



## North Brandon Family YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Basketball Full Court	5:00AM-8:00AM (Gym Schedule)  12:00PM-6:00PM (Gym Schedule)  7:00PM-9:25PM (Gym Schedule)	5:00AM-8:00AM (Gym Schedule)  12:00PM-9:25PM (Gym Schedule)	5:00AM-8:00AM (Gym Schedule)  12:00PM-6:00PM (Gym Schedule)  7:00PM-9:55PM (Gym Schedule)	5:00AM-8:00AM (Gym Schedule)  12:00PM-9:25PM (Gym Schedule)	5:00AM-8:30AM (Gym Schedule)  12:00PM-8:25PM (Gym Schedule)	7:00AM-9:00AM (Gym Schedule)  1:30PM-5:55PM (Gym Schedule)	10:00AM-2:30PM (Gym Schedule)  4:30PM-4:55PM (Gym Schedule)
<b>LES MILLS BODYPUMP™</b> Group Ex Room	5:15AM-6:10AM (Group Fitness) <i>Steve C.</i>  5:45PM-6:40PM (Group Fitness) <i>Gigi G.</i>	9:30AM-10:25AM (Group Fitness) <i>Nicole W.</i>  4:45PM-5:40PM (Group Fitness) <i>Aracelli K.</i>	5:15AM-6:10AM (Group Fitness) <i>Jen B.</i>  5:45PM-6:40PM (Group Fitness) <i>Jen B.</i>	10:00AM-10:55AM (Group Fitness) <i>Jen B.</i>		9:15AM-10:10AM (Group Fitness) <i>Jen B.</i>	
<b>Open Swim 6 Lanes</b> Pool	5:30AM-8:45AM (Open Swim)  9:45AM-12:00PM (Open Swim)	5:30AM-12:00PM (Open Swim)	5:30AM-8:45AM (Open Swim)  9:45AM-12:00PM (Open Swim)	5:30AM-12:00PM (Open Swim)	5:30AM-8:45AM (Open Swim)  9:45AM-12:00PM (Open Swim)	8:00AM-11:00AM (Open Swim)  12:00PM-4:00PM (Open Swim)	
<b>Stay and Play</b> Stay and Play	8:00AM-11:00AM (Stay And Play)  4:30PM-8:00PM (Stay And Play)	8:00AM-11:00AM (Stay And Play)  4:30PM-8:00PM (Stay And Play)	8:00AM-11:00AM (Stay And Play)  4:30PM-8:00PM (Stay And Play)	8:00AM-11:00AM (Stay And Play)  4:30PM-8:00PM (Stay And Play)	8:00AM-11:00AM (Stay And Play)	8:00AM-12:00PM (Stay And Play)	
<b>Open Gym-Pickleball</b> Pickleball Full Court	8:00AM-12:00PM (Gym Schedule)		8:00AM-12:00PM (Gym Schedule)		8:30AM-12:00PM (Gym Schedule)		
<b>Body Sculpt</b> Group Ex Room	8:15AM-9:00AM (Group Fitness) <i>Nadia T.</i>		8:15AM-9:00AM (Group Fitness) <i>Nadia T.</i>		8:15AM-9:00AM (Group Fitness) <i>Nadia T.</i>		
<b>Open Swim 4 Lanes</b> Pool	8:45AM-9:45AM (Open Swim)		8:45AM-9:45PM (Open Swim)		8:45AM-9:45AM (Open Swim)	11:00AM-12:00PM (Open Swim)	
<b>Aqua</b> Pool	9:00AM-9:55AM (Water Fitness) <i>Marie P.</i>		9:00AM-9:55AM (Water Fitness) <i>Zitlaltzin A.</i>		9:00AM-9:55AM (Water Fitness) <i>Zitlaltzin A.</i>		
<b>Yoga</b> Group Ex Room	9:15AM-10:00AM (Mind And Body) <i>Tabitha D.</i>						
<b>Meditation 101</b> Group Ex Room	10:00AM-10:30AM (Mind And Body) <i>Tabitha D.</i>						

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Zumba</b> Group Ex Room	10:45AM-11:40AM (Group Fitness) <i>Heather R.</i>	6:45PM-7:30PM (Group Fitness) <i>Elizabeth B.</i>		9:05AM-9:55AM (Group Fitness) <i>Heather R.</i>			
<b>SilverSneakers® Circuit</b> Community Room	11:00AM-11:55AM (Active Older Adults) <i>Mary S.</i>			10:00AM-10:55AM (Active Older Adults) <i>Maria H.</i>			
<b>Tai Chi</b> Group Ex Room	12:00PM-12:55PM (Mind And Body) <i>Maria H.</i>				10:00AM-10:55AM (Mind And Body) <i>Debbie R.</i>		
<b>Open Swim 2 Lanes</b> Pool	4:00PM-7:00PM (Open Swim)	4:00PM-7:00PM (Open Swim)	4:00PM-7:00PM (Open Swim)	4:00PM-7:00PM (Open Swim)	4:00PM-7:00PM (Open Swim)		
<b>Stay and Play</b> Youth Zone	4:30PM-8:00PM (Stay And Play)	4:30PM-8:00PM (Stay And Play)	4:30PM-8:00PM (Stay And Play)	4:30PM-8:00PM (Stay And Play)		8:00AM-12:00PM (Stay And Play)	
<b>Open Gym-Basketball</b> Basketball Court 2	6:00PM-7:00PM (Gym Schedule)			8:00AM-12:00PM (Gym Schedule)			
<b>YMCA Program</b> Basketball Court 1	6:00PM-7:00PM (Gym Schedule)						
<b>LES MILLS RPM™</b> Cycle Studio	6:00PM-6:45PM (Cycle) <i>Jen B.</i>	5:15AM-6:00AM (Cycle) <i>Steve C.</i>				8:00AM-8:45AM (Cycle) <i>Steve C.</i>	
<b>Step</b> Group Ex Room	6:45PM-7:30PM (Group Fitness) <i>Elizabeth B.</i>						
<b>Open Gym-Pickleball</b> Basketball Court 2		8:00AM-12:00PM (Gym Schedule)		8:00AM-12:00PM (Gym Schedule)			2:30PM-4:30PM (Gym Schedule)
<b>Open Gym-Basketball</b> Basketball Court 1		8:00AM-12:00PM (Gym Schedule)					2:30PM-4:30PM (Gym Schedule)
<b>Pilates</b> Group Ex Room		8:15AM-9:00AM (Mind And Body) <i>Virginia P.</i>		8:15AM-9:00AM (Mind And Body) <i>Virginia P.</i>			
<b>SilverSneakers® Classic</b> Community Room		10:00AM-10:55AM (Active Older Adults) <i>Maria H.</i>  11:15AM-12:10PM (Active Older Adults) <i>Maria H.</i>					
<b>LES MILLS BODYCOMBAT™</b> Group Ex Room		5:45PM-6:40PM (Group Fitness) <i>Cindy B.</i>		5:45PM-6:40PM (Group Fitness) <i>Cindy B.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Core Conditioning</b> Group Ex Room			9:00AM-9:30AM (General) <i>Nadia T.</i>  6:45PM-7:40PM (General) <i>Jen B.</i>				
<b>Stretch</b> Group Ex Room			9:35AM-10:10AM (Mind And Body) <i>Nadia T.</i>		9:00AM-9:45AM (Mind And Body) <i>Nadia T.</i>		
<b>Zumba Gold</b> Community Room			10:30AM-11:25AM (Group Fitness) <i>Milene L.</i>				
<b>Warrior Roots</b> Community Room			11:30AM-12:25PM (Group Fitness) <i>Marie P.</i>				
<b>LES MILLS BODYBALANCE™</b> Group Ex Room			4:45PM-5:40PM (Mind And Body) <i>Jen B.</i>			8:00AM-8:55AM (Mind And Body) <i>Jen B.</i>	
<b>YMCA Program</b> Basketball Full Court			6:00PM-7:00PM (Gym Schedule)			9:00AM-1:30PM (Gym Schedule)	
<b>LES MILLS SPRINT™</b> Cycle Studio			6:00PM-6:30PM (Cycle) <i>Steve C.</i>	5:15AM-5:45AM (Cycle) <i>Jen B.</i>  9:00AM-9:30AM (Cycle) <i>Jen B.</i>			
<b>Chair Yoga</b> Community Room				11:15AM-12:10PM (Active Older Adults) <i>Maria H.</i>			
<b>Line Dancing</b> Group Ex Room					11:00AM-11:55AM (Group Fitness) <i>Debbie M.</i>		
<b>Barre</b> Group Ex Room						10:30AM-11:25AM (Group Fitness) <i>Gail M.</i>	
<b>Open Swim Entire Pool</b> Pool							11:00AM-4:00PM (Open Swim)



## Downtown YMCA Wellness Center | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS RPM™</b> The Studio	5:00AM-5:30AM (Virtual)		1:15PM-1:45PM (Virtual)	5:30AM-6:00AM (Virtual)			
<b>LES MILLS BODYPUMP™</b> Main Floor	5:30AM-6:25AM (Group Fitness) <i>Kristen S.</i>  12:00PM-12:45PM (Group Fitness) <i>Deanna H.</i>  5:30PM-6:25PM (Group Fitness) <i>Fred P.</i>		5:45AM-6:40AM (Group Fitness) <i>Cynthia P.</i>  12:00PM-12:45PM (Group Fitness) <i>Deanna H.</i>			12:00PM-12:45PM (Group Fitness) <i>Deanna H.</i>	
<b>LES MILLS BODYPUMP™</b> The Studio	5:45AM-6:30AM (Virtual)		6:00PM-6:55PM (Virtual)	5:15PM-6:10PM (Virtual)	4:00PM-4:45PM (Virtual)	8:15AM-9:10AM (Virtual)	
<b>LES MILLS BODYBALANCE™</b> The Studio	7:00AM-7:45AM (Virtual)  1:00PM-1:45PM (Virtual)  7:00PM-7:45PM (Virtual)	5:30AM-6:00AM (Virtual)  5:30PM-6:25PM (Mind And Body) <i>Danielle D.</i>	6:15AM-7:30AM (Virtual)  7:00PM-7:45PM (Virtual)	6:15AM-6:45AM (Virtual)  6:15PM-7:00PM (Virtual)	6:00AM-6:55AM (Mind And Body) <i>Holly M.</i>  12:00PM-12:55PM (Mind And Body) <i>Kelly C.</i>		
<b>LES MILLS SPRINT™</b> The Studio	12:00PM-12:30PM (Virtual)	6:15AM-6:45AM (Virtual)			7:30AM-8:00AM (Virtual)  1:15PM-1:45PM (Virtual) <i>Lisa S.</i>		
<b>LES MILLS BODYATTACK™</b> The Studio	4:45PM-5:40PM (Virtual)			7:15PM-7:45PM (Virtual)		7:15AM-8:00AM (Virtual) <i>Lisa S.</i>	
<b>LES MILLS BARRE™</b> The Studio	6:15PM-6:45PM (Virtual)		12:00PM-12:55PM (Mind And Body) <i>Miki L.</i>				
<b>Circuit Training</b> Main Floor		5:45AM-6:15AM (Group Fitness) <i>Cynthia P.</i>		5:45AM-6:15AM (Group Fitness) <i>Cynthia P.</i>			
<b>LES MILLS CORE™</b> Main Floor		6:15AM-6:45AM (Group Fitness) <i>Cynthia P.</i>		6:15AM-6:45AM (Group Fitness) <i>Cynthia P.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>LES MILLS CORE™</b> The Studio		1:00PM-1:30PM (Virtual)		1:00PM-1:30PM (Virtual)	5:00PM-5:30PM (Virtual)		
<b>Yoga</b> The Studio		4:15PM-5:10PM (Mind And Body) <i>Caroline F.</i>					
<b>Zumba</b> Meet Outside		6:00PM-7:00PM (Group Fitness) <i>Latesha H.</i>					
<b>LES MILLS GRIT™ Cardio</b> The Studio			5:30AM-6:00AM (Virtual)				



