



Kraft Family YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reserved for Youth Programs Kraft - Court 2			7 a.m.-5:30 p.m. (Gym) Staff	7 a.m.-5:30 p.m. (Gym) Staff	7 a.m.-5:30 p.m. (Gym) Staff		
Open Play Adult Pickleball Kraft - Court 1			8:30 a.m.-10 a.m. (Gym) Staff	8:30 a.m.-10 a.m. (Gym) Staff	8:30 a.m.-9:30 a.m. (Gym) Staff 9:30 a.m.-10 a.m. (Gym) Staff	5 p.m.-6 p.m. (Gym) Staff	2 p.m.-3 p.m. (Gym) Staff
Cycle: Fusion Kraft - Studio B			9:30 a.m.-10:25 a.m. (Group Fitness) Kimberly B.				
Conditioning: BODYCOMBAT Kraft - Studio A			9:35 a.m.-10:30 a.m. (Group Fitness) Anna W.		12 p.m.-12:55 p.m. (Group Fitness) Lindsey S.		11:50 a.m.-12:45 p.m. (Group Fitness) Cher L.
Yoga: Slow Flow Kraft - Martha's Den			9:45 a.m.-10:40 a.m. (Group Fitness) Marlene D.		9:30 a.m.-10:15 a.m. (Group Fitness) Ashley B.		
Open Play Pickleball Kraft - Court 1			10 a.m.-11 a.m. (Gym) Staff	10 a.m.-11 a.m. (Gym) Staff	10 a.m.-11 a.m. (Gym) Staff	4 p.m.-5 p.m. (Gym) Staff	1 p.m.-2 p.m. (Gym) Staff
Conditioning: Cardio Strength Kraft - Studio A			10:40 a.m.-11:25 a.m. (Group Fitness) Kimberly B.		7:45 a.m.-8:30 a.m. (Group Fitness) Kimberly B.		
Yoga: Gentle Hatha Kraft - Martha's Den			10:50 a.m.-11:45 a.m. (Group Fitness) Marlene D.				11:45 a.m.-12:40 p.m. (Group Fitness) Jaclyn C.
Dance: Line Dance Kraft - Studio B			11 a.m.-11:45 a.m. (Group Fitness) Briana P.				
Reserved for Family Programs Kraft - Court 1			11 a.m.-12 p.m. (Gym) Staff	11 a.m.-12 p.m. (Gym) Staff	11 a.m.-12 p.m. (Gym) Staff		
Reserved for Small Group Training Kraft - Studio B			12 p.m.-12:45 p.m. (Group Fitness) Kraft S.		11 a.m.-11:45 a.m. (Group Fitness) Kraft S. 12 p.m.-12:45 p.m. (Group Fitness) Kraft S.	10:15 a.m.-11:15 a.m. (Group Fitness) Kraft S.	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength: BODYPUMP™ Kraft - Studio A			12 p.m.-12:45 p.m. (Group Fitness) <i>Rae J.</i> 5:30 p.m.-6:25 p.m. (Group Fitness) <i>Jennifer C.</i>	6:35 p.m.-7:30 p.m. (Group Fitness) <i>Cher L.</i>	5:30 a.m.-6:25 a.m. (Group Fitness) <i>Joanne M.</i> 6 p.m.-6:55 p.m. (Group Fitness) <i>Cher L.</i>	10:10 a.m.-11:05 a.m. (Group Fitness) <i>Gretchen N.</i>	1:05 p.m.-2 p.m. (Group Fitness) <i>Joanne M.</i>
Thrive: Chair Yoga Kraft - Yoga Studio			12 p.m.-12:45 p.m. (Group Fitness) <i>Lisa H.</i>				
Half Court Basketball Kraft - Court 1			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> 3:30 p.m.-4:30 p.m. (Gym) <i>Staff</i> 7:30 p.m.-9 p.m. (Gym) <i>Staff</i>	6:30 a.m.-7:30 a.m. (Gym) <i>Staff</i> 7:30 a.m.-8:30 a.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.-3:30 p.m. (Gym) <i>Staff</i>	5 a.m.-6 a.m. (Gym) <i>Staff</i> 6 a.m.-7 a.m. (Gym) <i>Staff</i> 7 a.m.-8:30 a.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> 6 p.m.-7 p.m. (Gym) <i>Staff</i> 7 p.m.-8 p.m. (Gym) <i>Staff</i>	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>
Adaptive: Adaptive Fitness Kraft - Studio A			1 p.m.-1:30 p.m. (Group Fitness) <i>Rae J.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Restore & Core: Barre Kraft - Studio A			1:45 p.m.-2:30 p.m. (Group Fitness) <i>Melissa W.</i>				
Virtual In-Studio: Les Mills RPM™ Kraft - Studio B			2 p.m.-2:45 p.m. (Group Fitness) <i>Kraft S.</i>	8 a.m.-8:30 a.m. (Group Fitness) <i>Staff</i> 2 p.m.-2:45 p.m. (Group Fitness) <i>Staff</i>	5:30 p.m.-6 p.m. (Group Fitness) <i>Staff</i>	8:20 a.m.-9:05 a.m. (Group Fitness) <i>Kraft S.</i> 12:15 p.m.-1 p.m. (Group Fitness) <i>Staff</i>	12 p.m.-12:45 p.m. (Group Fitness) <i>Kraft S.</i> 2 p.m.-2:45 p.m. (Group Fitness) <i>Kraft S.</i>
Virtual In-Studio: Les Mills CORE™ Kraft - Studio A			3:15 p.m.-3:45 p.m. (Group Fitness) <i>Kraft S.</i>			2:15 p.m.-2:45 p.m. (Group Fitness) <i>Kraft S.</i>	
Teen Pick Up Basketball Kraft - Court 1			4:30 p.m.-5:30 p.m. (Gym) <i>Staff</i> 5:30 p.m.-6:30 p.m. (Gym) <i>Staff</i>	3:30 p.m.-4:30 p.m. (Gym) <i>Staff</i> 4:30 p.m.-5:30 p.m. (Gym) <i>Staff</i>			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 BODYBALANCE™ Kraft - Studio A			4:35 p.m.-5:20 p.m. (Group Fitness) <i>Staff</i>		2 p.m.-2:45 p.m. (Group Fitness) <i>Staff</i>	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>
Cycle: RPM™ Kraft - Studio B			5:30 p.m.-6:15 p.m. (Group Fitness) <i>Heather C.</i>	6:30 a.m.-7:15 a.m. (Group Fitness) <i>Isabel G.</i> 9:30 a.m.-10:15 a.m. (Group Fitness) <i>Ashley S.</i>	9:30 a.m.-10:15 a.m. (Group Fitness) <i>Isabel G.</i>	9:15 a.m.-10 a.m. (Group Fitness) <i>Nancy W.</i>	
Restore & Core: Mat Pilates Kraft - Yoga Studio			5:30 p.m.-6:15 p.m. (Group Fitness) <i>Julie P.</i>				
Restore & Core: Mat Pilates Kraft - Martha's Den			6:30 p.m.-7:15 p.m. (Group Fitness) <i>Julie P.</i>				
Step: Xtreme Hip-Hop Step Kraft - Studio A			6:30 p.m.-7:25 p.m. (Group Fitness) <i>Candace R.</i>				
Yoga: Slow Flow Kraft - Yoga Studio			6:30 p.m.-7:15 p.m. (Group Fitness) <i>Heather C.</i>				
Virtual In-Studio: Les Mills SPRINT™ Kraft - Studio B			7:15 p.m.-7:45 p.m. (Group Fitness) <i>Staff</i>	5:30 a.m.-6 a.m. (Group Fitness) <i>Staff</i> 8:35 a.m.-9:05 a.m. (Group Fitness) <i>Staff</i>		1:30 p.m.-2 p.m. (Group Fitness) <i>Staff</i>	9:30 a.m.-10 a.m. (Group Fitness) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reserved for Group Fitness Kraft - Court 2				5 a.m.-6:30 a.m. (Gym) <i>Staff</i>		7 a.m.-8:30 a.m. (Gym) <i>Staff</i>	
Reserved for Group Fitness Kraft - Court 1				5 a.m.-6:30 a.m. (Gym) <i>Staff</i>		7 a.m.-8:30 a.m. (Gym) <i>Staff</i>	
