



Northwest Cary YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Northwest Cary - Court 1						6 a.m.-8 a.m. (Gym) <i>Staff</i>	4 p.m.-5:45 p.m. (Gym) <i>Staff</i>
Open Gym Northwest Cary - Court 2						7 a.m.-8 a.m. (Gym) <i>Staff</i> 2:30 p.m.-5:45 p.m. (Gym) <i>Staff</i>	4 p.m.-5:45 p.m. (Gym) <i>Staff</i>
Reserved for Family Programs Northwest Cary - Aux Gym						8 a.m.-12 p.m. (Gym) <i>Staff</i>	1 p.m.-5 p.m. (Gym) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: Single Lane (Reserved) Northwest Cary - Lap Pool						8 a.m.-8:30 a.m. (Pool) <i>Staff</i> 8:30 a.m.-9 a.m. (Pool) <i>Staff</i> 9 a.m.-9:30 a.m. (Pool) <i>Staff</i> 9:30 a.m.-10 a.m. (Pool) <i>Staff</i> 10 a.m.-10:30 a.m. (Pool) <i>Staff</i> 10:30 a.m.-11 a.m. (Pool) <i>Staff</i> 11 a.m.-11:30 a.m. (Pool) <i>Staff</i> 11:30 a.m.-12 p.m. (Pool) <i>Staff</i> 12:30 p.m.-1 p.m. (Pool) <i>Staff</i> 1 p.m.-1:30 p.m. (Pool) <i>Staff</i> 1:30 p.m.-2 p.m. (Pool) <i>Staff</i> 2 p.m.-2:30 p.m. (Pool) <i>Staff</i> 2:30 p.m.-3 p.m. (Pool) <i>Staff</i> 3 p.m.-3:30 p.m. (Pool) <i>Staff</i> 4 p.m.-4:30 p.m. (Pool) <i>Staff</i> 4:30 p.m.-5 p.m. (Pool) <i>Staff</i> 5 p.m.-5:30 p.m. (Pool) <i>Staff</i> 5:30 p.m.-6 p.m. (Pool) <i>Staff</i> 6 p.m.-6:30 p.m. (Pool) <i>Staff</i>	1 p.m.-1:30 p.m. (Pool) <i>Staff</i> 5 p.m.-5:30 p.m. (Pool) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: Shared Lane (Reserved) Northwest Cary - Lap Pool						8 a.m.-8:30 a.m. (Pool) <i>Staff</i> 8:30 a.m.-9 a.m. (Pool) <i>Staff</i> 10 a.m.-10:30 a.m. (Pool) <i>Staff</i> 10:30 a.m.-11 a.m. (Pool) <i>Staff</i> 11 a.m.-11:30 a.m. (Pool) <i>Staff</i> 12 p.m.-12:30 p.m. (Pool) <i>Staff</i> 12:30 p.m.-1 p.m. (Pool) <i>Staff</i> 1 p.m.-1:30 p.m. (Pool) <i>Staff</i> 1:30 p.m.-2 p.m. (Pool) <i>Staff</i> 2 p.m.-2:30 p.m. (Pool) <i>Staff</i> 2:30 p.m.-3 p.m. (Pool) <i>Staff</i> 3 p.m.-3:30 p.m. (Pool) <i>Staff</i> 3:30 p.m.-4 p.m. (Pool) <i>Staff</i> 4 p.m.-4:30 p.m. (Pool) <i>Staff</i> 4:30 p.m.-5 p.m. (Pool) <i>Staff</i> 5 p.m.-5:30 p.m. (Pool) <i>Staff</i> 5:30 p.m.-6 p.m. (Pool) <i>Staff</i>	1 p.m.-1:30 p.m. (Pool) <i>Staff</i> 1:30 p.m.-2 p.m. (Pool) <i>Staff</i> 2:30 p.m.-3 p.m. (Pool) <i>Staff</i>
\$ Reformer: Level 1 Northwest Cary - Cycle Studio						8:15 a.m.-9:10 a.m. (Group Fitness) <i>Dawn K.</i>	
Conditioning: BODYCOMBAT Northwest Cary - Strength & Cardio Studio B						8:15 a.m.-9:15 a.m. (Group Fitness) <i>Anky C.</i>	12:45 p.m.-1:45 p.m. (Group Fitness) <i>Robin F.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength: Lean and Cut Northwest Cary - Strength & Cardio Studio A						8:15 a.m.-9:15 a.m. (Group Fitness) <i>Sydney W.</i>	
Yoga: Gentle Hatha Northwest Cary - Mind & Body						8:15 a.m.-9:15 a.m. (Group Fitness) <i>Anne R.</i>	
Lap Lane: Shared Lane (Reserved) Northwest Cary YMCA						9 a.m.-9:30 a.m. (Pool) <i>Staff</i> 9:30 a.m.-10 a.m. (Pool) <i>Staff</i> 12 p.m.-12:30 p.m. (Pool) <i>Staff</i> 6 p.m.-6:30 p.m. (Pool) <i>Staff</i>	2 p.m.-2:30 p.m. (Pool) <i>Staff</i> 3 p.m.-3:30 p.m. (Pool) <i>Staff</i> 3:30 p.m.-4 p.m. (Pool) <i>Staff</i> 4 p.m.-4:30 p.m. (Pool) <i>Staff</i> 4:30 p.m.-5 p.m. (Pool) <i>Staff</i> 5 p.m.-5:30 p.m. (Pool) <i>Staff</i>
Teen Equipment Orientation Northwest Cary YMCA						9:30 a.m.-10:30 a.m. (Get Started) <i>Staff</i>	
Conditioning: Cardio Strength Northwest Cary - Strength & Cardio Studio A						9:30 a.m.-10:30 a.m. (Group Fitness) <i>Sydney W.</i>	
Cycle: Fusion Northwest Cary - Cycle Studio						9:30 a.m.-10:30 a.m. (Group Fitness) <i>Dawn K.</i>	
Dance: Zumba Northwest Cary - Crosspointe Auditorium						9:30 a.m.-10:30 a.m. (Group Fitness) <i>Anne W.</i>	
Yoga: Slow Flow Northwest Cary - Mind & Body						9:30 a.m.-10:30 a.m. (Group Fitness) <i>Lorraine M.</i>	
Family Swim Northwest Cary - Rec Pool						10:30 a.m.-7 p.m. (Pool) <i>Staff</i>	
\$ Reformer: Level 1 Northwest Cary YMCA						10:45 a.m.-11:40 a.m. (Group Fitness) <i>Maya S.</i>	
Restore & Core: Barre Northwest Cary - Strength & Cardio Studio B						10:45 a.m.-11:45 a.m. (Group Fitness) <i>Alison S.</i>	3 p.m.-3:45 p.m. (Group Fitness) <i>Alison S.</i>
Strength: BODYPUMP™ Northwest Cary - Strength & Cardio Studio A						10:45 a.m.-11:40 a.m. (Group Fitness) <i>Michelle B.</i>	
Yoga: Yin Northwest Cary - Mind & Body						11 a.m.-12 p.m. (Group Fitness) <i>Deanna H.</i>	
Family Swim Northwest Cary - Lap Pool						1 p.m.-6:30 p.m. (Pool) <i>Staff</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Play Adult Volleyball Northwest Cary - Court 1						2:30 p.m.-5:45 p.m. (Gym) Staff	
Lap Lane: Single Lane (Reserved) Northwest Cary YMCA						3:30 p.m.-4 p.m. (Pool) Staff	1:30 p.m.-2 p.m. (Pool) Staff 2 p.m.-2:30 p.m. (Pool) Staff 2:30 p.m.-3 p.m. (Pool) Staff 3 p.m.-3:30 p.m. (Pool) Staff 3:30 p.m.-4 p.m. (Pool) Staff 4 p.m.-4:30 p.m. (Pool) Staff 4:30 p.m.-5 p.m. (Pool) Staff
Adult Pick Up Basketball Northwest Cary - Court 2							12 p.m.-2 p.m. (Gym) Staff
Adult Pick Up Basketball Northwest Cary - Court 1							12 p.m.-2 p.m. (Gym) Staff
Yoga: Power Yoga Northwest Cary - Mind & Body							12:15 p.m.-1:15 p.m. (Group Fitness) Emily C.
Family Swim Northwest Cary YMCA							1 p.m.-5:30 p.m. (Pool) Staff
\$ Reformer: Level 2 Northwest Cary - Cycle Studio							1:30 p.m.-2:25 p.m. (Group Fitness) Alison S.
Yoga: Vinyasa Flow Northwest Cary - Mind & Body							1:30 p.m.-2:30 p.m. (Group Fitness) Emily C.
Start Strong Northwest Cary YMCA							2 p.m.-3 p.m. (Get Started) Staff
Dance: Zumba Toning Northwest Cary - Strength & Cardio Studio B							2 p.m.-2:45 p.m. (Group Fitness) Tanja C.
Reserved for Family Time Northwest Cary - Court 2							2 p.m.-4 p.m. (Gym) Staff
Reserved for Pickleball Northwest Cary - Court 1							2 p.m.-4 p.m. (Gym) Staff
\$ Reformer: Foundations Northwest Cary - Cycle Studio							2:45 p.m.-3:40 p.m. (Group Fitness) Emily C.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance: Zumba Northwest Cary - Strength & Cardio Studio A							4 p.m.-5 p.m. (Group Fitness) <i>Abdullatif S.</i>



