



Don M. and Margaret Hilliker YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium	5:15AM-7:30AM (Gymnasium) Staff Y.	5:15AM-7:30AM (Gymnasium) Staff Y.	5:15AM-7:30AM (Gymnasium) Staff Y.	5:15AM-7:30AM (Gymnasium) Staff Y.	5:15AM-7:30AM (Gymnasium) Staff Y.	7:00AM-3:55PM (Gymnasium) Staff Y.	
3 Lap Lanes & Family Swim Indoor Pool	7:00AM-8:30AM (Lap Pool) Staff Y.	7:00AM-8:30AM (Lap Pool) Staff Y.	7:00AM-8:30AM (Lap Pool) Staff Y.	7:00AM-11:30AM (Lap Pool) Staff Y.	6:00AM-8:30AM (Lap Pool) Staff Y.	9:00AM-12:00PM (Lap Pool) Staff Y.	
Aqua Fit Indoor Pool	8:30AM-9:30AM (Lap Pool) Staff Y. 8:30AM-9:30AM (Water Fitness) Staff Y.				8:30AM-9:30AM (Water Fitness) Staff Y. 8:30AM-9:30AM (Lap Pool) Staff Y.		
Pound Group Ex Studio	9:00AM-9:00AM (Cardio) Staff Y.						
Strong and Fit Multi-Purpose Room	9:15AM-10:00AM (Active Older Adult) Staff Y.		9:15AM-10:00AM (Active Older Adult) Staff Y.		9:15AM-10:00AM (Active Older Adult) Staff Y.		
Yoga Flow Group Ex Studio	10:15AM-11:00AM (Mind Body) Staff Y.						
Open Swim - Leisure Pool Indoor Pool	3:30PM-7:00PM (Leisure Pool) Staff Y.		3:30PM-7:00PM (Leisure Pool) Staff Y.	3:30PM-7:00PM (Leisure Pool) Staff Y.			
3 Lap Lanes Indoor Pool	3:30PM-7:00PM (Lap Pool) Staff Y.	3:30PM-7:00PM (Lap Pool) Staff Y.	3:30PM-7:00PM (Lap Pool) Staff Y.	3:30PM-7:00PM (Lap Pool) Staff Y.			
Cycling Aerobic Studio		6:00AM-7:00AM (Cycling) Kristen B.		6:00AM-7:00AM (Cycling) Staff Y.		7:00AM-8:00AM (Cycling) Staff Y.	
SilverSneakers Classic Aerobic Studio		9:15AM-10:00AM (Active Older Adult) Staff Y.		9:15AM-10:00AM (Active Older Adult) Staff Y.			



Grove City YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium	5:15AM-6:30AM (Gymnasium) 8:30AM-10:30AM (Gymnasium) 3:00PM-6:45PM (Gymnasium)	5:15AM-9:00AM (Gymnasium) 3:00PM-6:45PM (Gymnasium)	5:15AM-6:30AM (Gymnasium) 8:30AM-10:30AM (Gymnasium) 3:00PM-5:15PM (Gymnasium)	5:15AM-10:30AM (Gymnasium) 3:00PM-8:45PM (Gymnasium)	5:15AM-10:30AM (Gymnasium) 3:00PM-6:45PM (Gymnasium)	8:00AM-4:45PM (Gymnasium)	11:00AM-2:00PM (Gymnasium)
BODYPUMP™ Studio One REGISTER	5:30AM-6:30AM (Les Mills) <i>JoAnn M.</i> 9:30AM-10:30AM (Les Mills) <i>Barb K.</i>	5:00PM-6:00PM (Les Mills) <i>Britanya M.</i>	5:30AM-6:30AM (Les Mills) <i>Mata S.</i>	5:00PM-6:00PM (Les Mills) <i>Angie J.</i>	8:00AM-9:00AM (Les Mills) <i>Barb K.</i>		12:10PM-12:55PM (Les Mills) <i>Elise H.</i>
6 Lap Lanes & Shallow Water Area Indoor Pool	5:30AM-7:00AM (Lap Pool) 7:15AM-9:00AM (Lap Pool) 11:00AM-12:00PM (Lap Pool)	5:30AM-7:00AM (Lap Pool) 7:15AM-9:15AM (Lap Pool) 11:00AM-12:00PM (Lap Pool)	5:30AM-7:00AM (Lap Pool) 7:15AM-10:00AM (Lap Pool) 11:00AM-12:00PM (Lap Pool)	5:30AM-7:00AM (Lap Pool) 7:15AM-9:15AM (Lap Pool) 11:00AM-12:00PM (Lap Pool)	5:30AM-7:00AM (Lap Pool) 7:15AM-10:00AM (Lap Pool) 11:00AM-12:00PM (Lap Pool)		
Open Gym Court 1	6:30AM-8:30AM (Gymnasium)		6:30AM-8:30AM (Gymnasium)				
Pickleball Court 2	6:30AM-8:30AM (Gymnasium)		6:30AM-8:30AM (Gymnasium)				
Lifeguard Break Indoor Pool	7:00AM-7:15AM (Lap Pool)	7:00AM-7:15AM (Lap Pool)	7:00AM-7:15AM (Lap Pool)	7:00AM-7:15AM (Lap Pool)	7:00AM-7:15AM (Lap Pool)		
6 Lap Lanes Indoor Pool	9:00AM-11:00AM (Lap Pool) 8:00PM-8:45PM (Lap Pool)	12:00PM-5:40PM (Lap Pool)	10:00AM-11:00AM (Lap Pool) 12:00PM-5:00PM (Lap Pool)	12:00PM-4:00PM (Lap Pool) 8:00PM-8:45PM (Lap Pool)	10:00AM-11:00AM (Lap Pool)	8:15AM-9:00AM (Lap Pool) 11:00AM-12:00PM (Lap Pool)	
Yoga Flow Studio A/B REGISTER	9:15AM-10:15AM (Mind Body) <i>Toni W.</i> 6:30PM-7:30PM (Mind Body) <i>Kelly B.</i>	9:15AM-10:15AM (Mind Body) <i>Toni W.</i>	5:00PM-5:50PM (Mind Body) <i>Ashlie S.</i>	9:15AM-10:15AM (Mind Body) <i>Toni W.</i>			11:15AM-12:15PM (Mind Body) <i>Ashlie S.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Scheduled Programming Gymnasium	10:30AM-12:00PM (Gymnasium)	10:30AM-12:00PM (Gymnasium)	10:30AM-12:00PM (Gymnasium) 5:15PM-8:45PM (Gymnasium)	10:30AM-12:00PM (Gymnasium)	10:30AM-12:00PM (Gymnasium)		
SilverSneakers Classic Gymnasium REGISTER	11:00AM-11:45AM (Active Older Adult) <i>Toni W.</i>			11:00AM-11:45AM (Active Older Adult) <i>Traci H.</i>			
Pickleball Gymnasium	12:00PM-3:00PM (Gymnasium)	12:00PM-3:00PM (Gymnasium)	12:00PM-3:00PM (Gymnasium)	12:00PM-3:00PM (Gymnasium)	12:00PM-3:00PM (Gymnasium)		2:00PM-4:45PM (Gymnasium)
6 Lap Lanes & Family Swim Indoor Pool	12:00PM-4:00PM (Lap Pool)					12:00PM-4:45PM (Lap Pool)	
5 Lap Lanes Indoor Pool	4:00PM-5:30PM (Lap Pool)						
Scheduled Programming Indoor Pool	4:00PM-7:40PM (Lap Pool)			4:00PM-7:40PM (Lap Pool)			
Les Mills TONE™ Studio One REGISTER	5:15PM-6:00PM (Les Mills) <i>Britanya M.</i>						
Pilates Studio A/B REGISTER	5:15PM-6:15PM (Fitness) <i>Kelly B.</i>		6:45PM-7:45PM (Fitness) <i>Aliya B.</i>	5:45PM-6:45PM (Fitness) <i>Kelly B.</i>			
Zumba Studio One REGISTER	6:15PM-7:15PM (Dance) <i>Chris B.</i>	6:15PM-7:15PM (Dance) <i>Lauren D.</i>	6:15PM-7:15PM (Dance) <i>Chris B.</i>			11:00AM-12:00PM (Dance) <i>Chris B.</i>	11:05AM-12:05PM (Dance) <i>Chris B.</i>
Family Open Swim Indoor Pool	7:35PM-8:45PM (Lap Pool)	12:00PM-8:45PM (Lap Pool)	12:00PM-8:45PM (Lap Pool)	12:00PM-4:00PM (Lap Pool) 7:45PM-8:45PM (Lap Pool)			
Barre Studio One REGISTER	7:45PM-8:45PM (General) <i>Kelly B.</i>			7:00PM-8:00PM (General) <i>Kelly B.</i>			
Cycling Studio One REGISTER		6:30AM-7:15AM (Cycling) <i>Johnny S.</i>		6:30AM-7:15AM (Cycling) <i>Johnny S.</i> 9:30AM-10:15AM (Cycling) <i>Susanna G.</i> 6:15PM-6:45PM (Cycling) <i>Susanna G.</i>			
Scheduled Programming Court 1		9:00AM-10:30AM (Gymnasium)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Studio One REGISTER		9:00AM-10:00AM (Cardio) <i>Susanna G.</i>					
4 Lap Lanes & Shallow Water Area Indoor Pool		9:15AM-11:00AM (Lap Pool)		9:15AM-11:00AM (Lap Pool)			
Open Gym Court 2		9:30AM-10:30AM (Gymnasium)					
Les Mills Dance Studio One REGISTER		10:15AM-11:00AM (Les Mills) <i>Heidi R.</i>					
SilverSneakers Yoga Gymnasium REGISTER		11:00AM-11:45AM (Active Older Adult) <i>Toni W.</i>					
2 Lap Lanes Indoor Pool		5:45PM-8:00PM (Lap Pool)	7:00PM-8:45PM (Lap Pool)	4:00PM-5:30PM (Lap Pool)			
BODYBALANCE® Studio A/B REGISTER		6:00PM-7:00PM (Les Mills) <i>Megan E.</i>					
Pick Up Volleyball Gymnasium		6:45PM-8:45PM (Gymnasium)					
3 Lap Lanes Indoor Pool		8:00PM-8:45PM (Lap Pool)	5:00PM-7:00PM (Lap Pool)			9:00AM-11:00AM (Lap Pool)	
BODYPUMP HEAVY™ Studio One REGISTER			8:00AM-9:00AM (Les Mills) <i>Barb K.</i>				
Step & Strength Studio One REGISTER			9:30AM-10:30AM (Cardio) <i>Traci H.</i>		9:30AM-10:30AM (Cardio) <i>Traci H.</i>		
Strictly Core Studio A/B REGISTER			10:30AM-11:00AM (Fitness) <i>Susanna G.</i>		10:30AM-11:00AM (Fitness) <i>Susanna G.</i>		
