



## Greater Palm Harbor YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Power Zone- Conditioning</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>Tracie W.</i>  9:15AM-10:05AM (Functional Training \$ ) <i>Tracie W.</i>  4:15PM-5:05PM (Functional Training \$ ) <i>Johnny T.</i>  5:15PM-6:05PM (Functional Training \$ ) <i>Johnny T.</i>		8:15AM-9:05AM (Functional Training \$ ) <i>Johnny T.</i>  9:15AM-10:05AM (Functional Training \$ ) <i>Johnny T.</i>	11:15AM-12:05PM (Functional Training \$ ) <i>Wilda S.</i>
<b>Lap Swim- 8 Lanes</b> Competition Pool				5:30AM-6:30AM (Lap Swim )  9:30AM-3:00PM (Lap Swim )  6:00PM-7:15PM (Lap Swim )  8:30PM-9:00PM (Lap Swim )	5:30AM-6:30AM (Lap Swim )  10:30AM-8:30PM (Lap Swim )	8:00AM-1:30PM (Lap Swim )  3:00PM-4:30PM (Lap Swim )	11:30AM-11:45AM (Lap Swim )  1:00PM-4:30PM (Lap Swim )
<b>BODYPUMP</b> Group Exercise				5:40AM-6:40AM (Strength) <i>Niko G.</i>  6:40PM-7:40PM (Strength) <i>Sara E.</i>	10:15AM-11:15AM (Strength) <i>Cameron K.</i>	10:40AM-11:40AM (Strength) <i>Niko G.</i>	
<b>Masters Swim- 5 Lanes</b> Competition Pool				6:30AM-7:30AM (Program )	6:30AM-7:30AM (Program )		
<b>Lap Swim- 3 Lanes</b> Competition Pool				6:30AM-7:30AM (Lap Swim )	6:30AM-7:30AM (Lap Swim )	1:30PM-3:00PM (Lap Swim )	

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<b>Swim Team- 8 Lanes</b> Competition Pool				7:30AM-9:30AM (Program )  3:00PM-6:00PM (Program )	7:30AM-9:30AM (Program )		
<b>Family Swim</b> Family Pool				7:30AM-7:00PM (Program )	7:30AM-7:00PM (Program )	1:15PM-4:30PM (Program )	12:00PM-4:30PM (Program )
<b>Strength Lite</b> Group Exercise				8:30AM-9:20AM (Strength) <i>Wilda S.</i>		8:30AM-9:15AM (Strength) <i>Deanna R.</i>	
<b>BODYBALANCE</b> Multi Purpose Room				8:45AM-9:35AM (Mind Body) <i>Jordan S.</i>  6:40PM-7:35PM (Mind Body) <i>Carrie S.</i>			
<b>Water Exercise</b> Family Pool				9:00AM-9:55AM (Program )  9:00AM-9:55AM (Cardio ) <i>Sandra M.</i>  6:30PM-7:30PM (Program )  6:30PM-7:25PM (Cardio ) <i>Sandra M.</i>		9:00AM-9:55AM (Cardio ) <i>Karen B.</i>  9:00AM-9:50AM (Program )	
<b>Cycling</b> Cycle Room				9:15AM-10:05AM (Cardio ) <i>Isadora P.</i>	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>BODYCOMBAT</b> Group Exercise				9:30AM-10:30AM (Cardio ) <i>Cameron K.</i>		9:30AM-10:30AM (Cardio ) <i>Ann S.</i>	
<b>Group Fitness Class</b> Field House				9:45AM-10:35AM (Group Exercise)	9:30AM-10:30AM (Group Exercise)  12:30PM-1:15PM (Group Exercise)		
<b>Yogalates</b> Multi Purpose Room				9:45AM-10:35AM (Mind Body) <i>Wilda S.</i>			
<b>Summer Camp</b> Family Pool				10:00AM-2:00PM (Program )	10:00AM-2:00PM (Program )		

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<b>Zumba</b> Group Exercise				10:40AM-11:30AM (Dance) <i>Susie M.</i>  5:30PM-6:30PM (Dance) <i>Yahaira A.</i>			
<b>SilverSneakers Classic</b> Group Exercise				11:40AM-12:30PM (Cardio ) <i>Wilda S.</i>	12:30PM-1:20PM (Cardio ) <i>George D.</i>		
<b>SilverSneakers Boom-MOVE</b> Group Exercise				12:45PM-1:35PM (Dance) <i>Michelle D.</i>			
<b>Pickleball</b> Pickle Ball				5:00PM-8:00PM (Pickleball)	7:30AM-10:00AM (Pickleball)	8:30AM-11:30AM (Pickleball)	
<b>CORE</b> Multi Purpose Room				6:00PM-6:30PM (Strength) <i>Carrie S.</i>			
<b>HIIT Cycle</b> Cycle Room				6:00PM-6:30PM (Cardio ) <i>Victoria H.</i>			
<b>Special Olympics- 3 Lanes</b> Competition Pool				7:15PM-8:30PM (Program )		2:00PM-3:00PM (Program )	11:45AM-1:00PM (Program )
<b>Lap Swim- 5 Lanes</b> Competition Pool				7:15PM-8:30PM (Lap Swim )			11:45AM-1:00PM (Lap Swim )
<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>		

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<b>On the Ball</b> Group Exercise					7:00AM-7:50AM (Core) <i>George D.</i>		
<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>Janessa B.</i>
<b>Water Exercise- 3 Lanes, Dive well</b> Competition Pool					9:30AM-10:30AM (Program ) <i>MaryAnne W.</i>		
<b>Swim Team- 5 Lanes</b> Competition Pool					9:30AM-10:30AM (Program )		
<b>AQUA Drums Vibes</b> Competition Pool					9:30AM-10:25AM (Cardio ) <i>MaryAnne W.</i>		
<b>Hot Yoga</b> Multi Purpose Room					10:45AM-11:45AM (Mind Body) <i>Belle G.</i>		
<b>Stretch</b> Multi Purpose Room					12:30PM-1:15PM (Mind Body) <i>Barbara G.</i>		
<b>SilverSneakers Yoga</b> Group Exercise					1:30PM-2:20PM (Mind Body) <i>Wilda S.</i>		
<b>EnhanceFitness</b> Group Exercise					3:45PM-4:45PM (Community Health )		
<b>Line Dancing</b> Group Exercise					5:30PM-7:00PM (Dance) <i>Jeanne A.</i>		
<b>Lap Swim- 1 Lane</b> Family Pool						10:00AM-1:15PM (Lap Swim )	
<b>Swim Lessons- 2 Lanes, Zero depth area open</b> Family Pool						10:00AM-1:15PM (Program )	
<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>	

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Adult Dance Mix Group Exercise						12:30PM-1:00PM (Dance) <i>Wilda S.</i>	
Tri- Clinic Competition Pool						1:30PM-3:00PM (Program )	