Southeast Raleigh YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Southeast Raleigh YMCA						7 a.m.-8 a.m. (Gym) <i>Staff</i> 8 a.m.-9 a.m. (Gym) <i>Staff</i> 9 a.m.-10 a.m. (Gym) <i>Staff</i> 10 a.m.-11 a.m. (Gym) <i>Staff</i> 11 a.m.-12 p.m. (Gym) <i>Staff</i> 12 p.m.-1 p.m. (Gym) <i>Staff</i> 1 p.m.-2 p.m. (Gym) <i>Staff</i> 2 p.m.-3 p.m. (Gym) <i>Staff</i> 4 p.m.-5 p.m. (Gym) <i>Staff</i> 5 p.m.-6 p.m. (Gym) <i>Staff</i>	11 a.m.-12 p.m. (Gym) <i>Staff</i> 12 p.m.-1 p.m. (Gym) <i>Staff</i> 1 p.m.-2 p.m. (Gym) <i>Staff</i> 2 p.m.-3 p.m. (Gym) <i>Staff</i> 3 p.m.-4 p.m. (Gym) <i>Staff</i> 4 p.m.-5 p.m. (Gym) <i>Staff</i> 5 p.m.-6 p.m. (Gym) <i>Staff</i>
Conditioning: MetCon Southeast Raleigh - Studio 1						8 a.m.-8:45 a.m. (Group Fitness) <i>Carissa H.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 4 Shared Lanes Southeast Raleigh - Outdoor Pool						8 a.m.-9 a.m. (Pool) <i>Staff</i> 9 a.m.-10 a.m. (Pool) <i>Staff</i> 10 a.m.-10:45 a.m. (Pool) <i>Staff</i>	
Intro: Intro to Xtreme Hip Hop Step Breakdown Southeast Raleigh - School Side Gym Court 3						8:50 a.m.-9:10 a.m. (Group Fitness) <i>Briana P.</i>	
Strength: BODYPUMP™ Southeast Raleigh - Studio 1						9 a.m.-9:45 a.m. (Group Fitness) <i>Juli D.</i>	12:10 p.m.-1:05 p.m. (Group Fitness) <i>Anna H.</i>
Strength: TRX Southeast Raleigh - Studio 2						9 a.m.-9:45 a.m. (Group Fitness) <i>Carissa H.</i> 10 a.m.-10:45 a.m. (Group Fitness) <i>Anna H.</i>	
Intro: Xtreme Hip Hop Step Beginner Class Southeast Raleigh - School Side Gym Court 3						9:15 a.m.-9:45 a.m. (Group Fitness) <i>Briana P.</i>	
Dance: Dance Southeast Raleigh - School Side Gym Court 3						10 a.m.-10:55 a.m. (Group Fitness) <i>Kimberly M.</i>	
Restore & Core: Barre Southeast Raleigh - Studio 1						10 a.m.-10:45 a.m. (Group Fitness) <i>Andrea B.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim Southeast Raleigh YMCA						10 a.m.-11 a.m. (Pool) <i>Staff</i> 11 a.m.-12 p.m. (Pool) <i>Staff</i> 1 p.m.-2 p.m. (Pool) <i>Staff</i> 2 p.m.-3 p.m. (Pool) <i>Staff</i> 3 p.m.-4 p.m. (Pool) <i>Staff</i> 4 p.m.-5 p.m. (Pool) <i>Staff</i>	12 p.m.-1 p.m. (Pool) <i>Staff</i> 1 p.m.-2 p.m. (Pool) <i>Staff</i> 1 p.m.-2 p.m. (Pool) <i>Staff</i> 2 p.m.-3 p.m. (Pool) <i>Staff</i> 3 p.m.-4 p.m. (Pool) <i>Staff</i> 4 p.m.-5 p.m. (Pool) <i>Staff</i> 5 p.m.-5:45 p.m. (Pool) <i>Staff</i>
Restore & Core: Mobility Southeast Raleigh - Studio 2						11 a.m.-11:45 a.m. (Group Fitness) <i>Carissa H.</i>	
Yoga: Trap Yoga Southeast Raleigh - Studio 1						11 a.m.-11:55 a.m. (Group Fitness) <i>Chushenna E.</i>	
Lap Lane: 2 Shared Lanes Southeast Raleigh - Outdoor Pool						11 a.m.-12 p.m. (Pool) <i>Staff</i> 12 p.m.-1 p.m. (Pool) <i>Staff</i> 1 p.m.-2 p.m. (Pool) <i>Staff</i> 2 p.m.-3 p.m. (Pool) <i>Staff</i> 3 p.m.-4 p.m. (Pool) <i>Staff</i> 4 p.m.-5 p.m. (Pool) <i>Staff</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step: Xtreme Hip-Hop Step Southeast Raleigh - Court 2						11:05 a.m.-12 p.m. (Group Fitness) <i>Brianne G.</i>	
Family Swim Southeast Raleigh - Outdoor Pool						12 p.m.-1 p.m. (Pool) <i>Staff</i>	
Event: Kid Yoga Southeast Raleigh - Studio 1						12:15 p.m.-12:45 p.m. (Group Fitness) <i>Natalie S.</i>	
Lap Lane: 4 Shared Lanes Southeast Raleigh YMCA							12 p.m.-1 p.m. (Pool) <i>Staff</i> 1 p.m.-2 p.m. (Pool) <i>Staff</i> 2 p.m.-3 p.m. (Pool) <i>Staff</i> 3 p.m.-4 p.m. (Pool) <i>Staff</i> 4 p.m.-5 p.m. (Pool) <i>Staff</i> 5 p.m.-5:45 p.m. (Pool) <i>Staff</i>
Restore & Core: BODYBALANCE® Southeast Raleigh - Studio 1							1:30 p.m.-2:25 p.m. (Group Fitness) <i>Pendora L.</i>
Cycle: Fusion Southeast Raleigh - Studio 2							2 p.m.-2:55 p.m. (Group Fitness) <i>Cheryl L.</i>
Yoga: Gentle Hatha Southeast Raleigh - Studio 1							2:40 p.m.-3:45 p.m. (Group Fitness) <i>Pendora L.</i>
Series: 6 Week Dance Fusion Southeast Raleigh - Studio 1							4 p.m.-4:45 p.m. (Group Fitness) <i>Kimberly M.</i>



Chapel Hill - Carrboro YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Chapel Hill-Carrboro -Gym 1 & 2						7 a.m.-6 p.m. (Gym) Staff	
Lap Lane: 2 Shared Lanes Chapel Hill-Carrboro -Pool						7 a.m.-1:30 p.m. (Pool) Staff	
Conditioning: Athletic Conditioning Chapel Hill-Carrboro -Studio B						7:15 a.m.-8 a.m. (Group Fitness) Mike D.	
Strength: Lean and Cut Chapel Hill-Carrboro -Studio B						8:10 a.m.-9 a.m. (Group Fitness) Joan W.	
Dance: HIIT Dance Fitness Chapel Hill-Carrboro -Studio B						9:15 a.m.-10:10 a.m. (Group Fitness) Janice G.	
Cycle: Force Chapel Hill-Carrboro -Studio A						9:30 a.m.-10:15 a.m. (Group Fitness) Erin K.	
Yoga: Power Yoga Chapel Hill-Carrboro -Studio B						10:20 a.m.-11:20 a.m. (Group Fitness) Sam C.	
Strength: Ripped and Strong Chapel Hill-Carrboro -Studio B						11:30 a.m.-12:30 p.m. (Group Fitness) Grisel D.	
Lap Lane: 3 Shared Lanes Chapel Hill-Carrboro -Pool						1:30 p.m.-5:45 p.m. (Pool) Staff	
Family Swim Chapel Hill-Carrboro -Pool						1:30 p.m.-5:45 p.m. (Pool) Staff	1 p.m.-5:45 p.m. (Pool) Staff
Open Gym Chapel Hill-Carrboro -Gym 1							11 a.m.-1 p.m. (Gym) Staff 3 p.m.-6 p.m. (Gym) Staff
Open Gym Chapel Hill-Carrboro -Gym 2							11 a.m.-6 p.m. (Gym) Staff

