



James P. Gills Family YMCA | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Basketball-Court 2	5:00AM-8:45AM (Open Gym)	5:00AM-8:45AM (Open Gym)	5:00AM-8:45AM (Open Gym)	5:00AM-8:45AM (Open Gym)	5:00AM-8:45AM (Open Gym)		11:00AM-12:00PM (Open Gym)
Open Gym Basketball-Court 1	5:00AM-8:30AM (Open Gym)	5:00AM-8:30AM (Open Gym)	5:00AM-8:30AM (Open Gym)	5:00AM-8:30AM (Open Gym)	5:00AM-8:30AM (Open Gym)		11:00AM-5:00PM (Open Gym)
Pool Closed for Renovations Competition Pool	5:30AM-9:00PM (Lap Swim)	5:30AM-9:00PM (Lap Swim)	5:30AM-9:00PM (Lap Swim)	5:30AM-9:00PM (Lap Swim)	5:30AM-9:00PM (Lap Swim)	5:30AM-9:00PM (Lap Swim)	5:30AM-9:00PM (Lap Swim)
Lap Swim- 3 Lanes Family Pool	5:30AM-10:00AM (Lap Swim) 11:00AM-3:30PM (Lap Swim) 8:00PM-9:00PM (Lap Swim)	5:30AM-9:00PM (Lap Swim) 11:00AM-3:30PM (Lap Swim) 8:00PM-9:00PM (Lap Swim)	5:30AM-3:30PM (Lap Swim) 8:00PM-9:00PM (Lap Swim)	5:30AM-9:00PM (Lap Swim) 11:00AM-3:30PM (Lap Swim) 8:00PM-9:00PM (Lap Swim)	5:30AM-9:00PM (Lap Swim) 11:00AM-3:30PM (Lap Swim) 8:00PM-9:00PM (Lap Swim)		
Pool Open Family Pool	5:30AM-9:00PM (Program)	5:30AM-9:00PM (Program)	5:30AM-9:00PM (Program)	5:30AM-9:00PM (Program)	5:30AM-9:00PM (Program)	7:30AM-4:30PM (Program)	11:30AM-4:30PM (Program)
Step Group Exercise	9:00AM-9:45AM (Cardio) <i>Roxanne W.</i>						
Group Exercise Class Basketball-Court 2	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)		
Group Exercise Class Basketball-Court 1	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)	9:00AM-11:00AM (Group Exercise)		
Cardio Lite Community Room 1	9:00AM-9:30AM (Cardio) <i>Lauren S.</i>				9:00AM-9:30AM (Cardio) <i>Lauren S.</i>		
Cycling Community Room 2 REGISTER	9:00AM-9:45AM (Cardio) <i>Carrie R.</i>	9:00AM-9:45AM (Cardio) <i>Clark P.</i>	5:50AM-6:35AM (Cardio) <i>Peter R.</i> 9:00AM-9:45AM (Cardio) <i>Cortney B.</i>	9:00AM-9:45AM (Cardio) <i>Clark P.</i> 6:00PM-6:30PM (Cardio) <i>Tori W.</i>	5:50AM-6:35AM (Cardio) <i>Peter R.</i> 9:00AM-9:45AM (Cardio) <i>Tori W.</i>		12:15PM-1:00PM (Cardio) <i>Carrie R.</i>
Strength Lite Community Room 1	9:30AM-10:00AM (Strength) <i>Lauren S.</i>				9:30AM-10:00AM (Strength) <i>Lauren S.</i>		

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Water Exercise Family Pool	10:00AM-11:00AM (Cardio) <i>Ruth S.</i> 10:00AM-11:00AM (Program)	10:00AM-11:00AM (Program)		10:00AM-11:00AM (Program)	10:00AM-11:00AM (Cardio) <i>Ruth S.</i> 10:00AM-11:00AM (Program)		
Lap Swim- 2 Lanes Family Pool	10:00AM-11:00AM (Lap Swim)	10:00AM-11:00AM (Lap Swim)		10:00AM-11:00AM (Lap Swim)	10:00AM-11:00AM (Lap Swim)	7:30AM-4:30PM (Lap Swim)	11:30AM-4:30PM (Lap Swim)
BODYPUMP Basketball-Court 1	10:10AM-11:00AM (Strength) <i>Cortney B.</i>		10:10AM-11:00AM (Strength) <i>Mary M.</i>				
Swim Team- 4 Lanes Family Pool	3:30PM-8:00PM (Program)	3:30PM-8:00PM (Program)	3:30PM-8:00PM (Program)	3:30PM-8:00PM (Program)	3:30PM-8:00PM (Program)		
Lap Swim- 1 Lane Family Pool	3:30PM-8:00PM (Lap Swim)	3:30PM-8:00PM (Lap Swim)	3:30PM-8:00PM (Lap Swim)	3:30PM-8:00PM (Lap Swim)	3:30PM-8:00PM (Lap Swim)		
Swim Lessons Family Pool	5:00PM-8:00PM (Program)	5:00PM-8:00PM (Program)	5:00PM-8:00PM (Program)	5:00PM-8:00PM (Program)	5:00PM-8:00PM (Program)	9:00AM-12:00PM (Program)	
Members Only 30+ Pick-up Basketball-Court 1	8:00PM-9:30PM (Sports)					7:00AM-8:30AM (Sports)	
Pool Closed Family Pool	9:00PM-9:30PM (Program)	9:00PM-9:30PM (Program)	9:00PM-9:30PM (Program)	9:00PM-9:30PM (Program)	9:00PM-9:30PM (Program)	4:30PM-5:00PM (Program)	4:30PM-5:00PM (Program)
Strength and Resistance Group Exercise		5:45AM-6:30AM (Strength) <i>Karen E.</i>					
Cardio Lite Group Exercise		9:00AM-9:45AM (Cardio) <i>Cathy R.</i>	9:00AM-9:50AM (Cardio) <i>Cathy R.</i>	9:00AM-9:30AM (Cardio) <i>Cathy R.</i>			
Cardio and Strength Basketball-Court 1		9:10AM-9:50AM (Cardio) <i>Denise F.</i>		9:10AM-9:50AM (Cardio) <i>Denise F.</i>			
BODYCOMBAT Group Exercise		10:00AM-10:55AM (Cardio) <i>Carrie R.</i>			10:00AM-11:00AM (Cardio) <i>Carrie R.</i>		11:10AM-12:00PM (Cardio) <i>Carrie R.</i>
Pilates Group Exercise		11:05AM-12:00PM (Core) <i>Colleen B.</i>					
Power Yoga Group Exercise		12:10PM-1:00PM (Mind Body) <i>Mary M.</i>			5:50AM-6:45AM (Mind Body) <i>Mary M.</i>		
SilverSneakers Circuit Group Exercise		1:15PM-2:15PM (Strength) <i>Cathy R.</i>		1:15PM-2:15PM (Strength) <i>Roxanne W.</i>			