AOA Functional Fitness Gymnasium REGISTER			10:45AM-11:45AM (Active Older Adult) <i>Barb K.</i>		10:45AM-11:45AM (Active Older Adult) <i>Barb K.</i>		
Zumba® Gold Studio One REGISTER			12:15PM-1:15PM (Dance) <i>Barb K.</i>		12:15PM-1:00PM (Dance) <i>Barb K.</i>		
1 Lap Lane Indoor Pool				6:30PM-8:00PM (Lap Pool)			
BODYBALANCE® Studio One REGISTER					6:00AM-7:00AM (Les Mills) <i>Heidi R.</i>	9:15AM-10:15AM (Les Mills) <i>Britanya M.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shallow Water Area Indoor Pool						8:15AM-8:45AM (Lap Pool)	
BODYCOMBAT™ Studio One REGISTER						8:15AM-9:00AM (Les Mills) <i>Britanya M.</i>	1:05PM-1:35PM (Les Mills) <i>Elise H.</i>



Delaware Community Center YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 Lap Lanes Indoor Pool	5:30AM-7:00AM (Lap Pool) 7:15AM-4:00PM (Lap Pool) 8:00PM-9:00PM (Lap Pool)	5:30AM-7:00AM (Lap Pool) 7:15AM-4:00PM (Lap Pool)	5:30AM-7:00AM (Lap Pool) 7:15AM-4:00PM (Lap Pool)	5:30AM-7:00AM (Lap Pool) 7:15AM-4:00PM (Lap Pool) 8:30PM-9:00PM (Lap Pool)	5:30AM-7:00AM (Lap Pool) 7:15AM-4:00PM (Lap Pool)	8:00AM-8:30AM (Lap Pool) 2:30PM-5:30PM (Lap Pool)	
Open Gym Gymnasium	5:30AM-7:00PM (Gymnasium)	5:30AM-9:30PM (Gymnasium)	5:30AM-7:00PM (Gymnasium)	5:30AM-9:30PM (Gymnasium)	5:30AM-8:00PM (Gymnasium) <i>Staff Y.</i>	10:00AM-6:00PM (Gymnasium)	12:00PM-6:00PM (Gymnasium)
BODYPUMP™ Gymnasium REGISTER	6:00AM-7:00AM (Les Mills) <i>Darci H.</i>	9:30AM-10:30AM (Les Mills) <i>Julia H.</i>	5:15PM-6:15PM (Les Mills) <i>Darci H.</i>	8:00AM-9:00AM (Les Mills) <i>Darci H.</i>		8:05AM-9:05AM (Les Mills) <i>Julia H.</i>	
Lifeguard Break Indoor Pool	7:00AM-7:15AM (Lap Pool)	7:00AM-7:15AM (Lap Pool)	7:00AM-7:15AM (Lap Pool)	7:00AM-7:15AM (Lap Pool)	7:00AM-7:15AM (Lap Pool)		
AOA Fit Gymnasium REGISTER	8:30AM-9:15AM (Active Older Adult) <i>Cheryl L.</i>		8:30AM-9:15AM (Active Older Adult) <i>Cheryl L.</i>		8:30AM-9:15AM (Active Older Adult) <i>Cheryl L.</i>		
Les Mills Sprint Studio 2 REGISTER	8:30AM-9:00AM (Les Mills) <i>Karen M.</i>	8:45AM-9:15AM (Les Mills) <i>Julia H.</i>					
Open Swim - Leisure Pool Leisure Pool	9:00AM-12:00PM (Leisure Pool) 4:00PM-8:00PM (Leisure Pool)	9:00AM-12:00PM (Leisure Pool) 4:00PM-8:00PM (Leisure Pool)	9:00AM-12:00PM (Leisure Pool) 4:00PM-8:00PM (Leisure Pool)	9:00AM-12:00PM (Leisure Pool) 4:00PM-8:00PM (Leisure Pool)	9:00AM-12:00PM (Leisure Pool) 4:00PM-7:30PM (Leisure Pool)	8:00AM-5:30PM (Leisure Pool)	12:00PM-5:30PM (Leisure Pool)
Yoga Fusion Studio 1 REGISTER	9:00AM-9:45AM (Mind Body) <i>Chasity P.</i>			6:30PM-7:30PM (Mind Body) <i>Chasity P.</i>			
Pilates Studio 1 REGISTER	10:15AM-11:00AM (Fitness) <i>Janet K.</i>						
Core-Barre Studio 1 REGISTER	11:05AM-11:35AM (Mind Body) <i>Janet K.</i>						
SilverSneakers Classic Gymnasium REGISTER	11:15AM-12:00PM (Active Older Adult) <i>Amy M.</i>	11:15AM-12:00PM (Active Older Adult) <i>Cheryl L.</i>	11:15AM-12:00PM (Active Older Adult) <i>Cheryl L.</i>	11:15AM-12:00PM (Active Older Adult) <i>Cheryl L.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball Court 1	1:00PM-3:00PM (General) <i>Staff Y.</i>	1:00PM-3:00PM (General) <i>Staff Y.</i>	1:00PM-3:00PM (General) <i>Staff Y.</i>	1:00PM-3:00PM (General) <i>Staff Y.</i>			
1 Lap Lane Indoor Pool	4:00PM-8:00PM (Lap Pool)	4:00PM-8:00PM (Lap Pool)	4:00PM-8:00PM (Lap Pool)	4:00PM-7:00PM (Lap Pool)	6:30PM-7:45PM (Lap Pool)	9:15AM-12:45PM (Lap Pool) 9:00PM-3:00PM (Lap Pool)	
Zumba Gymnasium REGISTER	5:00PM-6:00PM (Dance) <i>Kirin D.</i>						
Strictly Core & Glutes Studio 1 REGISTER	5:00PM-5:45PM (Strength) <i>Amanda R.</i>		5:45PM-6:30PM (Strength) <i>Amanda R.</i>				
Cycling Studio 2 REGISTER	6:00PM-6:30PM (Cycling) <i>Stefanie M.</i>	6:00AM-6:45AM (Cycling) <i>Natalie S.</i>	6:00PM-6:30PM (Cycling) <i>Stefanie M.</i>	6:00AM-6:45AM (Cycling) <i>Barb N.</i> 8:30AM-9:00AM (Cycling) <i>Karen M.</i>			12:15PM-12:45PM (Cycling) <i>Stefanie M.</i>
Les Mills GRIT™ Series Studio 1 REGISTER	6:00PM-6:30PM (Les Mills) <i>Amanda R.</i>	5:00PM-5:30PM (Les Mills) <i>Amanda R.</i>	5:00PM-5:30PM (Les Mills) <i>Amanda R.</i>				
Body Sculpt Studio 3 REGISTER	6:15PM-7:00PM (Strength) <i>Chasity P.</i>						
Pound Studio 1 REGISTER	6:45PM-7:45PM (Cardio) <i>Aidan G.</i>		6:45PM-7:45PM (Cardio) <i>Madison C.</i>		5:35AM-6:20AM (Cardio) <i>Grace Y.</i>	10:30AM-11:30AM (Cardio) <i>Madison C.</i>	
Pick Up Basketball Gymnasium	7:00PM-9:00PM (Gymnasium)		7:00PM-9:00PM (Gymnasium)			8:00AM-10:00AM (Gymnasium)	
Body Sculpt Studio 1 REGISTER		9:00AM-9:45AM (Strength) <i>Chasity P.</i>		9:00AM-9:45AM (Strength) <i>Chasity P.</i>			
HIIT Studio 3 REGISTER		9:15AM-10:00AM (Cardio) <i>Amanda R.</i>			9:15AM-10:00AM (Cardio) <i>Amanda R.</i>		
SilverSneakers Yoga Studio 1 REGISTER		10:15AM-11:00AM (Active Older Adult) <i>Janet K.</i>					
Pure Strength Gymnasium REGISTER		5:00PM-6:00PM (Strength) <i>Kirin D.</i>		5:00PM-6:00PM (Strength) <i>Kirin D.</i>			
Yoga Flow Studio 3 REGISTER		5:30PM-6:15PM (Mind Body) <i>Jennifer M.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Studio 3 REGISTER		6:30PM-7:30PM (Dance) <i>Amanda C.</i>		5:30PM-6:15PM (Dance) <i>Radina J.</i>			
3 Lap Lanes Indoor Pool		8:00PM-9:00PM (Lap Pool)	8:00PM-9:00PM (Lap Pool)	7:00PM-8:30PM (Lap Pool)		8:30AM-9:15AM (Lap Pool)	
Relentless Gymnasium REGISTER			6:00AM-6:45AM (Fitness) <i>Darci H.</i>		6:00AM-6:45AM (Fitness) <i>Darci H.</i>		
Yoga Flow Studio 1 REGISTER			9:00AM-10:00AM (Mind Body) <i>Chasity P.</i>		9:00AM-10:00AM (Mind Body) <i>Chasity P.</i>		
Tai Chi Studio 1 REGISTER			10:45AM-11:45AM (Mind Body) <i>Art A.</i>				
Yoga Flexibility Studio 1 REGISTER				10:15AM-11:00AM (Mind Body) <i>Janet K.</i>			
Chair Pilates Studio 1 REGISTER					10:15AM-11:00AM (Mind Body) <i>Janet K.</i>		
2 Lap Lanes Indoor Pool					4:00PM-6:30PM (Lap Pool)		12:00PM-5:30PM (Lap Pool)
Zumba Studio 1 REGISTER						9:15AM-10:15AM (Dance) <i>Radina J.</i>	12:30PM-1:30PM (Dance) <i>Tara W.</i>
Yoga Fusion Studio 3 REGISTER						9:15AM-10:00AM (Mind Body) <i>Chasity P.</i>	
Les Mills GRIT™ Series Gymnasium REGISTER						9:30AM-10:00AM (Les Mills) <i>Amanda R.</i>	
Beginner Yoga Studio 3 REGISTER						10:15AM-11:15AM (Mind Body) <i>Chasity P.</i>	
5 Lap Lanes Indoor Pool						12:45PM-2:30PM (Lap Pool)	



Hilliard/Ray Patch Family YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium	5:30AM-8:50PM (Gymnasium) 1:15PM-8:30PM (Gymnasium)	5:30AM-9:20AM (Gymnasium) 2:00PM-5:30PM (Gymnasium) 7:30PM-8:30PM (Gymnasium)	5:30AM-8:50AM (Gymnasium) 1:25PM-6:20PM (Gymnasium)	5:30AM-9:20AM (Gymnasium) 10:30AM-10:50AM (Gymnasium) 2:15PM-5:00PM (Gymnasium) 8:00PM-8:30PM (Gymnasium)	5:30AM-8:50AM (Gymnasium) 10:00AM-10:50AM (Gymnasium) 2:30PM-7:45PM (Gymnasium)	10:00AM-5:30PM (Gymnasium)	10:00AM-1:50PM (Gymnasium) 4:00PM-5:30PM (Gymnasium)