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 4 Shared Lanes Chapel Hill-Carrboro -Pool							11 a.m.-1 p.m. (Pool) <i>Staff</i>
Dance: Zumba Chapel Hill-Carrboro -Studio B							1 p.m.-2 p.m. (Group Fitness) <i>Abdullatif S.</i>
Reserved for Pickleball Chapel Hill-Carrboro -Gym 1							1 p.m.-3 p.m. (Gym) <i>Staff</i>
Lap Lane: 1 Shared Lane Chapel Hill-Carrboro -Pool							1 p.m.-5:45 p.m. (Pool) <i>Staff</i>
Strength: BODYPUMP™ Chapel Hill-Carrboro -Studio B							2:15 p.m.-3:15 p.m. (Group Fitness) <i>Melissa F.</i>
Yoga: Vinyasa Flow Chapel Hill-Carrboro -Studio B							3:30 p.m.-4:30 p.m. (Group Fitness) <i>Gina L.</i>
Restore & Core: Mat Pilates Chapel Hill-Carrboro -Studio B							4:50 p.m.-5:50 p.m. (Group Fitness) <i>Joan W.</i>



Kerr Family YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Pick Up Basketball Kerr - Gym Courts						7 a.m.-11 a.m. (Gym) Staff	
Lap Lane: 3 Shared Lanes Kerr - Indoor Pool						7 a.m.-7:30 a.m. (Pool) Staff 7:30 a.m.-8 a.m. (Pool) Staff 8 a.m.-8:30 a.m. (Pool) Staff	
Cycle: RPM™ Kerr - Studio 1						7:15 a.m.-8 a.m. (Group Fitness) Julie B.	
Racquetball Challenge All Kerr - Court 1						7:30 a.m.-10 a.m. (Court) Staff	11 a.m.-1 p.m. (Court) Staff
Racquetball Challenge All Kerr - Court 2						7:30 a.m.-10 a.m. (Court) Staff	11 a.m.-1 p.m. (Court) Staff
Aqua Fitness: Aqua Fit Kerr - Outdoor Pool						8 a.m.-8:45 a.m. (Group Fitness) Jennifer L. 9 a.m.-9:45 a.m. (Group Fitness) Jennifer L.	
Conditioning: Cardio Strength Kerr - Studio 2						8 a.m.-8:45 a.m. (Group Fitness) Anthony A.	
Cycle: Beats Kerr - Studio 1						8:30 a.m.-9:15 a.m. (Group Fitness) Andre E.	11:15 a.m.-12 p.m. (Group Fitness) Leah M.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 2 Shared Lanes Kerr - Indoor Pool						8:30 a.m.-9 a.m. (Pool) <i>Staff</i> 9:30 a.m.-10 a.m. (Pool) <i>Staff</i>	
Strength: BODYPUMP™ Kerr - Studio 2						9 a.m.-9:45 a.m. (Group Fitness) <i>Dawn H.</i>	12:30 p.m.-1:30 p.m. (Group Fitness) <i>Lisa W.</i>
Conditioning: BODYCOMBAT Kerr - Studio 2						10 a.m.-10:45 a.m. (Group Fitness) <i>April J.</i>	
Toddler Pool Kerr - Outdoor Play Pool						10 a.m.-12 p.m. (Pool) <i>Staff</i> 12 p.m.-2 p.m. (Pool) <i>Staff</i>	
Restore & Core: Mat Pilates Kerr - Studio 2						11 a.m.-11:45 a.m. (Group Fitness) <i>Jane D.</i>	1:45 p.m.-2:30 p.m. (Group Fitness) <i>Sue B.</i>
Open Gym Kerr - Gym Courts						11 a.m.-3 p.m. (Gym) <i>Staff</i>	11 a.m.-2 p.m. (Gym) <i>Staff</i>
Yoga: Vinyasa Flow Kerr - Studio 2						12 p.m.-1 p.m. (Group Fitness) <i>Jane D.</i>	11:15 a.m.-12:15 p.m. (Group Fitness) <i>Lori L.</i>
Family Open Play Pickleball Kerr - Court 2						3 p.m.-6 p.m. (Gym) <i>Staff</i>	
Open Gym Kerr - Court 1						3 p.m.-6 p.m. (Gym) <i>Staff</i>	3 p.m.-6 p.m. (Gym) <i>Staff</i>
Lap Lane: 8 Shared Lanes Kerr - Indoor Pool						5 p.m.-5:45 p.m. (Pool) <i>Staff</i>	11 a.m.-12:30 p.m. (Pool) <i>Staff</i> 1:30 p.m.-2 p.m. (Pool) <i>Staff</i> 4 p.m.-5:45 p.m. (Pool) <i>Staff</i>
Toddler Pool Kerr - Indoor Play Pool							11 a.m.-2 p.m. (Pool) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Waterslide Kerr - Outdoor Play Pool							11 a.m.-8 p.m. (Pool) <i>Staff</i>
Family Swim Kerr - Outdoor Pool							11 a.m.-8 p.m. (Pool) <i>Staff</i>
Aqua Fitness: Deep Power Kerr - Indoor Pool Group Fitness							12:30 p.m.-1:15 p.m. (Group Fitness) <i>Leah M.</i>
Lap Lane: 5 Shared Lanes Kerr - Indoor Pool							12:30 p.m.-1:30 p.m. (Pool) <i>Staff</i>
Family: Family Free Play Kerr - Gym Courts							2 p.m.-3 p.m. (Gym) <i>Staff</i>
Lap Lane: 6 Shared Lanes Kerr - Indoor Pool							2 p.m.-4 p.m. (Pool) <i>Staff</i>
Dance: Zumba Kerr - Studio 2							2:45 p.m.-3:45 p.m. (Group Fitness) <i>Julietha K.</i>
Family Open Play Badminton Kerr - Court 2							3 p.m.-6 p.m. (Gym) <i>Staff</i>