## Bob Sierra Family YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Courts 1 & 2	5:00AM-10:00AM (Gym Schedule)  1:00PM-5:30PM (Gym Schedule)  7:30PM-9:00PM (Gym Schedule)	5:00AM-10:00AM (Gym Schedule)  1:00PM-5:30PM (Gym Schedule)  7:30PM-9:00PM (Gym Schedule)	5:00AM-10:00PM (Gym Schedule)  1:00PM-5:30PM (Gym Schedule)  7:30PM-9:00PM (Gym Schedule)	5:00AM-10:00AM (Gym Schedule)  1:00PM-5:30PM (Gym Schedule)	5:00AM-10:00AM (Gym Schedule)  1:00PM-5:30PM (Gym Schedule)	2:00PM-5:30PM (Gym Schedule)	10:00AM-4:30PM (Gym Schedule)
<b>Lap Swim 6 Lanes</b> Pool	5:00AM-7:30AM (Lap Swim)  11:30AM-4:00PM (Lap Swim)	5:00AM-7:30AM (Lap Swim)  7:30AM-9:00AM (Lap Swim)  11:30AM-4:00PM (Lap Swim)	5:00AM-7:30AM (Lap Swim)  7:30AM-9:00AM (Lap Swim)  9:00AM-4:00PM (Lap Swim)	5:00AM-7:30AM (Lap Swim)  7:30AM-9:00AM (Lap Swim)  9:00AM-4:00PM (Lap Swim)	5:00AM-7:30AM (Lap Swim)	7:30AM-9:00AM (Lap Swim)  11:30AM-4:00PM (Lap Swim)  11:30PM-4:00PM (Lap Swim)	10:30AM-4:00PM (Lap Swim)
<b>LES MILLS SPRINT™</b> Cycle Studio	5:30AM-6:00AM (Cycle) <i>Ayana E.</i>  5:00PM-5:25PM (Cycle) <i>Michelle H.</i>		5:00PM-5:30PM (Cycle) <i>Michelle H.</i>		5:30AM-6:00AM (Cycle) <i>Ayana E.</i>		
<b>Crusher</b> Group Ex Room	6:30AM-7:15AM (Group Fitness) <i>Jenn G.</i>		6:30AM-7:15AM (Group Fitness) <i>Theresa G.</i>				
<b>Open Swim 2 Lanes</b> Pool	7:30AM-9:00AM (Open Swim)  11:30AM-4:00PM (Open Swim)  7:30PM-8:00PM (Open Swim)	7:30AM-9:00AM (Open Swim)  9:00AM-11:00AM (Open Swim)  7:30PM-8:00PM (Open Swim)	7:30AM-9:00AM (Open Swim)  9:00AM-4:00PM (Open Swim)  7:30PM-8:00PM (Open Swim)	7:30AM-9:00AM (Open Swim)  9:00AM-4:00PM (Open Swim)  7:30PM-8:00PM (Open Swim)	7:30AM-8:00PM (Open Swim)	11:30AM-4:00PM (Open Swim)	10:30AM-4:00PM (Open Swim)
<b>Lap Swim 4 Lanes</b> Pool	7:30AM-9:00AM (Lap Swim)  9:00AM-11:30AM (Lap Swim)  4:00PM-8:00PM (Lap Swim)	9:00AM-11:30AM (Lap Swim)  4:00PM-8:00PM (Lap Swim)	4:00PM-8:00PM (Lap Swim)	4:00PM-8:00PM (Lap Swim)	7:30AM-8:00PM (Lap Swim)	9:00AM-11:30AM (Lap Swim)	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Stay and Play</b> Stay and Play	8:00AM-12:00PM (Stay And Play)  4:00PM-8:00PM (Stay And Play)	8:00AM-12:00PM (Stay And Play)  4:00PM-8:00PM (Stay And Play)	8:00AM-12:00PM (Stay And Play)  4:00PM-8:00PM (Stay And Play)	8:00AM-12:00PM (Stay And Play)  4:00PM-8:00PM (Stay And Play)	8:00AM-12:00PM (Stay And Play)  4:00PM-7:30PM (Stay And Play)	8:00AM-12:00PM (Stay And Play)	11:00AM-2:00PM (Stay And Play)
<b>Aqua</b> Pool	8:00AM-8:55AM (Water Fitness) <i>Marianne M.</i>	8:00AM-9:00AM (Water Fitness) <i>Theresa G.</i>	9:00AM-9:55AM (Water Fitness) <i>Alla M.</i>	8:00AM-9:00AM (Water Fitness) <i>Theresa G.</i>	8:00AM-8:55AM (Water Fitness) <i>Theresa G.</i>		
<b>Body Sculpt</b> Group Ex Room	8:30AM-9:25AM (Group Fitness) <i>Jennifer G.</i>		8:30AM-9:25AM (Group Fitness) <i>Jennifer G.</i>				
<b>Pilates</b> Mind Body Studio	8:30AM-9:25AM (Mind And Body) <i>Miko H.</i>		9:30AM-10:25AM (Mind And Body) <i>Miko H.</i>			9:00AM-9:55AM (Mind And Body) <i>Miko H.</i>	
<b>Cycling</b> Cycle Studio	8:30AM-9:25AM (Cycle) <i>Jenn G.</i>  9:30AM-10:25AM (Cycle) <i>Jennifer G.</i>	5:30PM-6:25PM (Cycle) <i>Paul C.</i>	5:15AM-6:15AM (Cycle) <i>Theresa G.</i>  8:30AM-9:25AM (Cycle) <i>Paul C.</i>  9:30AM-10:30AM (Cycle) <i>Nikki M.</i>  5:45PM-6:40PM (Cycle) <i>Ken P.</i>	8:30AM-9:25AM (Cycle) <i>Paul C.</i>	8:30AM-9:25AM (Cycle) <i>Lisa N.</i>	8:30AM-9:25AM (Cycle) <i>Michelle H.</i>  9:30AM-10:25AM (Cycle) <i>Paul C.</i>	
<b>Open Swim 1 Lane</b> Pool	9:00AM-11:00AM (Open Swim)  4:00PM-7:30PM (Open Swim)	4:00PM-7:30PM (Open Swim)	4:00PM-7:30PM (Open Swim)	4:00PM-7:30PM (Open Swim)			
<b>LES MILLS BODYPUMP™</b> Group Ex Room	9:30AM-10:25AM (Group Fitness) <i>Lori T.</i>  4:30PM-5:25PM (Group Fitness) <i>Jodi F.</i>	8:30AM-9:25AM (Group Fitness) <i>Christie P.</i>  5:45PM-6:40PM (Group Fitness) <i>Lori T.</i>	5:45PM-6:40PM (Group Fitness) <i>Michelle H.</i>	9:30AM-10:25AM (Group Fitness) <i>Christie P.</i>  6:45PM-7:40PM (Group Fitness) <i>Lori T.</i>	4:30PM-5:25PM (Group Fitness) <i>Jodi F.</i>	8:00AM-8:55AM (Group Fitness) <i>Lori H.</i>	
<b>Stretch</b> Mind Body Studio	9:30AM-10:25AM (Mind And Body) <i>Ana R.</i>						
<b>Open Gym-Pickleball</b> Courts 1 & 2	10:00AM-1:00PM (Gym Schedule)	10:00AM-1:00PM (Gym Schedule)	10:00AM-1:00PM (Gym Schedule)	10:00AM-1:00PM (Gym Schedule)	10:00AM-1:00PM (Gym Schedule)		
<b>Gentle Yoga</b> Group Ex Room	10:30AM-11:25AM (Mind And Body) <i>Ana R.</i>		10:30AM-11:25AM (Mind And Body) <i>Yana F.</i>		10:30AM-11:25AM (Mind And Body) <i>Agnes V.</i>		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Circuit Training</b> Group Ex Room	11:30AM-12:25PM (Group Fitness) <i>Patty G.</i>	5:15AM-6:15AM (Group Fitness) <i>Theresa G.</i>	9:30AM-10:25AM (Group Fitness) <i>Emily E.</i>		8:30AM-9:25AM (Group Fitness) <i>Holly H.</i>  11:30AM-12:25PM (Group Fitness) <i>Patty G.</i>		
<b>Active Older Adults(AOA)</b> Group Ex Room	12:30PM-1:25PM (Active Older Adults) <i>Holly H.</i>		12:30PM-1:25PM (Active Older Adults) <i>Linda G.</i>		1:30PM-2:25PM (Active Older Adults) <i>Linda G.</i>		
<b>SilverSneakers® Classic</b> Group Ex Room	1:30PM-2:30PM (Active Older Adults) <i>Holly H.</i>	12:30PM-1:25PM (Active Older Adults) <i>Patty G.</i>		12:30PM-1:25PM (Active Older Adults) <i>Patty G.</i>			
<b>YMCA Program</b> Courts 1 & 2	5:30PM-7:30PM (Gym Schedule)	5:30PM-7:30PM (Gym Schedule)	5:30PM-7:30PM (Gym Schedule)			7:00AM-2:00PM (Gym Schedule)	
<b>LES MILLS RPM™</b> Cycle Studio	5:30PM-6:15PM (Cycle) <i>Michelle H.</i>			5:30PM-6:15PM (Cycle) <i>Michelle H.</i>			
<b>Zumba</b> Group Ex Room	5:45PM-6:40PM (Group Fitness) <i>Kathryn L.</i>				5:45PM-6:15PM (Group Fitness) <i>Kathryn L.</i>	11:00AM-11:55AM (Group Fitness) <i>Katryna L.</i>	
<b>Yoga</b> Mind Body Studio	5:45PM-6:45PM (Mind And Body) <i>Janet R.</i>		6:00PM-6:55PM (Mind And Body) <i>Miko H.</i>	5:15AM-6:15AM (Mind And Body) <i>Janet R.</i>		7:15AM-8:30AM (Mind And Body) <i>Agnes V.</i>	
<b>Spinning</b> Cycle Studio		8:30AM-9:30AM (Cycle) <i>Jodi F.</i>			9:30AM-10:30AM (Cycle) <i>Jodi F.</i>		
<b>20/20</b> Group Ex Room		9:30AM-10:15AM (Group Fitness) <i>Christie P.</i>					
<b>LES MILLS BODYBALANCE™</b> Mind Body Studio		9:30AM-10:25AM (Mind And Body) <i>Sue R.</i>					
<b>Water Volleyball</b> Pool		10:00AM-11:00AM (Water Fitness) <i>No I.</i>		10:00AM-11:00AM (Water Fitness) <i>No I.</i>			
<b>HIIT</b> Group Ex Room		10:30AM-11:25AM (Group Fitness) <i>Nikki M.</i>		10:30AM-11:25AM (Group Fitness) <i>Danielle C.</i>	9:30AM-10:25AM (Group Fitness) <i>Christie P.</i>		
<b>Vinyasa Yoga</b> Mind Body Studio		10:30AM-11:25AM (Mind And Body) <i>Amy C.</i>  5:45PM-6:40PM (Mind And Body) <i>Krystal R.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Walking Warriors</b> Main Studio		10:30AM-11:25AM (Group Fitness) <i>Holly H.</i>					
<b>Pedaling for Parkinson's</b> Cycle Studio		11:00AM-12:00PM (Cycle) <i>Paul C.</i>		11:00AM-12:00PM (Cycle) <i>Paul C.</i>			
<b>Chair Yoga</b> Group Ex Room		11:30AM-12:25PM (Active Older Adults) <i>Patty G.</i>		1:30PM-2:30PM (Active Older Adults) <i>Linda G.</i>	12:30PM-1:30PM (Active Older Adults) <i>Patty G.</i>		
<b>Zumba Gold</b> Group Ex Room		1:30PM-2:25PM (Group Fitness) <i>Maria M.</i>	11:30AM-12:25PM (Group Fitness) <i>Maria M.</i>	11:30AM-12:25PM (Group Fitness) <i>Maria M.</i>			
<b>LES MILLS GRIT™ Cardio</b> Cycle Studio		6:45PM-7:15PM (Group Fitness) <i>Jodi F.</i>					
<b>LES MILLS CORE™</b> Mind Body Studio			10:30AM-11:15AM (Group Fitness) <i>Alla M.</i>				
<b>Golden Spokes</b> Cycle Studio			11:00AM-11:45AM (Active Older Adults) <i>Holly H.</i>				
<b>Tai Chi</b> Group Ex Room			1:30PM-2:25PM (Mind And Body) <i>Linda G.</i>				
<b>Total Body Conditioning</b> Group Ex Room			4:30PM-5:25PM (General) <i>Kaylee M.</i>				
<b>LES MILLS BODYSTEP™</b> Group Ex Room			6:45PM-7:40PM (Group Fitness) <i>Lori T.</i>				
<b>LES MILLS BODYCOMBAT™</b> Group Ex Room				8:30AM-9:25AM (Group Fitness) <i>Pedro G.</i>			
<b>YoChi</b> Mind Body Studio				9:30AM-10:25AM (Mind And Body) <i>Sue R.</i>			
<b>Interval Training</b> Group Ex Room				4:30PM-5:00PM (Group Fitness) <i>Kaylee M.</i>			
<b>LES MILLS BODYPUMP HEAVY™</b> Group Ex Room				5:05PM-6:00PM (Group Fitness) <i>Jodi F.</i>			
<b>YMCA Program</b> Court 2				6:00PM-7:30PM (Gym Schedule)			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Zumba Toning</b> Group Ex Room				6:05PM-6:35PM (Group Fitness) <i>Kaitlin L.</i>			
<b>YMCA Program</b> Court 1				6:30PM-9:00PM (Gym Schedule)	5:30PM-8:00PM (Gym Schedule)		
<b>Open Gym-Adult Basketball</b> Court 2				7:30PM-9:00PM (Gym Schedule)			
<b>Power Yoga</b> Mind Body Studio					8:30AM-9:25AM (Mind And Body) <i>Roxana B.</i>		
<b>Infusion</b> Mind Body Studio					9:30AM-10:25AM (Mind And Body) <i>Roxana B.</i>		
<b>Open Gym</b> Court 2					5:30PM-7:00PM (Gym Schedule)  7:00PM-8:00PM (Gym Schedule)		
<b>Aqua Zumba®</b> Pool						9:00AM-10:00AM (Water Fitness) <i>Kaitlin L.</i>	
<b>LES MILLS TONE™</b> Group Ex Room						9:00AM-9:45AM (Group Fitness) <i>Sue R.</i>	
<b>Balance and Stretch</b> Mind Body Studio						10:00AM-10:55AM (Mind And Body) <i>Miko H.</i>	
<b>LES MILLS BODYBALANCE™</b> Group Ex Room						10:00AM-10:55AM (Mind And Body) <i>Sue R.</i>	



## Spurlino Family YMCA at Big Bend Road | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym-Basketball</b> North Court 1	5:00AM-9:00AM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)  4:00PM-5:45PM (Gym Schedule)		11:00AM-1:00PM (Gym Schedule)  3:00PM-5:00PM (Gym Schedule)
<b>Open Gym-Basketball</b> South Court 3	5:00AM-11:00AM (Gym Schedule)  2:00PM-4:45PM (Gym Schedule)  8:00PM-9:30PM (Gym Schedule)	5:00AM-11:00AM (Gym Schedule)  2:00PM-5:45PM (Gym Schedule)  8:00PM-9:30PM (Gym Schedule)	5:00AM-11:00AM (Gym Schedule)  2:00PM-4:45PM (Gym Schedule)	5:00AM-11:00AM (Gym Schedule)  2:00PM-4:00PM (Gym Schedule)	5:00AM-11:00AM (Gym Schedule)  2:00PM-4:00PM (Gym Schedule)		8:00AM-9:00AM (Gym Schedule)
<b>Open Gym</b> North Court 2	5:00AM-9:00AM (Gym Schedule)						
<b>Open Gym</b> South Court 4	5:00AM-11:00AM (Gym Schedule)						
<b>LES MILLS BODYPUMP™</b> Group Fitness Studio	5:15AM-6:10AM (Group Fitness) <i>Carlos M.</i>  7:30AM-8:15AM (Group Fitness) <i>Jen B.</i>  8:30AM-9:25AM (Group Fitness) <i>Dinah O.</i>	4:30PM-5:15PM (Group Fitness) <i>Belinda M.</i>	5:15AM-6:10AM (Group Fitness) <i>Destiny C.</i>  7:30AM-8:15AM (Group Fitness) <i>David S.</i>  9:30AM-10:25AM (Group Fitness) <i>David S.</i>  5:30PM-6:25PM (Group Fitness) <i>Gigi G.</i>	4:30PM-5:15PM (Group Fitness) <i>David S.</i>	5:15AM-5:45AM (Group Fitness) <i>Angela F.</i>  8:30AM-9:25AM (Group Fitness) <i>David S.</i>  5:30PM-6:25PM (Group Fitness) <i>Belinda M.</i>	9:40AM-10:35AM (Group Fitness) <i>Irene S.</i>	
<b>Open Swim Entire Pool</b> Lap Pool	5:30AM-9:00AM (Open Swim)	5:30AM-9:00AM (Open Swim)	5:30AM-9:00AM (Open Swim)	5:30AM-9:00AM (Open Swim)	5:30AM-9:00AM (Open Swim)	7:30AM-5:30PM (Open Swim)	8:30AM-4:30PM (Open Swim)
<b>Stay and Play</b> Stay & Play	8:00AM-1:00PM (Stay And Play)  4:00PM-8:00PM (Stay And Play)	8:00AM-1:00PM (Stay And Play)  4:00PM-8:00PM (Stay And Play)	8:00AM-1:00PM (Stay And Play)  4:00PM-8:00PM (Stay And Play)	8:00AM-1:00PM (Stay And Play)  4:00PM-8:00PM (Stay And Play)	8:00AM-1:00PM (Stay And Play)  4:00PM-7:00PM (Stay And Play)	8:00AM-1:00PM (Stay And Play)	10:00AM-2:00PM (Stay And Play)



