AM-1:00PM (Program )

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim- 5 Lanes Competition Pool							11:45AM-1:00PM (Lap Swim )



## Greater Ridgecrest YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swim Team- 5 Lanes</b> Lap Pool					6:00AM-8:30AM (Program )  3:00PM-5:00PM (Program )		
<b>Swim Team- 3 Lanes</b> Lap Pool					9:00AM-10:00AM (Program )		
<b>Yoga</b> Group Studio - 2nd Floor					9:00AM-9:45AM (Mind Body) <i>Jennifer S.</i>		
<b>Summer Camp/Open Swim/Slide Open</b> Lap Pool					10:00AM-11:30AM (Lap Swim )  1:00PM-2:30PM (Lap Swim )		
<b>SilverSneakers Classic</b> Full Gym					10:00AM-11:00AM (Cardio ) <i>Sheri J.</i>		
<b>Pickleball</b> Full Gym					11:00AM-2:00PM (Sports ) <i>Judy M.</i>		10:00AM-1:00PM (Sports ) <i>Judy M.</i>
<b>Pool Closed</b> Pool					7:30PM-8:00PM (Program )	4:00PM-5:00PM (Program )	
<b>Lap Swim- 4 Lanes</b> Lap Swim						10:00AM-12:00PM (Lap Swim )  1:00PM-4:00PM (Lap Swim )	
<b>BootCamp</b> 1/2 Gym						10:00AM-11:00AM (Cardio )	
<b>Swim Lessons</b> Pool						10:30AM-1:30PM (Program )  10:30PM-1:30PM (Program )	
<b>Water Exercise</b> Pool						12:00PM-1:00PM (Cardio ) <i>Karen B.</i>	
<b>Water Exercise</b> Lap Pool						12:00PM-1:00PM (Program )	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 )	