Kraft Family YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reserved for Group Fitness Kraft - Court 2						7 a.m.-8:30 a.m. (Gym) Staff	
Reserved for Group Fitness Kraft - Court 1						7 a.m.-8:30 a.m. (Gym) Staff	
Conditioning: MetCon Kraft - Court 1						7:15 a.m.-8:10 a.m. (Group Fitness) Ando H.	
Virtual In-Studio: Les Mills THE TRIP™ Kraft - Studio B						7:30 a.m.-8:15 a.m. (Group Fitness) Kraft S. 2 p.m.-2:45 p.m. (Group Fitness) Kraft S.	10:15 a.m.-11 a.m. (Group Fitness) Kraft S. 4 p.m.-4:45 p.m. (Group Fitness) Kraft S.
Aqua Fitness: Aqua Fit Kraft - Pool						8 a.m.-8:45 a.m. (Group Fitness) Michele H.	
Lap Lane: 6 Shared Lanes Kraft - Pool						8 a.m.-8:30 a.m. (Pool) Staff 8:30 a.m.-9 a.m. (Pool) Staff	
Strength: Core Blast Kraft - Studio A						8:20 a.m.-8:50 a.m. (Group Fitness) Nancy W.	
Virtual In-Studio: Les Mills RPM™ Kraft - Studio B						8:20 a.m.-9:05 a.m. (Group Fitness) Kraft S. 12:15 p.m.-1 p.m. (Group Fitness) Kraft S.	12 p.m.-12:45 p.m. (Group Fitness) Kraft S. 2 p.m.-2:45 p.m. (Group Fitness) Kraft S.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Half Court Basketball Kraft - Court 2						8:30 a.m.-9:30 a.m. (Gym) <i>Staff</i> 9:30 a.m.-10:30 a.m. (Gym) <i>Staff</i> 4 p.m.-5 p.m. (Gym) <i>Staff</i> 5 p.m.-6 p.m. (Gym) <i>Staff</i>	9 a.m.-10 a.m. (Gym) <i>Staff</i> 10 a.m.-11 a.m. (Gym) <i>Staff</i> 11 a.m.-12 p.m. (Gym) <i>Staff</i> 12 p.m.-1 p.m. (Gym) <i>Staff</i> 3 p.m.-4 p.m. (Gym) <i>Staff</i> 4 p.m.-5 p.m. (Gym) <i>Staff</i> 5 p.m.-6 p.m. (Gym) <i>Staff</i>
Half Court Basketball Kraft - Court 1						8:30 a.m.-9:30 a.m. (Gym) <i>Staff</i> 9:30 a.m.-10:30 a.m. (Gym) <i>Staff</i>	9 a.m.-10 a.m. (Gym) <i>Staff</i> 10 a.m.-11 a.m. (Gym) <i>Staff</i> 11 a.m.-12 p.m. (Gym) <i>Staff</i>
Strength: Ripped and Strong Kraft - Studio A						9 a.m.-9:55 a.m. (Group Fitness) <i>Jasmine P.</i>	
Lap Lane: 7 Shared Lanes Kraft - Pool						9 a.m.-9:30 a.m. (Pool) <i>Staff</i> 9:30 a.m.-10 a.m. (Pool) <i>Staff</i>	
Cycle: RPM™ Kraft - Studio B						9:15 a.m.-10 a.m. (Group Fitness) <i>Nancy W.</i>	
Restore & Core: Barre Kraft - Martha's Den						9:15 a.m.-10 a.m. (Group Fitness) <i>Michele H.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga: Vinyasa Flow Kraft - Yoga Studio						9:45 a.m.-10:40 a.m. (Group Fitness) <i>Marlene D.</i>	
Lap Lane: 2 Shared Lanes Kraft - Pool						10 a.m.-10:30 a.m. (Pool) <i>Staff</i> 10:30 a.m.-11 a.m. (Pool) <i>Staff</i> 11 a.m.-11:30 a.m. (Pool) <i>Staff</i> 11:30 a.m.-12 p.m. (Pool) <i>Staff</i> 4 p.m.-4:30 p.m. (Pool) <i>Staff</i> 4:30 p.m.-5 p.m. (Pool) <i>Staff</i> 5 p.m.-5:30 p.m. (Pool) <i>Staff</i> 5:30 p.m.-6 p.m. (Pool) <i>Staff</i> 6 p.m.-6:30 p.m. (Pool) <i>Staff</i> 6:30 p.m.-7 p.m. (Pool) <i>Staff</i> 7 p.m.-7:30 p.m. (Pool) <i>Staff</i>	
Dance: Zumba Toning Kraft - Martha's Den						10:10 a.m.-11:05 a.m. (Group Fitness) <i>Sandra H.</i>	
Strength: BODYPUMP™ Kraft - Studio A						10:10 a.m.-11:05 a.m. (Group Fitness) <i>Christiann C.</i>	1:05 p.m.-2 p.m. (Group Fitness) <i>Joanne M.</i>
Reserved for Small Group Training Kraft - Studio B						10:15 a.m.-11 a.m. (Group Fitness) <i>Staff</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga: Slow Flow Kraft - Kraft Shelter						11 a.m.-11:55 a.m. (Group Fitness) <i>Nancy W.</i>	
Dance: Zumba Kraft - Studio A						11:15 a.m.-12:10 p.m. (Group Fitness) <i>Sandra H.</i>	
Lap Lane: 1 Shared Lane Kraft - Pool						12 p.m.-12:30 p.m. (Pool) <i>Staff</i> 12:30 p.m.-1 p.m. (Pool) <i>Staff</i> 1 p.m.-1:30 p.m. (Pool) <i>Staff</i> 1:30 p.m.-2 p.m. (Pool) <i>Staff</i> 2 p.m.-2:30 p.m. (Pool) <i>Staff</i> 2:30 p.m.-3 p.m. (Pool) <i>Staff</i> 3 p.m.-3:30 p.m. (Pool) <i>Staff</i> 3:30 p.m.-4 p.m. (Pool) <i>Staff</i>	
Virtual In-Studio: Les Mills GRIT™ Athletic Kraft - Studio A						12:30 p.m.-1 p.m. (Group Fitness) <i>Kraft S.</i>	
Virtual In-Studio: Les Mills BODYBALANCE™ Kraft - Studio A						1:15 p.m.-1:45 p.m. (Group Fitness) <i>Staff</i>	10:30 a.m.-11:25 a.m. (Group Fitness) <i>Staff</i>
Virtual In-Studio: Les Mills SPRINT™ Kraft - Studio B						1:30 p.m.-2 p.m. (Group Fitness) <i>Staff</i>	9:30 a.m.-10 a.m. (Group Fitness) <i>Staff</i>
Virtual In-Studio: Les Mills CORE™ Kraft - Studio A						2:15 p.m.-2:45 p.m. (Group Fitness) <i>Kraft S.</i>	
Virtual In-Studio: Les Mills BODYCOMBAT Kraft - Studio A						3 p.m.-3:55 p.m. (Group Fitness) <i>Staff</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Play Pickleball Kraft - Court 1						4 p.m.-5 p.m. (Gym) <i>Staff</i>	1 p.m.-2 p.m. (Gym) <i>Staff</i>
Open Play Adult Pickleball Kraft - Court 1						5 p.m.-6 p.m. (Gym) <i>Staff</i>	2 p.m.-3 p.m. (Gym) <i>Staff</i>
Virtual In-Studio: Les Mills BODYATTACK™ Kraft - Studio A							9:15 a.m.-10 a.m. (Group Fitness) <i>Staff</i>
Yoga: Gentle Hatha Kraft - Martha's Den							11:45 a.m.-12:40 p.m. (Group Fitness) <i>Damian G.</i>
Conditioning: BODYCOMBAT Kraft - Studio A							11:50 a.m.-12:45 p.m. (Group Fitness) <i>Kayla S.</i>
Beginner Pickleball Clinics Kraft - Court 1							12 p.m.-1 p.m. (Gym) <i>Staff</i>
Yoga: Fusion Kraft - Martha's Den							1 p.m.-1:55 p.m. (Group Fitness) <i>Damian G.</i>
Open Play Pickleball Kraft - Court 2							1 p.m.-2 p.m. (Gym) <i>Staff</i>
Open Play Adult Pickleball Kraft - Court 2							2 p.m.-3 p.m. (Gym) <i>Staff</i>
Strength: Core Blast Kraft - Martha's Den							2:05 p.m.-2:35 p.m. (Group Fitness) <i>Damian G.</i>
Adaptive: Adaptive Zumba Kraft - Studio A							2:30 p.m.-3:15 p.m. (Group Fitness) <i>Shelly S.</i>
Teen Pick Up Basketball Kraft - Court 1							3 p.m.-4:30 p.m. (Gym) <i>Staff</i> 4:30 p.m.-6 p.m. (Gym) <i>Staff</i>
Virtual In-Studio: Les Mills GRIT™ Strength Kraft - Studio A							4 p.m.-4:30 p.m. (Group Fitness) <i>Kraft S.</i>



Downtown Durham YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 5 Shared Lanes Downtown Durham YMCA						7 a.m.-9 a.m. (Pool) <i>Staff</i> 9 a.m.-11 a.m. (Pool) <i>Staff</i> 11 a.m.-12 p.m. (Pool) <i>Staff</i> 12 p.m.-2 p.m. (Pool) <i>Staff</i> 2 p.m.-3 p.m. (Pool) <i>Staff</i> 3 p.m.-5:30 p.m. (Pool) <i>Staff</i>	12 p.m.-2 p.m. (Pool) <i>Staff</i> 3 p.m.-5:30 p.m. (Pool) <i>Staff</i>
Aqua Fitness: Deep Power Downtown Durham - Main Pool						8 a.m.-8:50 a.m. (Group Fitness) <i>Melissa R.</i>	
Cycle: Beats Downtown Durham - Cycle Studio						8:30 a.m.-9:15 a.m. (Group Fitness) <i>April H.</i>	
Strength: BODYPUMP™ Downtown Durham - Group Fitness Studio						9 a.m.-9:55 a.m. (Group Fitness) <i>Jessica M.</i>	4:40 p.m.-5:35 p.m. (Group Fitness) <i>Katherine K.</i>
Strength: Lean and Cut Downtown Durham - Court 2						9 a.m.-10 a.m. (Group Fitness) <i>Shawnta W.</i>	
Conditioning: BODYCOMBAT Downtown Durham - Group Fitness Studio						10:15 a.m.-11:15 a.m. (Group Fitness) <i>Joyce K.</i>	4 p.m.-4:30 p.m. (Group Fitness) <i>Jessica M.</i>
Adult Equipment Orientation Downtown Durham YMCA						11:30 a.m.-12:15 p.m. (Get Started) <i>Staff</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teen Equipment Orientation Downtown Durham YMCA						2 p.m.-3 p.m. (Get Started) <i>Staff</i>	2 p.m.-3 p.m. (Get Started) <i>Staff</i>
Family Open Gym Downtown Durham YMCA							12 p.m.-3 p.m. (Gym) <i>Staff</i>
Aqua Fitness: Aqua Fit Downtown Durham - Main Pool							2 p.m.-2:55 p.m. (Group Fitness) <i>Melissa R.</i>
Yoga: Yin Downtown Durham - Group Fitness Studio							2 p.m.-3 p.m. (Group Fitness) <i>Dorothy C.</i>
Lap Lane: 3 Shared Lanes Downtown Durham YMCA							2 p.m.-3 p.m. (Pool) <i>Staff</i>