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Open Gym-Pickleball</b> South Court 4	11:00AM-2:00PM (Gym Schedule)	11:30AM-2:00PM (Gym Schedule)	11:00AM-2:00PM (Gym Schedule)	11:30AM-2:00PM (Gym Schedule)	11:00AM-2:00PM (Gym Schedule)		
<b>Lap Swim 8 Lanes</b> Lap Pool	11:00AM-8:00PM (Lap Swim)		11:00AM-8:00PM (Lap Swim)		11:00AM-7:30PM (Lap Swim)		
<b>Open Swim Entire Pool</b> Warm Water Therapy	11:00AM-4:00PM (Open Swim)	11:00AM-4:00PM (Open Swim)	11:00AM-4:00PM (Open Swim)	11:00AM-4:00PM (Open Swim)	11:00AM-7:00PM (Open Swim)	1:00PM-4:30PM (Open Swim)	11:00AM-1:00PM (Open Swim)
<b>Pilates</b> Mind Body Studio	12:00PM-12:55PM (Mind And Body) <i>Diana A.</i>  5:30PM-6:25PM (Mind And Body) <i>Bobbi G.</i>	9:30AM-10:15AM (Mind And Body) <i>Chantel D.</i>	5:30PM-6:25PM (Mind And Body) <i>Julie B.</i>	9:30AM-10:15AM (Mind And Body) <i>Marie P.</i>	10:45AM-11:40AM (Mind And Body) <i>Julie B.</i>		
<b>Cycling</b> Cycle Studio	12:00PM-12:30PM (Cycle) <i>Erin M.</i>  4:45PM-5:15PM (Cycle) <i>Marie P.</i>		8:30AM-9:15AM (Cycle) <i>Kristine H.</i>  4:45PM-5:15PM (Cycle) <i>Erin M.</i>				
<b>Open Gym-Adult Basketball</b> North Court 1	2:00PM-4:45PM (Gym Schedule)	2:00PM-5:45PM (Gym Schedule)	2:00PM-4:45PM (Gym Schedule)	2:00PM-4:45PM (Gym Schedule)	2:00PM-4:00PM (Gym Schedule)		8:00AM-11:00AM (Gym Schedule)
<b>Open Gym-Basketball</b> South Court 4	2:00PM-4:45PM (Gym Schedule)  8:00PM-9:30PM (Gym Schedule)	5:00AM-11:00AM (Gym Schedule)  2:00PM-5:45PM (Gym Schedule)  8:00PM-9:30PM (Gym Schedule)	5:00AM-11:00AM (Gym Schedule)  2:00PM-4:45PM (Gym Schedule)	5:00AM-11:00AM (Gym Schedule)  2:00PM-5:45PM (Gym Schedule)	5:00AM-11:00AM (Gym Schedule)  2:00PM-4:00PM (Gym Schedule)		8:00AM-9:00AM (Gym Schedule)
<b>Open Gym-Adult Basketball</b> North Court 2	2:00PM-4:45PM (Gym Schedule)	2:00PM-5:45PM (Gym Schedule)	2:00PM-4:45PM (Gym Schedule)	2:00PM-4:45PM (Gym Schedule)	2:00PM-4:00PM (Gym Schedule)		8:00AM-11:00AM (Gym Schedule)
<b>Open Swim Entire Pool</b> Splash Pool	4:00PM-7:00PM (Open Swim)	4:00PM-7:00PM (Open Swim)	4:00PM-7:00PM (Open Swim)	4:00PM-7:00PM (Open Swim)	4:00PM-7:00PM (Open Swim)	11:00AM-4:30PM (Open Swim)	11:00AM-4:00PM (Open Swim)
<b>Fit Factory</b> Group Fitness Studio	4:30PM-5:15PM (General) <i>Julie B.</i>						
<b>YMCA Program</b> North Court 1	4:45PM-6:00PM (Gym Schedule)  6:00PM-9:30PM (Gym Schedule)	5:45PM-7:00PM (Gym Schedule)  7:00PM-10:00PM (Gym Schedule)	4:45PM-8:00PM (Gym Schedule)  8:00PM-10:00PM (Gym Schedule)	4:45PM-7:00PM (Gym Schedule)  7:00PM-9:30PM (Gym Schedule)	5:45PM-9:00PM (Gym Schedule)	8:00AM-7:00PM (Gym Schedule)	1:00PM-3:00PM (Gym Schedule)

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>YMCA Program</b> South Court 3	4:45PM-8:00PM (Gym Schedule)	5:45PM-8:00PM (Gym Schedule)	4:45PM-8:00PM (Gym Schedule)	4:00PM-5:30PM (Gym Schedule)  6:00PM-7:00PM (Gym Schedule)	5:30PM-8:00PM (Gym Schedule)	8:00AM-7:00PM (Gym Schedule)	11:00AM-1:00PM (Gym Schedule)
<b>YMCA Program</b> South Court 4	4:45PM-8:00PM (Gym Schedule)	5:45PM-8:00PM (Gym Schedule)	4:45PM-8:00PM (Gym Schedule)	5:45PM-7:00PM (Gym Schedule)	5:45PM-8:00PM (Gym Schedule)	8:00AM-7:00PM (Gym Schedule)  8:00PM-4:00PM (Gym Schedule)	11:00AM-1:00PM (Gym Schedule)
<b>YMCA Program</b> North Court 2	4:45PM-6:00PM (Gym Schedule)	5:45PM-7:00PM (Gym Schedule)  7:00PM-10:00PM (Gym Schedule)	4:45PM-8:00PM (Gym Schedule)  8:00PM-10:00PM (Gym Schedule)	4:45PM-7:00PM (Gym Schedule)  7:00PM-9:30PM (Gym Schedule)	5:45PM-9:00PM (Gym Schedule)	8:00AM-7:00PM (Gym Schedule)	1:00PM-3:00PM (Gym Schedule)
<b>Open Gym</b> Airnasium	5:30PM-9:00PM (Airnasium Schedule)		5:30PM-9:00PM (Airnasium Schedule)			1:00PM-5:00PM (Airnasium Schedule)	
<b>LES MILLS BODYPUMP HEAVY™</b> Group Fitness Studio	5:30PM-6:25PM (Group Fitness) <i>David S.</i>				7:30AM-8:15AM (Group Fitness) <i>Dinah O.</i>  12:00PM-12:55PM (Group Fitness) <i>David S.</i>		
<b>AquaBata/HIIT</b> Lap Pool	6:00PM-6:55PM (Water Fitness) <i>Iliia B.</i>						
<b>Open Gym-Basketball</b> North Court 2	6:00PM-9:30PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)  4:00PM-5:45PM (Gym Schedule)  8:00PM-8:30PM (Gym Schedule)		11:00AM-1:00PM (Gym Schedule)  3:00PM-5:00PM (Gym Schedule)
<b>Yoga</b> Mind Body Studio	6:30PM-7:25PM (Mind And Body) <i>Bobbi G.</i>				9:40AM-10:35AM (Mind And Body) <i>Carissa H.</i>		
<b>U-Jam</b> Group Fitness Studio	6:40PM-7:35PM (Group Fitness) <i>Heather R.</i>						
<b>Boot Camp</b> Group Fitness Studio		6:00AM-6:55AM (Group Fitness) <i>Angela E.</i>		6:00AM-6:55AM (Group Fitness) <i>Angela E.</i>			
<b>HEAT</b> Group Fitness Studio		7:30AM-8:15AM (Group Fitness) <i>Angela E.</i>		7:30AM-8:15AM (Group Fitness) <i>Angela E.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Step</b> Group Fitness Studio		9:00AM-9:30AM (Group Fitness) <i>Kristine H.</i>					
<b>Core &amp; More</b> Group Fitness Studio		9:30AM-10:00AM (Group Fitness) <i>Kristine H.</i>					
<b>Silver &amp; Fit(AOA)</b> Group Fitness Studio		10:15AM-11:10AM (Active Older Adults) <i>Maribel D.</i>  11:15AM-12:10PM (Active Older Adults) <i>Maribel D.</i>		10:15AM-11:10AM (Active Older Adults) <i>Diana A.</i>  11:20AM-12:15PM (Active Older Adults) <i>Diana A.</i>			
<b>Lap Swim 5 Lanes</b> Lap Pool		11:00AM-5:00PM (Lap Swim)		11:00AM-5:00PM (Lap Swim)			
<b>YMCA Program</b> Airlinesium		4:00PM-6:30PM (Airlinesium Schedule)		4:00PM-6:30PM (Airlinesium Schedule)	6:00PM-8:00PM (Airlinesium Schedule)	9:30AM-11:00AM (Airlinesium Schedule)	
<b>Core &amp; More</b> Mind Body Studio		4:30PM-5:15PM (Group Fitness) <i>Angela E.</i>		4:30PM-5:15PM (Group Fitness) <i>Lynwood G.</i>			
<b>LES MILLS BODYCOMBAT™</b> Group Fitness Studio		5:30PM-6:25PM (Group Fitness) <i>Mechelle L.</i>		9:00AM-9:30AM (Group Fitness) <i>Amber R.</i>  5:30PM-6:25PM (Group Fitness) <i>Mario A.</i>			
<b>Open Gym-Pickleball</b> Airlinesium		6:30PM-9:00PM (Airlinesium Schedule)		6:30PM-9:00PM (Airlinesium Schedule)		11:00AM-1:00PM (Airlinesium Schedule)	
<b>Barre</b> Mind Body Studio		6:40PM-7:35PM (Group Fitness) <i>Mechelle L.</i>		5:30PM-6:25PM (Group Fitness) <i>Mechelle L.</i>		11:30AM-12:25PM (Group Fitness) <i>Mechelle L.</i>	
<b>Warrior Rhythm</b> Mind Body Studio			8:30AM-9:25AM (Mind And Body) <i>Marie P.</i>  6:30PM-7:25PM (Mind And Body) <i>Ebbi M.</i>		8:30AM-9:25AM (Mind And Body) <i>Ebbi M.</i>		
<b>Gentle Yoga</b> Mind Body Studio			9:40AM-10:35AM (Mind And Body) <i>Ebbi M.</i>  12:00PM-12:55PM (Mind And Body) <i>Carissa H.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>HIIT</b> Group Fitness Studio			12:00PM-12:45PM (Group Fitness) <i>Kristine H.</i>				
<b>LES MILLS BODYATTACK™</b> Group Fitness Studio			5:00PM-5:30PM (Group Fitness) <i>Gigi G.</i>				
<b>Open Gym-Volleyball</b> South Court 4			8:00PM-9:30PM (Gym Schedule)	7:00PM-9:30PM (Gym Schedule)	4:00PM-5:45PM (Gym Schedule)  8:00PM-8:30PM (Gym Schedule)		9:00AM-11:00AM (Gym Schedule)  1:00PM-5:00PM (Gym Schedule)
<b>Open Gym-Volleyball</b> South Court 3			8:00PM-9:30PM (Gym Schedule)	7:00PM-9:30PM (Gym Schedule)	4:00PM-5:45PM (Gym Schedule)  8:00PM-8:30PM (Gym Schedule)		9:00AM-11:00AM (Gym Schedule)  1:00PM-3:00PM (Gym Schedule)  3:00PM-5:00PM (Gym Schedule)
<b>LES MILLS CORE™</b> Group Fitness Studio				9:30AM-10:00AM (Group Fitness) <i>Amber R.</i>	5:45AM-6:15AM (Group Fitness) <i>Angela F.</i>	10:45AM-11:15AM (Group Fitness) <i>Crystal B.</i>	
<b>Vinyasa Yoga</b> Mind Body Studio				10:30AM-11:25AM (Mind And Body) <i>Marie P.</i>	12:00PM-12:55PM (Mind And Body) <i>Amanda M.</i>		
<b>Golden Spokes</b> Cycle Studio				11:30AM-12:00PM (Active Older Adults) <i>Maribel D.</i>			
<b>Aging In Shape (AOA)</b> Group Fitness Studio					10:45AM-11:40AM (Active Older Adults) <i>Michael R.</i>		
<b>U-Jam</b> Mind Body Studio					6:00PM-6:55PM (Group Fitness) <i>Heather R.</i>		
<b>HIIT</b> Terrace						8:45AM-9:30AM (Group Fitness) <i>Maribel D.</i>	
<b>Tik Tok Hip Hop</b> Group Fitness Studio						11:30AM-12:25PM (Group Fitness) <i>Chad B.</i>	
<b>Open Swim Entire Pool</b> Slide						12:00PM-3:00PM (Open Swim)	12:00PM-3:00PM (Open Swim)
<b>Open Gym-Basketball</b> Airlinesium							8:00AM-12:00PM (Airlinesium Schedule)