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BODYBALANCE Group Exercise		5:00PM-5:55PM (Mind Body) <i>Carrie R.</i>		5:50AM-6:40AM (Mind Body) <i>Carrie R.</i> 10:10AM-11:05AM (Mind Body) <i>Denise F.</i>			
Cardio and Strength Group Exercise		6:00PM-6:50PM (Cardio) <i>Kristen P.</i>				9:15AM-10:00AM (Cardio) <i>Torri K.</i>	
HIIT Cycle Community Room 2 REGISTER		6:00PM-6:30PM (Cardio) <i>Tori W.</i>					
BootCamp Group Exercise		7:05PM-8:05PM (Cardio) <i>Heather G.</i>					
BODYPUMP Group Exercise			5:50AM-6:40AM (Strength) <i>Tori W.</i> 6:00PM-6:50PM (Strength) <i>Heather G.</i>	6:00PM-6:45PM (Strength) <i>Torri K.</i>		8:00AM-9:00AM (Strength) <i>Tori W.</i>	
HIIT Basketball-Court 1			9:10AM-9:50AM (Cardio) <i>Mary M.</i>				
Balance and Mobility Group Exercise			10:10AM-11:00AM (Core) <i>Carrie R.</i>				
EnhanceFitness Community Room 2			10:15AM-11:15AM (Community Health) <i>Meridith H.</i>		10:15AM-11:15AM (Community Health) <i>Clark P.</i>		
Yoga Community Room 1			10:15AM-11:10AM (Mind Body) <i>Ines R.</i>		10:15AM-11:15AM (Mind Body) <i>Ines R.</i>		
Chair Yoga Group Exercise			11:10AM-11:50AM (Mind Body) <i>Colleen B.</i>	11:10AM-11:50AM (Mind Body) <i>Colleen B.</i>		12:00PM-12:45PM (Mind Body) <i>Aura D.</i>	
Pedaling for Parkinson's Community Room 2			11:30AM-12:30PM (Cardio) <i>Clark P.</i>		11:30AM-12:30PM (Cardio) <i>Clark P.</i>		
SilverSneakers Classic Group Exercise			1:15PM-2:15PM (Cardio) <i>Cathy R.</i>				
HIIT Group Exercise			5:00PM-5:45PM (Cardio) <i>Lauren S.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Members Only Open Volleyball Basketball-Court 2			8:00PM-9:30PM (Sports)				12:00PM-2:00PM (Sports)
Strength Lite Group Exercise				9:30AM-10:00AM (Strength) <i>Cathy R.</i>			
Yogalates Group Exercise				12:00PM-1:00PM (Mind Body) <i>Colleen B.</i>			
Zumba Gold Community Room 2				12:00PM-1:00PM (Dance) <i>Cathy R.</i>			
SHAPES Group Exercise				5:00PM-5:50PM (Mind Body) <i>Tori W.</i>			
Core and Glute Group Exercise					9:10AM-9:50AM (Strength) <i>Carrie R.</i>		
Strength and Resistance Basketball-Court 1					10:05AM-10:50AM (Strength) <i>Lauren S.</i>		
SPRINT Community Room 2 REGISTER						9:15AM-9:45AM (Cardio) <i>Tori W.</i>	
Pilates Community Room 1						10:15AM-11:15AM (Core) <i>Mary M.</i>	
Zumba Group Exercise						10:30AM-11:30AM (Dance) <i>Carmen U.</i>	
Water Slide Open Family Pool						12:00PM-4:30PM (Lap Swim)	12:00PM-4:30PM (Lap Swim)
Yoga Group Exercise							12:15PM-1:10PM (Mind Body) <i>Mary M.</i>