



James P. Gills Family YMCA | August 11th - August 17th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|---|--|-------------------------------|---|
| 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) |
| 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) |
| Pickleball Pickleball-Court #1 | 5:30AM-9:00PM (Pickleball) | 5:30AM-9:00PM (Pickleball) | 5:30AM-9:00PM (Pickleball) | 5:30AM-9:00PM (Pickleball) | 5:30AM-9:00PM (Pickleball) | 7:30AM-4:30PM (Pickleball) | 11:30AM-4:30PM (Pickleball) |
| Pickleball Pickleball-Court #2 | 5:30AM-9:00PM (Pickleball) | 5:30AM-9:00PM (Pickleball) | 5:30AM-9:00PM (Pickleball) | 5:30AM-9:00PM (Pickleball) | 5:30AM-9:00PM (Pickleball) | 7:30AM-4:30PM (Pickleball) | 11:30AM-4:30PM (Pickleball) |
| Pickleball Pickleball-Court #3 | 5:30AM-9:00PM (Pickleball) | 5:30AM-9:00PM (Pickleball) | 5:30AM-9:00PM (Pickleball) | 5:30AM-9:00PM (Pickleball) | 5:30AM-9:00PM (Pickleball) | 7:30AM-4:30PM (Pickleball) | 11:30AM-4:30PM (Pickleball) |
| Pickleball Pickleball-Court #4 | 5:30AM-9:00PM (Pickleball) | 5:30AM-9:00PM (Pickleball) | 5:30AM-9:00PM (Pickleball) | 5:30AM-9:00PM (Pickleball) | 5:30AM-9:00PM (Pickleball) | 7:30AM-4:30PM (Pickleball) | 11:30AM-4:30PM (Pickleball) |
| Core and Glute Group Exercise <i>Tori W.</i> | 5:50AM-6:35AM (Strength) <i>Tori W.</i> | | | | 9:05AM-9:50AM (Strength) <i>Denise F.</i> | | |
| Cycling Cycle Studio 9:00AM-9:45AM (Cardio) <i>Carrie R.</i> | 5:50AM-6:35AM (Cardio) <i>Peter R.</i> 9:00AM-9:45AM (Cardio) <i>Carrie R.</i> | 9:00AM-9:45AM (Cardio) <i>Carrie R.</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> | 5:50AM-6:35AM (Cardio) <i>Peter R.</i> 9:00AM-9:45AM (Cardio) <i>Clark P.</i> | | 12:15PM-1:00PM (Cardio) <i>Carrie R.</i> |
| Step Group Exercise | 9:00AM-9:45AM (Cardio) <i>Roxanne W.</i> | | | | | | |
| 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) | | |
| 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) | | |
| Cardio Lite Community Room 2 | 9:00AM-9:30AM (Cardio) <i>Meridith H.</i> | | | | 9:00AM-9:30AM (Cardio) <i>Lauren S.</i> | | |
| Strength Lite Community Room 2 | 9:30AM-10:00AM (Strength) <i>Meridith H.</i> | | | | 9:30AM-10:00AM (Strength) <i>Lauren S.</i> | | |
| BODYPUMP Basketball-Court 1 | 10:00AM-11:00AM (Strength) <i>Cortney B.</i> | | 10:00AM-11:00AM (Strength) <i>Cortney B.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|--|---|--|--------|
| BODYBALANCE Group Exercise | 10:00AM-10:50AM (Mind Body) <i>Denise F.</i> | 4:55PM-5:50PM (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> | | | |
| EnhanceFitness Community Room 2 | 10:15AM-11:15AM (Community Health) <i>Meridith H.</i> | | 10:15AM-11:15AM (Community Health) <i>Meridith H.</i> | | 10:15AM-11:15AM (Community Health) <i>Clark P.</i> | | |
| Balance and Mobility Group Exercise | 11:00AM-11:45AM (Core) <i>Carrie R.</i> | | 10:15AM-11:00AM (Core) <i>Carrie R.</i> | | | | |
| Zumba Gold Group Exercise | 12:00PM-1:00PM (Dance) <i>Priscilla V.</i> | | | 1:15PM-2:15PM (Dance) <i>Cathy R.</i> | | | |
| SilverSneakers Classic Group Exercise | 1:15PM-2:15PM (Cardio) <i>Meridith H.</i> | | 1:15PM-2:15PM (Cardio) <i>Cathy R.</i> | | | | |
| BODYPUMP Group Exercise | 4:50PM-5:45PM (Strength) <i>Tori W.</i> | | 5:50AM-6:40AM (Strength) <i>Tori W.</i> 6:00PM-6:50PM (Strength) <i>Heather G.</i> | | | 8:00AM-9:00AM (Strength) <i>Tori W.</i> | |
| Zumba Group Exercise | 6:00PM-7:00PM (Dance) <i>Roxanne W.</i> | | | 7:00PM-8:00PM (Dance) <i>Brenda P.</i> | | 10:30AM-11:30AM (Dance) <i>Carmen U.</i> | |
| BODYCOMBAT Community Room 2 | 6:00PM-6:55PM (Cardio) <i>Heather G.</i> | | | | | | |
| Yoga Community Room 2 | 7:05PM-8:05PM (Mind Body) <i>Zhanna W.</i> | | | | | | |
| Members Only 30+ Pick-up Basketball-Court 1 | 8:00PM-9:30PM (Sports) | | | | | 7:00AM-8:30AM (Sports) | |
| Strength and Resistance Group Exercise | | 5:50AM-6:35AM (Strength) <i>Karen E.</i> | | | | | |
| Cardio Lite Group Exercise | | 9:00AM-9:45AM (Cardio) <i>Cathy R.</i> | 9:00AM-9:30AM (Cardio) <i>Cathy R.</i> | 9:00AM-9:30AM (Cardio) <i>Cathy R.</i> | | | |
| Cardio and Strength Basketball-Court 1 | | 9:05AM-9:50AM (Cardio) <i>Denise F.</i> | | 9:05AM-9:50AM (Cardio) <i>Denise F.</i> | | | |