## Campo Family YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gymnasium - Court A & B	5:00AM-10:00AM (Gym Schedule)  2:00PM-5:00PM (Gym Schedule)  8:30PM-9:30PM (Gym Schedule)	5:00AM-10:00AM (Gym Schedule)  2:00PM-5:00PM (Gym Schedule)	5:00AM-8:00AM (Gym Schedule)  3:00PM-5:00PM (Gym Schedule)  7:30PM-9:30PM (Gym Schedule)	5:00AM-6:00AM (Gym Schedule)  8:00AM-10:00AM (Gym Schedule)  2:00PM-5:00PM (Gym Schedule)	5:00AM-10:00AM (Gym Schedule)  2:00PM-5:00PM (Gym Schedule)	7:00AM-7:30AM (Gym Schedule)	
<b>LES MILLS BODYPUMP™</b> Main Studio	5:10AM-6:05AM (Group Fitness) <i>Destiny C.</i>  9:00AM-9:55AM (Group Fitness) <i>Cindy B.</i>  6:00PM-6:55PM (Group Fitness) <i>Linda W.</i>	5:00PM-5:30PM (Group Fitness) <i>Carlos M.</i>	5:10AM-6:05AM (Group Fitness) <i>Angela F.</i>  8:00AM-8:55AM (Group Fitness) <i>Cindy B.</i>  10:00AM-10:55AM (Group Fitness) <i>Jen B.</i>  6:00PM-6:55PM (Group Fitness) <i>Irene S.</i>	9:00AM-9:55AM (Group Fitness) <i>Becky W.</i>  5:00PM-5:55PM (Group Fitness) <i>Destiny C.</i>	8:00AM-8:30AM (Group Fitness) <i>Sandra P.</i>	9:00AM-9:55AM (Group Fitness) <i>Destiny C.</i>	
<b>Lap Swim 8 Lanes</b> Pool	5:30AM-6:00AM (Lap Swim)  12:00PM-4:30PM (Lap Swim)	5:30AM-4:30PM (Lap Swim)	5:30AM-6:00AM (Lap Swim)  12:00PM-4:30PM (Lap Swim)	5:30AM-4:30PM (Lap Swim)	5:30AM-6:00AM (Lap Swim)  7:00AM-11:00AM (Lap Swim)  12:00PM-4:30PM (Lap Swim)	7:30AM-9:30AM (Lap Swim)  12:00PM-5:30PM (Lap Swim)	8:30AM-10:00AM (Lap Swim)  12:00PM-4:30PM (Lap Swim)
<b>Lap Swim 6 Lanes</b> Pool	6:00AM-7:00AM (Lap Swim)		6:00AM-7:00AM (Lap Swim)		6:00AM-7:00AM (Lap Swim)		10:00AM-12:00PM (Lap Swim)
<b>Lap Swim 4 Lanes</b> Pool	7:00AM-9:30AM (Lap Swim)  4:30PM-5:30PM (Lap Swim)		7:00AM-9:00AM (Lap Swim)  4:30PM-5:30PM (Lap Swim)				
<b>Stay and Play</b> Stay and Play	7:45AM-12:00PM (Stay And Play)  4:00PM-8:00PM (Stay And Play)	7:45AM-12:00PM (Stay And Play)  4:00PM-8:00PM (Stay And Play)	7:45AM-12:00PM (Stay And Play)  4:00PM-8:00PM (Stay And Play)	7:45AM-12:00PM (Stay And Play)  4:00PM-8:00PM (Stay And Play)	7:45AM-12:00PM (Stay And Play)  4:00PM-7:00PM (Stay And Play)	8:00AM-12:00PM (Stay And Play)	12:00PM-4:00PM (Stay And Play)

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Body Sculpt</b> Main Studio	8:00AM-8:30AM (Group Fitness) <i>Angela F.</i>						
<b>Yoga</b> Mind and Body	8:00AM-8:55AM (Mind And Body) <i>Toni B.</i>  7:00PM-8:10PM (Mind And Body) <i>Tabitha D.</i>		7:00PM-7:55PM (Mind And Body) <i>Chantel D.</i>		8:00AM-8:55AM (Mind And Body) <i>Tajuana G.</i>	8:30AM-9:25AM (Mind And Body) <i>Sue M.</i>	
<b>LES MILLS CORE™</b> Main Studio	8:30AM-8:55AM (Group Fitness) <i>Angela F.</i>	5:30PM-5:55PM (Group Fitness) <i>Carlos M.</i>			8:30AM-8:55AM (Group Fitness) <i>Sandra P.</i>		
<b>Lap Swim 5 Lanes</b> Pool	9:00AM-12:00PM (Lap Swim)		9:00AM-12:00PM (Lap Swim)		11:00AM-12:00PM (Lap Swim)  4:30PM-5:30PM (Lap Swim)		
<b>Cycling</b> Cycle Studio	9:00AM-9:45AM (Cycle) <i>Andrea D.</i>	5:10AM-5:55AM (Cycle) <i>Casey A.</i>  8:15AM-9:00AM (Cycle) <i>Suzanne D.</i>		8:15AM-9:00AM (Cycle) <i>Suzanne D.</i>			
<b>Pilates</b> Mind and Body	9:00AM-9:55AM (Mind And Body) <i>Linda W.</i>				9:00AM-9:55AM (Mind And Body) <i>Linda W.</i>		
<b>SilverSneakers® Classic</b> Multi-Purpose Room	9:15AM-10:10AM (Active Older Adults) <i>Lashaune H.</i>	11:45AM-12:30PM (Active Older Adults) <i>Diana A.</i>	9:15AM-10:10AM (Active Older Adults) <i>Lashaune H.</i>	11:45AM-12:30PM (Active Older Adults) <i>Lashaune H.</i>	9:15AM-10:10AM (Active Older Adults) <i>Lashaune H.</i>		
<b>LES MILLS BODYCOMBAT™</b> Main Studio	10:00AM-10:55AM (Group Fitness) <i>Cindy B.</i>  5:00PM-5:55PM (Group Fitness) <i>Mechelle L.</i>	6:00PM-6:55PM (Group Fitness) <i>Jennifer D.</i>	9:00AM-9:55AM (Group Fitness) <i>Sandra P.</i>	6:00PM-6:55PM (Group Fitness) <i>Destiny C.</i>	9:00AM-9:55AM (Group Fitness) <i>Sandra P.</i>	10:00AM-10:55AM (Group Fitness) <i>Destiny C.</i>	
<b>Open Gym-Pickleball</b> Gymnasium - Court A & B	10:00AM-2:00PM (Gym Schedule)		11:00AM-3:00PM (Gym Schedule)		10:00AM-2:00PM (Gym Schedule)		
<b>AquaBata/HIIT</b> Pool	10:15AM-11:10AM (Water Fitness) <i>Erin M.</i>		10:15AM-11:10AM (Water Fitness) <i>Sharon D.</i>		10:15AM-11:10AM (Water Fitness) <i>Erin M.</i>		
<b>SilverSneakers® Yoga</b> Multi-Purpose Room	10:30AM-11:25AM (Active Older Adults) <i>Linda W.</i>	10:30AM-11:25AM (Active Older Adults) <i>Tajuana G.</i>	10:30AM-11:25AM (Active Older Adults) <i>Tabitha D.</i>	10:30AM-11:25AM (Active Older Adults) <i>Lashaune H.</i>	10:30AM-11:25AM (Active Older Adults) <i>Tabitha D.</i>		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Line Dancing</b> Main Studio	11:30AM-12:25PM (Group Fitness) <i>Debbie M.</i>		11:30AM-12:25PM (Group Fitness) <i>Debbie M.</i>				
<b>SilverSneakers® Circuit</b> Multi-Purpose Room	1:15PM-2:10PM (Active Older Adults) <i>Debbie R.</i>	9:15AM-10:10AM (Active Older Adults) <i>Tracy D.</i>		9:15AM-10:10AM (Active Older Adults) <i>Suzanne D.</i>	1:15PM-2:10PM (Active Older Adults) <i>Debbie R.</i>		
<b>Stay and Play</b> GTE Youth Zone	4:30PM-8:00PM (Stay And Play)	4:30PM-8:00PM (Stay And Play)	4:30PM-8:00PM (Stay And Play)	4:30PM-8:00PM (Stay And Play)	4:00PM-7:00PM (Stay And Play)	8:00AM-12:00PM (Stay And Play)	12:00PM-4:00PM (Stay And Play)
<b>LES MILLS SPRINT™</b> Cycle Studio	4:30PM-5:00PM (Cycle) <i>Michele C.</i>	5:15PM-5:45PM (Cycle) <i>Angela F.</i>				7:30AM-8:00AM (Cycle) <i>Destiny C.</i>	
<b>YMCA Program</b> Gymnasium - Court A & B	5:00PM-8:30PM (Gym Schedule)	5:00PM-8:30PM (Gym Schedule)	5:00PM-7:30PM (Gym Schedule)	5:00PM-7:30PM (Gym Schedule)	5:00PM-8:30PM (Gym Schedule)	7:30AM-6:00PM (Gym Schedule)	
<b>LES MILLS RPM™</b> Cycle Studio	5:15PM-6:00PM (Cycle) <i>Michele C.</i>		9:00AM-9:45AM (Cycle) <i>Jen B.</i>	5:10AM-5:55AM (Cycle) <i>Michele C.</i>  6:00PM-6:45PM (Cycle) <i>Jennifer D.</i>	9:00AM-9:45AM (Cycle) <i>Andrea D.</i>	8:10AM-8:55AM (Cycle) <i>Jennifer D.</i>	
<b>Lap Swim 1 Lane</b> Pool	5:30PM-7:00PM (Lap Swim)		5:30PM-7:00PM (Lap Swim)				
<b>Barre</b> KFC	6:00PM-6:55PM (Group Fitness) <i>Mechelle L.</i>						
<b>Lap Swim 3 Lanes</b> Pool	7:00PM-8:30PM (Lap Swim)	7:00PM-8:30PM (Lap Swim)	7:00PM-8:30PM (Lap Swim)	7:00PM-8:30PM (Lap Swim)	5:30PM-8:00PM (Lap Swim)	9:30AM-12:00PM (Lap Swim)	
<b>LES MILLS BODYPUMP HEAVY™</b> Main Studio		9:00AM-9:55AM (Group Fitness) <i>Cindy B.</i>			5:10AM-6:05AM (Group Fitness) <i>Tiffani R.</i>  10:00AM-10:55AM (Group Fitness) <i>Cindy B.</i>		
<b>Open Gym-Pickleball</b> Court B		10:00AM-2:00PM (Gym Schedule)		6:00AM-8:00AM (Gym Schedule)			
<b>Open Gym</b> Court A		10:00AM-2:00PM (Gym Schedule)		6:00AM-8:00AM (Gym Schedule)  7:30PM-9:30PM (Gym Schedule)			
<b>Step Circuit</b> Main Studio		10:00AM-10:55AM (Group Fitness) <i>Irene S.</i>					
<b>LES MILLS BODYBALANCE™</b> Main Studio		11:00AM-11:55AM (Mind And Body) <i>Tabitha D.</i>		11:00AM-11:55AM (Mind And Body) <i>Tabitha D.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Lap Swim 7 Lanes</b> Pool		4:30PM-5:30PM (Lap Swim)		4:30PM-5:30PM (Lap Swim)			
<b>Lap Swim 2 Lanes</b> Pool		5:30PM-7:00PM (Lap Swim)		5:30PM-7:00PM (Lap Swim)			
<b>LES MILLS BODYBALANCE™</b> Mind and Body		6:30PM-7:25PM (Mind And Body) <i>Deanna H.</i>	8:00AM-8:55AM (Mind And Body) <i>Sandra P.</i>	6:30PM-7:25PM (Mind And Body) <i>Jen B.</i>		11:00AM-11:55AM (Mind And Body) <i>Tabitha D.</i>	
<b>YMCA Program</b> Court A		8:30PM-9:30PM (Gym Schedule)					
<b>Open Gym</b> Court B		8:30PM-9:30PM (Gym Schedule)	8:00AM-11:00AM (Gym Schedule)	10:00AM-2:00PM (Gym Schedule)			
<b>Open Gym-Adult Basketball</b> Court A			8:00AM-11:00AM (Gym Schedule)				
<b>Aqua</b> Pool			9:00AM-9:55AM (Water Fitness) <i>Sharon D.</i>				
<b>Barre</b> Mind and Body			9:00AM-9:55AM (Group Fitness) <i>Suzanne D.</i>				
<b>Stretch</b> Mind and Body			10:00AM-10:45AM (Mind And Body) <i>Sandra P.</i>		10:00AM-10:45AM (Mind And Body) <i>Sandra P.</i>		
<b>LES MILLS GRIT™ Strength</b> Main Studio				5:30AM-6:00AM (Group Fitness) <i>Tiffani R.</i>			
<b>Open Gym-Pickleball</b> Court A				10:00AM-2:00PM (Gym Schedule)			
<b>Xtreme Hip Hop Step</b> Main Studio				10:00AM-10:55AM (Group Fitness) <i>Crystal B.</i>	5:00PM-5:55PM (Group Fitness) <i>Crystal B.</i>		
<b>YMCA Program</b> Court B				7:30PM-8:30PM (Gym Schedule)			
<b>Deep Water</b> Pool					9:00AM-9:55AM (Water Fitness) <i>Erin M.</i>		
<b>Zumba Gold</b> Main Studio					11:30AM-12:25PM (Group Fitness) <i>Lashaune H.</i>		
<b>LES MILLS BODYATTACK™</b> Main Studio						8:15AM-8:55AM (Group Fitness) <i>Destiny C.</i>	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Zumba</b> Main Studio						11:00AM-11:55AM (Group Fitness) <i>Sonya K.</i>	