8 Lap Lane & Shallow Water Area Indoor Pool	5:30AM-9:00AM (Lap Pool) 11:30AM-5:00PM (Lap Pool)			5:30AM-10:00AM (Lap Pool) 11:00AM-3:00PM (Lap Pool)	5:30AM-9:00AM (Lap Pool) 10:30AM-11:00AM (Lap Pool) 12:00PM-3:00PM (Lap Pool)		
Cycling Studio A/B REGISTER	6:00AM-7:00AM (Cycling) <i>Sharon D.</i> 9:30AM-10:30AM (Cycling) <i>Alison H.</i> 5:30PM-6:15PM (Cycling) <i>Nicole M.</i>	9:30AM-10:30AM (Cycling) <i>Alison H.</i>	6:30AM-7:15AM (Cycling) <i>Johnny S.</i>	6:00AM-7:00AM (Cycling) <i>Sharon D.</i> 9:30AM-10:30AM (Cycling) <i>Alison H.</i>	8:05AM-9:00AM (Cycling) <i>Monica T.</i> 4:30PM-5:15PM (Cycling) <i>Sara S.</i>		
SilverSneakers EnerChi Studio One REGISTER	8:00AM-8:45AM (Active Older Adult) <i>Lory D.</i>						
5 Lap Lanes & Shallow Water Area Indoor Pool	9:00AM-11:30AM (Lap Pool)			10:00AM-11:00AM (Lap Pool)	9:00AM-10:30AM (Lap Pool)		
Scheduled Programming Gymnasium	9:00AM-10:00AM (Gymnasium)	9:30AM-11:45AM (Gymnasium) 5:15PM-7:30PM (Gymnasium) <i>Staff Y.</i>	9:00AM-10:00AM (Gymnasium)	9:30AM-10:30AM (Gymnasium) 5:00PM-8:00PM (Gymnasium)	9:00AM-10:00AM (Gymnasium)		2:00PM-4:00PM (Gymnasium)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm Water Reservation Therapy Pool REGISTER	9:00AM-9:45AM (Lap Pool) 10:00AM-10:45AM (Lap Pool) 11:00AM-11:45AM (Lap Pool)	10:00AM-10:45AM (Lap Pool) 11:00AM-11:45AM (Lap Pool)		10:00AM-10:45AM (Lap Pool) 11:00AM-11:45AM (Lap Pool)			
SilverSneakers Circuit Gymnasium REGISTER	9:00AM-10:00AM (Active Older Adult) <i>Lory D.</i>			9:30AM-10:30AM (Active Older Adult) <i>Lory D.</i>			
TRX Studio One REGISTER	9:30AM-10:30AM (Strength) <i>Traci R.</i>		9:30AM-10:15AM (Strength) <i>Traci R.</i>	5:30PM-6:15PM (Strength) <i>Elissa S.</i>			
Pickleball Gymnasium	10:15AM-1:15PM (Gymnasium)	12:00PM-2:00PM (Gymnasium)	10:15AM-1:15PM (Gymnasium)	11:00AM-2:00PM (Gymnasium)	11:00AM-2:30PM (Gymnasium)	8:00AM-10:00AM (Gymnasium)	
BODYPUMP™ Studio One REGISTER	10:45AM-11:45AM (Les Mills) <i>Jackie W.</i> 5:15PM-6:15PM (Les Mills) <i>Ann F.</i>	6:00AM-7:00AM (Les Mills) <i>Phil D.</i> 6:30PM-7:30PM (Les Mills) <i>Mary N.</i>	10:45AM-11:45AM (Les Mills) <i>Jackie W.</i> 5:15PM-6:15PM (Les Mills) <i>Phil D.</i>	6:00AM-7:00AM (Les Mills) <i>Phil D.</i> 6:30PM-7:30PM (Les Mills) <i>Mary N.</i>			10:30AM-11:30AM (Les Mills) <i>Angie J.</i>
Enhance Fitness Studio One REGISTER	12:00PM-1:00PM (Active Older Adult) <i>Alison H.</i>		12:00PM-1:00PM (Active Older Adult) <i>Alison H.</i>		12:30PM-1:30PM (Active Older Adult) <i>Monica T.</i>		
3 Lap Lanes & Family Swim Indoor Pool	5:00PM-8:45PM (Lap Pool)			3:00PM-7:00PM (Lap Pool)	3:00PM-5:00PM (Lap Pool)	10:00AM-1:30PM (Lap Pool) 10:05PM-1:00PM (Lap Pool)	
Zumba Studio One REGISTER	6:30PM-7:30PM (Dance) <i>Arlia M.</i>		6:30PM-7:30PM (Dance) <i>Carmen P.</i>			9:30AM-10:30AM (Dance) <i>Carmen P.</i> 11:00AM-12:00PM (Dance) <i>Carmen P.</i>	
Yoga Stretch Studio A/B REGISTER	6:30PM-7:30PM (Mind Body) <i>Laura G.</i>						
Closed for Maintenance Indoor Pool		5:30AM-8:45PM (Lap Pool)	5:30AM-8:45PM (Lap Pool)				
SilverSneakers Circuit Studio A/B REGISTER		8:00AM-9:00AM (Active Older Adult) <i>Lory D.</i>		8:00AM-9:00AM (Active Older Adult) <i>Lory D.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pure Strength Studio One REGISTER		8:20AM-9:20AM (Strength) <i>Alison H.</i>		8:20AM-9:20AM (Strength) <i>Alison H.</i>			
SilverSneakers Classic Gymnasium REGISTER		9:30AM-10:30AM (Active Older Adult) <i>Lory D.</i>	9:00AM-10:00AM (Active Older Adult) <i>Lory D.</i>		9:00AM-10:00AM (Active Older Adult) <i>Lory D.</i>		
HIIT Studio One REGISTER		9:30AM-10:30AM (Cardio) <i>Traci R.</i>					
Chair Yoga Gymnasium REGISTER		10:45AM-11:45AM (Mind Body) <i>Debbie R.</i>					
Break-It-Up Cycling Studio A/B REGISTER		4:30PM-5:30PM (Cycling) <i>Monica T.</i>	5:30PM-6:30PM (Cycling) <i>Monica T.</i>				
Les Mills BODYATTACK™ Studio One REGISTER		5:30PM-6:15PM (Les Mills) <i>Sara S.</i>					
Yoga Flow Studio A/B REGISTER		7:30PM-8:30PM (Mind Body) <i>Sarah B.</i>				9:00AM-10:00AM (Mind Body) <i>Sara S.</i>	
Step & Strength Studio One REGISTER			8:15AM-9:15AM (Cardio) <i>Alison H.</i>				
SilverSneakers EnerChi Studio A/B REGISTER			10:15AM-11:00AM (Active Older Adult) <i>Lory D.</i>		10:15AM-11:15AM (Active Older Adult) <i>Lory D.</i>		
Half Gym Open Court Gymnasium			5:20PM-7:15PM (Gymnasium)				
Half Gym Open Court Court 1			6:20PM-8:30PM (Gymnasium)				
Pick Up Volleyball Court 2			6:30PM-8:30PM (Gymnasium)				
BODYCOMBAT™ Studio A/B REGISTER			6:45PM-7:30PM (Les Mills) <i>Mary N.</i>				
PiYo Live Studio One REGISTER				9:30AM-10:30AM (Fitness) <i>Traci R.</i>			
Yoga Stretch Studio One REGISTER				11:00AM-12:00PM (Mind Body) <i>Debbie R.</i>	8:30AM-9:30AM (Mind Body) <i>Shelley B.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 Lap Lanes & Family Swim Indoor Pool				7:00PM-8:45PM (Lap Pool)	5:00PM-7:45PM (Lap Pool)	8:00AM-12:00AM (Lap Pool) 8:00AM-10:00AM (Lap Pool)	
Pound Studio A/B REGISTER				7:00PM-8:00PM (Cardio) <i>Kait W.</i>			
Yoga Mind Studio One REGISTER					6:00AM-7:00AM (Mind Body) <i>Sarah B.</i>		
5 Lap Lanes Indoor Pool					11:00AM-12:00PM (Lap Pool)		
Line Dance Studio One REGISTER					11:15AM-12:15PM (Dance) <i>Lory D.</i>		
BODYCOMBAT™ Studio One REGISTER						8:05AM-9:00AM (Les Mills) <i>Kendra S.</i>	
8 Lap Lanes & Family Swim Indoor Pool						1:30PM-5:45PM (Lap Pool)	
7 Lap Lanes & Family Swim Indoor Pool							10:00AM-5:45PM (Lap Pool)
Yoga Flow Studio One REGISTER							12:00PM-1:00PM (Mind Body) <i>Phil D.</i>
Pound Studio One REGISTER							1:30PM-2:30PM (Cardio) <i>Kait W.</i>



North YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium	5:30AM-6:00AM (Gymnasium) 6:45AM-9:00AM (Gymnasium) 12:00PM-3:00PM (Gymnasium)	5:30AM-10:45AM (Gymnasium) 12:00PM-3:00PM (Gymnasium)	5:30AM-6:00AM (Gymnasium) 6:45AM-7:15AM (Gymnasium) 12:00PM-3:00PM (Gymnasium)	5:30AM-9:00AM (Gymnasium) 9:45AM-10:45AM (Gymnasium) 12:00PM-3:00PM (Gymnasium)	5:30AM-6:00AM (Gymnasium) 12:00PM-3:00PM (Gymnasium)		
3 Lap Lanes & Shallow Water Area Indoor Pool	5:45AM-6:45AM (Lap Pool) 7:00AM-10:00AM (Lap Pool)	5:45AM-6:45AM (Lap Pool) 7:00AM-10:00AM (Lap Pool)	5:45AM-6:45AM (Lap Pool) 7:00AM-10:00AM (Lap Pool)	5:45AM-6:45AM (Lap Pool) 7:00AM-9:00AM (Lap Pool)	5:45AM-6:45AM (Lap Pool) 7:00AM-10:00AM (Lap Pool)		
Half Gym Open Court Gymnasium	6:00AM-6:45AM (Gymnasium)		6:00AM-6:45AM (Gymnasium)		6:00AM-6:45AM (Gymnasium)		
Bootcamp Gymnasium REGISTER	6:00AM-6:45AM (Fitness) <i>Staff Y.</i>		6:00AM-6:45AM (Fitness) <i>Staff Y.</i>		6:00AM-6:45AM (Fitness) <i>Staff Y.</i>		