Taylor Family YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 6 Circle Swim Taylor - Oasis Pool						7 a.m.-9 a.m. (Pool) <i>Staff</i> 9 a.m.-10 a.m. (Pool) <i>Staff</i> 12 p.m.-2 p.m. (Pool) <i>Staff</i> 2 p.m.-2:30 p.m. (Pool) <i>Staff</i> 5 p.m.-7 p.m. (Pool) <i>Staff</i> 7 p.m.-7:30 p.m. (Pool) <i>Staff</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 5 Circle Swim Taylor - Oasis Pool						7 a.m.-8 a.m. (Pool) <i>Staff</i> 8 a.m.-9 a.m. (Pool) <i>Staff</i> 9 a.m.-10 a.m. (Pool) <i>Staff</i> 12 p.m.-1 p.m. (Pool) <i>Staff</i> 1 p.m.-2 p.m. (Pool) <i>Staff</i> 2 p.m.-2:30 p.m. (Pool) <i>Staff</i> 4 p.m.-5 p.m. (Pool) <i>Staff</i> 5 p.m.-6 p.m. (Pool) <i>Staff</i> 6 p.m.-7 p.m. (Pool) <i>Staff</i> 7 p.m.-7:30 p.m. (Pool) <i>Staff</i>	11 a.m.-12 p.m. (Pool) <i>Staff</i> 12 p.m.-1 p.m. (Pool) <i>Staff</i> 1 p.m.-2 p.m. (Pool) <i>Staff</i> 2 p.m.-3 p.m. (Pool) <i>Staff</i> 3 p.m.-4 p.m. (Pool) <i>Staff</i> 4 p.m.-5 p.m. (Pool) <i>Staff</i> 5 p.m.-5:30 p.m. (Pool) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 4 Circle Swim Taylor - Oasis Pool						7 a.m.-8 a.m. (Pool) <i>Staff</i>	11 a.m.-12 p.m. (Pool) <i>Staff</i>
						8 a.m.-9 a.m. (Pool) <i>Staff</i>	12 p.m.-1 p.m. (Pool) <i>Staff</i>
						12 p.m.-1 p.m. (Pool) <i>Staff</i>	1 p.m.-2 p.m. (Pool) <i>Staff</i>
						1 p.m.-2 p.m. (Pool) <i>Staff</i>	2 p.m.-3 p.m. (Pool) <i>Staff</i>
						2 p.m.-3 p.m. (Pool) <i>Staff</i>	3 p.m.-4 p.m. (Pool) <i>Staff</i>
						3 p.m.-4 p.m. (Pool) <i>Staff</i>	4 p.m.-5 p.m. (Pool) <i>Staff</i>
						4 p.m.-5 p.m. (Pool) <i>Staff</i>	5 p.m.-5:30 p.m. (Pool) <i>Staff</i>
						5 p.m.-6 p.m. (Pool) <i>Staff</i>	
						6 p.m.-7 p.m. (Pool) <i>Staff</i>	
						7 p.m.-7:30 p.m. (Pool) <i>Staff</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 3 Circle Swim Taylor - Oasis Pool						7 a.m.-8 a.m. (Pool) <i>Staff</i> 8 a.m.-9 a.m. (Pool) <i>Staff</i> 12 p.m.-1 p.m. (Pool) <i>Staff</i> 1 p.m.-2 p.m. (Pool) <i>Staff</i> 2 p.m.-3 p.m. (Pool) <i>Staff</i> 3 p.m.-4 p.m. (Pool) <i>Staff</i> 4 p.m.-5 p.m. (Pool) <i>Staff</i> 5 p.m.-6 p.m. (Pool) <i>Staff</i> 6 p.m.-7 p.m. (Pool) <i>Staff</i> 7 p.m.-7:30 p.m. (Pool) <i>Staff</i>	11 a.m.-12 p.m. (Pool) <i>Staff</i> 12 p.m.-1 p.m. (Pool) <i>Staff</i> 1 p.m.-2 p.m. (Pool) <i>Staff</i> 2 p.m.-3 p.m. (Pool) <i>Staff</i> 3 p.m.-4 p.m. (Pool) <i>Staff</i> 4 p.m.-5 p.m. (Pool) <i>Staff</i> 5 p.m.-5:30 p.m. (Pool) <i>Staff</i>
Lap Lane: 2 Circle Swim Taylor - Oasis Pool						7 a.m.-8 a.m. (Pool) <i>Staff</i> 8 a.m.-9 a.m. (Pool) <i>Staff</i> 6:30 p.m.-7:30 p.m. (Pool) <i>Staff</i>	3:30 p.m.-4 p.m. (Pool) <i>Staff</i> 4 p.m.-5 p.m. (Pool) <i>Staff</i> 5 p.m.-5:30 p.m. (Pool) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 1 Circle Swim Taylor - Oasis Pool						7 a.m.-8 a.m. (Pool) Staff 8 a.m.-9 a.m. (Pool) Staff 6:30 p.m.-7:30 p.m. (Pool) Staff	3:30 p.m.-4 p.m. (Pool) Staff 4 p.m.-5 p.m. (Pool) Staff 5 p.m.-5:30 p.m. (Pool) Staff
Summer Swim Team Taylor - Main Pool						7 a.m.-9 a.m. (Pool) Staff 9 a.m.-11 a.m. (Pool) Staff 11 a.m.-1 p.m. (Pool) Staff 1 p.m.-2 p.m. (Pool) Staff	
Adult Pick Up Basketball Taylor - Gym 1						8 a.m.-11 a.m. (Gym) Staff	
Conditioning: MetCon Taylor - Gym 3						8:15 a.m.-9 a.m. (Group Fitness) Tricia A.	
Cycle: Beats Taylor - Cycle Studio						8:15 a.m.-9:15 a.m. (Group Fitness) Gretchen N.	
Yoga: Vinyasa Flow Taylor - Group Ex Studio						8:15 a.m.-9:15 a.m. (Group Fitness) Julia K.	3:30 p.m.-4:45 p.m. (Group Fitness) Susan H.
Conditioning: Kickboxing Taylor - Gym 3						9:15 a.m.-10:15 a.m. (Group Fitness) Maya B.	
Teen Equipment Orientation Taylor Family YMCA						9:30 a.m.-10:30 a.m. (Get Started) Staff 2 p.m.-3 p.m. (Get Started) Staff	2 p.m.-3 p.m. (Get Started) Staff
Aqua Fitness: Aqua Fit Taylor - Oasis Pool						9:30 a.m.-10:25 a.m. (Group Fitness) Allison B.	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step: Step Taylor - Group Ex Studio						9:30 a.m.-10:30 a.m. (Group Fitness) <i>Robyn S.</i>	
Reserved Taylor - Gym 2						10 a.m.-11 a.m. (Gym) <i>Staff</i>	
Aqua Fitness: Aqua Zumba Taylor - Oasis Pool						10:30 a.m.-11:30 a.m. (Group Fitness) <i>Tanja C.</i>	
Strength: Lean and Cut Taylor - Gym 3						10:30 a.m.-11:30 a.m. (Group Fitness) <i>Maya B.</i>	
Yoga: Gentle Hatha Taylor - Group Ex Studio						10:45 a.m.-11:45 a.m. (Group Fitness) <i>Courtney C.</i>	
Open Gym Taylor - Gym 1						11 a.m.-2 p.m. (Gym) <i>Staff</i>	9 a.m.-2 p.m. (Gym) <i>Staff</i>
Restore & Core: Mat Pilates Taylor - Group Ex Studio						12 p.m.-12:45 p.m. (Group Fitness) <i>Lydia S.</i>	
Virtual In-Studio: Les Mills GRIT™ Cardio Taylor - Group Ex Studio						1 p.m.-1:30 p.m. (Group Fitness) <i>Taylor S.</i>	
Virtual In-Studio: Les Mills BODYPUMP™ Taylor - Group Ex Studio						2 p.m.-2:45 p.m. (Group Fitness) <i>Taylor S.</i>	9:30 a.m.-10:15 a.m. (Group Fitness) <i>Taylor S.</i>
Teen Pick Up Basketball Taylor - Gym 1						2 p.m.-4 p.m. (Gym) <i>Staff</i>	2 p.m.-5 p.m. (Gym) <i>Staff</i>
Lap Lane: 8 Circle Swim Taylor - Main Pool						2 p.m.-2:30 p.m. (Pool) <i>Staff</i> 4:30 p.m.-6:30 p.m. (Pool) <i>Staff</i> 6:30 p.m.-7:30 p.m. (Pool) <i>Staff</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 7 Circle Swim Taylor - Main Pool						2 p.m.-2:30 p.m. (Pool) Staff 4 p.m.-6 p.m. (Pool) Staff 6 p.m.-7:30 p.m. (Pool) Staff	1:30 p.m.-3:30 p.m. (Pool) Staff 3:30 p.m.-5:30 p.m. (Pool) Staff
Family Swim Taylor - Main Pool						2 p.m.-7:30 p.m. (Pool) Staff	11 a.m.-5:30 p.m. (Pool) Staff
Swim Lessons Taylor Family YMCA						2:30 p.m.-3:30 p.m. (Pool) Staff 3:30 p.m.-4:30 p.m. (Pool) Staff	
Swim Lessons Taylor - Main Pool						2:30 p.m.-3:30 p.m. (Pool) Staff 3:30 p.m.-4 p.m. (Pool) Staff	1:30 p.m.-5:30 p.m. (Pool) Staff
Swim Lessons Taylor - Oasis Pool						2:30 p.m.-5 p.m. (Pool) Staff 2:30 p.m.-4 p.m. (Pool) Staff	11 a.m.-5:30 p.m. (Pool) Staff
Reserved for Super Skippers Taylor - Gym 3						3 p.m.-6 p.m. (Gym) Staff	
Family Open Gym Taylor - Gym 1						4 p.m.-6 p.m. (Gym) Staff	
Family Open Gym Taylor - Gym 2							9 a.m.-12 p.m. (Gym) Staff