## Plant City Family YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gymnasium - Court A & B	5:00AM-9:00AM (Gym Schedule)  11:00AM-6:00PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)  11:00AM-6:00PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)  11:00AM-6:00PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)  11:00AM-6:00PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)  11:00AM-5:00PM (Gym Schedule)	2:00PM-5:00PM (Gym Schedule)	
<b>LES MILLS BODYPUMP™</b> Max Results Room	5:15AM-6:10AM (Group Fitness) <i>Emily S.</i>  4:30PM-5:25PM (Group Fitness) <i>Andrea W.</i>	10:00AM-10:55AM (Group Fitness) <i>Linda W.</i>	5:15AM-6:10AM (Group Fitness) <i>Emily S.</i>	10:00AM-10:55AM (Group Fitness) <i>Staff Y.</i>	5:15AM-6:10AM (Group Fitness) <i>Faith E.</i>  5:00PM-5:55PM (Group Fitness) <i>Emily S.</i>		
<b>Lap Swim 6 Lanes</b> Pool	6:00AM-8:00AM (Lap Swim)	6:00AM-8:00AM (Lap Swim)	6:00AM-8:00AM (Lap Swim)	6:00AM-8:00AM (Lap Swim)	6:00AM-8:00AM (Lap Swim)		
<b>Lap Swim 4 Lanes</b> Pool	8:00AM-9:00AM (Lap Swim)  10:00AM-12:00PM (Lap Swim)  4:00PM-5:30PM (Lap Swim)  6:30PM-7:00PM (Lap Swim)	8:00AM-9:00AM (Lap Swim)  6:30PM-7:00PM (Lap Swim)	8:00AM-9:00AM (Lap Swim)  10:00AM-12:00PM (Lap Swim)  4:00PM-5:30PM (Lap Swim)  6:30PM-7:00PM (Lap Swim)	8:00AM-9:00AM (Lap Swim)  6:30PM-7:00PM (Lap Swim)	8:00AM-9:00AM (Lap Swim)  4:00PM-5:30PM (Lap Swim)  6:30PM-7:00PM (Lap Swim)	8:00AM-9:00AM (Lap Swim)	11:00AM-12:00PM (Lap Swim)  12:00PM-4:00PM (Lap Swim)
<b>Yoga</b> Group Ex Room	8:00AM-8:55AM (Mind And Body) <i>Sue M.</i>  7:00PM-7:55PM (Mind And Body) <i>Camryn H.</i>		7:00PM-7:55PM (Mind And Body) <i>Sue M.</i>		8:00AM-8:55AM (Mind And Body) <i>Sue M.</i>		
<b>Aqua Beat</b> Pool	9:00AM-10:00AM (Water Fitness) <i>Brooke E.</i>		9:00AM-10:00AM (Water Fitness) <i>Brooke E.</i>				
<b>Open Gym-Pickleball</b> Gymnasium - Court A	9:00AM-11:00AM (Gym Schedule)	9:00AM-11:00AM (Gym Schedule)	9:00AM-11:00AM (Gym Schedule)	9:00AM-11:00AM (Gym Schedule)	9:00AM-11:00AM (Gym Schedule)		10:00AM-12:00PM (Gym Schedule)
<b>Lap Swim 3 Lanes</b> Pool	9:00AM-10:00AM (Lap Swim)	9:00AM-10:00AM (Lap Swim)  10:00AM-12:00PM (Lap Swim)	9:00AM-10:00AM (Lap Swim)	9:00AM-10:00AM (Lap Swim)  10:00AM-12:00PM (Lap Swim)	9:00AM-10:00AM (Lap Swim)  10:00AM-12:00PM (Lap Swim)	12:00PM-4:00PM (Lap Swim)	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Open Gym</b> Gymnasium - Court B	9:00AM-11:00AM (Gym Schedule)		9:00AM-11:00AM (Gym Schedule)		9:00AM-11:00AM (Gym Schedule)		12:00PM-5:00PM (Gym Schedule)
<b>Stay and Play</b> Stay and Play	9:00AM-12:00PM (Stay And Play)  4:00PM-7:00PM (Stay And Play)	9:00AM-12:00PM (Stay And Play)  4:00PM-7:00PM (Stay And Play)	9:00AM-12:00PM (Stay And Play)  4:00PM-7:00PM (Stay And Play)	9:00AM-12:00PM (Stay And Play)  4:00PM-7:00PM (Stay And Play)	9:00AM-12:00PM (Stay And Play)	9:00AM-12:00PM (Stay And Play)	11:00AM-2:00PM (Stay And Play)
<b>Line Dancing</b> Max Results Room	9:00AM-9:55AM (Group Fitness) <i>Kim H.</i>		9:00AM-9:55AM (Group Fitness) <i>Kim H.</i>		9:00AM-9:55AM (Group Fitness) <i>Kim H.</i>		
<b>SilverSneakers® Classic</b> Group Ex Room	9:00AM-9:55AM (Active Older Adults) <i>Mary S.</i>		9:00AM-9:55AM (Active Older Adults) <i>Tracy D.</i>		9:00AM-9:55AM (Active Older Adults) <i>Sue M.</i>		
<b>Zumba</b> Max Results Room	10:00AM-10:55AM (Group Fitness) <i>Sarah H.</i>		10:00AM-10:55AM (Group Fitness) <i>Sarah H.</i>				
<b>SilverSneakers® Circuit</b> Group Ex Room	11:00AM-11:55AM (Active Older Adults) <i>Cathy H.</i>		11:00AM-11:55AM (Active Older Adults) <i>Tracy D.</i>		11:00AM-11:55AM (Active Older Adults) <i>Tracy D.</i>		
<b>Enhance Fitness</b> Group Ex Room	12:30PM-1:30PM (Active Older Adults) <i>Sue M.</i>				12:30PM-1:30PM (Active Older Adults) <i>Cathy H.</i>		
<b>Lap Swim 2 Lanes</b> Pool	5:30PM-6:30PM (Lap Swim)	4:00PM-5:30PM (Lap Swim)  5:30PM-6:30PM (Lap Swim)	5:30PM-6:30PM (Lap Swim)	4:00PM-5:30PM (Lap Swim)  5:30PM-6:30PM (Lap Swim)	5:30PM-6:30PM (Lap Swim)	9:00AM-10:00AM (Lap Swim)	
<b>Zumba</b> Group Ex Room	5:30PM-6:25PM (Group Fitness) <i>Keke R.</i>		5:30PM-6:25PM (Group Fitness) <i>Keke R.</i>			10:00AM-10:55AM (Group Fitness) <i>Keke R.</i>	
<b>Open Gym-Adult Basketball</b> Gymnasium - Court A	6:00PM-8:00PM (Gym Schedule)						
<b>YMCA Program</b> Gymnasium - Court B	6:00PM-8:00PM (Gym Schedule)	10:00AM-11:00PM (Gym Schedule)  6:00PM-8:00PM (Gym Schedule)		10:00AM-11:00AM (Gym Schedule)  7:00PM-9:00PM (Gym Schedule)			
<b>Spinning</b> Group Ex Room		5:15AM-5:45AM (Cycle) <i>Joni J.</i>  9:00AM-9:45AM (Cycle) <i>Lisa K.</i>		9:00AM-9:45AM (Cycle) <i>Lisa K.</i>			
<b>Pilates</b> Max Results Room		8:00AM-8:55AM (Mind And Body) <i>Linda W.</i>					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Silver Sneakers Stability</b> Group Ex Room		10:00AM-10:45AM (Active Older Adults) <i>Mary S.</i>		10:00AM-10:45AM (Active Older Adults) <i>Sue M.</i>			
<b>Deep Water</b> Pool		10:00AM-10:55AM (Water Fitness) <i>Lisa K.</i>		10:00AM-10:55AM (Water Fitness) <i>Lisa K.</i>			
<b>Boom Move It!</b> Group Ex Room		11:00AM-11:55AM (Active Older Adults) <i>Mary S.</i>		11:00AM-11:55AM (Active Older Adults) <i>Mary S.</i>			
<b>LES MILLS GRIT™</b> <b>Strength</b> Max Results Room		5:00PM-5:30PM (Group Fitness) <i>Nikki J.</i>		5:00PM-5:30PM (Group Fitness) <i>Andrea W.</i>			
<b>Core Conditioning</b> Max Results Room		5:30PM-6:00PM (General) <i>Nikki J.</i>		5:30PM-5:55PM (General) <i>Andrea W.</i>			
<b>LES MILLS RPM™</b> Group Ex Room		6:00PM-6:45PM (Cycle) <i>Andrea W.</i>					
<b>Open Gym</b> Gymnasium - Court A		7:00PM-9:00PM (Gym Schedule)					
<b>Circuit Training</b> Max Results Room			7:30AM-8:25AM (Group Fitness) <i>Lisa K.</i>				
<b>YMCA Program</b> Gymnasium - Court A			5:30PM-8:30PM (Gym Schedule)	5:00PM-8:00PM (Gym Schedule)			
<b>Open Gym-Adult</b> <b>Basketball</b> Gymnasium - Court B			5:30PM-8:30PM (Gym Schedule)				
<b>Pilates</b> Group Ex Room				5:15AM-6:00AM (Mind And Body) <i>Joni J.</i>			
<b>LES MILLS CORE™</b> Max Results Room				8:00AM-8:30AM (Group Fitness) <i>Linda W.</i>			
<b>Stretch</b> Max Results Room				8:30AM-9:00AM (Mind And Body) <i>Linda W.</i>			
<b>LES MILLS</b> <b>BODYCOMBAT™</b> Max Results Room				9:00AM-9:45AM (Group Fitness) <i>Ben F.</i>			
<b>Open Gym-Volleyball</b> Gymnasium - Court A					5:00PM-8:00PM (Gym Schedule)		
<b>YMCA Program</b> Gymnasium - Court A & B						8:00AM-2:00PM (Gym Schedule)	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Lap Swim 1 Lane</b> Pool						10:00AM-12:00PM (Lap Swim)	
<b>AquaBata/HIIT</b> Pool						10:00AM-10:55AM (Water Fitness) <i>Ilia B.</i>	
<b>Vinyasa Yoga</b> Max Results Room						10:30AM-11:25AM (Mind And Body) <i>Camryn H.</i>	



## New Tampa Family YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Red Hoop (Court 1)	5:00AM-8:30AM (Gym Schedule)  11:30AM-5:00PM (Gym Schedule)  11:30AM-5:00PM (Gym Schedule)	5:00AM-8:30AM (Gym Schedule)  11:30AM-5:00PM (Gym Schedule)  8:00PM-9:00PM (Gym Schedule)	5:00AM-8:30AM (Gym Schedule)  11:30AM-6:00PM (Gym Schedule)  8:00PM-9:00PM (Gym Schedule)	5:00AM-8:30AM (Gym Schedule)  11:30AM-6:00PM (Gym Schedule)  8:00PM-9:00PM (Gym Schedule)	5:00AM-5:00PM (Gym Schedule)	7:00AM-8:45AM (Gym Schedule)	10:00AM-4:30PM (Gym Schedule)
<b>Open Gym</b> Yellow Hoop (Court 2)	5:00AM-7:00PM (Gym Schedule)  8:00PM-9:00PM (Gym Schedule)	5:00AM-6:00PM (Gym Schedule)	5:00AM-6:00PM (Gym Schedule)  8:00PM-9:00PM (Gym Schedule)	5:00AM-5:00PM (Gym Schedule)  8:00PM-9:00PM (Gym Schedule)	5:00AM-5:00PM (Gym Schedule)  6:00PM-7:00PM (Gym Schedule)	7:00AM-8:45AM (Gym Schedule)	1:00PM-4:30PM (Gym Schedule)
<b>Open Gym</b> Blue Hoop (Court 2)	5:00AM-6:00PM (Gym Schedule)  8:00PM-9:00PM (Gym Schedule)	5:00AM-6:00PM (Gym Schedule)	5:00AM-5:00PM (Gym Schedule)  8:00PM-9:00PM (Gym Schedule)	5:00AM-5:00PM (Gym Schedule)  8:00PM-9:00PM (Gym Schedule)	5:00AM-5:00PM (Gym Schedule)  6:00PM-8:00PM (Gym Schedule)		1:00PM-4:30PM (Gym Schedule)
<b>Open Gym</b> Green Hoop (Court 1)	5:00AM-8:30AM (Gym Schedule)  11:30AM-5:00PM (Gym Schedule)	5:00AM-8:30AM (Gym Schedule)  11:30AM-5:00PM (Gym Schedule)  8:00PM-9:00PM (Gym Schedule)	5:00AM-8:30AM (Gym Schedule)  11:30AM-5:00PM (Gym Schedule)  8:00PM-9:00PM (Gym Schedule)	5:00AM-8:30AM (Gym Schedule)  11:30AM-6:00PM (Gym Schedule)  8:00PM-9:00PM (Gym Schedule)	5:00AM-5:00PM (Gym Schedule)	7:00AM-8:45AM (Gym Schedule)	10:00AM-4:30PM (Gym Schedule)
<b>Open Swim Entire Pool</b> Pool	5:30AM-8:30PM (Open Swim)	2:30PM-8:30PM (Open Swim)	5:30AM-8:30PM (Open Swim)	2:30PM-8:30PM (Open Swim)	5:30AM-7:30PM (Open Swim)	7:00AM-2:00PM (Open Swim)	
<b>LES MILLS BODYPUMP™</b> Studio A	8:30AM-9:30AM (Group Fitness) <i>Nicole W.</i>	5:30AM-6:30AM (Group Fitness) <i>Erin T.</i>  6:15PM-7:15PM (Group Fitness) <i>Sarah S.</i>	8:30AM-9:30AM (Group Fitness) <i>Kelly C.</i>	6:15PM-7:15PM (Group Fitness) <i>Elahe F.</i>	5:30PM-6:30PM (Group Fitness) <i>Shawna T.</i>	9:45AM-10:45AM (Group Fitness) <i>Kelly C.</i>	2:00PM-3:00PM (Group Fitness) <i>Shawna T.</i>
<b>Stay and Play</b> Stay & Play	8:30AM-12:00PM (Stay And Play)  4:30PM-8:00PM (Stay And Play)	8:30AM-12:00PM (Stay And Play)  4:30PM-8:00PM (Stay And Play)	8:30AM-12:00PM (Stay And Play)  4:30PM-8:00PM (Stay And Play)	8:30AM-12:00PM (Stay And Play)  4:30PM-8:00PM (Stay And Play)	8:30AM-12:00PM (Stay And Play)  4:30PM-8:00PM (Stay And Play)	8:00AM-12:00PM (Stay And Play)	1:00PM-4:30PM (Stay And Play)
<b>Open Gym-Pickleball</b> Red Hoop (Court 1)	8:30AM-11:30AM (Gym Schedule)	8:30AM-11:30AM (Gym Schedule)	8:30AM-11:30AM (Gym Schedule)	8:30AM-11:30AM (Gym Schedule)			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Open Gym-Pickleball</b> Green Hoop (Court 1)	8:30AM-11:30AM (Gym Schedule)	8:30AM-11:30AM (Gym Schedule)	8:30AM-11:30AM (Gym Schedule)	8:30AM-11:30AM (Gym Schedule)			
<b>Stretch</b> Studio B	8:30AM-9:30AM (Mind And Body) <i>Kerra H.</i>	9:45AM-10:45AM (Mind And Body) <i>Chantal D.</i>					
<b>LES MILLS CORE™</b> Studio B	9:45AM-10:15AM (Group Fitness) <i>Nicole W.</i>						
<b>HIGH Fitness</b> Studio A	9:45AM-10:30AM (Group Fitness) <i>Kelly K.</i>		9:45AM-10:30AM (Group Fitness) <i>Kelly K.</i>		8:45AM-9:30AM (Group Fitness) <i>Shelley T.</i>		
<b>Cycling</b> Cycle Studio	9:45AM-10:45AM (Cycle) <i>Kelly C.</i>		9:45AM-10:45AM (Cycle) <i>Nicole W.</i>				
<b>SilverSneakers® Circuit</b> Studio A	11:30AM-12:30PM (Active Older Adults) <i>Kelly C.</i>			12:15PM-1:15PM (Active Older Adults) <i>Debbie F.</i>	11:30AM-12:30PM (Active Older Adults) <i>Mollie L.</i>		
<b>Active Older Adults(AOA)</b> Studio B	11:35AM-12:35PM (Active Older Adults) <i>Chantal D.</i>		11:30AM-12:30PM (Active Older Adults) <i>Mollie L.</i>		11:35AM-12:35PM (Active Older Adults) <i>Debbie F.</i>		
<b>SilverSneakers® Yoga</b> Studio A	12:45PM-1:45PM (Active Older Adults) <i>Kelly C.</i>				12:45PM-1:45PM (Active Older Adults) <i>Mollie L.</i>		
<b>Stay and Play</b> Youth Zone	4:30PM-8:00PM (Stay And Play)	4:30PM-8:00PM (Stay And Play)	4:30PM-8:00PM (Stay And Play)	4:30PM-8:00PM (Stay And Play)	4:30PM-8:00PM (Stay And Play)	8:30AM-12:00PM (Stay And Play)	1:00PM-4:30PM (Stay And Play)
<b>YMCA Program</b> Green Hoop (Court 1)	5:00PM-7:00PM (Gym Schedule)	5:00PM-8:00PM (Gym Schedule)	6:00PM-8:00PM (Gym Schedule)	6:00PM-8:00PM (Gym Schedule)	5:00PM-8:00PM (Gym Schedule)	8:45AM-6:00PM (Gym Schedule)	
<b>YMCA Program</b> Red Hoop (Court 1)	5:00PM-7:00PM (Gym Schedule)	5:00PM-8:00PM (Gym Schedule)	6:00PM-8:00PM (Gym Schedule)	6:00PM-8:00PM (Gym Schedule)	5:00PM-8:00PM (Gym Schedule)	8:45AM-6:00PM (Gym Schedule)	
<b>Mobility Stretch</b> Studio B	5:30PM-6:30PM (Mind And Body) <i>Kerra H.</i>						
<b>LES MILLS SPRINT™</b> Cycle Studio	5:45PM-6:15PM (Cycle) <i>Keri S.</i>		5:45PM-6:15PM (Cycle) <i>Keri S.</i>				
<b>LES MILLS BODYSTEP™</b> Studio A	6:00PM-7:00PM (Group Fitness) <i>Shawna T.</i>		6:00PM-7:00PM (Group Fitness) <i>Shawna T.</i>				
<b>YMCA Program</b> Blue Hoop (Court 2)	6:00PM-8:00PM (Gym Schedule)	6:00PM-7:00PM (Gym Schedule)	5:00PM-8:00PM (Gym Schedule)	5:00PM-8:00PM (Gym Schedule)	5:00PM-6:00PM (Gym Schedule)	8:45AM-6:00PM (Gym Schedule)	
<b>Zumba</b> Studio A	7:00PM-8:00PM (Group Fitness) <i>Tashiana C.</i>	8:30AM-9:30AM (Group Fitness) <i>Patricia C.</i>	7:00PM-8:00PM (Group Fitness) <i>Tashiana C.</i>	8:30AM-9:30AM (Group Fitness) <i>Patricia C.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Open Gym-Volleyball</b> Green Hoop (Court 1)	7:00PM-9:00PM (Gym Schedule)						
<b>Open Gym-Volleyball</b> Red Hoop (Court 1)	7:00PM-9:00PM (Gym Schedule)						
<b>YMCA Program</b> Yellow Hoop (Court 2)	7:00PM-8:00PM (Gym Schedule)	6:00PM-7:00PM (Gym Schedule)	6:00PM-8:00PM (Gym Schedule)	5:00PM-8:00PM (Gym Schedule)	5:00PM-6:00PM (Gym Schedule)  7:00PM-8:00PM (Gym Schedule)	8:45AM-6:00PM (Gym Schedule)	
<b>Lap Swim 8 Lanes</b> Pool		5:30AM-2:00PM (Lap Swim)		5:30AM-2:00PM (Lap Swim)		2:30PM-5:30PM (Lap Swim)	10:30AM-4:00PM (Lap Swim)
<b>Yoga</b> Studio B		8:30AM-9:30AM (Mind And Body) <i>Mollie L.</i>	5:30PM-6:30PM (Mind And Body) <i>Pegah K.</i>	8:30AM-9:30AM (Mind And Body) <i>Kerra H.</i>		9:45AM-10:45AM (Mind And Body) <i>Pegah K.</i>	
<b>LES MILLS BODYCOMBAT™</b> Studio A		9:45AM-10:45AM (Group Fitness) <i>Fred P.</i>	5:00PM-5:55PM (Group Fitness) <i>Jessica B.</i>			8:30AM-9:30AM (Group Fitness) <i>Jessica B.</i>	
<b>Aqua</b> Pool		10:45AM-11:30AM (Water Fitness) <i>Mollie L.</i>		10:45AM-11:30AM (Water Fitness) <i>Chantal D.</i>	9:30AM-10:15AM (Water Fitness) <i>Mollie L.</i>		
<b>Just Weights</b> Studio A		11:00AM-11:55AM (Group Fitness) <i>Kelly K.</i>		10:00AM-11:00AM (Group Fitness) <i>Mollie L.</i>			
<b>Active Older Adults(AOA)</b> Studio A		12:15PM-1:15PM (Active Older Adults) <i>Chantal D.</i>					
<b>Vinyasa Yoga</b> Studio B		5:30PM-6:30PM (Mind And Body) <i>Nia B.</i>					
<b>Core &amp; More</b> Studio A		5:35PM-6:05PM (Group Fitness) <i>Sarah S.</i>		5:35PM-6:05PM (Group Fitness) <i>Elaha F.</i>			
<b>Open Gym-Badminton</b> Blue Hoop (Court 2)		7:00PM-9:00PM (Gym Schedule)				7:00AM-8:45AM (Gym Schedule)	10:00AM-1:00PM (Gym Schedule)
<b>Open Gym-Badminton</b> Yellow Hoop (Court 2)		7:00PM-9:00PM (Gym Schedule)					10:00AM-1:00PM (Gym Schedule)
<b>LES MILLS BODYBALANCE™</b> Studio B			9:45AM-10:45AM (Mind And Body) <i>Kelly C.</i>	5:30PM-6:30PM (Mind And Body) <i>Kelly C.</i>			
<b>SilverSneakers® Cardio</b> Studio A			11:30AM-12:30PM (Active Older Adults) <i>Kelly C.</i>				
<b>Pilates</b> Studio B			6:45PM-7:30PM (Mind And Body) <i>Carmen M.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>LES MILLS RPM™</b> Cycle Studio				9:00AM-9:45AM (Cycle) <i>Nicole W.</i>		8:30AM-9:30AM (Cycle) <i>Kelly C.</i>	
<b>Mobility Stretch</b> Studio A				11:00AM-12:00PM (Mind And Body) <i>Mollie L.</i>			
<b>Functional Fitness</b> Studio A					9:45AM-10:45AM (Active Older Adults) <i>Kelly K.</i>		
<b>Core Conditioning</b> Studio B					10:00AM-11:00AM (General) <i>Kelly C.</i>		
<b>LES MILLS CORE™</b> Studio A						11:00AM-11:30AM (Group Fitness) <i>Kelly C.</i>	
<b>Yoga</b> Studio A							3:15PM-4:15PM (Mind And Body) <i>Nia B.</i>



