



Greater Ridgecrest YMCA | April 6th - April 12th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim- 6 Lanes Lap Pool	8:00AM-3:00PM (Lap Swim)	8:00AM-3:00PM (Lap Swim)	8:00AM-3:00PM (Lap Swim)	8:00AM-3:00PM (Lap Swim)	8:00AM-3:00PM (Lap Swim)		
Open Swim Zero Depth Pool	8:00AM-3:00PM (Lap Swim)	8:00AM-3:00PM (Lap Swim)	8:00AM-3:00PM (Lap Swim)	8:00AM-3:00PM (Lap Swim)	8:00AM-3:00PM (Lap Swim)	10:00AM-2:00PM (Lap Swim)	
SilverSneakers Classic Full Gym	10:00AM-11:00AM (Cardio) <i>Sheri J.</i>		10:00AM-11:00AM (Cardio) <i>Sheri J.</i>		10:00AM-11:00AM (Cardio) <i>Sheri J.</i>		
Pickleball Full Gym	11:00AM-2:00PM (Sports) <i>Judy M.</i>		11:00AM-2:00PM (Sports) <i>Judy M.</i> 6:00PM-8:00PM (Sports) <i>Judy M.</i>		11:00AM-2:00PM (Sports) <i>Judy M.</i>		10:00AM-1:00PM (Sports) <i>Judy M.</i>
Swim Team- 3 Lanes Lap Pool	3:00PM-8:00PM (Program)	3:00PM-8:00PM (Program)	3:00PM-8:00PM (Program)	3:00PM-8:00PM (Program)	3:00PM-8:00PM (Program)		
Lap Swim- 1 Lane Lap Pool	3:00PM-7:00PM (Lap Swim)	3:00PM-7:00PM (Lap Swim)	3:00PM-7:00PM (Lap Swim)	3:00PM-7:00PM (Lap Swim)	3:00PM-7:00PM (Lap Swim)		
Swim Lessons Pool	4:00PM-7:40PM (Program)		4:00PM-7:40PM (Program)			10:00AM-1:40PM (Program)	
Cycling Group Studio - 2nd Floor REGISTER		9:00AM-10:00AM (Cardio) <i>DeAnne H.</i>		9:00AM-10:00AM (Cardio) <i>DeAnne H.</i>			
Yoga Group Studio - 2nd Floor		10:15AM-11:00AM (Mind Body) <i>Jennifer S.</i>		10:15AM-11:00AM (Mind Body) <i>Sabrena A.</i>	9:00AM-10:00AM (Mind Body) <i>Jennifer S.</i>		
Chair Yoga Multipurpose Room (downstairs)		11:15AM-12:15PM (Mind Body) <i>Jennifer S.</i>					
Cardio Drumming Full Gym		12:30PM-1:30PM (Cardio)		12:30PM-1:30PM (Cardio)			
Water Exercise Pool		4:00PM-5:00PM (Cardio) <i>Karen B.</i> 4:00PM-5:00PM (Program)		4:00PM-5:00PM (Cardio) <i>Karen B.</i> 4:00PM-5:00PM (Program)		12:00PM-1:00PM (Cardio) <i>Karen B.</i> 12:00PM-1:00PM (Program)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Line Dancing 1/2 Gym		7:00PM-8:00PM (Dance) <i>Leslie H.</i>					
Chair Volleyball 1/2 Gym				10:00AM-11:00AM (Cardio) <i>Edith M.</i>			
Chair Yoga Group Studio - 2nd Floor				11:15AM-12:15PM (Mind Body) <i>Jennifer S.</i>			
Open Gym Full Gym				6:00PM-8:00PM (Open Gym)			
Line Dancing Group Studio - 2nd Floor				7:00PM-8:00PM (Dance) <i>Leslie H.</i>			
BootCamp 1/2 Gym						10:00AM-11:00AM (Cardio)	
Lap Swim- 3 Lanes Lap Pool						10:00AM-2:00PM (Lap Swim)	