



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>	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)