Conditioning: MetCon Kraft - Court 1				5:30 a.m.-6:15 a.m. (Group Fitness) <i>Jenna W.</i>		7:15 a.m.-8:10 a.m. (Group Fitness) <i>Ando H.</i>	
Virtual In-Studio: Les Mills GRIT™ Athletic Kraft - Studio A				5:45 a.m.-6:15 a.m. (Group Fitness) <i>Kraft S.</i>		12:30 p.m.-1 p.m. (Group Fitness) <i>Kraft S.</i>	
Virtual In-Studio: Les Mills BODYCOMBAT Kraft - Studio A				6:30 a.m.-7:15 a.m. (Group Fitness) <i>Staff</i>	4:35 p.m.-5:30 p.m. (Group Fitness) <i>Staff</i>	3 p.m.-3:55 p.m. (Group Fitness) <i>Staff</i>	
Half Court Basketball Kraft - Court 2				6:30 a.m.-7 a.m. (Gym) <i>Staff</i>	6 a.m.-7 a.m. (Gym) <i>Staff</i> 5:30 p.m.-7 p.m. (Gym) <i>Staff</i> 7 p.m.-8 p.m. (Gym) <i>Staff</i>	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>
Conditioning: MetCon Kraft - Studio A				8:30 a.m.-9:15 a.m. (Group Fitness) <i>Nancy W.</i>			
Step:Step Strength Kraft - Studio A				9:30 a.m.-10:25 a.m. (Group Fitness) <i>Mica R.</i>			
Yoga: Vinyasa Flow Kraft - Martha's Den				9:30 a.m.-10:25 a.m. (Group Fitness) <i>Sherry L.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength: Ripped and Strong Kraft - Kraft Shelter				10:30 a.m.-11:15 a.m. (Group Fitness) <i>Jaclyn C.</i>			
Thrive: Balanced and Strong Kraft - Studio A				10:35 a.m.-11:20 a.m. (Group Fitness) <i>Mica R.</i>			
Dance: HIIT Dance Fitness Kraft - Studio B				10:45 a.m.-11:30 a.m. (Group Fitness) <i>Tatiana R.</i>			
Dance: Zumba Gold Kraft - Studio A				11:30 a.m.-12:25 p.m. (Group Fitness) <i>Alma R.</i>			
Strength: Core Blast Kraft - Studio B				11:45 a.m.-12:15 p.m. (Group Fitness) <i>Anna W.</i>			
Restore & Core: Stretch Kraft - Studio B				12:20 p.m.-12:50 p.m. (Group Fitness) <i>Anna W.</i>			
Teen Equipment Orientation Kraft Family YMCA				4:15 p.m.-5 p.m. (Get Started) <i>Staff</i>			
Reserved for Family Programs Kraft - Yoga Studio				4:15 p.m.-6 p.m. (Gym) <i>Staff</i>	4 p.m.-5:45 p.m. (Gym) <i>Staff</i>		
Strength: Ripped and Strong Kraft - Studio A				4:35 p.m.-5:20 p.m. (Group Fitness) <i>Kimberly B.</i>		9 a.m.-9:55 a.m. (Group Fitness) <i>Theresa C.</i>	
Dance: Zumba Kraft - Studio A				5:30 p.m.-6:25 p.m. (Group Fitness) <i>Tatiana R.</i>		11:15 a.m.-12:10 p.m. (Group Fitness) <i>Tatiana R.</i>	
Virtual In-Studio: Les Mills THE TRIP™ Kraft - Studio B				5:30 p.m.-6:15 p.m. (Group Fitness) <i>Kraft S.</i>	5:20 a.m.-6:05 a.m. (Group Fitness) <i>Kraft S.</i> 8 a.m.-8:45 a.m. (Group Fitness) <i>Kraft S.</i>	7:30 a.m.-8:15 a.m. (Group Fitness) <i>Staff</i> 2 p.m.-2:45 p.m. (Group Fitness) <i>Kraft S.</i>	10:15 a.m.-11 a.m. (Group Fitness) <i>Kraft S.</i> 4 p.m.-4:45 p.m. (Group Fitness) <i>Kraft S.</i>
Open Play Adult Volleyball Kraft - Court 1				6 p.m.-7 p.m. (Gym) <i>Staff</i> 7 p.m.-8:30 p.m. (Gym) <i>Staff</i>			
Conditioning: BODYCOMBAT Kraft - Martha's Den				6:30 p.m.-7:25 p.m. (Group Fitness) <i>Joanne M.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga: Gentle Hatha Kraft - Yoga Studio				6:30 p.m.-7:25 p.m. (Group Fitness) <i>Ashley S.</i>	8:30 a.m.-9:25 a.m. (Group Fitness) <i>April E.</i>		
Virtual In-Studio: Les Mills BODYPUMP™ Kraft - Studio A				7:45 p.m.-8:30 p.m. (Group Fitness) <i>Staff</i>			
Cycle: Beats Kraft - Studio B					6:30 a.m.-7:15 a.m. (Group Fitness) <i>Gretchen N.</i>		
Strength: Lean and Cut Kraft - Studio A					9:30 a.m.-10:25 a.m. (Group Fitness) <i>Rae J.</i>		
Restore & Core: Mat Pilates Kraft - Studio A					10:45 a.m.-11:40 a.m. (Group Fitness) <i>Julie P.</i>		
Adult Equipment Orientation Kraft - Kraft Main Entrance					11 a.m.-11:45 a.m. (Get Started) <i>Jonathan R.</i>		
Dance: Line Dance Kraft - Martha's Den					11 a.m.-11:45 a.m. (Group Fitness) <i>Candace R.</i>		
Cycle: Cycle FTP Kraft - Studio B					1 p.m.-1:30 p.m. (Group Fitness) <i>Sara D.</i>		
Strength: Core Blast Kraft - Studio A						8:20 a.m.-8:50 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>	
Yoga: Vinyasa Flow Kraft - Yoga Studio						9:45 a.m.-10:40 a.m. (Group Fitness) <i>April E.</i>	
Dance: Zumba Toning Kraft - Martha's Den						10:10 a.m.-11:05 a.m. (Group Fitness) <i>Sandra H.</i>	
Yoga: Slow Flow Kraft - Kraft Shelter						11 a.m.-11:55 a.m. (Group Fitness) <i>April E.</i>	
Virtual In-Studio: Les Mills BODYATTACK™ Kraft - Studio A							9:15 a.m.-10 a.m. (Group Fitness) <i>Staff</i>
Beginner Pickleball Clinics Kraft - Court 1							12 p.m.-1 p.m. (Gym) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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>
Teen Equipment Orientation Kraft - Kraft Main Entrance							2 p.m.-2:45 p.m. (Get Started) <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>Sandra H.</i>
Virtual In-Studio: Les Mills GRIT™ Strength Kraft - Studio A							4 p.m.-4:30 p.m. (Group Fitness) <i>Kraft S.</i>



Northwest Cary YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Northwest Cary - Court 2			7:30 a.m.-5:30 p.m. (Gym) Staff	5 a.m.-5:15 p.m. (Gym) Staff 8:30 p.m.-9:45 p.m. (Gym) Staff	7:30 a.m.-8:45 p.m. (Gym) Staff		4 p.m.-5:45 p.m. (Gym) Staff
Reserved for Family Programs Northwest Cary - Aux Gym			8:30 a.m.-1:30 p.m. (Gym) Staff 5 p.m.-8 p.m. (Gym) Staff	8:30 a.m.-1:30 p.m. (Gym) Staff 5 p.m.-8 p.m. (Gym) Staff			1 p.m.-5 p.m. (Gym) Staff
Yoga: Slow Flow Northwest Cary - Mind & Body			9:15 a.m.-10:15 a.m. (Group Fitness) Libby W.	6 p.m.-7 p.m. (Group Fitness) Libby W.		9:30 a.m.-10:30 a.m. (Group Fitness) Sarah P.	