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 6 Circle Swim Taylor - Main Pool							9 a.m.-11 a.m. (Pool) <i>Staff</i> 11 a.m.-11:30 a.m. (Pool) <i>Staff</i> 1:30 p.m.-3:30 p.m. (Pool) <i>Staff</i> 3:30 p.m.-5:30 p.m. (Pool) <i>Staff</i>
Lap Lane: 5 Circle Swim Taylor - Main Pool							9 a.m.-10 a.m. (Pool) <i>Staff</i> 10 a.m.-11 a.m. (Pool) <i>Staff</i>
Lap Lane: 4 Circle Swim Taylor - Main Pool							9 a.m.-10 a.m. (Pool) <i>Staff</i> 10 a.m.-11 a.m. (Pool) <i>Staff</i>
Lap Lane: 3 Circle Swim Taylor - Main Pool							9 a.m.-10 a.m. (Pool) <i>Staff</i> 10 a.m.-11 a.m. (Pool) <i>Staff</i>
Lap Lane: 2 Circle Swim Taylor - Main Pool							9 a.m.-10 a.m. (Pool) <i>Staff</i> 10 a.m.-11 a.m. (Pool) <i>Staff</i>
Lap Lane: 1 Circle Swim Taylor - Main Pool							9 a.m.-10 a.m. (Pool) <i>Staff</i> 10 a.m.-11 a.m. (Pool) <i>Staff</i>
Virtual In-Studio: Les Mills BODYCOMBAT Taylor - Group Ex Studio							10:30 a.m.-11:30 a.m. (Group Fitness) <i>Taylor S.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Fitness: Aqua HIIT Taylor - Main Pool							12 p.m.-12:55 p.m. (Group Fitness) <i>Stephanie H.</i>
Reserved for Pickleball Taylor - Gym 2							12 p.m.-2 p.m. (Gym) <i>Staff</i>
Conditioning: Cardio Strength Taylor - Gym 3							1 p.m.-2 p.m. (Group Fitness) <i>Maya B.</i>
Dance: Zumba Taylor - Group Ex Studio							1 p.m.-2 p.m. (Group Fitness) <i>Caroline L.</i>
Open Play Volleyball Taylor - Gym 2							2 p.m.-5 p.m. (Gym) <i>Staff</i>
Strength: BODYPUMP™ Taylor - Group Ex Studio							2:15 p.m.-3:10 p.m. (Group Fitness) <i>Robyn S.</i>



A.E. Finley YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 6 Shared Lanes AE Finley - Indoor Pool						7 a.m.-9 a.m. (Pool) Staff 12 p.m.-1 p.m. (Pool) Staff 1 p.m.-3 p.m. (Pool) Staff	11 a.m.-1 p.m. (Pool) Staff
Conditioning: Cardio Strength AE Finley - Studio 1						7:30 a.m.-8:15 a.m. (Group Fitness) Joy M.	
Cycle: Beats AE Finley - Cycle Studio						8 a.m.-8:45 a.m. (Group Fitness) Ashley G.	
Strength: BODYPUMP™ AE Finley - Studio 1						8:30 a.m.-9:25 a.m. (Group Fitness) Kristin J.	
Cycle: Les Mills Sprint AE Finley - Cycle Studio						9 a.m.-9:30 a.m. (Group Fitness) Marianne B.	
Lap Lane: 3 Shared Lanes AE Finley - Indoor Pool						9 a.m.-12 p.m. (Pool) Staff	
Restore & Core: Core and Stretch AE Finley - Studio 2						9:15 a.m.-10 a.m. (Group Fitness) Molly B.	
Conditioning: Kickboxing AE Finley - Studio 1						9:40 a.m.-10:35 a.m. (Group Fitness) Brenda D.	
Restore & Core: Barre AE Finley - Studio 2						10:15 a.m.-11:10 a.m. (Group Fitness) Molly B.	
Restore & Core: Mat Pilates AE Finley - Studio 1						10:45 a.m.-11:40 a.m. (Group Fitness) Brenda D.	
Dance: Zumba AE Finley - Studio 1						11:45 a.m.-12:45 p.m. (Group Fitness) Julietha K.	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga: Vinyasa Flow AE Finley - Studio 2						12 p.m.-12:55 p.m. (Group Fitness) <i>Cate M.</i>	
Lap Lane: 3 Shared Lanes AE Finley - Outdoor Pool						12 p.m.-2 p.m. (Pool) <i>Staff</i> 6 p.m.-8 p.m. (Pool) <i>Staff</i>	11 a.m.-2 p.m. (Pool) <i>Staff</i>
Teen Equipment Orientation AE Finley - Wellness Floor						1 p.m.-2 p.m. (Get Started) <i>Staff</i>	
Family Swim AE Finley - Outdoor Pool						1 p.m.-3 p.m. (Pool) <i>Staff</i> 3 p.m.-5 p.m. (Pool) <i>Staff</i> 5 p.m.-7:50 p.m. (Pool) <i>Staff</i>	11 a.m.-1 p.m. (Pool) <i>Staff</i> 1 p.m.-3 p.m. (Pool) <i>Staff</i> 3 p.m.-5 p.m. (Pool) <i>Staff</i>
Lap Lane: 4 Shared Lanes AE Finley - Outdoor Pool						2 p.m.-4 p.m. (Pool) <i>Staff</i> 4 p.m.-6 p.m. (Pool) <i>Staff</i>	2 p.m.-4 p.m. (Pool) <i>Staff</i> 4 p.m.-6 p.m. (Pool) <i>Staff</i>
Lap Lane: 8 Shared Lanes AE Finley - Indoor Pool						3 p.m.-5:45 p.m. (Pool) <i>Staff</i>	9 a.m.-11 a.m. (Pool) <i>Staff</i> 1 p.m.-3 p.m. (Pool) <i>Staff</i> 3 p.m.-5:45 p.m. (Pool) <i>Staff</i>
Yoga: Vinyasa Flow AE Finley - Studio 1							9:30 a.m.-10:30 a.m. (Group Fitness) <i>Mary K.</i>
Aqua Fitness: Aqua Fit AE Finley - Indoor Pool							11:15 a.m.-12:10 p.m. (Group Fitness) <i>Cheryl O.</i>
Conditioning: PiYo AE Finley - Studio 2							11:15 a.m.-12:15 p.m. (Group Fitness) <i>Angela E.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle: Blast AE Finley - Cycle Studio							11:30 a.m.-12:15 p.m. (Group Fitness) <i>Jay C.</i>
Strength: Lean and Cut AE Finley - Studio 1							11:30 a.m.-12:30 p.m. (Group Fitness) <i>Marianne B.</i>
Adult Equipment Orientation AE Finley - Wellness Floor							12 p.m.-1 p.m. (Get Started) <i>Staff</i>
Conditioning: MetCon AE Finley - Studio 1							12:45 p.m.-1:40 p.m. (Group Fitness) <i>Brenda D.</i>
Adult Pick Up Basketball AE Finley - Courts 1 & 2							1 p.m.-3 p.m. (Gym) <i>Staff</i>
Yoga: Slow Flow AE Finley - Studio 1							2 p.m.-3 p.m. (Group Fitness) <i>Jody K.</i>



