



## James P. Gills Family YMCA | April 6th - April 12th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Balance and Mobility</b> Group Exercise	11:05AM-11:45AM (Core) <i>Carrie R.</i>		10:10AM-11:00AM (Core) <i>Carrie R.</i>				
<b>Pilates</b> Community Room 2	6:00PM-6:55PM (Core) <i>Kristen P.</i>					10:15AM-11:15AM (Core) <i>Carrie R.</i>	
<b>Pilates</b> Group Exercise		11:05AM-12:00PM (Core) <i>Colleen B.</i>					



## Greater Palm Harbor YMCA | April 6th - April 12th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Pilates</b> 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>Haley B.</i>			
<b>On the Ball</b> Group Exercise			7:30AM-8:20AM (Core) <i>George D.</i>		7:30AM-8:20AM (Core) <i>George D.</i>		



## Citrus Memorial Health Foundation YMCA | April 6th - April 12th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Core</b> Group Exercise	6:45PM-7:15PM (Core) <i>Stacy A.</i>						
<b>Pilates</b> Levy			9:00AM-10:00AM (Core) <i>Joyce S.</i>		9:00AM-10:00AM (Core) <i>Joyce S.</i>		
<b>Pilates</b> HLC A				7:00AM-8:00AM (Core) <i>Cathy W.</i>	7:00AM-8:00AM (Core) <i>Cathy W.</i>		



## Hernando County Family YMCA | April 6th - April 12th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Pilates</b> MP2		8:30AM-9:30AM (Core) <i>Kathryn P.</i>		8:30AM-9:30AM (Core) <i>Kathryn P.</i>			



## John Geigle YMCA (North Pinellas) | April 6th - April 12th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pilates</b> Multipurpose Room						8:15AM-9:15AM (Core) Sue C.	