Restore & Core: Barre Northwest Cary - Strength & Cardio Studio B			9:30 a.m.-10:30 a.m. (Group Fitness) Christa W. 10:45 a.m.-11:45 a.m. (Group Fitness) Christa W.		10:45 a.m.-11:30 a.m. (Group Fitness) Kristin W.	10:45 a.m.-11:45 a.m. (Group Fitness) Lori W.	3 p.m.-3:45 p.m. (Group Fitness) Alison S.
Strength: BODYPUMP™ Northwest Cary - Strength & Cardio Studio A			9:30 a.m.-10:30 a.m. (Group Fitness) Cortney K. 4:30 p.m.-5:25 p.m. (Group Fitness) Lindsey S.	6:30 p.m.-7:25 p.m. (Group Fitness) Robin F.	12:10 p.m.-12:55 p.m. (Group Fitness) Robin F.	10:45 a.m.-11:40 a.m. (Group Fitness) Julia S.	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: Single Lane (Reserved) Northwest Cary - Lap Pool			9:30 a.m.-10 a.m. (Pool) Staff 10 a.m.-10:30 a.m. (Pool) Staff 10:30 a.m.-11 a.m. (Pool) Staff 11 a.m.-11:30 a.m. (Pool) Staff 11:30 a.m.-12 p.m. (Pool) Staff 12 p.m.-12:30 p.m. (Pool) Staff 12:30 p.m.-1 p.m. (Pool) Staff 1 p.m.-1:30 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	5:30 a.m.-6 a.m. (Pool) Staff 6 a.m.-6:30 a.m. (Pool) Staff 6:30 a.m.-7 a.m. (Pool) Staff 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 8:30 a.m.-9 a.m. (Pool) Staff 9 a.m.-9:30 a.m. (Pool) Staff 9:30 a.m.-10 a.m. (Pool) Staff 10 a.m.-10:30 a.m. (Pool) Staff 10:30 a.m.-11 a.m. (Pool) Staff 11 a.m.-11:30 a.m. (Pool) Staff 11:30 a.m.-12 p.m. (Pool) Staff 12 p.m.-12:30 p.m. (Pool) Staff 12:30 p.m.-1 p.m. (Pool) Staff 1 p.m.-1:30 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 7:30 p.m.-8 p.m. (Pool) Staff	5:30 a.m.-6 a.m. (Pool) Staff 6 a.m.-6:30 a.m. (Pool) Staff 7:30 a.m.-8 a.m. (Pool) Staff 8 a.m.-8:30 a.m. (Pool) Staff 9 a.m.-9:30 a.m. (Pool) Staff 9:30 a.m.-10 a.m. (Pool) Staff 10 a.m.-10:30 a.m. (Pool) Staff 10:30 a.m.-11 a.m. (Pool) Staff 11 a.m.-11:30 a.m. (Pool) Staff 11:30 a.m.-12 p.m. (Pool) Staff 12 p.m.-12:30 p.m. (Pool) Staff 1 p.m.-1:30 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 7:30 p.m.-8 p.m. (Pool) Staff	11:30 a.m.-12 p.m. (Pool) Staff 12 p.m.-12:30 p.m. (Pool) Staff 12:30 p.m.-1 p.m. (Pool) Staff 1 p.m.-1:30 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 4 p.m.-4:30 p.m. (Pool) Staff 4:30 p.m.-5 p.m. (Pool) Staff 5 p.m.-5:30 p.m. (Pool) Staff	12 p.m.-12:30 p.m. (Pool) Staff 12:30 p.m.-1 p.m. (Pool) Staff 1 p.m.-1:30 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 4 p.m.-4:30 p.m. (Pool) Staff 4:30 p.m.-5 p.m. (Pool) Staff 5 p.m.-5:30 p.m. (Pool) Staff

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: Shared Lane (Reserved) Northwest Cary - Lap Pool			9:30 a.m.-10 a.m. (Pool) Staff	5:30 a.m.-6 a.m. (Pool) Staff	5:30 a.m.-6 a.m. (Pool) Staff	8 a.m.-8:30 a.m. (Pool) Staff	12 p.m.-12:30 p.m. (Pool) Staff
			10 a.m.-10:30 a.m. (Pool) Staff	6 a.m.-6:30 a.m. (Pool) Staff	6 a.m.-6:30 a.m. (Pool) Staff	8:30 a.m.-9 a.m. (Pool) Staff	12:30 p.m.-1 p.m. (Pool) Staff
			10:30 a.m.-11 a.m. (Pool) Staff	6:30 a.m.-7 a.m. (Pool) Staff	6:30 a.m.-7 a.m. (Pool) Staff	9 a.m.-9:30 a.m. (Pool) Staff	1 p.m.-1:30 p.m. (Pool) Staff
			11 a.m.-11:30 a.m. (Pool) Staff	7 a.m.-7:30 a.m. (Pool) Staff	7 a.m.-7:30 a.m. (Pool) Staff	9:30 a.m.-10 a.m. (Pool) Staff	1:30 p.m.-2 p.m. (Pool) Staff
			11:30 a.m.-12 p.m. (Pool) Staff	7:30 a.m.-8 a.m. (Pool) Staff	7:30 a.m.-8 a.m. (Pool) Staff	10 a.m.-10:30 a.m. (Pool) Staff	2 p.m.-2:30 p.m. (Pool) Staff
			12 p.m.-12:30 p.m. (Pool) Staff	8 a.m.-8:30 a.m. (Pool) Staff	8 a.m.-8:30 a.m. (Pool) Staff	10:30 a.m.-11 a.m. (Pool) Staff	2:30 p.m.-3 p.m. (Pool) Staff
			12:30 p.m.-1 p.m. (Pool) Staff	8:30 a.m.-9 a.m. (Pool) Staff	9 a.m.-9:30 a.m. (Pool) Staff	11 a.m.-11:30 a.m. (Pool) Staff	3 p.m.-3:30 p.m. (Pool) Staff
			1 p.m.-1:30 p.m. (Pool) Staff	9 a.m.-9:30 a.m. (Pool) Staff	9:30 a.m.-10 a.m. (Pool) Staff	11:30 a.m.-12 p.m. (Pool) Staff	3:30 p.m.-4 p.m. (Pool) Staff
