



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

| | 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) | 9:15AM-10:00AM (Lap Swim) 12:00PM-3:30PM (Lap Swim) | 8:00AM-10:00AM (Lap Swim) 12:00PM-3:30PM (Lap Swim) | 9:15AM-10:00AM (Lap Swim) 12:00PM-3:30PM (Lap Swim) | 8:00AM-10:00AM (Lap Swim) 12:00PM-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>Amy M.</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>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> |

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|--|---|--|--|--|-----------------------------|---|--|
| Cardio and Strength Group Exercise REGISTER | 9:45AM-10:45AM (Cardio) <i>Cynthia H.</i> | | 9:45AM-10:45AM (Cardio) <i>Sonja P.</i> | | | | |
| SilverSneakers Classic Levy | 10:00AM-11:00AM (Cardio) <i>Diana P.</i> | | 10:00AM-11:00AM (Cardio) <i>Diana P.</i> | | | | |
| SilverSneakers Cardio Fit HLC A REGISTER | 10:45AM-11:45AM (Cardio) <i>Tammy K.</i> | | 10:45AM-11:45AM (Cardio) <i>Tammy K.</i> | 8:15AM-9:15AM (Cardio) <i>Cathy W.</i> | | | |
| Zumba Gold Group Exercise | 11:00AM-11:30AM (Dance) <i>Virgie P.</i> | | 11:00AM-11:30AM (Dance) <i>Virgie P.</i> | 2:45PM-3:30PM (Dance) <i>Barbara H.</i> | | | |
| POUND HLC A | 12:00PM-1:00PM (Cardio) <i>Linda W.</i> | | 12:00PM-1:00PM (Cardio) <i>Linda W.</i> | | | | |
| Barre Group Exercise | 1:00PM-2:00PM (Strength) <i>Pat M.</i> | | | | | | |
| Chair Yoga HLC A | 2:00PM-3:00PM (Mind Body) <i>Kira K.</i> | | | | | 9:45AM-10:45AM (Mind Body) <i>Caryn H.</i> | 12:15PM-1:15PM (Mind Body) <i>Liz L.</i> |
| 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) | 11:00AM-5:30PM (Program) |
| BODYPUMP Group Exercise REGISTER | 5:30PM-6:30PM (Strength) <i>Stacy A.</i> | 8:30AM-9:30AM (Strength) <i>Joyce S.</i> | 5:30PM-6:30PM (Strength) <i>Stacy A.</i> | 8:30AM-9:30AM (Strength) <i>Joyce S.</i> | | 9:00AM-10:00AM (Strength) <i>Natalie W.</i> | |
| Cardio Dance HLC A | 5:30PM-6:30PM (Dance) <i>Ana D.</i> | | | | | | |
| Core Group Exercise | 6:45PM-7:15PM (Core) <i>Stacy A.</i> | | | | | | |
| Functional Strength Group Exercise | | 5:45AM-6:45AM (Strength) <i>Monty V.</i> | | 5:45AM-6:45AM (Strength) <i>Monty V.</i> | | | |
| Step Group Exercise | | 7:30AM-8:15AM (Cardio) <i>Joyce S.</i> | | 7:30AM-8:15AM (Cardio) <i>Joyce S.</i> | | | |
| Stretch HLC A | | 8:15AM-9:15AM (Mind Body) <i>Dagmar P.</i> | | | | | |
| Zumba Levy | | 8:30AM-9:30AM (Dance) <i>Amy M.</i> | | 8:30AM-9:30AM (Dance) <i>Amy M.</i> | | | |

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|--|--------|---|---|---|---|---|--------|
| Swim Lessons Family Pool | | 8:30AM-9:15AM (Program) 10:00AM-12:00PM (Program) 5:00PM-7:45PM (Program) | 10:00AM-12:00PM (Program) | 8:30AM-9:15AM (Program) 10:00AM-12:00PM (Program) 5:00PM-7:45PM (Program) | 10:00AM-12:00PM (Program) | 9:00AM-12:00PM (Program) | |
| 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> | | |
| 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> | | |
| 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> | | | | |

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|---|---------------|----------------|------------------|--|--|--|---------------|
| 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> | | | |
| 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> | | |
| 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> | |