Lifeguard Break Indoor Pool	6:45AM-7:00AM (Lap Pool)	6:45AM-7:00AM (Lap Pool)	6:45AM-7:00PM (Lap Pool)	6:45AM-7:00AM (Lap Pool)	6:45AM-7:00AM (Lap Pool)		
BODYPUMP™ Studio One REGISTER	7:00AM-8:00AM (Les Mills) <i>Morgan S.</i>		7:15AM-8:00AM (Les Mills) <i>Tori D.</i>	6:15PM-7:15PM (Les Mills) <i>Tori D.</i>	7:15AM-8:15AM (Les Mills) <i>Morgan S.</i>		
Scheduled Programming Gymnasium	9:00AM-11:00AM (Gymnasium) 10:45AM-12:00PM (Gymnasium) <i>Staff Y.</i>	10:45AM-12:00PM (Gymnasium) <i>Staff Y.</i>	7:15AM-12:00PM (Gymnasium)	9:00AM-9:45AM (Gymnasium) 10:45AM-12:00PM (Gymnasium) 11:00AM-12:00PM (Gymnasium)	6:45AM-9:45AM (Gymnasium)		
SilverSneakers Classic Gymnasium REGISTER	9:00AM-9:45AM (Active Older Adult) <i>Margaret M.</i>			9:00AM-9:45AM (Active Older Adult) <i>Margaret M.</i>			
Yoga Strength Gymnasium REGISTER	10:00AM-10:45AM (Mind Body) <i>Margaret M.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 Lap Lanes & Family Swim Indoor Pool	10:00AM-12:00PM (Lap Pool)	10:00AM-12:00PM (Lap Pool) 4:00PM-8:30PM (Lap Pool)	10:00AM-12:00PM (Lap Pool)	10:00AM-12:00PM (Lap Pool)	10:00AM-12:00PM (Lap Pool)		
Scheduled Programming Court 3	3:00PM-5:30PM (Gymnasium) 6:30PM-8:15PM (Gymnasium)	3:00PM-5:30PM (Gymnasium) <i>Staff Y.</i>	3:00PM-5:30PM (Gymnasium)	3:00PM-5:00PM (Gymnasium) 6:15PM-8:45PM (Gymnasium)	3:00PM-5:00PM (Gymnasium)	8:00AM-3:00PM (Gymnasium) <i>Staff Y.</i>	
Open Gym Court 2	3:00PM-8:00PM (Gymnasium) <i>Staff Y.</i>	3:00PM-8:00PM (Gymnasium) <i>Staff Y.</i>	3:00PM-8:00PM (Gymnasium)	3:00PM-5:00PM (Gymnasium)	3:00PM-5:00PM (Gymnasium)	8:00AM-1:00PM (Gymnasium)	
Open Gym Court 1	3:00PM-8:00PM (Gymnasium) <i>Staff Y.</i>	3:00PM-8:00PM (Gymnasium) <i>Staff Y.</i>	3:00PM-8:00PM (Gymnasium)	3:00PM-5:00PM (Gymnasium)	3:00PM-5:00PM (Gymnasium)	8:00AM-1:00PM (Gymnasium)	
Scheduled Programming Court 4	3:00PM-5:30PM (Gymnasium)	3:00PM-5:30PM (Gymnasium) <i>Staff Y.</i> 5:30PM-8:15PM (Gymnasium) <i>Staff Y.</i>	3:00PM-5:30PM (Gymnasium) 6:30PM-8:15PM (Gymnasium)	3:00PM-5:30PM (Gymnasium) 6:15PM-8:45PM (Gymnasium)	3:00PM-5:00PM (Gymnasium)		
Scheduled Programming Indoor Pool	4:00PM-6:00PM (Lap Pool) 6:30PM-7:30PM (Lap Pool)	9:00AM-10:00AM (Lap Pool)	4:00PM-5:00PM (Leisure Pool) 5:00PM-8:00PM (Lap Pool)	9:00AM-10:00AM (Lap Pool) 4:00PM-8:00PM (Lap Pool)	4:00PM-5:00PM (Leisure Pool)	8:30AM-9:30AM (Leisure Pool) 9:00AM-3:30PM (Lap Pool)	
2 Lap Lanes Indoor Pool	4:00PM-8:30PM (Lap Pool)					8:00AM-12:00PM (Lap Pool)	
Family Open Swim Indoor Pool	4:00PM-6:15PM (Lap Pool)						
Pick Up Volleyball Court 4	5:30PM-8:00PM (Gymnasium) <i>Staff Y.</i>				3:00PM-5:00PM (Gymnasium)	8:00AM-3:00PM (Gymnasium)	
BODYCOMBAT™ Studio One REGISTER	6:00PM-7:00PM (Les Mills) <i>Tori D.</i>	7:00AM-7:45AM (Les Mills) <i>Erin L.</i>					
Strictly Core Studio One REGISTER	7:00PM-7:30PM (Fitness) <i>Tori D.</i>						
Cycling Studio A REGISTER		10:00AM-10:45AM (Cycling) <i>Morgan S.</i>		10:00AM-10:45AM (Cycling) <i>Morgan S.</i>			
Zumba® Gold Studio One REGISTER		10:00AM-11:00AM (Dance) <i>Cheryll N.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pick Up Volleyball Court 3		5:30PM-8:00PM (Gymnasium)	5:30PM-8:00PM (Gymnasium)	5:30PM-6:15PM (Gymnasium) 5:30PM-6:15PM (Gymnasium)			
3 Lap Lanes Indoor Pool			9:00AM-10:00AM (Lap Pool)	9:00AM-10:00AM (Lap Pool)	4:00PM-5:30PM (Lap Pool)		
Pure Strength Gymnasium REGISTER			9:00AM-9:45AM (Strength) <i>Morgan S.</i>		10:00AM-10:45AM (Strength) <i>Morgan S.</i>		
Pilates Gymnasium REGISTER			10:00AM-10:45AM (Fitness) <i>Margaret M.</i>				
2 Lap Lanes & Family Swim Indoor Pool			5:00PM-8:30PM (Lap Pool)	5:00PM-8:30PM (Lap Pool)		10:00AM-12:00PM (Lap Pool)	
Zumba® Toning Studio Two REGISTER			6:15PM-7:15PM (Dance) <i>Cherryl N.</i>				
Les Mills Sprint Studio A REGISTER			6:15PM-6:45PM (Les Mills) <i>Tori D.</i>				
Strictly Core Studio A REGISTER			7:00PM-7:30PM (Fitness) <i>Tori D.</i>				
Women Only Swim Indoor Pool				5:00PM-6:00PM (Lap Pool)			
Pick Up Basketball Court 1				5:00PM-8:00PM (Gymnasium)		1:00PM-3:00PM (Gymnasium)	
Pick Up Basketball Court 2				5:00PM-8:00PM (Gymnasium)		1:00PM-3:00PM (Gymnasium)	
Step & Strength Studio Two REGISTER				5:30PM-6:15PM (Cardio) <i>Geno D.</i>			
Line Dance Studio A REGISTER				6:30PM-7:15PM (Dance) <i>Geno D.</i>			
Yoga Restore Studio A REGISTER				7:30PM-8:15PM (Mind Body) <i>Geno D.</i>			
Chair Yoga Gymnasium REGISTER					9:00AM-9:45AM (Mind Body) <i>Margaret M.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Break-It-Up Cycling Studio A REGISTER						8:15AM-9:00AM (Cycling) <i>Gina B.</i>	
Yoga Flow Studio A REGISTER						10:00AM-10:45AM (Mind Body) <i>Jazmin B.</i>	



Pickaway County Family YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium	5:30AM-8:45AM (Gymnasium) Staff Y. 2:45PM-8:45PM (Gymnasium) Staff Y.	5:30AM-8:45AM (Gymnasium) Staff Y. 10:15AM-12:45PM (Gymnasium) Staff Y.	5:30AM-8:45AM (Gymnasium) Staff Y. 2:45PM-8:45PM (Gymnasium) Staff Y.	5:30AM-9:15AM (Gymnasium) Staff Y. 2:15PM-5:15PM (Gymnasium) Staff Y. 6:45PM-8:45PM (Gymnasium) Staff Y.	10:15AM-12:30PM (Gymnasium) Staff Y.	8:00AM-10:15AM (Gymnasium) Staff Y. 12:45PM-3:45PM (Gymnasium) Staff Y.	10:00AM-11:00AM (Gymnasium) Staff Y. 1:00PM-3:45PM (Gymnasium) Staff Y.
Aqua Fit Indoor Pool	6:15AM-11:00AM (Lap Pool)		6:15AM-11:00AM (Lap Pool)		6:15AM-11:00AM (Lap Pool)		
2 Lap Lanes Indoor Pool	6:15AM-11:00AM (Lap Pool)		6:15AM-11:00AM (Lap Pool)		6:15AM-11:00AM (Lap Pool) Staff Y.	9:00AM-11:00AM (Lap Pool)	
AOA Functional Fitness Gymnasium	9:00AM-10:00AM (Active Older Adult) Teresa A.		9:00AM-10:00AM (Active Older Adult) Teresa A.		9:00AM-10:00AM (Active Older Adult) Teresa A.		
6 Lap Lanes & Family Swim Indoor Pool	11:00AM-1:00PM (Lap Pool) 3:30PM-5:00PM (Lap Pool) 7:00PM-8:30PM (Lap Pool)	6:15AM-1:00PM (Lap Pool) 4:00PM-5:00PM (Lap Pool) 7:00PM-8:30PM (Lap Pool)	11:00AM-1:00PM (Lap Pool) 7:00PM-8:30PM (Lap Pool)	6:15AM-1:00PM (Lap Pool) Staff Y. 7:00PM-8:30PM (Lap Pool)	11:00AM-1:00PM (Lap Pool)	12:00PM-3:00PM (Lap Pool)	12:00PM-3:00PM (Lap Pool)
Pickleball Gymnasium	12:30PM-2:30PM (Gymnasium) Staff Y.	9:00AM-11:00AM (Gymnasium) Staff Y. 6:45PM-8:45PM (Gymnasium) Staff Y.	12:30PM-2:30PM (Gymnasium) Staff Y.	9:30AM-11:30AM (Gymnasium) Staff Y. 12:00PM-2:00PM (Gymnasium) Staff Y.	12:30PM-2:30PM (Gymnasium) Staff Y. 5:00PM-7:00PM (Gymnasium) Staff Y.		11:00AM-1:00PM (Gymnasium) Staff Y.
Family Open Swim Indoor Pool	5:00PM-7:00PM (Lap Pool)	5:00PM-7:00PM (Lap Pool)	5:00PM-7:00PM (Lap Pool)	5:00PM-7:00PM (Lap Pool)	5:00PM-6:30PM (Lap Pool)		
Pilates Gymnasium	5:30PM-6:15PM (Fitness) Sarah K.		5:30PM-6:15PM (Fitness) Sarah K.		5:30PM-6:15PM (Fitness) Sarah K.		