## South Tampa Family YMCA | March 30th - April 5th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Open Gym-Adult Basketball</b> Court 1A	5:00AM-6:30AM (Gym Schedule)  7:30PM-9:30PM (Gym Schedule)		5:00AM-6:30AM (Gym Schedule)	7:30PM-9:30PM (Gym Schedule)	5:00AM-6:30AM (Gym Schedule)		8:00AM-10:00AM (Gym Schedule)
<b>Open Gym-Adult Basketball</b> Court 1B	5:00AM-6:30AM (Gym Schedule)  7:30PM-9:30PM (Gym Schedule)		5:00AM-6:30AM (Gym Schedule)	7:30PM-9:30PM (Gym Schedule)	5:00AM-6:30AM (Gym Schedule)		8:00AM-10:00AM (Gym Schedule)
<b>LES MILLS BODYPUMP™</b> Studio B	5:30AM-6:25AM (Group Fitness) <i>Holly M.</i>  8:00AM-8:55AM (Group Fitness) <i>Michelle H.</i>  4:30PM-5:25PM (Group Fitness) <i>Marissa J.</i>  6:30PM-7:25PM (Group Fitness) <i>Andres C.</i>	9:00AM-9:55AM (Group Fitness) <i>Alan D.</i>	5:30AM-6:25AM (Group Fitness) <i>Kristen S.</i>  9:00AM-9:55AM (Group Fitness) <i>Shannon G.</i>  5:30PM-6:25PM (Group Fitness) <i>Holly M.</i>	8:00AM-8:55AM (Group Fitness) <i>Alan D.</i>  5:30PM-6:25PM (Group Fitness) <i>Markita R.</i>	5:30AM-6:25AM (Group Fitness) <i>Carly B.</i>  10:00AM-10:55AM (Group Fitness) <i>Warren R.</i>  4:45PM-5:25PM (Group Fitness) <i>Markita R.</i>	8:00AM-8:55AM (Group Fitness) <i>Marissa J.</i>  11:00AM-11:55AM (Group Fitness) <i>Rob D.</i>	
<b>Open Gym</b> Court 1A	6:30AM-9:00AM (Gym Schedule)  2:00PM-3:00PM (Gym Schedule)	5:00AM-6:30AM (Gym Schedule)  6:30AM-8:00AM (Gym Schedule)  8:00AM-1:00PM (Gym Schedule)  2:00PM-3:00PM (Gym Schedule)	6:30AM-9:00AM (Gym Schedule)  2:00PM-3:00PM (Gym Schedule)  8:30PM-9:30PM (Gym Schedule)	5:00AM-6:30AM (Gym Schedule)  8:00AM-1:00PM (Gym Schedule)	6:30AM-9:00AM (Gym Schedule)  2:00PM-3:00PM (Gym Schedule)	7:00AM-8:00AM (Gym Schedule)	10:00AM-4:00PM (Gym Schedule)