			1:30 p.m.-2 p.m. (Pool) Staff	9:30 a.m.-10 a.m. (Pool) Staff	10 a.m.-10:30 a.m. (Pool) Staff	12 p.m.-12:30 p.m. (Pool) Staff	4 p.m.-4:30 p.m. (Pool) Staff
			2 p.m.-2:30 p.m. (Pool) Staff	10 a.m.-10:30 a.m. (Pool) Staff	10:30 a.m.-11 a.m. (Pool) Staff	12:30 p.m.-1 p.m. (Pool) Staff	4:30 p.m.-5 p.m. (Pool) Staff
			2:30 p.m.-3 p.m. (Pool) Staff	10:30 a.m.-11 a.m. (Pool) Staff	11 a.m.-11:30 a.m. (Pool) Staff	1 p.m.-1:30 p.m. (Pool) Staff	5 p.m.-5:30 p.m. (Pool) Staff
			3 p.m.-3:30 p.m. (Pool) Staff	11 a.m.-11:30 a.m. (Pool) Staff	11:30 a.m.-12 p.m. (Pool) Staff	1:30 p.m.-2 p.m. (Pool) Staff	
			3:30 p.m.-4 p.m. (Pool) Staff	11:30 a.m.-12 p.m. (Pool) Staff	12 p.m.-12:30 p.m. (Pool) Staff	2 p.m.-2:30 p.m. (Pool) Staff	
			4 p.m.-4:30 p.m. (Pool) Staff	12 p.m.-12:30 p.m. (Pool) Staff	1 p.m.-1:30 p.m. (Pool) Staff	2:30 p.m.-3 p.m. (Pool) Staff	
			4:30 p.m.-5 p.m. (Pool) Staff	12:30 p.m.-1 p.m. (Pool) Staff	1:30 p.m.-2 p.m. (Pool) Staff	3 p.m.-3:30 p.m. (Pool) Staff	
			5 p.m.-5:30 p.m. (Pool) Staff	1 p.m.-1:30 p.m. (Pool) Staff	2 p.m.-2:30 p.m. (Pool) Staff	4 p.m.-4:30 p.m. (Pool) Staff	
			5:30 p.m.-6 p.m. (Pool) Staff	1:30 p.m.-2 p.m. (Pool) Staff	2:30 p.m.-3 p.m. (Pool) Staff	4:30 p.m.-5 p.m. (Pool) Staff	
			6 p.m.-6:30 p.m. (Pool) Staff	2 p.m.-2:30 p.m. (Pool) Staff	3 p.m.-3:30 p.m. (Pool) Staff	5 p.m.-5:30 p.m. (Pool) Staff	
			6:30 p.m.-7 p.m. (Pool) Staff	3 p.m.-3:30 p.m. (Pool) Staff	3:30 p.m.-4 p.m. (Pool) Staff		
			7 p.m.-7:30 p.m. (Pool) Staff	3:30 p.m.-4 p.m. (Pool) Staff	4 p.m.-4:30 p.m. (Pool) Staff		
			7:30 p.m.-8 p.m. (Pool) Staff	4 p.m.-4:30 p.m. (Pool) Staff	4:30 p.m.-5 p.m. (Pool) Staff		
				4:30 p.m.-5 p.m. (Pool) Staff	5 p.m.-5:30 p.m. (Pool) Staff		
				5 p.m.-5:30 p.m. (Pool) Staff	5:30 p.m.-6 p.m. (Pool) Staff		
				5:30 p.m.-6 p.m. (Pool) Staff	6 p.m.-6:30 p.m. (Pool) Staff		
				6 p.m.-6:30 p.m. (Pool) Staff	6:30 p.m.-7 p.m. (Pool) Staff		
				6:30 p.m.-7 p.m. (Pool) Staff	7 p.m.-7:30 p.m. (Pool) Staff		
				7 p.m.-7:30 p.m. (Pool) Staff	7:30 p.m.-8 p.m. (Pool) Staff		
				7:30 p.m.-8 p.m. (Pool) Staff			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Northwest Cary - Court 1			10 a.m.-5:30 p.m. (Gym) Staff	5 a.m.-7 a.m. (Gym) Staff 10 a.m.-5 p.m. (Gym) Staff 8:30 p.m.-9:45 p.m. (Gym) Staff	5 a.m.-6:30 a.m. (Gym) Staff 10:45 a.m.-8:45 p.m. (Gym) Staff		4 p.m.-5:45 p.m. (Gym) Staff
Restore & Core: Mat Pilates Northwest Cary - Mind & Body			10:30 a.m.-11:30 a.m. (Group Fitness) Libby W.		9:15 a.m.-10:15 a.m. (Group Fitness) Kristin W.		
Conditioning: Athletic Conditioning Northwest Cary - Strength & Cardio Studio A			10:45 a.m.-11:30 a.m. (Group Fitness) Meredith T.		5:45 a.m.-6:30 a.m. (Group Fitness) Jill M.		
Family Swim Northwest Cary YMCA			11 a.m.-6 p.m. (Pool) Staff 1 p.m.-5:30 p.m. (Pool) Staff			11 a.m.-6 p.m. (Pool) Staff	1 p.m.-5:30 p.m. (Pool) Staff
Dance: Zumba Northwest Cary - Strength & Cardio Studio A			12 p.m.-1 p.m. (Group Fitness) Rani G.		6 p.m.-7 p.m. (Group Fitness) Caroline L.		4 p.m.-5 p.m. (Group Fitness) Ivania G.
Event: Gigl's Playhouse Northwest Cary - Strength & Cardio Studio B			12 p.m.-1 p.m. (Group Fitness) Irene L.				
Yoga: Yin Northwest Cary - Mind & Body			12 p.m.-1 p.m. (Group Fitness) Carla J.			11 a.m.-12 p.m. (Group Fitness) Sarah P.	
Adult Equipment Orientation Northwest Cary YMCA			12:30 p.m.-1:30 p.m. (Get Started) Staff	2 p.m.-3 p.m. (Get Started) Staff			
Reserved for YOTA Swim Team Northwest Cary - Lap Pool			4 p.m.-8 p.m. (Pool) Staff	4 p.m.-7:30 p.m. (Pool) Staff	4 p.m.-7:30 p.m. (Pool) Staff	8 a.m.-11:30 a.m. (Pool) Staff	
Conditioning: BODYCOMBAT Northwest Cary - Strength & Cardio Studio B			5:30 p.m.-6:30 p.m. (Group Fitness) Robin F.	8:15 a.m.-9:15 a.m. (Group Fitness) Judithe A.		8:15 a.m.-9:15 a.m. (Group Fitness) Robin F.	12:45 p.m.-1:45 p.m. (Group Fitness) Anky C.