Yoga Stretch Yoga Studio	6:30PM-7:30PM (Mind Body) Reagen T.		6:30PM-7:30PM (Mind Body) Reagen T.			9:00AM-10:00AM (Mind Body) Reagen T.	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Scheduled Programming Indoor Pool		5:00PM-7:00PM (Lap Pool)	5:00PM-7:00PM (Lap Pool)	5:00PM-7:00PM (Lap Pool)	5:00PM-6:30PM (Lap Pool)	9:00AM-11:00AM (Lap Pool)	
Bootcamp Gymnasium		5:30PM-6:30PM (Fitness) <i>Latricia M.</i>		5:30PM-6:30PM (Fitness) <i>Latricia M.</i>			
5 Lap Lanes & Family Swim Indoor Pool						11:00AM-12:00PM (Lap Pool)	



Jerry L. Garver YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium	5:30AM-8:00AM (Gymnasium)	5:30AM-10:30AM (Gymnasium)	5:30AM-10:00AM (Gymnasium) 12:00PM-6:00PM (Gymnasium)	5:30AM-10:45AM (Gymnasium) 5:30AM-10:45AM (Gymnasium)		12:00PM-3:45PM (Gymnasium)	12:00PM-3:45PM (Gymnasium)
Cycling Group Ex Studio REGISTER	5:45AM-6:45AM (Cycling) <i>April J.</i>			5:45AM-6:45AM (Cycling) <i>April J.</i>			
6 Lap Lanes Indoor Pool	6:00AM-10:00AM (Lap Pool)	6:00AM-10:00AM (Lap Pool)	6:00AM-10:00AM (Lap Pool)	6:00AM-10:00AM (Lap Pool)	6:00AM-10:00AM (Lap Pool)	8:00AM-9:30AM (Lap Pool)	
Pickleball Court 1	8:00AM-10:45AM (Gymnasium)				8:30AM-11:00AM (Gymnasium)		
Scheduled Programming Gymnasium	10:45AM-12:30PM (Gymnasium)	10:30AM-12:30PM (Gymnasium)		10:45AM-12:30PM (Gymnasium)	10:45AM-12:30PM (Gymnasium)		
SilverSneakers Classic Gymnasium REGISTER	11:15AM-12:15PM (Active Older Adult) <i>Robert A.</i>			11:15AM-12:15PM (Active Older Adult) <i>Robert A.</i>			
Closed for Maintenance Indoor Pool	12:00PM-4:00PM (Lap Pool)	12:00PM-4:00PM (Lap Pool)	12:00PM-4:00PM (Lap Pool)	12:00PM-4:00PM (Lap Pool)	12:00PM-4:00PM (Lap Pool)		
Open Gym Court 1	12:30PM-6:00PM (Gymnasium)	12:30PM-5:15PM (Gymnasium)	10:00AM-12:00PM (Gymnasium)	3:00PM-7:45PM (Gymnasium)	12:30PM-5:00PM (Gymnasium)		
Scheduled Programming Court 2	3:00PM-5:15PM (Gymnasium)	3:00PM-5:15PM (Gymnasium)	10:00AM-12:00PM (Gymnasium)	3:00PM-5:15PM (Gymnasium)	3:00PM-5:15PM (Gymnasium)		
Pickleball Gymnasium	6:00PM-7:45PM (Gymnasium)		6:00PM-7:45PM (Gymnasium)				
4 Lap Lanes & Family Swim Indoor Pool		10:00AM-12:00PM (Lap Pool)		10:00AM-12:00PM (Lap Pool)			
Open Gym Court 2		5:15PM-7:45PM (Gymnasium)					
Zumba Group Ex Studio REGISTER		5:45PM-6:45PM (Dance) <i>Lisa T.</i>		5:45PM-6:45PM (Dance) <i>Lisa T.</i>			
3 Lap Lanes & Family Swim Indoor Pool			11:00AM-12:00PM (Lap Pool)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Stretch Group Ex Studio REGISTER				9:30AM-10:15AM (Mind Body) <i>Galina R.</i>			
Pilates Group Ex Studio REGISTER				10:30AM-11:00AM (Fitness) <i>Galina R.</i>			
Pick Up Basketball Gymnasium					5:00PM-7:45PM (Gymnasium)		
3 Lap Lanes Indoor Pool						9:30AM-12:00PM (Lap Pool)	
Scheduled Programming Indoor Pool						9:30AM-12:00PM (Lap Pool)	



Gahanna/John E. Bickley YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 Lap Lanes & Family Swim Indoor Pool	5:45AM-9:00AM (Lap Pool) 11:30AM-5:00PM (Lap Pool)	5:45AM-10:00AM (Lap Pool) 11:30AM-5:30PM (Lap Pool) 7:45PM-8:00PM (Lap Pool)	5:45AM-9:15AM (Lap Pool) 11:30AM-5:30PM (Lap Pool) 7:45PM-8:00PM (Lap Pool)	5:45AM-10:15AM (Lap Pool) 11:30AM-5:30PM (Lap Pool) 7:45PM-8:00PM (Lap Pool)	10:15AM-6:45PM (Lap Pool)		
Les Mills GRIT™ Series Gymnasium REGISTER	5:45AM-6:15AM (Les Mills) <i>Erica R.</i>						
Open Gym Gymnasium	6:25AM-9:20AM (Gymnasium) 12:45PM-5:00PM (Gymnasium)	5:30AM-9:15AM (Gymnasium) 12:40PM-4:30PM (Gymnasium)	5:30AM-9:15AM (Gymnasium) 11:45AM-8:30PM (Gymnasium)	5:30AM-9:15AM (Gymnasium) 12:40PM-8:30PM (Gymnasium)	5:30AM-8:20AM (Gymnasium) 9:45AM-6:30PM (Gymnasium)	8:00AM-5:30PM (Gymnasium)	3:30PM-5:30PM (Gymnasium)
Pilates Studio One REGISTER	6:30AM-7:00AM (Fitness) <i>Erica R.</i> 10:00AM-10:45AM (Fitness) <i>Barry D.</i>		10:00AM-10:45AM (Fitness) <i>Barry D.</i>		10:00AM-10:45AM (Fitness) <i>Barry D.</i>		
Break-It-Up Cycling Studio Two REGISTER	8:30AM-9:30AM (Cycling) <i>Serena K.</i>				8:30AM-9:30AM (Cycling) <i>Serena K.</i>		
5 Lap Lanes & Shallow Water Area Indoor Pool	9:00AM-11:30AM (Lap Pool)		9:15AM-11:30AM (Lap Pool)				
Yoga Flow Studio One REGISTER	9:00AM-9:45AM (Mind Body) <i>Barry D.</i>		9:00AM-9:45AM (Mind Body) <i>Barry D.</i>		9:00AM-9:45AM (Mind Body) <i>Barry D.</i>		
Zumba® Toning Gymnasium REGISTER	9:30AM-10:30AM (Dance) <i>Beth R.</i>						
SilverSneakers Circuit Gymnasium REGISTER	10:45AM-11:30AM (Active Older Adult) <i>Beth R.</i>						
LaBlast® Chair Fitness Gymnasium REGISTER	11:45AM-12:30PM (Active Older Adult) <i>Beth R.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hot Tub Closed for Maintenance Indoor Pool	1:00PM-2:00PM (Lap Pool)		1:00PM-2:00PM (Lap Pool)		1:00PM-2:00PM (Lap Pool)		
7 Lap Lanes Indoor Pool	5:00PM-5:30PM (Lap Pool) 7:45PM-8:00PM (Lap Pool)						
2 Lap Lanes Indoor Pool	5:30PM-7:45PM (Lap Pool)						
BODYPUMP™ Studio One REGISTER	5:30PM-6:30PM (Les Mills) <i>Les Y.</i>		5:45PM-6:45PM (Les Mills) <i>Amanda W.</i>		5:30PM-6:30PM (Les Mills) <i>Les Y.</i>	9:00AM-10:00AM (Les Mills) <i>Tori D.</i> 11:30AM-12:30PM (Les Mills) <i>Kris C.</i>	12:45PM-1:45PM (Les Mills) <i>Colleen K.</i>
BODYCOMBAT™ Studio Two REGISTER	6:00PM-6:45PM (Les Mills) <i>Erika M.</i>	6:15PM-7:00PM (Les Mills) <i>Tori D.</i>		6:00PM-6:45PM (Les Mills) <i>Abbey T.</i>			
Zumba Studio One REGISTER	6:45PM-7:45PM (Dance) <i>Leisan (.</i>	6:10PM-7:00PM (Dance) <i>Kris C.</i>		6:10PM-7:00PM (Dance) <i>Garen C.</i>		10:15AM-11:15AM (Dance) <i>Kris C.</i>	
Cycling Studio Two REGISTER		5:45AM-6:30AM (Cycling) <i>Barb R.</i>	9:00AM-10:00AM (Cycling) <i>Karen S.</i> 6:00PM-6:45PM (Cycling) <i>Kris C.</i>				
Yoga Flow Studio Two REGISTER		9:15AM-10:15AM (Mind Body) <i>Line M.</i>		9:15AM-10:15AM (Mind Body) <i>Line M.</i> 7:00PM-8:00PM (Mind Body) <i>Kristi B.</i>			
Zumba® Gold Gymnasium REGISTER		9:30AM-10:30AM (Dance) <i>Beth R.</i>					
5 Lap Lanes & Family Swim Indoor Pool		10:00AM-11:30AM (Lap Pool)		10:30AM-11:30AM (Lap Pool)			
Beginner Yoga Studio Two REGISTER		10:30AM-11:30AM (Mind Body) <i>Line M.</i>		10:30AM-11:30AM (Mind Body) <i>Line M.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Gymnasium REGISTER		10:45AM-11:30AM (Fitness) <i>Margaret M.</i>		10:45AM-11:30AM (Fitness) <i>Margaret M.</i>			
AOA Functional Fitness Gymnasium REGISTER		11:45AM-12:30PM (Active Older Adult) <i>Margaret M.</i>		11:45AM-12:30PM (Active Older Adult) <i>Margaret M.</i>			
Les Mills GRIT™ Series Studio Two REGISTER		5:20PM-5:50PM (Les Mills) <i>Sarah N.</i>		5:20PM-5:50PM (Les Mills) <i>Sarah N.</i>			12:10PM-12:40PM (Les Mills) <i>Rochelle C.</i>
2 Lap Lanes & Family Swim Indoor Pool		5:30PM-7:45PM (Lap Pool)					
Les Mills CORE™ Studio One REGISTER		7:15PM-8:00PM (Les Mills) <i>Kris C.</i>					
BODYPUMP™ Studio Two REGISTER			6:00AM-6:45AM (Les Mills) <i>Colleen K.</i>				
1 Lap Lane & Family Swim Indoor Pool			5:20PM-7:45PM (Lap Pool)	5:30PM-7:45PM (Lap Pool)			
BODYBALANCE® Studio Two REGISTER			7:00PM-8:00PM (Les Mills) <i>Kris C.</i>				1:45PM-2:45PM (Les Mills) <i>Kris C.</i>
Zumba® Gold- Toning Gymnasium REGISTER				9:30AM-10:30AM (Dance) <i>Cherryl N.</i>			
7 Lap Lanes & Shallow Water Area Indoor Pool					5:45AM-9:15AM (Lap Pool)		
SilverSneakers BOOM Move Gymnasium REGISTER					8:30AM-9:30AM (Active Older Adult) <i>Beth R.</i>		
6 Lap Lanes & Family Swim Indoor Pool					9:15AM-10:15AM (Lap Pool)	8:00AM-1:00PM (Lap Pool) 1:00PM-5:00PM (Lap Pool)	12:00PM-4:00PM (Lap Pool)
