



North YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium	5:30AM-6:00AM (Gymnasium) 6:45AM-9:00AM (Gymnasium) 11:00AM-2:30PM (Gymnasium) 5:30PM-6:30PM (Gymnasium) 7:30PM-8:45PM (Gymnasium)	5:30AM-2:30PM (Gymnasium)	5:30AM-6:00AM (Gymnasium) 6:45AM-9:00AM (Gymnasium) 11:00AM-2:30PM (Gymnasium)	5:30AM-9:00AM (Gymnasium) 10:00AM-2:30PM (Gymnasium) 5:30PM-6:30PM (Gymnasium) 8:15PM-8:45PM (Gymnasium)	5:30AM-6:00AM (Gymnasium) 6:45AM-9:00AM (Gymnasium) 11:00AM-2:30PM (Gymnasium)		
6 Lap Lanes Indoor Pool	5:45AM-6:45AM (Lap Pool) 7:00AM-8:00AM (Lap Pool)		5:45AM-6:45AM (Lap Pool)	7:00AM-8:00AM (Lap Pool)	5:45AM-6:45AM (Lap Pool) <i>Staff Y.</i> 7:00AM-8:00AM (Lap Pool)		
Half Gym Open Court Gymnasium	6:00AM-6:45AM (Gymnasium) 2:30PM-5:30PM (Gymnasium)	2:30PM-5:30PM (Gymnasium) 5:30PM-8:45PM (Gymnasium)	6:00AM-6:45AM (Gymnasium) 2:30PM-5:00PM (Gymnasium)	2:30PM-5:30PM (Gymnasium)	6:00AM-6:45AM (Gymnasium) 2:30PM-5:30PM (Gymnasium)		
Bootcamp Gymnasium	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>		
BODYPUMP™ Studio One	7:00AM-7:45AM (Les Mills) <i>Tori D.</i>		7:15AM-8:15AM (Les Mills) <i>Morgan S.</i>	6:15PM-7:15PM (Les Mills) <i>Tori D.</i>	7:15AM-8:15AM (Les Mills) <i>Morgan S.</i>		
4 Lap Lanes & Shallow Water Area Indoor Pool	8:00AM-10:00AM (Lap Pool)				8:00AM-10:00AM (Lap Pool)		
Scheduled Programming Gymnasium	9:00AM-11:00AM (Gymnasium)		9:00AM-11:00AM (Gymnasium)	9:00AM-10:00AM (Gymnasium)	9:00AM-11:00AM (Gymnasium)		
SilverSneakers Classic Gymnasium	9:00AM-9:45AM (Active Older Adult) <i>Margaret M.</i>			9:00AM-9:45AM (Active Older Adult) <i>Margaret M.</i>			
4 Lap Lanes & Family Swim Indoor Pool	10:00AM-12:00PM (Lap Pool)				10:00AM-12:00PM (Lap Pool)		

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Yoga Strength Gymnasium	10:00AM-10:45AM (Mind Body) <i>Margaret M.</i>						
3 Lap Lanes Indoor Pool	3:00PM-5:15PM (Lap Pool)		9:45AM-11:00AM (Lap Pool) 3:00PM-5:15PM (Lap Pool)	9:45AM-11:00AM (Lap Pool)	3:00PM-4:00PM (Lap Pool)		
1 Lap Lane & Family Swim Indoor Pool	5:15PM-8:30PM (Lap Pool)					10:00AM-2:45PM (Lap Pool) <i>Staff Y.</i>	
BODYCOMBAT™ Studio One	6:00PM-7:00PM (Les Mills) <i>Tori D.</i>	7:00AM-7:45AM (Les Mills) <i>Tori D.</i>					
2 Lap Lanes Indoor Pool		5:45AM-6:45AM (Lap Pool) 9:45AM-11:00AM (Lap Pool) 6:30PM-8:00PM (Lap Pool)	8:30AM-9:45AM (Lap Pool)	5:45AM-6:45AM (Lap Pool)	4:00PM-5:00PM (Lap Pool)	8:30AM-9:30AM (Lap Pool)	
5 Lap Lanes Indoor Pool		7:00AM-8:00AM (Lap Pool)	7:00AM-8:00AM (Lap Pool)				
3 Lap Lanes & Family Swim Indoor Pool		8:00AM-9:45AM (Lap Pool) 3:00PM-6:00PM (Lap Pool)	11:00AM-12:00PM (Lap Pool)	8:00AM-9:45AM (Lap Pool)			
Zumba® Gold Studio One		10:00AM-11:00AM (Dance) <i>Cherryl N.</i>					
Cycling Studio A		10:00AM-10:45AM (Cycling) <i>Morgan S.</i>	6:30PM-7:15PM (Cycling) <i>Gina B.</i>	10:00AM-10:45AM (Cycling) <i>Morgan S.</i>			
2 Lap Lanes & Shallow Water Area Indoor Pool		11:00AM-12:00PM (Lap Pool) 6:00PM-6:30PM (Lap Pool)	8:00AM-8:30AM (Lap Pool)			8:00AM-8:30AM (Lap Pool) 9:30AM-10:00AM (Lap Pool) 2:45PM-3:30PM (Lap Pool)	
4 Lap Lanes Indoor Pool		8:00PM-8:30PM (Lap Pool)					
Pilates Gymnasium			9:00AM-9:45AM (Fitness) <i>Margaret M.</i>				

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Pure Strength Gymnasium			10:00AM-10:45AM (Strength) <i>Morgan S.</i>		10:00AM-10:45AM (Strength) <i>Morgan S.</i>		
2 Lap Lanes & Family Swim Indoor Pool			5:15PM-8:30PM (Lap Pool)		5:00PM-5:30PM (Lap Pool)		
Zumba® Toning Studio Two			6:15PM-7:15PM (Dance) <i>Cherryl N.</i>				
Les Mills Sprint Studio A				7:00AM-7:30AM (Les Mills) <i>Tori D.</i>			
Strictly Core Studio A				7:30AM-8:00AM (Fitness) <i>Tori D.</i>			
3 Lap Lanes & Shallow Water Area Indoor Pool				11:00AM-12:00PM (Lap Pool)			
Women Only Swim Indoor Pool				3:00PM-5:15PM (Lap Pool)			
Step & Strength Studio Two				5:30PM-6:15PM (Cardio) <i>Geno D.</i>			
Scheduled Programming Indoor Pool				6:15PM-8:30PM (Lap Pool)			
Line Dance Studio A				6:30PM-7:15PM (Dance) <i>Geno D.</i>			
Y Stretch Studio One				7:30PM-8:15PM (Mind Body) <i>Geno D.</i>			
Chair Yoga Gymnasium					9:00AM-9:45AM (Mind Body) <i>Margaret M.</i>		
Open Gym Court 4						8:00AM-9:00AM (Gymnasium) 12:00PM-3:45PM (Gymnasium)	
Break-It-Up Cycling Studio A						8:15AM-9:00AM (Cycling) <i>Gina B.</i>	
HIIT Studio One						9:15AM-10:00AM (Cardio) <i>Gina B.</i>	

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Yoga Flow Studio A						10:00AM-10:45AM (Mind Body) <i>Staff Y.</i>	