Yoga: Gentle Hatha Northwest Cary - Mind & Body			5:30 p.m.-6:30 p.m. (Group Fitness) Emily C.	12:15 p.m.-1:15 p.m. (Group Fitness) Sarah P.	8 a.m.-9 a.m. (Group Fitness) Carolyn L. 5 p.m.-6 p.m. (Group Fitness) Anya F.	8:15 a.m.-9:15 a.m. (Group Fitness) Anne R.	
Teen Pick Up Basketball Northwest Cary - Court 1			5:30 p.m.-7 p.m. (Gym) Staff				
Conditioning: MetCon Northwest Cary - Strength & Cardio Studio A			5:45 p.m.-6:30 p.m. (Group Fitness) Allison D.				
Reserved for Super Skippers Northwest Cary - Court 2			5:45 p.m.-7 p.m. (Gym) Staff		3 p.m.-10 p.m. (Gym) Staff	7 a.m.-6 p.m. (Gym) Staff	7 a.m.-3 p.m. (Gym) Staff
Cycle: Beats Northwest Cary - Cycle Studio			6:30 p.m.-7:30 p.m. (Group Fitness) Melissa H.				
Yoga: Sculpt Northwest Cary - Mind & Body			6:45 p.m.-7:45 p.m. (Group Fitness) Emily C.				
Dance: Dance Northwest Cary - Strength & Cardio Studio A			7 p.m.-8 p.m. (Group Fitness) Caroline L.				
Adult Pick Up Basketball Northwest Cary - Court 2			7 p.m.-9:30 p.m. (Gym) Staff		5 a.m.-7:30 a.m. (Gym) Staff		
Adult Pick Up Basketball Northwest Cary - Court 1			7 p.m.-9:30 p.m. (Gym) Staff				
Open Play Pickleball Northwest Cary - Court 1				7 a.m.-10 a.m. (Gym) Staff			
Thrive: Balanced and Strong Northwest Cary - Strength & Cardio Studio A				8 a.m.-8:45 a.m. (Group Fitness) Paulo D.			
Strength: Ripped and Strong Northwest Cary - Strength & Cardio Studio A				9 a.m.-10 a.m. (Group Fitness) Allie B. 5:15 p.m.-6:15 p.m. (Group Fitness) Sydney W.			
Yoga: Vinyasa Flow Northwest Cary - Mind & Body				9:15 a.m.-10:15 a.m. (Group Fitness) Fei T.	10:30 a.m.-11:30 a.m. (Group Fitness) Shauna B.		1:30 p.m.-2:30 p.m. (Group Fitness) Emily C.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance: HIT Dance Fitness Northwest Cary - Strength & Cardio Studio B				9:30 a.m.-10:30 a.m. (Group Fitness) <i>Abdullatif S.</i>			
Restore & Core: Tai Chi Northwest Cary - Mind & Body				10:30 a.m.-11:30 a.m. (Group Fitness) <i>Huei M.</i>			
Reserved for YMCA Programs Northwest Cary YMCA				10:30 a.m.-11:30 a.m. (Pool) <i>Staff</i>			
Reserve for KID FIT virtual class Northwest Cary YMCA				10:45 a.m.-11:45 a.m. (Group Fitness) <i>NORTHWEST C.</i>			
Thrive: Chair Pilates Northwest Cary - Strength & Cardio Studio B				10:45 a.m.-11:45 a.m. (Group Fitness) <i>Vian T.</i>			
Restore & Core: Mindfulness Meditation Northwest Cary - Mind & Body				12 p.m.-12:15 p.m. (Group Fitness) <i>Sarah P.</i>			
Strength: Upper Body Blast Northwest Cary - Strength & Cardio Studio A				12 p.m.-12:30 p.m. (Group Fitness) <i>Li C.</i>			
Reserved for Medical Membership Northwest Cary - Strength & Cardio Studio B				12:30 p.m.-1:45 p.m. (Group Fitness) <i>Staff</i>			
Strength: Lower Body Blast Northwest Cary - Strength & Cardio Studio A				12:30 p.m.-1 p.m. (Group Fitness) <i>Li C.</i>			
Conditioning: Cardio Strength Northwest Cary - Strength & Cardio Studio B				5:15 p.m.-6 p.m. (Group Fitness) <i>Ivania G.</i>			
Open Play Adult Volleyball Northwest Cary - Court 2				5:30 p.m.-8:30 p.m. (Gym) <i>Staff</i>			
Dance: Zumba Northwest Cary - Strength & Cardio Studio B				6:15 p.m.-7:15 p.m. (Group Fitness) <i>Irene L.</i>	9:30 a.m.-10:30 a.m. (Group Fitness) <i>Irene L.</i>	9:30 a.m.-10:30 a.m. (Group Fitness) <i>Vilmarie R.</i>	
Reserved for Pickleball Northwest Cary - Court 1					6:30 a.m.-9 a.m. (Gym) <i>Staff</i>		3 p.m.-4 p.m. (Gym) <i>Staff</i>
Reserved for Masters Swim Northwest Cary - Lap Pool					6:30 a.m.-7:30 a.m. (Pool) <i>Staff</i>		
Cycle: Force Northwest Cary - Cycle Studio					7 a.m.-8 a.m. (Group Fitness) <i>Marian B.</i>		
Conditioning: Cardio Strength Northwest Cary - Strength & Cardio Studio A					8:15 a.m.-9 a.m. (Group Fitness) <i>Judithe A.</i>	9:30 a.m.-10:30 a.m. (Group Fitness) <i>Sydney W.</i>	
Thrive: Cardio Strength Northwest Cary - Strength & Cardio Studio B					8:30 a.m.-9:15 a.m. (Group Fitness) <i>Victoria B.</i>		
Reserved for Family Time Northwest Cary - Aux Gym					8:30 a.m.-1:30 p.m. (Gym) <i>Staff</i>		
Reserved for Group Fitness Northwest Cary - Court 1					9:15 a.m.-10:30 a.m. (Gym) <i>Manager A.</i>		
Conditioning: MetCon Northwest Cary - Court 1					9:30 a.m.-10:30 a.m. (Group Fitness) <i>Jenn G.</i>		
Strength: Lean and Cut Northwest Cary - Strength & Cardio Studio A					9:30 a.m.-10:15 a.m. (Group Fitness) <i>Shauna B.</i>	8:15 a.m.-9:15 a.m. (Group Fitness) <i>Sydney W.</i>	
Start Strong Northwest Cary YMCA					11 a.m.-12 p.m. (Get Started) <i>Daniel L.</i>		1 p.m.-2 p.m. (Get Started) <i>Staff</i>
Conditioning: BODYCOMBAT Northwest Cary - Strength & Cardio Studio A					11:30 a.m.-12 p.m. (Group Fitness) <i>Robin F.</i>		
Restore & Core: Intermediate Tai-Chi Northwest Cary - Mind & Body					11:45 a.m.-12:45 p.m. (Group Fitness) <i>Huei M.</i>		
Reserved for Super Skippers Northwest Cary - Aux Gym					3 p.m.-10 p.m. (Gym) <i>Staff</i>	7 a.m.-6 p.m. (Gym) <i>Staff</i>	7 a.m.-3 p.m. (Gym) <i>Staff</i>
Reserved for Super Skippers Northwest Cary - Court 1					3 p.m.-10 p.m. (Gym) <i>Staff</i>	7 a.m.-6 p.m. (Gym) <i>Staff</i>	7 a.m.-3 p.m. (Gym) <i>Staff</i>
Teen Equipment Orientation Northwest Cary YMCA						9:30 a.m.-10:30 a.m. (Get Started) <i>Staff</i>	4 p.m.-5 p.m. (Get Started) <i>Staff</i>
Cycle: Fusion Northwest Cary - Cycle Studio						9:30 a.m.-10:30 a.m. (Group Fitness) <i>Dawn K.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga: Power Yoga Northwest Cary - Mind & Body							12:15 p.m.-1:15 p.m. (Group Fitness) Emily C.