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| BODYCOMBAT Group Exercise | | 10:00AM-10:55AM (Cardio) <i>Carrie R.</i> | 7:00PM-7:30PM (Cardio) <i>Tori W.</i> | | 10:00AM-11:00AM (Cardio) <i>Carrie R.</i> | | 11:10AM-12:00PM (Cardio) <i>Carrie R.</i> |
| Water Exercise Family Pool | | 10:00AM-11:00AM (Cardio) <i>Meridith H.</i> | | 10:00AM-11:00AM (Cardio) <i>Meridith H.</i> | | | |
| Pilates Group Exercise | | 11:15AM-12:15PM (Core) <i>Colleen B.</i> | | | | | |
| SilverSneakers Circuit Group Exercise | | 1:15PM-2:15PM (Strength) <i>Cathy R.</i> | | | | | |
| Strong Nation Community Room 2 | | 5:10PM-6:00PM (Strength) <i>Jean C.</i> | | | | | |
| Cardio and Strength Group Exercise | | 6:00PM-6:50PM (Cardio) <i>Kristen P.</i> | | | | 9:15AM-10:00AM (Cardio) <i>Kristen P.</i> | |
| HIIT Cycle Cycle Studio | | 6:00PM-6:30PM (Cardio) <i>Tori W.</i> | | 6:00PM-6:30PM (Cardio) <i>Tori W.</i> | | 9:15AM-9:45AM (Cardio) <i>Tori W.</i> | |
| BootCamp Group Exercise | | 7:05PM-8:05PM (Cardio) <i>Heather G.</i> | | 6:00PM-6:50PM (Cardio) <i>Heather G.</i> | | | |
| HIIT Basketball-Court 1 | | | 9:05AM-9:50AM (Cardio) <i>Denise F.</i> | | | | |
| Strength Lite Group Exercise | | | 9:30AM-10:00AM (Strength) <i>Cathy R.</i> | 9:30AM-10:00AM (Strength) <i>Cathy R.</i> | | | |
| Chair Yoga Group Exercise | | | 11:10AM-11:50AM (Mind Body) <i>Alicia A.</i> | 11:10AM-11:50AM (Mind Body) <i>Colleen B.</i> | | 12:00PM-12:45PM (Mind Body) <i>Aura D.</i> | 12:30PM-1:10PM (Mind Body) <i>Alicia A.</i> |
| Yoga Group Exercise | | | 12:00PM-1:00PM (Mind Body) <i>Alicia A.</i> | 12:00PM-1:00PM (Mind Body) <i>Colleen B.</i> | | | 1:30PM-2:30PM (Mind Body) <i>Alicia A.</i> |
| HIIT Group Exercise | | | 5:00PM-5:45PM (Cardio) <i>Lauren S.</i> | | | | |
| Yogalates Community Room 2 | | | 6:00PM-6:55PM (Mind Body) <i>Zhanna W.</i> | | | | |
| Members Only Open Volleyball Basketball-Court 2 | | | 8:00PM-9:30PM (Sports) | | | | 12:00PM-2:00PM (Sports) |

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|--|--------|---------|-----------|---|---|--|--------|
| Pilates Community Room 2 | | | | 5:30PM-6:30PM (Core) <i>Kristen P.</i> | | 10:15AM-11:15AM (Core) <i>Kristen P.</i> | |
| Core and Glute Community Room 2 | | | | 6:45PM-7:30PM (Strength) <i>Tori W.</i> | | | |
| Strength and Resistance Basketball-Court 1 | | | | | 10:10AM-10:50AM (Strength) <i>Lauren S.</i> | | |