Alexander Family YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 4 Shared Lanes Alexander - Pool						7 a.m.-7:30 a.m. (Pool) <i>Staff</i> 8:45 a.m.-10:45 a.m. (Pool) <i>Staff</i> 4 p.m.-5:45 p.m. (Pool) <i>Staff</i>	9 a.m.-2 p.m. (Pool) <i>Staff</i> 2 p.m.-3 p.m. (Pool) <i>Staff</i> 3 p.m.-5:45 p.m. (Pool) <i>Staff</i>
Adult Open Swim Alexander - Pool						7 a.m.-7:30 a.m. (Pool) <i>Staff</i> 8:45 a.m.-10:45 a.m. (Pool) <i>Staff</i>	
Lap Lane: 3 Shared Lanes Alexander - Pool						7:30 a.m.-8:45 a.m. (Pool) <i>Staff</i> 10:45 a.m.-11:45 a.m. (Pool) <i>Staff</i> 11:45 a.m.-12:30 p.m. (Pool) <i>Staff</i> 12:30 p.m.-1:30 p.m. (Pool) <i>Staff</i> 1:30 p.m.-2:15 p.m. (Pool) <i>Staff</i> 2:15 p.m.-4 p.m. (Pool) <i>Staff</i>	
Aqua Fitness: Aqua Fit Alexander- Pool Group Fitness						7:45 a.m.-8:30 a.m. (Group Fitness) <i>Lisa F.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle: Force Alexander - Studio 3						8 a.m.-8:45 a.m. (Group Fitness) <i>Stacey A.</i> 9:45 a.m.-10:30 a.m. (Group Fitness) <i>Gwen H.</i>	
Restore & Core: Mat Pilates Alexander - Studio 1 (Main Floor)						8:15 a.m.-9 a.m. (Group Fitness) <i>Michele C.</i>	
Adult Equipment Orientation Alexander Family YMCA						8:30 a.m.-9:30 a.m. (Get Started) <i>Alexander S.</i> 9:30 a.m.-10:30 a.m. (Get Started) <i>Alexander S.</i> 2 p.m.-3 p.m. (Get Started) <i>Alexander S.</i>	11:30 a.m.-12:30 p.m. (Get Started) <i>Alexander S.</i> 2:30 p.m.-3:30 p.m. (Get Started) <i>Alexander S.</i>
Strength: BODYPUMP™ Alexander - Studio 2 (Downstairs)						8:30 a.m.-9:15 a.m. (Group Fitness) <i>Angela E.</i>	
Yoga: Gentle Hatha Alexander - Studio 1 (Main Floor)						9:15 a.m.-10:15 a.m. (Group Fitness) <i>Tiffany I.</i>	
Conditioning: Cardio Strength Alexander - Studio 2 (Downstairs)						9:45 a.m.-10:30 a.m. (Group Fitness) <i>Traci R.</i>	
Yoga: Vinyasa Flow Alexander - Studio 1 (Main Floor)						10:30 a.m.-12:15 p.m. (Group Fitness) <i>Holly F.</i>	1:15 p.m.-2:30 p.m. (Group Fitness) <i>Shwetha R.</i>
Strength: Lean and Cut Alexander - Studio 2 (Downstairs)						11 a.m.-11:45 a.m. (Group Fitness) <i>Cheri A.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Lessons Alexander - Pool						11 a.m.-11:35 a.m. (Pool) <i>Staff</i> 11:45 a.m.-12:20 p.m. (Pool) <i>Staff</i> 12:30 p.m.-1:05 p.m. (Pool) <i>Staff</i> 1:30 p.m.-2:05 p.m. (Pool) <i>Staff</i> 2:15 p.m.-3:05 p.m. (Pool) <i>Staff</i> 3:10 p.m.-4 p.m. (Pool) <i>Staff</i>	2 p.m.-2:50 p.m. (Pool) <i>Staff</i>
Teen Equipment Orientation Alexander Family YMCA						11:30 a.m.-12:30 p.m. (Get Started) <i>Alexander S.</i> 3 p.m.-4 p.m. (Get Started) <i>Alexander S.</i>	12:30 p.m.-1:30 p.m. (Get Started) <i>Alexander S.</i> 2:30 p.m.-3:30 p.m. (Get Started) <i>Alexander S.</i>
Restore & Core: Barre Alexander - Studio 2 (Downstairs)						12 p.m.-12:45 p.m. (Group Fitness) <i>Paula N.</i>	
Adult Pick Up Basketball Alexander - Court 1						3 p.m.-5 p.m. (Gym) <i>Staff</i>	
Family Swim Alexander - Pool						4 p.m.-5:45 p.m. (Pool) <i>Staff</i>	9 a.m.-2 p.m. (Pool) <i>Staff</i> 3 p.m.-5:45 p.m. (Pool) <i>Staff</i>
Yoga: Power Yoga Alexander - Studio 1 (Main Floor)							11:30 a.m.-12:30 p.m. (Group Fitness) <i>Alison S.</i>
Open Play Pickleball Alexander - Court 1 & 2							12 p.m.-3 p.m. (Gym) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength: Ripped and Strong Alexander - Studio 2 (Downstairs)							1:30 p.m.-2:30 p.m. (Group Fitness) <i>Christine R.</i>
Cycle: Beats Alexander - Studio 3							2:45 p.m.-3:30 p.m. (Group Fitness) <i>Jay C.</i>
Dance: Zumba Alexander - Studio 2 (Downstairs)							2:45 p.m.-3:45 p.m. (Group Fitness) <i>Taylor W.</i>
Yoga: Yin Alexander - Studio 1 (Main Floor)							4 p.m.-5 p.m. (Group Fitness) <i>Clayton B.</i>



Chatham Park YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reserved for Pickleball Chatham Park - Gym						7:30 a.m.-9:30 a.m. (Gym) Staff	
Cycle: Beats Chatham Park - Upstairs Studio						8 a.m.-8:45 a.m. (Group Fitness) Eleanor G.	
Lap Lane: 4 Shared Lanes Chatham Park - Lap Lane Pool						8 a.m.-10 a.m. (Pool) Chatham P.	
Strength: Lean and Cut Chatham Park - Upstairs Studio						9 a.m.-9:45 a.m. (Group Fitness) Amanda I.	
Yoga: Vinyasa Flow Chatham Park - Downstairs Studio						9 a.m.-10 a.m. (Group Fitness) Eleanor G.	
Open Gym Chatham Park - Gym						9:30 a.m.-11:59 a.m. (Gym) Staff 12 p.m.-1 p.m. (Gym) Staff 1 p.m.-3 p.m. (Gym) Staff 4 p.m.-6 p.m. (Gym) Staff	1 p.m.-4 p.m. (Gym) Staff 4:15 p.m.-6:15 p.m. (Gym) Staff
Adult Equipment Orientation Chatham Park - Wellness Floor						10 a.m.-10:45 a.m. (Get Started) Chatham P.	1 p.m.-1:45 p.m. (Get Started) Chatham P.
Conditioning: Cardio Strength Chatham Park - Upstairs Studio						10 a.m.-10:45 a.m. (Group Fitness) Amanda I.	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 4 Shared Lanes Chatham Park YMCA						10 a.m.-12 p.m. (Pool) <i>Chatham P.</i> 12 p.m.-2 p.m. (Pool) <i>Chatham P.</i> 2 p.m.-4 p.m. (Pool) <i>Chatham P.</i> 4 p.m.-6 p.m. (Pool) <i>Chatham P.</i> 6 p.m.-8 p.m. (Pool) <i>Chatham P.</i>	11 a.m.-1 p.m. (Pool) <i>Chatham P.</i> 1 p.m.-3 p.m. (Pool) <i>Chatham P.</i> 3 p.m.-5 p.m. (Pool) <i>Chatham P.</i> 5 p.m.-6 p.m. (Pool) <i>Chatham P.</i>
Family Swim Chatham Park YMCA						10 a.m.-12 p.m. (Pool) <i>Chatham P.</i> 12 p.m.-2 p.m. (Pool) <i>Chatham P.</i> 2 p.m.-4 p.m. (Pool) <i>Chatham P.</i> 4 p.m.-6 p.m. (Pool) <i>Chatham P.</i> 6 p.m.-8 p.m. (Pool) <i>Chatham P.</i>	11 a.m.-1 p.m. (Pool) <i>Chatham P.</i> 1 p.m.-3 p.m. (Pool) <i>Chatham P.</i> 3 p.m.-5 p.m. (Pool) <i>Chatham P.</i> 5 p.m.-6 p.m. (Pool) <i>Chatham P.</i>
Dance: Zumba Chatham Park - Downstairs Studio						10:15 a.m.-11:15 a.m. (Group Fitness) <i>Sonia G.</i>	
Teen Equipment Orientation Chatham Park - Wellness Floor						11 a.m.-11:30 a.m. (Get Started) <i>Chatham P.</i>	12 p.m.-12:30 p.m. (Get Started) <i>Chatham P.</i>
Open Gym Chatham Park - Court 2							11 a.m.-1 p.m. (Gym) <i>Staff</i>
Strength: BODYPUMP™ Chatham Park - Upstairs Studio							12:15 p.m.-1:10 p.m. (Group Fitness) <i>Susan B.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga: Gentle Hatha Chatham Park - Downstairs Studio							1:30 p.m.-2:30 p.m. (Group Fitness) <i>Eleanor G.</i>
Adult Pick Up Basketball Chatham Park - Gym							3 p.m.-6 a.m. (Gym) <i>Staff</i>