Dance: Zumba Toning Northwest Cary - Strength & Cardio Studio B							2 p.m.-2:45 p.m. (Group Fitness) Ivania G.
Reserved for Family Time Northwest Cary - Court 2							3 p.m.-4 p.m. (Gym) Staff



Alexander Family YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 3 Shared Lanes Alexander - Pool			7:30 a.m.-10 a.m. (Pool) <i>Staff</i>		6:30 a.m.-7:30 a.m. (Pool) <i>Staff</i> 8:45 a.m.-10 a.m. (Pool) <i>Staff</i>	7:30 a.m.-8:30 a.m. (Pool) <i>Staff</i> 12 p.m.-1:15 p.m. (Pool) <i>Staff</i> 1:15 p.m.-3:10 p.m. (Pool) <i>Staff</i>	4:30 p.m.-5:45 p.m. (Pool) <i>Staff</i>
Strength: Ripped and Strong Alexander - Studio 2 (Downstairs)			9:30 a.m.-10:30 a.m. (Group Fitness) <i>Stacey A.</i>				1:30 p.m.-2:30 p.m. (Group Fitness) <i>Christine R.</i>
Yoga: Gentle Hatha Alexander - Studio 1 (Main Floor)			9:30 a.m.-10:30 a.m. (Group Fitness) <i>Jennifer M.</i> 6:45 p.m.-7:45 p.m. (Group Fitness) <i>Tatyana S.</i>		9:30 a.m.-10:30 a.m. (Group Fitness) <i>Tiffany I.</i>	9:15 a.m.-10:15 a.m. (Group Fitness) <i>Tatyana S.</i>	
Lap Lane: 4 Shared Lanes Alexander - Pool			10 a.m.-4:30 p.m. (Pool) <i>Staff</i> 4:30 p.m.-6 p.m. (Pool) <i>Staff</i> 7 p.m.-9:45 p.m. (Pool) <i>Staff</i>	6:45 a.m.-4 p.m. (Pool) <i>Staff</i> 4 p.m.-5:30 p.m. (Pool) <i>Staff</i> 8 p.m.-9:45 p.m. (Pool) <i>Staff</i>	7:30 a.m.-8:45 a.m. (Pool) <i>Staff</i> 10 a.m.-1:15 p.m. (Pool) <i>Staff</i> 1:15 p.m.-2:45 p.m. (Pool) <i>Staff</i> 2:45 p.m.-4 p.m. (Pool) <i>Staff</i> 6:30 p.m.-7:45 p.m. (Pool) <i>Staff</i>	7 a.m.-7:30 a.m. (Pool) <i>Staff</i> 8:30 a.m.-12 p.m. (Pool) <i>Staff</i> 3:10 p.m.-4 p.m. (Pool) <i>Staff</i> 4 p.m.-5:45 p.m. (Pool) <i>Staff</i>	9 a.m.-4:30 p.m. (Pool) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim Alexander - Pool			10 a.m.-4:30 p.m. (Pool) Staff 7 p.m.-9:45 p.m. (Pool) Staff	6:45 a.m.-4 p.m. (Pool) Staff 6:45 p.m.-8 p.m. (Pool) Staff 8 p.m.-9:45 p.m. (Pool) Staff	7:30 a.m.-8:45 a.m. (Pool) Staff 10 a.m.-1:15 p.m. (Pool) Staff 2:45 p.m.-4 p.m. (Pool) Staff 5 p.m.-7:45 p.m. (Pool) Staff 6:30 p.m.-7:45 p.m. (Pool) Staff	7 a.m.-7:30 a.m. (Pool) Staff 8:30 a.m.-12:30 p.m. (Pool) Staff 4 p.m.-5:45 p.m. (Pool) Staff	9 a.m.-4:30 p.m. (Pool) Staff
Thrive: Gentle Aerobics Alexander - Studio 2 (Downstairs)			10:45 a.m.-11:30 a.m. (Group Fitness) Melissa M.				
Adult Equipment Orientation Alexander Family YMCA			11:30 a.m.-12:30 p.m. (Get Started) Alexander S. 12:30 p.m.-1:30 p.m. (Get Started) Alexander S. 5:45 p.m.-6:45 p.m. (Get Started) Alexander S.	11:30 a.m.-12:30 p.m. (Get Started) Alexander S. 12:30 p.m.-1:30 p.m. (Get Started) Alexander S. 4:45 p.m.-5:45 p.m. (Get Started) Alexander S. 6:45 p.m.-7:45 p.m. (Get Started) Alexander S.	11:30 a.m.-12:30 p.m. (Get Started) Alexander S. 12:30 p.m.-1:30 p.m. (Get Started) Alexander S.	8:30 a.m.-9:30 a.m. (Get Started) Alexander S. 9:30 a.m.-10:30 a.m. (Get Started) Alexander S. 2 p.m.-3 p.m. (Get Started) Alexander S.	11:30 a.m.-12:30 p.m. (Get Started) Alexander S. 2:30 p.m.-3:30 p.m. (Get Started) Alexander S.
Cycle: Beats Alexander - Studio 3			12 p.m.-12:45 p.m. (Group Fitness) Leigh P. 6 p.m.-6:45 p.m. (Group Fitness) Liz K.	5:45 p.m.-6:30 p.m. (Group Fitness) Jay C.	12 p.m.-12:45 p.m. (Group Fitness) Jay C.	8 a.m.-8:45 a.m. (Group Fitness) Anna H.	2:45 p.m.-3:30 p.m. (Group Fitness) Jay C.
Strength: Lean and Cut Alexander - Studio 2 (Downstairs)			12 p.m.-12:45 p.m. (Group Fitness) Betsy H. 5:30 p.m.-6:15 p.m. (Group Fitness) Anna B.	6 a.m.-6:45 a.m. (Group Fitness) Cheryl L. 4:30 p.m.-5:15 p.m. (Group Fitness) PJ G.	10:45 a.m.-11:30 a.m. (Group Fitness) Melissa M.	11 a.m.-11:45 a.m. (Group Fitness) Cheri A.	