SilverSneakers Circuit Studio One REGISTER					11:00AM-11:45AM (Active Older Adult) <i>Karen E.</i>		
Chair Yoga Studio One REGISTER					12:00PM-12:45PM (Mind Body) <i>Karen E.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills GRIT™ Series Studio One REGISTER						8:15AM-8:45AM (Les Mills) <i>Kevin P.</i>	
Pilates Studio Two REGISTER						8:30AM-9:15AM (Fitness) <i>Margaret M.</i>	
Slide Open Indoor Pool						12:00PM-4:45PM (Slide)	12:00PM-4:00PM (Slide)
Tai Chi Studio Two REGISTER						12:30PM-1:30PM (Mind Body) <i>Staff Y.</i>	
Pick Up Volleyball Gymnasium							12:00PM-3:30PM (Gymnasium)
Les Mills CORE™ Studio Two REGISTER							12:45PM-1:30PM (Les Mills) <i>Kris C.</i>



Reynoldsburg Community Center YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pick Up Basketball Gymnasium	6:00AM-9:15AM (Gymnasium) 1:35PM-4:45PM (Gymnasium)	1:10PM-5:15PM (Gymnasium)	6:00AM-9:15AM (Gymnasium) 2:40PM-5:00PM (Gymnasium)	11:00AM-5:30PM (Gymnasium)	1:45PM-5:00PM (Gymnasium)	1:00PM-3:45PM (Gymnasium)	1:40PM-3:45PM (Gymnasium)
Zumba® Toning Group Fitness Studio REGISTER	6:00AM-7:00AM (Dance) <i>Shakarri H.</i>	6:00AM-7:00AM (Dance) <i>Shakarri H.</i> 7:00PM-7:45PM (Dance) <i>Monica W.</i>	6:00AM-7:00AM (Dance) <i>Shakarri H.</i> 5:15PM-6:00PM (Dance) <i>Shakarri H.</i>	6:00AM-7:00AM (Dance) <i>Shakarri H.</i>	6:00AM-7:00AM (Dance) <i>Shakarri H.</i>		
4 Lap Lanes Lap Swim	6:00AM-12:00PM (Lap Pool)	6:00AM-12:00PM (Lap Pool)	6:00AM-12:00PM (Lap Pool)	6:00AM-12:00PM (Lap Pool)	6:00AM-12:00PM (Lap Pool)		
Open Swim - Leisure Pool Teaching Pool	6:00AM-9:00AM (Leisure Pool) 11:00AM-12:00PM (Leisure Pool)	6:00AM-10:00AM (Leisure Pool) 11:00AM-12:00PM (Leisure Pool)	6:00AM-9:00PM (Leisure Pool) 11:00AM-12:00PM (Leisure Pool)	6:00AM-12:00PM (Leisure Pool)	6:00AM-9:00AM (Leisure Pool)		
Cycling Cycling Studio REGISTER	6:15AM-7:00AM (Cycling) <i>Christine D.</i> 6:00PM-6:45PM (Cycling) <i>Tammy W.</i>	10:30AM-11:00AM (Cycling) <i>Kara O.</i>	5:45AM-6:45AM (Cycling) <i>April J.</i>	6:30AM-7:15AM (Cycling) <i>Christine D.</i> 6:00PM-6:45PM (Cycling) <i>Greg L.</i>			
Scheduled Programming Gymnasium	9:30AM-10:30AM (Gymnasium)		9:30AM-10:30AM (Gymnasium)	9:30AM-10:30AM (Gymnasium)	9:30AM-10:30AM (Gymnasium) 11:00AM-1:30PM (Gymnasium)	8:00AM-10:50AM (Gymnasium)	
Zumba Gymnasium REGISTER	9:30AM-10:30AM (Dance) <i>Joan B.</i>		9:30AM-10:30AM (Dance) <i>Joan B.</i>	9:30AM-10:15AM (Dance) <i>Rachel H.</i>	9:30AM-10:30AM (Dance) <i>Joan B.</i>		
Pickleball Gymnasium	11:00AM-1:30PM (Gymnasium)	6:00AM-9:30AM (Gymnasium)	11:00AM-2:30PM (Gymnasium)	6:00AM-9:00AM (Gymnasium) 5:45PM-8:00PM (Gymnasium)	6:00AM-9:00AM (Gymnasium)	11:00AM-12:45PM (Gymnasium)	11:00AM-1:30PM (Gymnasium)
Closed for Maintenance Indoor Pool	12:00PM-4:00PM (Lap Pool)	12:00PM-4:00PM (Lap Pool)	12:00PM-4:00PM (Lap Pool)	12:00PM-4:00PM (Lap Pool)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Group Fitness Studio REGISTER	12:15PM-12:45PM (Dance) <i>Joan B.</i>	6:00PM-6:45PM (Dance) <i>Katherine W.</i>		12:15PM-12:45PM (Dance) <i>Joan B.</i>	5:45PM-6:45PM (Dance) <i>Monica W.</i>	8:30AM-9:30AM (Dance) <i>Katherine W.</i>	2:00PM-3:00PM (Dance) <i>Joan B.</i>
2 Lap Lanes Lap Swim	4:00PM-7:45PM (Lap Pool)	4:00PM-7:45PM (Lap Pool)	4:00PM-7:45PM (Lap Pool)	4:00PM-7:45PM (Lap Pool)			
Open Swim - Baby Pool Play Pool	4:00PM-7:45PM (Baby Pool)	4:00PM-7:45PM (Baby Pool)	4:00PM-7:45PM (Baby Pool)	4:00PM-7:45PM (Baby Pool)			
BODYPUMP™ Fitness Studio REGISTER	6:00PM-6:45PM (Les Mills) <i>Kris C.</i>						
Zumba Fitness Studio REGISTER	7:00PM-7:45PM (Dance) <i>Kris C.</i>			6:00PM-6:45PM (Dance) <i>Kris C.</i>			
Yoga Flow Mind/Body Loft REGISTER	7:00PM-7:45PM (Mind Body) <i>Barbara A.</i>	9:00AM-10:00AM (Mind Body) <i>Barbara A.</i>	9:00AM-10:00AM (Mind Body) <i>Barbara A.</i> 7:00PM-8:00PM (Mind Body) <i>Barbara A.</i>	9:00AM-10:00AM (Mind Body) <i>Barbara A.</i>	9:00AM-10:00AM (Mind Body) <i>Barbara A.</i>		
BODYBALANCE® Mind/Body Loft REGISTER		6:00AM-6:45AM (Les Mills) <i>Erica R.</i>		7:00PM-7:45PM (Les Mills) <i>Greg L.</i>		8:30AM-9:30AM (Les Mills) <i>Greg L.</i>	
Pure Strength Group Fitness Studio REGISTER		9:30AM-10:30AM (Strength) <i>Kara O.</i>	11:15AM-12:00PM (Strength) <i>Kara O.</i>	9:30AM-10:15AM (Strength) <i>Alyssa C.</i>	9:30AM-10:15AM (Strength) <i>Kara O.</i>		
Scheduled Programming Court 1		10:00AM-1:00PM (Gymnasium)					
SilverSneakers Circuit Group Fitness Studio REGISTER		11:00AM-12:00PM (Active Older Adult) <i>Karen E.</i> 1:00PM-2:00PM (Active Older Adult) <i>Diane K.</i>		11:00AM-12:00PM (Active Older Adult) <i>Karen E.</i> 1:00PM-2:00PM (Active Older Adult) <i>Diane K.</i>			
BODYCOMBAT™ Mind/Body Loft REGISTER		7:00PM-7:45PM (Les Mills) <i>Ana P.</i>	6:00PM-6:45PM (Les Mills) <i>Ana P.</i>			10:00AM-10:45AM (Les Mills) <i>Ana P.</i>	
AOA Fit Gymnasium REGISTER			8:15AM-9:15AM (Active Older Adult) <i>Beth R.</i>				
Power Cycle Cycling Studio REGISTER			9:15AM-10:15AM (Cycling) <i>Elizabeth F.</i>		9:15AM-10:15AM (Cycling) <i>Elizabeth F.</i>	9:00AM-10:00AM (Cycling) <i>Elizabeth F.</i>	
Chair Yoga Mind/Body Loft REGISTER			10:15AM-11:15AM (Mind Body) <i>Barbara A.</i>		10:15AM-11:30AM (Mind Body) <i>Barbara A.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pick Up Volleyball Gymnasium			5:10PM-8:00PM (Gymnasium)		5:10PM-6:45PM (Gymnasium)		
HipHop Group Fitness Studio REGISTER			7:00PM-7:45PM (Dance) <i>Erica R.</i>				
BODYPUMP™ Group Fitness Studio REGISTER				5:00PM-5:30PM (Les Mills) <i>Kris C.</i>		10:30AM-11:15AM (Les Mills) <i>Kevin S.</i>	1:00PM-1:45PM (Les Mills) <i>Regina P.</i>
BODYPUMP HEAVY™ Group Fitness Studio REGISTER				7:00PM-7:45PM (Les Mills) <i>Kris C.</i>			
Y Stretch Fitness Studio REGISTER					10:15AM-10:45AM (Mind Body) <i>Kara O.</i>		
Line Dance Group Fitness Studio REGISTER						9:30AM-10:15AM (Dance) <i>Joan B.</i>	
Step Aerobics Group Fitness Studio REGISTER						11:30AM-12:15PM (Cardio) <i>Temple E.</i>	



Liberty Township/ Powell YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 Lap Lanes & Family Swim Indoor Pool	6:00AM-7:15AM (Lap Pool) 10:00AM-12:00PM (Lap Pool)	6:00AM-7:15AM (Lap Pool) 7:30AM-9:00AM (Lap Pool) 11:30AM-3:00PM (Lap Pool) 4:30PM-5:45PM (Lap Pool) 5:45PM-7:30PM (Lap Pool) 7:30PM-8:30PM (Lap Pool)	6:00AM-7:15AM (Lap Pool) 7:30AM-9:00AM (Lap Pool) 7:30PM-8:30PM (Lap Pool)		6:00AM-7:15AM (Lap Pool) 7:30AM-9:00AM (Lap Pool) 9:00AM-3:00PM (Lap Pool) 5:30PM-7:30PM (Lap Pool)	8:00AM-12:00PM (Lap Pool) 12:00PM-4:30PM (Lap Pool)	11:00AM-12:00PM (Lap Pool) 12:00PM-4:30PM (Lap Pool)
Les Mills Sprint Cycling Studio REGISTER	6:00AM-6:30AM (Les Mills) <i>Jennifer G.</i> 5:30PM-6:00PM (Les Mills) <i>Bev L.</i>					10:45AM-11:15AM (Les Mills) <i>Ulrike G.</i>	
Lifeguard Break Indoor Pool	7:15AM-7:30AM (Lap Pool)	7:15AM-7:30AM (Lap Pool)	7:15AM-7:30AM (Lap Pool)	7:15AM-7:30AM (Lap Pool)	7:15AM-7:30AM (Lap Pool)		
7 Lap Lanes & Family Swim Indoor Pool	7:30AM-9:00AM (Lap Pool)		5:30PM-6:00PM (Lap Pool)		3:00PM-5:30PM (Lap Pool)		
Break-It-Up Cycling Cycling Studio REGISTER	8:00AM-9:00AM (Cycling) <i>Michelle C.</i>		9:30AM-10:30AM (Cycling) <i>Meredith D.</i>		9:30AM-10:30AM (Cycling) <i>Meredith D.</i>		
8 Lap Lanes Indoor Pool	9:00AM-10:00AM (Lap Pool)						