Ingram Family YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball Open Play Ingram - Racquetball						8 a.m.-3 p.m. (Court) Staff	1 p.m.-5 p.m. (Court) Staff
Lap Lane: 4 Shared Lanes Ingram Family YMCA						8 a.m.-9:30 a.m. (Pool) Staff 11:15 a.m.-1:15 p.m. (Pool) Staff 1 p.m.-2:30 p.m. (Pool) Staff	1 p.m.-3 p.m. (Pool) Staff 3 p.m.-4:30 p.m. (Pool) Staff
Family Swim Ingram Family YMCA						8 a.m.-9:30 a.m. (Pool) Staff 9:30 a.m.-11:15 a.m. (Pool) Staff 11:15 a.m.-1:15 p.m. (Pool) Staff 1 p.m.-2:30 p.m. (Pool) Staff	1 p.m.-3 p.m. (Pool) Staff 3 p.m.-4:30 p.m. (Pool) Staff
Virtual In-Studio: Les Mills BODYCOMBAT Ingram - Studio 1						8:05 a.m.-9 a.m. (Group Fitness) Staff	
Strength: Lean and Cut Ingram - Studio 1						9 a.m.-9:55 a.m. (Group Fitness) Lauren B.	
Yoga: Slow Flow Ingram - Studio 2						9 a.m.-10 a.m. (Group Fitness) Gretchen W.	
Lap Lane: 1 Shared Lane Ingram Family YMCA						9:30 a.m.-11:15 a.m. (Pool) Staff	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength: Ripped and Strong Ingram - Studio 1							1:30 p.m.-2:25 p.m. (Group Fitness) <i>Amber H.</i>
Restore & Core: Barre Ingram - Studio 2							2:30 p.m.-3:29 p.m. (Group Fitness) <i>Jan S.</i>



East Triangle YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle: RPM™ East Triangle YMCA						8 a.m.-8:50 a.m. (Group Fitness) <i>Nadia A.</i>	
Yoga: Sculpt East Triangle - Studio Flex						9 a.m.-9:45 a.m. (Group Fitness) <i>Katherine O.</i>	
Conditioning: MetCon East Triangle - Studio Flex						10 a.m.-10:45 a.m. (Group Fitness) <i>John K.</i>	
Family Swim East Triangle -Outdoor Pool						10 a.m.-6 p.m. (Pool) <i>Staff</i>	11 a.m.-6 p.m. (Pool) <i>Staff</i>
Dance: Zumba East Triangle - Studio Flex						11 a.m.-11:45 a.m. (Group Fitness) <i>Lorissa T.</i>	
Aqua Fitness: Aqua Fit East Triangle -Outdoor Pool						12:15 p.m.-1 p.m. (Group Fitness) <i>Erin B.</i>	
Restore & Core: Barre East Triangle - Studio Flex							12:15 p.m.-1 p.m. (Group Fitness) <i>Jennifer T.</i>
Strength: BODYPUMP™ East Triangle - Studio Flex							1:15 p.m.-2 p.m. (Group Fitness) <i>Lindsey S.</i>
Yoga: Slow Flow East Triangle - Studio Flex							2:15 p.m.-3 p.m. (Group Fitness) <i>Lisa F.</i>



Poole Family YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength: BODYPUMP™ Poole - Studio 1						8 a.m.-8:55 a.m. (Group Fitness) <i>Lindsey S.</i>	
Conditioning: BODYCOMBAT Poole - Studio 1						9:10 a.m.-10:05 a.m. (Group Fitness) <i>Jennifer T.</i>	
Cycle: Force Poole - Studio 2						9:15 a.m.-10 a.m. (Group Fitness) <i>Paula N.</i>	
Yoga: Power Yoga Poole - Studio 1						10:15 a.m.-11:10 a.m. (Group Fitness) <i>Megan C.</i>	
Strength: Ripped and Strong Poole - Studio 1							1 p.m.-1:55 p.m. (Group Fitness) <i>Juli D.</i>
Dance: Zumba Poole - Studio 1							2 p.m.-2:55 p.m. (Group Fitness) <i>Jillian F.</i>
Yoga: Vinyasa Flow Poole - Studio 1							3:15 p.m.-4:10 p.m. (Group Fitness) <i>Molly K.</i>
Open Play Pickleball Poole Family YMCA							3:30 p.m.-5:45 p.m. (Gym) <i>Staff</i>



Hope Valley Farms YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step:Step Strength Hope Valley Farms - Group Fitness Studio						8:15 a.m.-9:15 a.m. (Group Fitness) <i>Nancy S.</i>	
Yoga: Vinyasa Flow Hope Valley Farms YMCA						9:30 a.m.-10:30 a.m. (Group Fitness) <i>Li C.</i>	
Lap Lane: 3 Shared Lanes Hope Valley Farms YMCA						1 p.m.-2 p.m. (Pool) <i>DURHAM S.</i> 2 p.m.-4 p.m. (Pool) <i>DURHAM S.</i> 4 p.m.-6 p.m. (Pool) <i>DURHAM S.</i> 6 p.m.-8 p.m. (Pool) <i>DURHAM S.</i>	12 p.m.-2 p.m. (Pool) <i>DURHAM S.</i> 2 p.m.-4 p.m. (Pool) <i>DURHAM S.</i> 4 p.m.-6 p.m. (Pool) <i>DURHAM S.</i> 6 p.m.-7 p.m. (Pool) <i>DURHAM S.</i>



Lakewood YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Restore & Core: Pilates Fusion Lakewood YMCA						9:30 a.m.-10:15 a.m. (Group Fitness) <i>Clayton B.</i>	
Adult Equipment Orientation Lakewood YMCA						10 a.m.-11 a.m. (Get Started) <i>Staff</i>	1:30 p.m.-2:15 p.m. (Get Started) <i>Staff</i>
Dance: Zumba Lakewood - Group Exercise Studio						10:45 a.m.-11:45 a.m. (Group Fitness) <i>Shirley Y.</i>	
Teen Equipment Orientation Lakewood YMCA						2 p.m.-3 p.m. (Get Started) <i>Staff</i> 3:30 p.m.-4:30 p.m. (Get Started) <i>Manager A.</i>	3 p.m.-4 p.m. (Get Started) <i>Staff</i>
Yoga: Gentle Hatha Lakewood - Group Exercise Studio							3 p.m.-4 p.m. (Group Fitness) <i>Brook H.</i>



YMCA at American Tobacco | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle: Force American Tobacco - Cage						10 a.m.-10:45 a.m. (Group Fitness) <i>Marian B.</i>	



YMCA at Meadowmont | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 1 Shared Lane YMCA at Meadowmont						10 a.m.-11:10 a.m. (Pool) <i>Staff</i>	
Aqua Fitness: Aqua Circuit YMCA at Meadowmont						10:10 a.m.-11 a.m. (Group Fitness) <i>Ellen T.</i>	
Lap Lane: 3 Shared Lanes YMCA at Meadowmont						11:10 a.m.-7:50 p.m. (Pool) <i>Staff</i>	12 p.m.-5:50 p.m. (Pool) <i>Staff</i>



Poyner YMCA | June 15th - June 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga: Y Slow Flow (Hot) Poyner - Studio 2							11:15 a.m.-12:15 p.m. (Group Fitness) <i>Matt F.</i>
Yoga: Yin (Warm) Poyner - Studio 2							12:30 p.m.-1:30 p.m. (Group Fitness) <i>Dana H.</i>
Restore & Core: Mindfulness Meditation Poyner - Studio 2							1:40 p.m.-1:55 p.m. (Group Fitness) <i>Dana H.</i>