Yoga: Vinyasa Flow Alexander - Studio 1 (Main Floor)			12 p.m.-12:45 p.m. (Group Fitness) Jenny J.	6 a.m.-6:45 a.m. (Group Fitness) Alison S.	12 p.m.-12:45 p.m. (Group Fitness) Angela G.	10:30 a.m.-12 p.m. (Group Fitness) Holly F.	1:15 p.m.-2:30 p.m. (Group Fitness) Shwetha R.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Restore & Core: Mobility Alexander - Studio 3			12:50 p.m.-1:20 p.m. (Group Fitness) <i>Leigh P.</i>				
Thrive: Balanced and Strong Alexander - Studio 2 (Downstairs)			1 p.m.-1:45 p.m. (Group Fitness) <i>Anna B.</i>				
Teen Pick Up Basketball Alexander Family YMCA			3:15 p.m.-5:15 p.m. (Gym) <i>Staff</i>	3:15 p.m.-5:15 p.m. (Gym) <i>Staff</i>	3:15 p.m.-5:15 p.m. (Gym) <i>Staff</i>		
Conditioning: BODYCOMBAT Alexander - Studio 2 (Downstairs)			4:30 p.m.-5:15 p.m. (Group Fitness) <i>Julianne B.</i>		9:30 a.m.-10:30 a.m. (Group Fitness) <i>Melissa M.</i>		
Reserved for YOTA Swim Team Alexander - Pool			4:30 p.m.-7 p.m. (Pool) <i>Staff</i>	4 p.m.-7 p.m. (Pool) <i>Staff</i>	4 p.m.-6:30 p.m. (Pool) <i>Staff</i>		4:30 p.m.-5:45 p.m. (Pool) <i>Staff</i>
Teen Equipment Orientation Alexander Family YMCA			4:45 p.m.-5:45 p.m. (Get Started) <i>Alexander S.</i> 6:45 p.m.-7:45 p.m. (Get Started) <i>Alexander S.</i>	5:45 p.m.-6:45 p.m. (Get Started) <i>Alexander S.</i>	1:30 p.m.-2:30 p.m. (Get Started) <i>Alexander S.</i> 2:30 p.m.-3:30 p.m. (Get Started) <i>Alexander S.</i>	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>
Racquetball Open Play Alexander - Court 2			5:30 p.m.-8:30 p.m. (Court) <i>Staff</i>				
Restore & Core: Mat Pilates Alexander - Studio 1 (Main Floor)			5:30 p.m.-6:15 p.m. (Group Fitness) <i>Cheryl C.</i>	7:45 a.m.-8:30 a.m. (Group Fitness) <i>Mary H.</i> 8:45 a.m.-9:45 a.m. (Group Fitness) <i>Mary H.</i>		8:15 a.m.-9 a.m. (Group Fitness) <i>Tatyana S.</i>	
Lap Lane: 5 Shared Lanes Alexander - Pool			6 p.m.-7 p.m. (Pool) <i>Staff</i>				
Dance: Dance Alexander - Studio 2 (Downstairs)			6:30 p.m.-7:30 p.m. (Group Fitness) <i>Mecca B.</i>				
Open Play Pickleball Alexander - Court 2			7 p.m.-8 p.m. (Gym) <i>Staff</i>				
Restore & Core: Mindfulness Meditation Alexander - Studio 1 (Main Floor)			7:50 p.m.-8:05 p.m. (Group Fitness) <i>Tatyana S.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Play Pickleball Alexander - Court 1 & 2			8 p.m.-10 p.m. (Gym) Staff	12 p.m.-3 p.m. (Gym) Staff			12 p.m.-3 p.m. (Gym) Staff
Lap Lane: 6 Shared Lanes Alexander - Pool				5 a.m.-5:45 a.m. (Pool) Staff	5 a.m.-6:30 a.m. (Pool) Staff		
Adult Pick Up Basketball Alexander - Court 1 & 2				5:15 a.m.-7:15 a.m. (Gym) Staff			
Lap Lane: 1 Shared Lane Alexander - Pool				5:45 a.m.-6:45 a.m. (Pool) Staff 5:30 p.m.-6:45 p.m. (Pool) Staff	4 p.m.-5 p.m. (Pool) Staff		
Reserved for Masters Swim Alexander - Pool				5:45 a.m.-6:45 a.m. (Pool) Staff	6:30 a.m.-7:30 a.m. (Pool) Staff		
Restore & Core: Barre Alexander - Studio 2 (Downstairs)				7 a.m.-7:45 a.m. (Group Fitness) Alison S.	12 p.m.-12:45 p.m. (Group Fitness) Alaina V.	12 p.m.-12:45 p.m. (Group Fitness) Clayton B.	
Cycle: Outdoor Cycle Alexander - Studio 3				7:30 a.m.-8:15 a.m. (Group Fitness) Erin G.			
Step: Step Alexander - Studio 2 (Downstairs)				9:30 a.m.-10:30 a.m. (Group Fitness) Stacey A. 5:30 p.m.-6:15 p.m. (Group Fitness) PJ G.			
Thrive: Cardio Strength Alexander - Studio 2 (Downstairs)				10:45 a.m.-11:45 a.m. (Group Fitness) Mark S.			
Strength: BODYPUMP™ Alexander - Studio 2 (Downstairs)				12 p.m.-12:45 p.m. (Group Fitness) Kelly G. 6:30 p.m.-7:30 p.m. (Group Fitness) Robyn S.	7 a.m.-7:45 a.m. (Group Fitness) Angela E.	8:30 a.m.-9:15 a.m. (Group Fitness) Matt M.	
Yoga: Slow Flow Alexander - Studio 1 (Main Floor)				12 p.m.-1 p.m. (Group Fitness) Chushenna E.			