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Open Gym</b> Court 1B	6:30AM-9:00AM (Gym Schedule)  3:00PM-5:00PM (Gym Schedule)	5:00AM-6:30AM (Gym Schedule)  6:30AM-8:00AM (Gym Schedule)  2:00PM-3:00PM (Gym Schedule)  3:00PM-5:00PM (Gym Schedule)	2:00PM-5:00PM (Gym Schedule)  8:30PM-9:30PM (Gym Schedule)	5:00AM-6:30AM (Gym Schedule)  2:00PM-5:00PM (Gym Schedule)	6:30AM-9:00AM (Gym Schedule)  2:00PM-5:00PM (Gym Schedule)	7:00AM-8:00AM (Gym Schedule)	10:00AM-12:00PM (Gym Schedule)
<b>Functional Fitness</b> Studio A	7:00AM-7:45AM (Active Older Adults) <i>Camilla J.</i>		7:00AM-7:45AM (Active Older Adults) <i>Alan D.</i>		7:00AM-7:45AM (Active Older Adults) <i>Carly B.</i>		
<b>Cycling</b> Cycle Studio	8:15AM-9:00AM (Cycle) <i>Michele S.</i>  9:15AM-10:00AM (Cycle) <i>Alan D.</i>	7:00AM-7:45AM (Cycle) <i>Angela H.</i>  5:45PM-6:30PM (Cycle) <i>Holli R.</i>	8:15AM-9:15AM (Cycle) <i>Michele S.</i>  5:45PM-6:30PM (Cycle) <i>Jessica P.</i>	8:15AM-9:00AM (Cycle) <i>Jessica P.</i>  5:45PM-6:30PM (Cycle) <i>Kathy H.</i>	8:15AM-9:00AM (Cycle) <i>Warren R.</i>	9:15AM-10:15AM (Cycle) <i>Alan D.</i>	
<b>YMCA Program</b> Court 1A	9:00AM-10:00AM (Gym Schedule)  3:00PM-5:00PM (Gym Schedule)  5:00PM-7:30PM (Gym Schedule)	1:00PM-2:00PM (Gym Schedule)  3:00PM-5:00PM (Gym Schedule)  5:00PM-9:30PM (Gym Schedule)	9:00AM-10:00AM (Gym Schedule)  3:00PM-5:00PM (Gym Schedule)  5:00PM-8:30PM (Gym Schedule)	1:00PM-3:00PM (Gym Schedule)  3:00PM-5:00PM (Gym Schedule)  5:00PM-7:30PM (Gym Schedule)	9:00AM-10:00AM (Gym Schedule)  5:00PM-8:30PM (Gym Schedule)	8:00AM-6:00PM (Gym Schedule)	
<b>YMCA Program</b> Court 1B	9:00AM-10:00AM (Gym Schedule)  5:00PM-7:30PM (Gym Schedule)	5:00PM-9:30PM (Gym Schedule)  5:00PM-7:30PM (Gym Schedule)	9:00AM-10:00AM (Gym Schedule)  5:00PM-8:30PM (Gym Schedule)		9:00AM-10:00AM (Gym Schedule)  5:00PM-8:30PM (Gym Schedule)	8:00AM-6:00PM (Gym Schedule)	
<b>YMCA Program</b> Court 2A	9:00AM-10:00AM (Gym Schedule)  9:00AM-10:00AM (Gym Schedule)  5:00PM-7:30PM (Gym Schedule)  7:30PM-9:30PM (Gym Schedule)	5:00PM-9:30PM (Gym Schedule)	9:00AM-10:00AM (Gym Schedule)  9:00AM-10:00AM (Gym Schedule)  5:00PM-8:30PM (Gym Schedule)	5:00PM-9:30PM (Gym Schedule)	9:00AM-10:00AM (Gym Schedule)  5:00PM-8:30PM (Gym Schedule)	8:00AM-6:00PM (Gym Schedule)	
<b>YMCA Program</b> Court 2B	9:00AM-10:00AM (Gym Schedule)  5:00PM-7:30PM (Gym Schedule)  7:30PM-9:30PM (Gym Schedule)	5:00PM-9:30PM (Gym Schedule)	9:00AM-10:00AM (Gym Schedule)  5:00PM-8:30PM (Gym Schedule)	5:00PM-9:30PM (Gym Schedule)	9:00AM-10:00AM (Gym Schedule)  5:00PM-8:30PM (Gym Schedule)	8:00AM-6:00PM (Gym Schedule)	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Boot Camp</b> Gymnasium	9:00AM-9:55AM (Group Fitness) <i>Andrea D.</i>						
<b>LES MILLS BODYBALANCE™</b> Studio A	9:00AM-9:55AM (Mind And Body) <i>Alli R.</i>  5:30PM-6:25PM (Mind And Body) <i>Andres C.</i>	10:00AM-10:55AM (Mind And Body) <i>Kristin R.</i>	9:00AM-9:55AM (Mind And Body) <i>Miki L.</i>  5:30PM-6:25PM (Mind And Body) <i>Andres C.</i>		9:00AM-9:55AM (Mind And Body) <i>Dawn J.</i>	9:15AM-10:10AM (Mind And Body) <i>Michelle H.</i>	
<b>Body Sculpt</b> Studio B	10:00AM-10:55AM (Group Fitness) <i>Miki L.</i>						
<b>Open Gym-Pickleball</b> Court 1A	10:00AM-2:00PM (Gym Schedule)		10:00AM-2:00PM (Gym Schedule)		10:00AM-2:00PM (Gym Schedule)		
<b>Open Gym-Pickleball</b> Court 1B	10:00AM-2:00PM (Gym Schedule)	8:00AM-2:00PM (Gym Schedule)	10:00AM-2:00PM (Gym Schedule)	8:00AM-2:00PM (Gym Schedule)	10:00AM-2:00PM (Gym Schedule)		12:00PM-4:00PM (Gym Schedule)
<b>Barre</b> Studio A	10:10AM-11:05AM (Group Fitness) <i>Alli R.</i>	8:00AM-8:55AM (Group Fitness) <i>Miki L.</i>		5:30PM-6:25PM (Group Fitness) <i>Beverly M.</i>	8:00AM-8:50AM (Group Fitness) <i>Miki L.</i>		
<b>Aqua</b> Pool Deck	11:15AM-12:00PM (Water Fitness) <i>Susan Z.</i>						
<b>Enhance Fitness</b> Studio A	11:15AM-12:15PM (Active Older Adults) <i>Alli R.</i>  12:30PM-1:30PM (Active Older Adults) <i>Camilla J.</i>		11:15AM-12:15PM (Active Older Adults) <i>laurel g.</i>  12:30PM-1:30PM (Active Older Adults) <i>Marianne W.</i>		11:15AM-12:15PM (Active Older Adults) <i>Miki L.</i>  12:30PM-1:30PM (Active Older Adults) <i>Marianne W.</i>		
<b>Meditation 101</b> Studio B	12:30PM-1:15PM (Mind And Body) <i>Cindy G.</i>						
<b>Open Gym</b> Court 2B	3:00PM-5:00PM (Gym Schedule)	5:00AM-6:30AM (Gym Schedule)  6:30AM-8:00AM (Gym Schedule)  2:00PM-3:00PM (Gym Schedule)  3:00PM-5:00PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)  2:00PM-5:00PM (Gym Schedule)  8:30PM-9:30PM (Gym Schedule)	5:00AM-8:00AM (Gym Schedule)  2:00PM-5:00PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)  2:00PM-5:00PM (Gym Schedule)	7:00AM-8:00AM (Gym Schedule)	9:00AM-12:00PM (Gym Schedule)
<b>Open Swim Entire Pool</b> Family Pool Hours	4:00PM-7:00PM (Open Swim)			4:00PM-7:00PM (Open Swim)			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Step</b> Studio B	5:30PM-6:25PM (Group Fitness) <i>Warren R.</i>						
<b>Yoga</b> Studio A	6:45PM-7:45PM (Mind And Body) <i>Kristen W.</i>	5:30PM-6:25PM (Mind And Body) <i>Dayal S.</i>		9:00AM-9:55AM (Mind And Body) <i>Lisa W.</i>			
<b>Open Gym</b> Court 2A		5:00AM-6:30AM (Gym Schedule)  6:30AM-8:00AM (Gym Schedule)  2:00PM-3:00PM (Gym Schedule)  3:00PM-5:00PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)  2:00PM-5:00PM (Gym Schedule)  8:30PM-9:30PM (Gym Schedule)	5:00AM-8:00AM (Gym Schedule)  2:00PM-5:00PM (Gym Schedule)	5:00AM-9:00AM (Gym Schedule)  2:00PM-5:00PM (Gym Schedule)	7:00AM-8:00AM (Gym Schedule)  7:00AM-8:00AM (Gym Schedule)	9:00AM-12:00PM (Gym Schedule)
<b>LES MILLS BODYATTACK™</b> Studio B		5:30AM-6:15AM (Group Fitness) <i>Kristin R.</i>				9:15AM-10:10AM (Group Fitness) <i>Andres C.</i>	
<b>LES MILLS CORE™</b> Studio B		6:20AM-6:50AM (Group Fitness) <i>Kristin R.</i>				10:20AM-10:50AM (Group Fitness) <i>Andres C.</i>	
<b>Open Gym-Pickleball</b> Court 2A		8:00AM-2:00PM (Gym Schedule)	10:00AM-2:00PM (Gym Schedule)	8:00AM-2:00PM (Gym Schedule)	10:00AM-2:00PM (Gym Schedule)		12:00PM-4:00PM (Gym Schedule)
<b>Open Gym-Pickleball</b> Court 2B		8:00AM-2:00PM (Gym Schedule)	10:00AM-2:00PM (Gym Schedule)	8:00AM-2:00PM (Gym Schedule)	10:00AM-2:00PM (Gym Schedule)		12:00PM-4:00PM (Gym Schedule)
<b>Power Yoga</b> Studio B		8:00AM-8:45AM (Mind And Body) <i>Marianne W.</i>					
<b>Golden Spokes</b> Cycle Studio		9:15AM-10:00AM (Active Older Adults) <i>Warren R.</i>		9:15AM-10:00AM (Active Older Adults) <i>Warren R.</i>			
<b>Pedaling for Parkinson's</b> Cycle Studio		10:15AM-11:15AM (Cycle) <i>Warren R.</i>		10:15AM-11:15AM (Cycle) <i>Alan D.</i>			
<b>Aqua</b> Warm Water Pool		11:15AM-12:00PM (Water Fitness) <i>Jessica P.</i>	11:15AM-12:00PM (Water Fitness) <i>Alan D.</i>	11:15AM-12:00PM (Water Fitness) <i>Jessica P.</i>	11:15AM-12:00PM (Water Fitness) <i>Susan Z.</i>		
<b>SilverSneakers® Classic</b> Studio A		11:15AM-12:00PM (Active Older Adults) <i>laurel g.</i>		11:15AM-12:00PM (Active Older Adults) <i>laurel g.</i>			
<b>Tai Chi</b> Studio B		11:15AM-12:00PM (Mind And Body) <i>Anita V.</i>					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Chair Stretch</b> Studio A		12:15PM-1:00PM (Active Older Adults) <i>laurel g.</i>		12:15PM-1:00PM (Active Older Adults) <i>Marianne W.</i>			
<b>Gentle Yoga</b> Studio B		12:30PM-1:15PM (Mind And Body) <i>Cindy G.</i>	12:30PM-1:15PM (Mind And Body) <i>Denise R.</i>		12:30PM-1:15PM (Mind And Body) <i>Betty O.</i>		
<b>Line Dancing</b> Studio A		1:30PM-2:30PM (Group Fitness) <i>June K.</i>					
<b>Circuit Training</b> Studio B		4:30PM-5:25PM (Group Fitness) <i>Andrea D.</i>		9:00AM-9:55AM (Group Fitness) <i>Andrea D.</i>	8:15AM-9:15AM (Group Fitness) <i>Jessica P.</i>		
<b>LES MILLS SPRINT™</b> Cycle Studio		4:55PM-5:25PM (Cycle) <i>Marissa J.</i>		4:55PM-5:25PM (Cycle) <i>Marissa J.</i>		7:30AM-8:00AM (Cycle) <i>Natalie B.</i>	
<b>Pilates</b> Studio B		5:30PM-6:25PM (Mind And Body) <i>Beverly M.</i>					
<b>Dance Fusion</b> Studio A		6:45PM-7:30PM (Group Fitness) <i>Holli R.</i>		10:10AM-11:05AM (Group Fitness) <i>Nikki G.</i>  6:30PM-7:30PM (Group Fitness) <i>Holli R.</i>			
<b>Power Yoga</b> Studio A			8:00AM-8:55AM (Mind And Body) <i>Marianne W.</i>	7:45PM-8:45PM (Mind And Body) <i>Andrew S.</i>			
<b>LES MILLS BODYCOMBAT™</b> Studio B			8:15AM-8:45AM (Group Fitness) <i>Shannon F.</i>				
<b>Step Circuit</b> Studio B			10:00AM-10:55AM (Group Fitness) <i>Miki L.</i>				
<b>SilverSneakers® Circuit</b> Studio A			10:15AM-11:00AM (Active Older Adults) <i>Alan D.</i>				
<b>LES MILLS BODYSTEP™</b> Studio B			4:45PM-5:25PM (Group Fitness) <i>Andres C.</i>				
<b>HIIT</b> Studio B			6:30PM-7:25PM (Group Fitness) <i>Holli R.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Zumba</b> Studio A			6:30PM-7:30PM (Group Fitness) <i>Amanda E.</i>		10:00AM-11:05AM (Group Fitness) <i>Susan Z.</i>	8:00AM-8:55AM (Group Fitness) <i>Susan Z.</i>  10:25AM-11:15AM (Group Fitness) <i>Vilmarie A.</i>	
<b>Vinyasa Yoga</b> Studio A				8:00AM-8:55AM (Mind And Body) <i>Brianna P.</i>			
<b>Stretch</b> Studio B				10:30AM-11:15AM (Mind And Body) <i>Kristen W.</i>			
<b>Yin Yoga</b> Studio B				11:30AM-12:30PM (Mind And Body) <i>Kristen W.</i>			
<b>The Challenge</b> Studio B				6:35PM-8:05PM (Group Fitness) <i>MYRNA H.</i>			
<b>Zumba Gold</b> Studio A					6:30PM-7:15PM (Group Fitness) <i>Amanda E.</i>		
<b>Pilates</b> Studio A						11:30AM-12:15PM (Mind And Body) <i>Vilmarie A.</i>	
<b>Open Gym-Adult Basketball</b> Court 2A							8:00AM-9:00AM (Gym Schedule)
<b>Open Gym-Adult Basketball</b> Court 2B							8:00AM-9:00AM (Gym Schedule)



## Northwest Hillsborough Family YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycling</b> Cycle Studio	5:30AM-6:25AM (Cycle) <i>Melinda L.</i>  9:15AM-10:10AM (Cycle) <i>Cary S.</i>	9:15AM-10:10AM (Cycle) <i>Mindy W.</i>	10:15AM-11:05AM (Cycle) <i>Cary S.</i>  5:30PM-6:25PM (Cycle) <i>Mary A.</i>	9:15AM-10:10AM (Cycle) <i>Melinda L.</i>	9:15AM-10:10AM (Cycle) <i>Cary S.</i>		
<b>LES MILLS BODYPUMP™</b> Group Fitness Studio	8:00AM-8:55AM (Group Fitness) <i>Pedro G.</i>  5:30PM-6:25PM (Group Fitness) <i>Lori H.</i>		9:10AM-10:05AM (Group Fitness) <i>Beth H.</i>	5:30PM-6:25PM (Group Fitness) <i>Shawn B.</i>		9:00AM-9:55AM (Group Fitness) <i>Jenn G.</i>	
<b>Water Fitness</b> Pool	9:00AM-9:55AM (Water Fitness) <i>Elaine C.</i>		9:00AM-9:55AM (Water Fitness) <i>Elaine C.</i>		9:00AM-9:55AM (Water Fitness) <i>Oksana L.</i>		
<b>HIIT</b> Group Fitness Studio	9:10AM-10:05AM (Group Fitness) <i>Pedro G.</i>						
<b>Yoga</b> Group Fitness Studio	10:20AM-11:15AM (Mind And Body) <i>Elaine C.</i>			7:30PM-8:25PM (Mind And Body) <i>Elizabeth P.</i>		10:15AM-11:10AM (Mind And Body) <i>Luiza F.</i>	
<b>SilverSneakers® Circuit</b> Group Fitness Studio	11:30AM-12:25PM (Active Older Adults) <i>Zakeia S.</i>						
<b>Line Dancing</b> Group Fitness Studio	12:30PM-1:25PM (Group Fitness) <i>Zakeia S.</i>						
<b>Zumba</b> Group Fitness Studio	6:30PM-7:25PM (Group Fitness) <i>Jessica N.</i>	10:20AM-11:15AM (Group Fitness) <i>Jessica N.</i>		9:10AM-10:05AM (Group Fitness) <i>Jessica N.</i>	10:20AM-11:15AM (Group Fitness) <i>Oksana L.</i>		
<b>Circuit Training</b> Group Fitness Studio		8:00AM-8:55AM (Group Fitness) <i>Mary A.</i>					
<b>AquaBata/HIIT</b> Pool		8:30AM-9:25AM (Water Fitness) <i>Luiza F.</i>		8:00AM-8:55AM (Water Fitness) <i>Melinda L.</i>			
<b>Pilates</b> Group Fitness Studio		9:10AM-10:05AM (Mind And Body) <i>Mary A.</i>		8:00AM-8:55AM (Mind And Body) <i>Mary A.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>SilverSneakers® Classic</b> Group Fitness Studio		11:30AM-12:25PM (Active Older Adults) <i>Jenn G.</i>	11:30AM-12:25PM (Active Older Adults) <i>Melinda L.</i>	11:30AM-12:25PM (Active Older Adults) <i>Jessica N.</i>	11:30AM-12:25PM (Active Older Adults) <i>Peggy R.</i>		
<b>SilverSneakers® BOOM Muscle</b> Group Fitness Studio		12:30PM-1:25PM (Active Older Adults) <i>Lori H.</i>					
<b>Barre</b> Group Fitness Studio		5:30PM-6:25PM (Group Fitness) <i>Marcia C.</i>					
<b>Step Circuit</b> Group Fitness Studio		6:30PM-7:25PM (Group Fitness) <i>Marcia C.</i>					
<b>LES MILLS BODYCOMBAT™</b> Group Fitness Studio			8:00AM-8:55AM (Group Fitness) <i>Beth H.</i>	6:30PM-7:25PM (Group Fitness) <i>Shawn B.</i>	9:10AM-10:05AM (Group Fitness) <i>Pedro G.</i>		
<b>HEAT</b> Gymnasium			8:15AM-9:10AM (Group Fitness) <i>Ami G.</i>				
<b>Yin Yoga</b> Group Fitness Studio			10:20AM-11:15AM (Mind And Body) <i>Amy C.</i>				
<b>Silver Sneakers Stability</b> Group Fitness Studio			12:30PM-1:25PM (Active Older Adults) <i>Peggy R.</i>				
<b>Dance Fusion</b> Group Fitness Studio			5:30PM-6:25PM (Group Fitness) <i>Candice S.</i>				
<b>Body Sculpt</b> Group Fitness Studio			6:30PM-7:25PM (Group Fitness) <i>Michele W.</i>	10:20AM-11:15AM (Group Fitness) <i>Jessica N.</i>			
<b>Tai Chi</b> Group Fitness Studio			7:30PM-8:25PM (Mind And Body) <i>Arleen A.</i>				
<b>SilverSneakers® Yoga</b> Group Fitness Studio				12:30PM-1:15PM (Active Older Adults) <i>Jessica N.</i>			
<b>LES MILLS BODYPUMP HEAVY™</b> Group Fitness Studio					8:00AM-8:55AM (Group Fitness) <i>Pedro G.</i>		
<b>Meditation 101</b> Group Fitness Studio					12:30PM-1:15PM (Mind And Body) <i>Peggy R.</i>		
<b>LES MILLS SPRINT™</b> Cycle Studio						8:00AM-8:45AM (Cycle) <i>Lisa N.</i>	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Deep Water</b> Pool						9:00AM-9:55AM (Water Fitness) <i>Oksana L.</i>	