Scheduled Programming Gymnasium	9:30AM-11:45AM (Gymnasium) 9:30AM-10:30AM (Gymnasium) 10:45AM-11:45AM (Gymnasium)	8:00AM-9:00AM (Gymnasium) 9:15AM-10:00AM (Gymnasium) 10:15AM-11:15AM (Gymnasium)	8:00AM-11:45AM (Gymnasium) 5:00PM-6:00PM (Gymnasium) 6:15PM-7:30PM (Gymnasium)	8:00AM-11:45AM (Gymnasium) 11:00AM-11:45AM (Gymnasium)	8:00AM-11:45AM (Gymnasium)	8:15AM-10:30AM (Gymnasium) 9:30PM-3:30PM (Gymnasium)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Flow Studio Two REGISTER	9:30AM-10:30AM (Mind Body) <i>Melissa L.</i>		10:00AM-10:45AM (Mind Body) <i>Denise K.</i>				
BODYPUMP™ Studio One REGISTER	9:30AM-10:15AM (Les Mills) <i>Meredith D.</i> 5:25PM-6:25PM (Les Mills) <i>Tricia B.</i>		9:15AM-10:00AM (Les Mills) <i>Michelle C.</i>	6:15PM-7:15PM (Les Mills) <i>Tricia B.</i>	5:45AM-6:30AM (Les Mills) <i>Kendra S.</i>		
Zumba® Toning Gymnasium REGISTER	9:30AM-10:30AM (Dance) <i>Lynda A.</i>						
Pure Cardio Studio One REGISTER	10:15AM-10:40AM (Cardio) <i>Meredith D.</i>						
AOA Fit Gymnasium REGISTER	10:45AM-11:45AM (Active Older Adult) <i>Shannon S.</i>		10:45AM-11:45AM (Active Older Adult) <i>Shannon S.</i>		10:45AM-11:30AM (Active Older Adult) <i>Kathy L.</i>		
Yoga Stretch Studio Two REGISTER	10:45AM-11:45AM (Mind Body) <i>Melissa L.</i> 5:00PM-6:00PM (Mind Body) <i>Galina R.</i>		6:00PM-7:00PM (Mind Body) <i>Galina R.</i>		9:30AM-10:30AM (Mind Body) <i>Melissa L.</i>		
Open Gym Gymnasium	11:45AM-5:00PM (Gymnasium) 5:00PM-9:00PM (Gymnasium)	5:30AM-8:00AM (Gymnasium) 11:15AM-12:00PM (Gymnasium) 3:00PM-5:00PM (Gymnasium) 7:00PM-9:00PM (Gymnasium)	11:45AM-9:00PM (Gymnasium) 7:30PM-9:00PM (Gymnasium)	3:00PM-9:00PM (Gymnasium)	5:30AM-8:00AM (Gymnasium) 3:00PM-4:00PM (Gymnasium) 4:45PM-8:00PM (Gymnasium)	10:30AM-5:00PM (Gymnasium)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed for Maintenance Indoor Pool	12:00PM-3:00PM (Lap Pool) 3:00PM-5:30PM (Lap Pool) 5:30PM-8:30PM (Lap Pool)		3:00PM-4:00PM (Lap Pool) 4:00PM-5:30PM (Lap Pool)	6:00AM-7:15AM (Lap Pool) 7:30AM-9:00AM (Lap Pool) 9:00AM-11:00PM (Lap Pool) 11:25AM-1:00PM (Lap Pool) 1:00PM-3:00PM (Lap Pool) 3:00PM-3:45PM (Lap Pool) 3:45PM-5:30PM (Lap Pool) 5:30PM-6:30PM (Lap Pool) 6:30PM-8:30PM (Lap Pool)			
Chair Yoga Studio Two REGISTER	12:00PM-12:45PM (Mind Body) <i>Kate B.</i>		12:00PM-12:45PM (Mind Body) <i>Kate B.</i>				
Scheduled Programming Outdoor Hockey Rink	5:00PM-7:00PM (Gymnasium)		5:00PM-6:00PM (Gymnasium)				
Zumba Studio One REGISTER	6:35PM-7:35PM (Dance) <i>Radina J.</i>	6:15PM-7:15PM (Dance) <i>Cat V.</i>	5:00PM-6:00PM (Dance) <i>Lynda A.</i>	9:30AM-10:30AM (Dance) <i>Carrie M.</i>	5:30PM-6:30PM (Dance) <i>Radina J.</i>		
Strength Balance Form & Cardio Studio One REGISTER		7:00AM-7:45AM (Fitness) <i>Denise K.</i>					
Relentless Gymnasium REGISTER		8:00AM-9:00AM (Fitness) <i>Michelle C.</i>					
5 Lap Lanes Indoor Pool		9:00AM-11:00AM (Lap Pool)					
Zumba® Gold Gymnasium REGISTER		9:15AM-10:00AM (Dance) <i>Lynda A.</i>		11:00AM-11:45AM (Dance) <i>Lynda A.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling Cycling Studio REGISTER		9:15AM-10:00AM (Cycling) <i>Michelle C.</i>	5:15PM-5:45PM (Cycling) <i>Kristin S.</i>	5:45AM-6:30AM (Cycling) <i>Amy Z.</i> 9:15AM-10:00AM (Cycling) <i>Meredith D.</i>		9:00AM-9:45AM (Cycling) <i>Bev L.</i>	
Yoga Strength Studio Two REGISTER		9:15AM-10:00AM (Mind Body) <i>Denise K.</i>		7:00AM-7:45AM (Mind Body) <i>Denise K.</i>			
Cycling- Easy Rider Cycling Studio REGISTER		10:15AM-10:45AM (Cycling) <i>Kristine A.</i>		10:15AM-10:45AM (Cycling) <i>Meredith D.</i>			
Pure Strength Studio One REGISTER		10:15AM-11:00AM (Strength) <i>Michelle C.</i>					
Zumba Gymnasium REGISTER		10:15AM-11:15AM (Dance) <i>Carrie M.</i>					
Barre Studio Two REGISTER		10:15AM-11:00AM (General) <i>Denise K.</i>		10:15AM-11:00AM (General) <i>Denise K.</i>			
Pickleball Court 1		12:00PM-3:00PM (Gymnasium)		12:00PM-3:00PM (Gymnasium)			
Hot Tub Closed for Maintenance Indoor Pool		12:00PM-3:00PM (Lap Pool)					
Half Gym Open Court Court 2		12:00PM-3:00PM (Gymnasium)		12:00PM-3:00PM (Gymnasium)	12:00PM-3:00PM (Gymnasium)		
Scheduled Programming Court 2		5:00PM-7:00PM (Gymnasium)			4:00PM-4:45PM (Gymnasium)		
BODYCOMBAT™ Studio One REGISTER		5:15PM-6:00PM (Les Mills) <i>Ulrike G.</i>	5:45AM-6:30AM (Les Mills) <i>Kendra S.</i>	5:15PM-6:00PM (Les Mills) <i>Kendra S.</i>			11:15AM-12:00PM (Les Mills) <i>Kristyn D.</i>
Strength Balance Form & Cardio Studio Two REGISTER		6:00PM-6:45PM (Fitness) <i>Tricia B.</i>					
Strength Balance Form & Cardio Gymnasium REGISTER			8:00AM-8:30AM (Fitness) <i>Michelle C.</i>				
Strictly Core Gymnasium REGISTER			8:30AM-9:00AM (Fitness) <i>Michelle C.</i>		8:30AM-9:00AM (Fitness) <i>Meredith D.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SurfSet Studio Two REGISTER			9:00AM-9:45AM (General) <i>Denise K.</i>				
Pilates Studio Two REGISTER			11:00AM-11:45AM (Fitness) <i>Denise K.</i> 5:00PM-5:45PM (Fitness) <i>Galina R.</i>	9:15AM-10:00AM (Fitness) <i>Denise K.</i>	10:45AM-11:30AM (Fitness) <i>Denise K.</i>		
Pure Strength Gymnasium REGISTER				8:00AM-9:00AM (Strength) <i>Meredith D.</i>			
Meditation Studio Two REGISTER				12:00PM-12:30PM (Mind Body) <i>Staff Y.</i>			
Zumba Studio Two REGISTER				6:30PM-7:30PM (Dance) <i>Cat V.</i>		9:00AM-10:00AM (Dance) <i>Emy C.</i>	
Bootcamp Gymnasium REGISTER					8:00AM-8:30AM (Fitness) <i>Meredith D.</i>		
LaBlast® Fitness Gymnasium REGISTER					9:30AM-10:30AM (Dance) <i>Staff Y.</i>		
LaBlast® Chair Fitness Studio Two REGISTER					11:45AM-12:30PM (Active Older Adult) <i>Shannon S.</i>		
Half Gym Open Court Court 1					4:00PM-4:45PM (Gymnasium)		
BODYPUMP™ Gymnasium REGISTER						8:15AM-9:15AM (Les Mills) <i>Emily D.</i>	
BODYCOMBAT™ Gymnasium REGISTER						9:30AM-10:30AM (Les Mills) <i>Kristyn D.</i>	



Eldon & Elsie Ward Family YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 Lap Lanes Indoor Pool	6:15AM-8:00AM (Lap Pool) 8:15AM-11:45AM (Lap Pool) 4:00PM-5:00PM (Lap Pool)	6:15AM-8:00AM (Lap Pool) 8:15AM-10:00AM (Lap Pool) 4:00PM-5:00PM (Lap Pool) 5:00PM-6:15PM (Lap Pool) 7:30PM-8:00PM (Lap Pool)	6:15AM-8:00AM (Lap Pool) 8:15AM-11:45AM (Lap Pool) 1:00PM-2:00PM (Lap Pool) 4:00PM-6:15PM (Lap Pool)	6:15AM-8:00AM (Lap Pool) 8:15AM-10:00AM (Lap Pool) 4:00PM-5:00PM (Lap Pool)	6:15AM-8:00AM (Lap Pool) 8:15AM-9:30AM (Lap Pool) 10:00AM-11:00AM (Lap Pool) 3:15PM-5:30PM (Lap Pool)		
Lifeguard Break Indoor Pool	8:00AM-8:15AM (Lap Pool) 11:45AM-12:00PM (Lap Pool) 6:15PM-6:30PM (Lap Pool)	8:00AM-8:15AM (Lap Pool) 6:15PM-6:30PM (Lap Pool)	8:00AM-8:15AM (Lap Pool) 11:45AM-12:00PM (Lap Pool) 6:15PM-6:30PM (Lap Pool)	8:00AM-8:15AM (Lap Pool) 6:15PM-6:30PM (Lap Pool)	8:00AM-8:15AM (Lap Pool)	12:00PM-12:15PM (Lap Pool)	
SilverSneakers Classic Gymnasium REGISTER	9:00AM-10:00AM (Active Older Adult) <i>Staff Y.</i>				9:00AM-10:00AM (Active Older Adult) <i>Staff Y.</i>		
SilverSneakers CardioFit Gymnasium	10:00AM-11:00AM (Active Older Adult) <i>Karen G.</i>		10:00AM-11:00AM (Active Older Adult) <i>Karen G.</i>				
Scheduled Programming Indoor Pool	12:00PM-1:00PM (Lap Pool) 7:30PM-8:00PM (Lap Pool)	6:30PM-7:30PM (Lap Pool)	12:00PM-1:00PM (Lap Pool)				
Scheduled Programming Gymnasium	1:00PM-2:00PM (Gymnasium) <i>Staff Y.</i> 5:30PM-6:30PM (Gymnasium) <i>Staff Y.</i>	1:00PM-2:00PM (Gymnasium) <i>Staff Y.</i> 5:00PM-6:00PM (Gymnasium) <i>Staff Y.</i> 6:00PM-8:00PM (Gymnasium)	8:00AM-9:00AM (Gymnasium) <i>Staff Y.</i> 1:00PM-2:00PM (Gymnasium) <i>Staff Y.</i> 5:30PM-6:30PM (Gymnasium) <i>Staff Y.</i>	6:00PM-8:00PM (Gymnasium) <i>Staff Y.</i>	8:00AM-9:00AM (Gymnasium) <i>Staff Y.</i> 1:00PM-2:00PM (Gymnasium) <i>Staff Y.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Lap Lanes Indoor Pool	5:00PM-6:15PM (Lap Pool) 6:30PM-7:30PM (Lap Pool)			5:00PM-6:15PM (Lap Pool) 6:30PM-8:00PM (Lap Pool)		10:15AM-12:00PM (Lap Pool) 12:15PM-2:15PM (Lap Pool)	
Open Gym Gymnasium	6:00PM-7:00PM (Gymnasium) <i>Staff Y.</i> 6:30PM-8:45PM (Gymnasium) <i>Staff Y.</i>	11:00AM-1:00PM (Gymnasium) <i>Staff Y.</i> 6:00PM-8:45PM (Gymnasium) <i>Staff Y.</i>	9:00AM-1:00PM (Gymnasium) <i>Staff Y.</i> 2:00PM-5:30PM (Gymnasium) <i>Staff Y.</i> 6:30PM-8:45PM (Gymnasium)	11:00AM-12:00PM (Gymnasium) <i>Staff Y.</i> 8:00PM-8:45PM (Gymnasium) <i>Staff Y.</i>	9:00AM-1:00PM (Gymnasium) <i>Staff Y.</i>	8:00AM-3:45PM (Gymnasium) <i>Staff Y.</i>	
Yoga Flexibility Multipurpose Room	6:30PM-7:30PM (Mind Body) <i>Shakeyrah E.</i>		6:30PM-7:30PM (Mind Body) <i>Shakeyrah E.</i>				
Zumba Gymnasium	7:30PM-8:30PM (Dance) <i>Samantha D.</i>						
Pick Up Basketball Gymnasium		6:00AM-9:00AM (Gymnasium) <i>Staff Y.</i>	6:00AM-8:00AM (Gymnasium) <i>Staff Y.</i>	8:00AM-9:00AM (Gymnasium) <i>Staff Y.</i>	6:00AM-8:00AM (Gymnasium) <i>Staff Y.</i> 3:00PM-6:00PM (Gymnasium) <i>Staff Y.</i>		
Line Dance Wellness Studio REGISTER		10:00AM-11:30AM (Dance) <i>Beverly M.</i>		10:00AM-11:30AM (Dance) <i>Beverly M.</i>			
SilverSneakers Classic Wellness Studio REGISTER			9:00AM-10:00AM (Active Older Adult) <i>Staff Y.</i>				
Family Open Swim Indoor Pool			6:30PM-8:00PM (Lap Pool)				
Pickleball Wellness Studio REGISTER				6:30PM-8:30PM (General) <i>Staff Y.</i>			
Chair Yoga Multipurpose Room REGISTER					8:00AM-9:00AM (Mind Body) <i>Teresa S.</i>		
3 Lap Lanes Indoor Pool					9:30AM-10:00AM (Lap Pool)	11:30PM-12:00PM (Lap Pool)	
SilverSneakers CardioFit Wellness Studio					10:00AM-11:00AM (Active Older Adult) <i>Karen G.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Stretch Multipurpose Room REGISTER						12:00PM-1:00PM (Mind Body) <i>Teresa S.</i>	



Whitehall Community Park YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Field Athletic Field	6:30AM-3:00PM (Open Field) <i>Staff Y.</i>	6:30AM-10:00AM (Open Field) <i>Staff Y.</i> 11:00AM-3:00PM (Open Field) <i>Staff Y.</i>	6:30AM-9:00AM (Open Field) <i>Staff Y.</i> 11:00AM-3:00PM (Open Field) <i>Staff Y.</i> 6:00PM-8:00PM (Open Field) <i>Staff Y.</i>	6:30AM-10:00AM (Open Field) <i>Staff Y.</i> 11:00AM-3:00PM (Open Field) <i>Staff Y.</i>	9:00AM-12:45PM (Open Field) <i>Staff Y.</i>		
Pickleball Great Room Two	9:00AM-11:00AM (Open Field) <i>Staff Y.</i> 9:00AM-11:00AM (General) <i>Staff Y.</i>		9:00AM-11:00AM (Open Field) <i>Staff Y.</i> 9:00AM-11:00AM (General) <i>Staff Y.</i>		9:00AM-12:00PM (Open Field) <i>Staff Y.</i> 9:00AM-12:00PM (General) <i>Staff Y.</i>		
SilverSneakers Circuit Great Room REGISTER	11:00AM-12:00PM (Active Older Adult) <i>Karen E.</i>		11:00AM-12:00PM (Active Older Adult) <i>Karen E.</i>				
Family Play Athletic Field	4:00PM-8:00PM (Family Play) <i>Staff Y.</i>	7:30PM-8:00PM (Family Play) <i>Staff Y.</i>		7:00PM-8:00PM (Family Play) <i>Staff Y.</i>		10:30AM-12:45PM (Family Play) <i>Staff Y.</i>	
Les Mills Sprint Stage REGISTER	5:30PM-6:30PM (Les Mills) <i>Diana C.</i>	11:30AM-12:30PM (Les Mills) <i>Diana C.</i>					
Yoga Stretch Stage REGISTER		6:00PM-7:00PM (Mind Body) <i>Lacey G.</i>				9:30AM-10:30AM (Mind Body) <i>Barry D.</i>	
Strength Balance Form & Cardio Athletic Field REGISTER		6:30PM-7:30PM (Fitness) <i>Staff Y.</i>					
Scheduled Programming Athletic Field			9:00AM-10:00AM (Scheduled Programming) <i>Sally M.</i> 3:00PM-6:00PM (Scheduled Programming) <i>Staff Y.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Functional Fitness with Friends Athletic Field REGISTER			9:00AM-10:00AM (Active Older Adult) <i>Sally M.</i>				



Hilltop YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium	7:00AM-8:00AM (Gymnasium) Staff Y.	7:00AM-8:00AM (Gymnasium) Staff Y. 12:00PM-2:00PM (Gymnasium) Staff Y.	7:00AM-8:00AM (Gymnasium) Staff Y.	7:00AM-8:00AM (Gymnasium) Staff Y. 12:00PM-2:00PM (Gymnasium) 5:00PM-7:00PM (Gymnasium) 7:00PM-7:45PM (Gymnasium)	7:00AM-8:00AM (Gymnasium) 5:00PM-6:00PM (Gymnasium)	8:30AM-3:45PM (Gymnasium)	
4 Lap Lanes Indoor Pool	7:10AM-8:00AM (Lap Pool) 9:20AM-10:45AM (Lap Pool) 11:00AM-1:00PM (Lap Pool)	7:10AM-8:00AM (Lap Pool) Staff Y. 8:00AM-8:45AM (Lap Pool) 9:00AM-10:45AM (Lap Pool) 11:00AM-12:00PM (Lap Pool)	7:10AM-8:00AM (Lap Pool) Staff Y. 3:00PM-5:00PM (Lap Pool)	7:10AM-8:00AM (Lap Pool) 9:15AM-10:45AM (Lap Pool) 11:00AM-12:00PM (Lap Pool)	7:10AM-8:00AM (Lap Pool) 9:10AM-10:45AM (Lap Pool) 11:00AM-1:00PM (Lap Pool) 1:15PM-3:00PM (Lap Pool)		
Scheduled Programming Gymnasium	8:00AM-12:00PM (Gymnasium) Staff Y. 2:00PM-5:00PM (Gymnasium) Staff Y. 5:30PM-7:00PM (Gymnasium)	8:00AM-12:00PM (Gymnasium) Staff Y. 2:00PM-5:00PM (Gymnasium) Staff Y.	8:00AM-12:00PM (Gymnasium) Staff Y. 2:00PM-5:00PM (Gymnasium) Staff Y. 5:30PM-7:15PM (Gymnasium) Staff Y.	8:00AM-12:00PM (Gymnasium) Staff Y. 2:00PM-5:00PM (Gymnasium)	8:00AM-12:00PM (Gymnasium) Staff Y. 2:00PM-5:00PM (Gymnasium) Staff Y.		
Scheduled Programming Indoor Pool	8:00AM-9:00AM (Lap Pool) Sally M. 5:00PM-7:00PM (Lap Pool)	5:00PM-7:00PM (Lap Pool) 7:00PM-8:00PM (Lap Pool)		8:00AM-9:00AM (Lap Pool) Mata S. 4:00PM-8:00PM (Lap Pool)	8:00AM-9:00AM (Lap Pool) Staff Y.	8:00AM-9:20AM (Lap Pool)	
SilverSneakers Circuit Gymnasium REGISTER	8:30AM-9:15AM (Active Older Adult) Kevin S.		8:30AM-9:15AM (Active Older Adult) Kevin S.		8:30AM-9:15AM (Active Older Adult) Kevin S.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp Gymnasium REGISTER	9:45AM-10:30AM (Fitness) Kevin S.		9:45AM-10:30AM (Fitness) Kevin S.		9:45AM-10:30AM (Fitness) Kevin S.		
Pickleball Gymnasium REGISTER	12:00PM-2:00PM (Gymnasium) Staff Y.		12:00PM-2:00PM (Gymnasium) Staff Y.		12:00PM-2:00PM (Gymnasium) Staff Y.		
3 Lap Lanes Indoor Pool	3:00PM-5:00PM (Lap Pool)			3:00PM-4:00PM (Lap Pool)			
Half Gym Open Court Gymnasium	5:00PM-7:45PM (Gymnasium) Staff Y.	5:30PM-7:45PM (Gymnasium)					
Les Mills GRIT™ Series Group Ex Studio REGISTER	5:15PM-5:45PM (Les Mills) Kevin S.						
Zumba Group Ex Studio REGISTER	6:00PM-6:45PM (Dance) Mata S.		6:00PM-6:45PM (Dance) Mata S.				
SilverSneakers Yoga Gymnasium REGISTER		8:30AM-9:15AM (Active Older Adult) Kevin S.		8:30AM-9:15AM (Active Older Adult) Kevin S.			
SilverSneakers Classic Gymnasium REGISTER		9:30AM-10:15AM (Active Older Adult) Kevin S.		9:30AM-10:15AM (Active Older Adult) Kevin S.			
2 Lap Lanes & Family Swim Indoor Pool		3:30PM-5:00PM (Lap Pool)					
Pilates Group Ex Studio REGISTER		4:15PM-5:00PM (Fitness) Maya C.		4:15PM-5:00PM (Fitness) Maya C.			
Scheduled Programming Court 2		4:30PM-7:45PM (Gymnasium)					
BODYPUMP™ Group Ex Studio REGISTER		5:30PM-6:30PM (Les Mills) Kevin S.		5:30PM-6:30PM (Les Mills) Kevin S.		9:45AM-10:45AM (Les Mills) Angie J.	
Yoga Stretch Group Ex Studio REGISTER			4:45PM-5:45PM (Mind Body) Laura G.				
Half Gym Open Court Court 2			6:45PM-7:45PM (Gymnasium)			1:00PM-3:45PM (Gymnasium)	
Women on Weights Group Ex Studio			7:00PM-7:45PM (Strength) Mata S.		5:00PM-5:45PM (Strength) Maya C.		
Zumba® Gold Group Ex Studio REGISTER					10:00AM-10:45AM (Dance) Aziza W.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Mind Group Ex Studio REGISTER						8:30AM-9:15AM (Mind Body) <i>Stacey S.</i>	
2 Lap Lanes Indoor Pool						9:10AM-11:20AM (Lap Pool)	
Les Mills Sprint Group Ex Studio REGISTER						11:00AM-11:30AM (Les Mills) <i>Mata S.</i>	
Family Open Swim Indoor Pool						11:20AM-1:00PM (Lap Pool)	