## East Pasco Family YMCA | March 30th - April 5th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Lap Swim 4 Lanes</b> Pool	6:00AM-9:00AM (Lap Swim)  9:50AM-5:45PM (Lap Swim)	6:00AM-6:30AM (Lap Swim)  8:00AM-9:30AM (Lap Swim)  10:00AM-5:45PM (Lap Swim)  7:00PM-7:30PM (Lap Swim)	6:00AM-9:30AM (Lap Swim)  10:15AM-7:30PM (Lap Swim)	6:00AM-6:30AM (Lap Swim)  8:00AM-9:30AM (Lap Swim)  10:15AM-5:45PM (Lap Swim)  7:00PM-7:30PM (Lap Swim)	6:00AM-7:00PM (Lap Swim)	12:30PM-4:00PM (Lap Swim)	11:00AM-4:00PM (Lap Swim)
<b>Stick Mobility®</b> Group Fitness Studio <a href="#">REGISTER</a>	8:00AM-8:45AM (Group Fitness) <i>Ed R.</i>		8:00AM-8:45AM (Group Fitness) <i>Ed R.</i>		8:00AM-8:45AM (Group Fitness) <i>Ed R.</i>		
<b>Aqua</b> Pool	9:00AM-9:45AM (Water Fitness) <i>Ed R.</i>	9:30AM-10:15AM (Water Fitness) <i>Ed R.</i>	9:30AM-10:15AM (Water Fitness) <i>Ed R.</i>	9:30AM-10:15AM (Water Fitness) <i>Ed R.</i>			
<b>Circuit Training</b> Group Fitness Studio	9:00AM-9:50AM (Group Fitness) <i>Kasey S.</i>		9:00AM-9:50AM (Group Fitness) <i>Kasey S.</i>				
<b>Lap Swim 2 Lanes</b> Pool	9:00AM-9:45AM (Lap Swim)	6:30AM-8:00AM (Lap Swim)  9:30AM-10:15AM (Lap Swim)	9:30AM-10:15AM (Lap Swim)	6:30AM-8:00AM (Lap Swim)  9:30AM-10:15AM (Lap Swim)			
<b>Core &amp; More</b> Group Fitness Studio	10:00AM-10:45AM (Group Fitness) <i>Ed R.</i>		10:00AM-10:45AM (Group Fitness) <i>Kim W.</i>				
<b>SilverSneakers® Classic</b> Gymnasium	11:00AM-11:50AM (Active Older Adults) <i>Kim W.</i>	11:00AM-11:50AM (Active Older Adults) <i>Mark S.</i>	11:00AM-11:50AM (Active Older Adults) <i>Ed R.</i>	11:00AM-11:50AM (Active Older Adults) <i>Christine S.</i>	11:00AM-11:50AM (Active Older Adults) <i>Kenya C.</i>		
<b>Step and Sculpt</b> Group Fitness Studio	11:00AM-11:45AM (Group Fitness) <i>Ashley T.</i>						
<b>Silver &amp; Fit(AOA)</b> Group Fitness Studio	2:15PM-3:00PM (Active Older Adults) <i>Virtual I.</i>		2:15PM-3:00PM (Active Older Adults) <i>Kenya C.</i>		2:15PM-3:00PM (Active Older Adults) <i>Virtual I.</i>		
<b>LES MILLS BODYPUMP™</b> Group Fitness Studio <a href="#">REGISTER</a>	5:00PM-5:55PM (Group Fitness) <i>Sarah S.</i>	9:00AM-9:45AM (Group Fitness) <i>Mark S.</i>	5:00PM-5:55PM (Group Fitness) <i>Sarah S.</i>	8:00AM-8:45AM (Group Fitness) <i>Mark S.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Lap Swim 1 Lane</b> Pool	5:50PM-7:00PM (Lap Swim)	5:50PM-7:00PM (Lap Swim)		5:50PM-7:00PM (Lap Swim)			
<b>Yoga</b> Group Fitness Studio	6:00PM-6:45PM (Mind And Body) <i>Syreeta M.</i>		6:00PM-6:45PM (Mind And Body) <i>Syreeta M.</i>			11:00AM-11:45AM (Mind And Body) <i>Georgina R.</i>	
<b>Cycling</b> Group Fitness Studio		7:00AM-7:45AM (Cycle) <i>Ed R.</i>		7:00AM-7:45AM (Cycle) <i>Ed R.</i>			
<b>Stretch</b> Group Fitness Studio		10:00AM-10:45AM (Mind And Body) <i>Mark S.</i>	11:00AM-11:45AM (Mind And Body) <i>Kim W.</i>	10:00AM-10:45AM (Mind And Body) <i>Christine S.</i>			
<b>LES MILLS SPRINT™</b> Group Fitness Studio		11:00AM-11:45AM (Cycle) <i>Ed R.</i>		11:00AM-11:45AM (Cycle) <i>Ed R.</i>	4:00PM-4:45PM (Cycle) <i>Ed R.</i>		
<b>Zumba</b> Group Fitness Studio		5:00PM-5:45PM (Group Fitness) <i>Kenya C.</i>		5:00PM-5:45PM (Group Fitness) <i>Kenya C.</i>	10:00AM-10:45AM (Group Fitness) <i>Kenya C.</i>	10:00AM-10:45AM (Group Fitness) <i>Sarah S.</i>	
<b>Pilates</b> Group Fitness Studio		6:00PM-6:45PM (Mind And Body) <i>Kenya C.</i>		6:00PM-6:45PM (Mind And Body) <i>Kenya C.</i>			
<b>Tai Chi</b> Group Fitness Studio			7:00AM-7:45AM (Mind And Body) <i>Ed R.</i>				
<b>Body Sculpt</b> Group Fitness Studio				9:00AM-9:50AM (Group Fitness) <i>Christine S.</i>			
<b>Chair Yoga</b> Group Fitness Studio				12:00PM-12:45PM (Active Older Adults) <i>Christine S.</i>	12:00PM-12:45PM (Active Older Adults) <i>Kenya C.</i>		
<b>HIIT</b> Group Fitness Studio					9:00AM-9:45AM (Group Fitness) <i>Ed R.</i>		
<b>Barre</b> Group Fitness Studio					11:00AM-11:45AM (Group Fitness) <i>Kim W.</i>		
<b>Lap Swim 3 Lanes</b> Pool						8:00AM-12:30PM (Lap Swim)	
<b>Strength Training</b> Group Fitness Studio						9:00AM-9:45AM (General) <i>Sarah S.</i>	



## Bob Gilbertson Central City Family YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycling</b> Cycle Studio	6:00AM-6:55AM (Cycle) <i>Daniella F.</i>  10:00AM-10:45AM (Cycle) <i>Rickey K.</i>  6:00PM-6:45PM (Cycle) <i>Cassandra Q.</i>	9:00AM-9:55AM (Cycle) <i>Rickey K.</i>  5:30PM-6:25PM (Cycle) <i>Shema M.</i>	6:00PM-6:45PM (Cycle) <i>Rickey K.</i>	9:00AM-9:55AM (Cycle) <i>Rickey K.</i>  5:30PM-6:25PM (Cycle) <i>Rickey K.</i>	5:30AM-6:15AM (Cycle) <i>Daniella F.</i>		
<b>LES MILLS BODYPUMP™</b> Group Fitness Studio	9:00AM-9:55AM (Group Fitness) <i>Shannon G.</i>	6:00AM-6:55AM (Group Fitness) <i>Carly B.</i>  6:00PM-6:55PM (Group Fitness) <i>Janine M.</i>	12:00PM-12:55PM (Group Fitness) <i>Alli R.</i>		9:00AM-9:55AM (Group Fitness) <i>Michelle H.</i>	9:00AM-9:55AM (Group Fitness) <i>Rachel M.</i>	
<b>SilverSneakers® Classic</b> Group Fitness Studio	10:15AM-11:10AM (Active Older Adults) <i>Cira R.</i>	10:15AM-11:10AM (Active Older Adults) <i>Thomas L.</i>			10:15AM-11:10AM (Active Older Adults) <i>Cira R.</i>		
<b>Gentle Yoga</b> Mind Body Studio	11:00AM-11:55AM (Mind And Body) <i>Cindy G.</i>						
<b>LES MILLS BODYCOMBAT™</b> Group Fitness Studio	6:30PM-7:25PM (Group Fitness) <i>Lacey B.</i>	9:00AM-9:55AM (Group Fitness) <i>Pedro G.</i>	6:30PM-7:25PM (Group Fitness) <i>Fred P.</i>	9:00AM-9:55AM (Group Fitness) <i>Lacey B.</i>	5:30PM-6:25PM (Group Fitness) <i>Fred P.</i>	10:15AM-11:10AM (Group Fitness) <i>Harmony G.</i>	
<b>LES MILLS BODYBALANCE™</b> Mind Body Studio		10:00AM-10:55AM (Mind And Body) <i>Pedro G.</i>	11:00AM-11:55AM (Mind And Body) <i>Michelle H.</i>	10:00AM-10:55AM (Mind And Body) <i>Alli R.</i>			12:30PM-1:25PM (Mind And Body) <i>Michelle H.</i>
<b>Yin Yoga</b> Mind Body Studio		11:30AM-12:15PM (Mind And Body) <i>Lisa W.</i>					
<b>Strength Training</b> Group Fitness Studio			9:00AM-9:55AM (General) <i>Pedro G.</i>				
<b>Slow Flow Yoga and Meditation</b> Mind Body Studio			9:45AM-10:45AM (Mind And Body) <i>Evelyn G.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Silver &amp; Fit(AOA)</b> Group Fitness Studio			10:15AM-11:10AM (Active Older Adults) <i>Cira R.</i>				
<b>Total Body Conditioning</b> Group Fitness Studio				8:00AM-8:45AM (General) <i>Randy G.</i>			
<b>Aqua</b> Pool				8:45AM-9:40AM (Water Fitness) <i>Cira R.</i>			
<b>SilverSneakers® Yoga</b> Group Fitness Studio				10:15AM-11:10AM (Active Older Adults) <i>Cira R.</i>			
<b>Pilates</b> Mind Body Studio				5:30PM-6:25PM (Mind And Body) <i>Vilmarie A.</i>			
<b>Zumba</b> Mind Body Studio				6:30PM-7:25PM (Group Fitness) <i>Vilmarie A.</i>			
<b>Core &amp; More</b> Mind Body Studio					8:00AM-8:45AM (Group Fitness) <i>Randy G.</i>		
<b>Rhythm Ride</b> Cycle Studio					10:00AM-10:55AM (Cycle) <i>Shema M.</i>	10:15AM-11:00AM (Cycle) <i>Shema M.</i>	
<b>Yoga</b> Mind Body Studio					10:15AM-11:10AM (Mind And Body) <i>Lisa W.</i>		
<b>Zumba</b> Group Fitness Studio						11:30AM-12:25PM (Group Fitness) <i>Latesha H.</i>	
<b>LES MILLS SPRINT™</b> Cycle Studio							10:15AM-10:45AM (Cycle) <i>Rachel M.</i>



## West Park Village YMCA Express | March 30th - April 5th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>LES MILLS BODYPUMP™</b> Group Fitness Studio	8:00AM-8:55AM (Group Fitness) <i>Mary A.</i>  12:00PM-12:45PM (Virtual)	5:30AM-6:25AM (Virtual)  9:10AM-10:05AM (Group Fitness) <i>Cary S.</i>	12:00PM-12:45PM (Virtual)	5:30AM-6:25AM (Virtual)  10:20AM-11:15AM (Group Fitness) <i>Mary A.</i>  5:30PM-6:25PM (Virtual)	12:00PM-1:00PM (Virtual)		
<b>Body Sculpt</b> Group Fitness Studio	9:10AM-10:05AM (Group Fitness) <i>Melinda L.</i>				9:10AM-10:05AM (Group Fitness) <i>Mary A.</i>		
<b>Pilates</b> Group Fitness Studio	10:20AM-11:15AM (Mind And Body) <i>Mary A.</i>						
<b>LES MILLS CORE™</b> Group Fitness Studio	4:30PM-5:00PM (Virtual)	6:30PM-7:00PM (Virtual)	4:30PM-5:00PM (Virtual)				
<b>LES MILLS BODYCOMBAT™</b> Group Fitness Studio	6:35PM-7:35PM (Virtual)	5:30PM-6:30PM (Virtual)		8:00AM-8:55AM (Group Fitness) <i>Shawn B.</i>			10:30AM-11:30AM (Virtual)
<b>Yoga</b> Group Fitness Studio		8:00AM-8:55AM (Mind And Body) <i>Susan R.</i>			7:00AM-7:55AM (Mind And Body) <i>Susan R.</i>		
<b>Circuit Training</b> Group Fitness Studio		10:20AM-11:15AM (Group Fitness) <i>Cary S.</i>					
<b>LES MILLS GRIT™ Strength</b> Group Fitness Studio		12:30PM-1:00PM (Virtual)					
<b>Boot Camp</b> Group Fitness Studio			5:30AM-6:25AM (Group Fitness) <i>Melinda L.</i>		8:00AM-8:55AM (Group Fitness) <i>Kat M.</i>		
<b>Core &amp; More</b> Group Fitness Studio			8:00AM-8:55AM (Group Fitness) <i>Mary A.</i>				
<b>Step</b> Group Fitness Studio			9:10AM-10:05AM (Group Fitness) <i>Lori T.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Yoga - Foam Roller</b> Group Fitness Studio			10:20AM-11:15AM (Mind And Body) <i>Elaine C.</i>				
<b>Meditation 101</b> Group Fitness Studio			11:20AM-11:50AM (Mind And Body) <i>Elaine C.</i>				
<b>Vinyasa Yoga</b> Group Fitness Studio				9:10AM-10:05AM (Mind And Body) <i>Cary S.</i>			
<b>LES MILLS GRIT™ Cardio</b> Group Fitness Studio				12:30PM-1:00PM (Virtual)			
<b>LES MILLS DANCE™</b> Group Fitness Studio				6:30PM-7:25PM (Virtual)	4:30PM-5:25PM (Virtual)		
<b>Gentle Yoga</b> Group Fitness Studio					10:20AM-11:15AM (Mind And Body) <i>Amy C.</i>		
<b>LES MILLS BODYBALANCE™</b> Group Fitness Studio					5:30PM-6:15PM (Virtual)		
<b>Step Circuit</b> Group Fitness Studio						9:00AM-9:55AM (Group Fitness) <i>Karen S.</i>	