Handball Challenge: All Alexander Family YMCA				3 p.m.-5 p.m. (Court) Staff			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball Challenge All Alexander - Court 2				5 p.m.-8 p.m. (Court) <i>Staff</i>			
Reserved for Youth Programs Alexander - Court 2				5:30 p.m.-8 p.m. (Gym) <i>Staff</i>			
Aqua Fitness: Aqua Fit Alexander- Pool Group Fitness				5:45 p.m.-6:30 p.m. (Group Fitness) <i>Anna B.</i>	9 a.m.-9:50 a.m. (Group Fitness) <i>Amy W.</i>	7:45 a.m.-8:30 a.m. (Group Fitness) <i>Lizy C.</i>	
Yoga: Power Yoga Alexander - Studio 1 (Main Floor)				6:25 p.m.-7:25 p.m. (Group Fitness) <i>Jeffrey M.</i>			11:30 a.m.-12:30 p.m. (Group Fitness) <i>Alison S.</i>
Lap Lane: 2 Shared Lanes Alexander - Pool				6:45 p.m.-8 p.m. (Pool) <i>Staff</i>	5 p.m.-6:30 p.m. (Pool) <i>Staff</i>		
Swim Lessons Alexander - Pool				7 p.m.-7:50 p.m. (Pool) <i>Staff</i>	1:15 p.m.-2:45 p.m. (Pool) <i>Staff</i> 4 p.m.-5 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>	
Open Play Volleyball Alexander Family YMCA				8 p.m.-10 p.m. (Gym) <i>Staff</i>			
Adult Pick Up Basketball Alexander - Court 1				8 p.m.-10 p.m. (Gym) <i>Staff</i>		3 p.m.-5 p.m. (Gym) <i>Staff</i>	
Reserved for Group Fitness Alexander - Court 1 & 2					5:45 a.m.-7 a.m. (Gym) <i>Staff</i>		
Conditioning: Cardio Strength Alexander - Studio 2 (Downstairs)					6 a.m.-6:45 a.m. (Group Fitness) <i>Anna B.</i> 4:30 p.m.-5:15 p.m. (Group Fitness) <i>Emily B.</i>	9:45 a.m.-10:30 a.m. (Group Fitness) <i>Emily B.</i>	
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>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Thrive: Chair Stretch Alexander - Studio 1 (Main Floor)					10:45 a.m.-11:45 a.m. (Group Fitness) <i>Angela G.</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>



Kerr Family YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Kerr - Court 1			8 a.m.-10 a.m. (Gym) <i>Staff</i> 12 p.m.-3 p.m. (Gym) <i>Staff</i>	11:30 a.m.-3 p.m. (Gym) <i>Staff</i>	8 a.m.-10 a.m. (Gym) <i>Staff</i> 12 p.m.-3 p.m. (Gym) <i>Staff</i>	11 a.m.-6 p.m. (Gym) <i>Staff</i>	3 p.m.-6 p.m. (Gym) <i>Staff</i>
Reserved for Youth Programs Kerr - Court 2			8 a.m.-6 p.m. (Gym) <i>Staff</i>	11:30 a.m.-6 p.m. (Gym) <i>Staff</i>	8 a.m.-5 p.m. (Gym) <i>Staff</i>		
Cycle: Force Kerr - Studio 1			9:15 a.m.-10 a.m. (Group Fitness) <i>Mary A.</i>	7 a.m.-7:45 a.m. (Group Fitness) <i>Mary A.</i>	7 a.m.-7:45 a.m. (Group Fitness) <i>Mary A.</i> 9:15 a.m.-10 a.m. (Group Fitness) <i>Viki R.</i>		
Yoga: Vinyasa Flow Kerr - Studio 2			9:15 a.m.-10:15 a.m. (Group Fitness) <i>Kelly K.</i>			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>
Reserved for Group Fitness Kerr - Court 1			10 a.m.-12 p.m. (Gym) <i>Staff</i>	6 p.m.-7:15 p.m. (Gym) <i>Staff</i>	10 a.m.-12 p.m. (Gym) <i>Staff</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 6 Shared Lanes Kerr - Indoor 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 a.m.-11:30 a.m. (Pool) <i>Staff</i> 11:30 a.m.-12 p.m. (Pool) <i>Staff</i> 11:30 a.m.-12 p.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>	11 a.m.-11:30 a.m. (Pool) <i>Staff</i> 11:30 a.m.-12 p.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>	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 p.m.-12:30 p.m. (Pool) <i>Staff</i> 12:30 p.m.-1 p.m. (Pool) <i>Staff</i>		
Toddler Pool Kerr - Indoor 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> 12 p.m.-12:30 p.m. (Pool) <i>Staff</i> 12:30 p.m.-1 p.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 p.m.-12:30 p.m. (Pool) <i>Staff</i> 12:30 p.m.-1 p.m. (Pool) <i>Staff</i>	2:30 p.m.-3 p.m. (Pool) <i>Staff</i>	2:30 p.m.-3 p.m. (Pool) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim Kerr - Indoor Pool			10 a.m.-10:30 a.m. (Pool) <i>Staff</i>	10 a.m.-10:30 a.m. (Pool) <i>Staff</i>	10 a.m.-10:30 a.m. (Pool) <i>Staff</i>	12 p.m.-12:30 p.m. (Pool) <i>Staff</i>	12 p.m.-12:30 p.m. (Pool) <i>Staff</i>
			11 a.m.-11:30 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>	12:30 p.m.-1 p.m. (Pool) <i>Staff</i>	12:30 p.m.-1 p.m. (Pool) <i>Staff</i>
			11:30 a.m.-12 p.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>	1 p.m.-1:30 p.m. (Pool) <i>Staff</i>	1 p.m.-1:30 p.m. (Pool) <i>Staff</i>
			12 p.m.-12:30 p.m. (Pool) <i>Staff</i>	11:30 a.m.-12 p.m. (Pool) <i>Staff</i>	12 p.m.-12:30 p.m. (Pool) <i>Staff</i>	1:30 p.m.-2 p.m. (Pool) <i>Staff</i>	1:30 p.m.-2 p.m. (Pool) <i>Staff</i>
			12:30 p.m.-1 p.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>	2 p.m.-2:30 p.m. (Pool) <i>Staff</i>	2 p.m.-2:30 p.m. (Pool) <i>Staff</i>
			4 p.m.-4:30 p.m. (Pool) <i>Staff</i>	12:30 p.m.-1 p.m. (Pool) <i>Staff</i>	4 p.m.-4:30 p.m. (Pool) <i>Staff</i>	2:30 p.m.-3 p.m. (Pool) <i>Staff</i>	2:30 p.m.-3 p.m. (Pool) <i>Staff</i>
			4:30 p.m.-5 p.m. (Pool) <i>Staff</i>		4:30 p.m.-5 p.m. (Pool) <i>Staff</i>	3 p.m.-3:30 p.m. (Pool) <i>Staff</i>	3 p.m.-3:30 p.m. (Pool) <i>Staff</i>
			5:30 p.m.-6 p.m. (Pool) <i>Staff</i>		5:30 p.m.-6 p.m. (Pool) <i>Staff</i>	3:30 p.m.-4 p.m. (Pool) <i>Staff</i>	3:30 p.m.-4 p.m. (Pool) <i>Staff</i>
Dance: Zumba Kerr - Group Fitness Gym Court			10:30 a.m.-11:30 a.m. (Group Fitness) <i>Cuqui G.</i>	6 p.m.-7 p.m. (Group Fitness) <i>Gaby D.</i>	10:30 a.m.-11:30 a.m. (Group Fitness) <i>Cuqui G.</i>		
Strength: BODYPUMP™ Kerr - Studio 2			10:30 a.m.-11:15 a.m. (Group Fitness) <i>Julie B.</i>	6:30 p.m.-7:30 p.m. (Group Fitness) <i>Heather D.</i>	10:30 a.m.-11:15 a.m. (Group Fitness) <i>Kelly G.</i>	9 a.m.-9:45 a.m. (Group Fitness) <i>Heather D.</i>	12:30 p.m.-1:30 p.m. (Group Fitness) <i>Lisa W.</i>
Family Swim Kerr Family YMCA			10:30 a.m.-11 a.m. (Pool) <i>Staff</i>		10:30 a.m.-11 a.m. (Pool) <i>Staff</i>		
			5 p.m.-5:30 p.m. (Pool) <i>Staff</i>		5 p.m.-5:30 p.m. (Pool) <i>Staff</i>		
Restore & Core: Mat Pilates Kerr - Studio 2			11:45 a.m.-12:45 p.m. (Group Fitness) <i>Gaby D.</i>			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>
Conditioning: MetCon Kerr - Studio 1			12 p.m.-12:45 p.m. (Group Fitness) <i>Beth C.</i>	9:30 a.m.-10:15 a.m. (Group Fitness) <i>Katy C.</i>			
Lap Lane: 6 Shared Lanes Kerr Family YMCA			12:30 p.m.-1 p.m. (Pool) <i>Staff</i>		12:30 p.m.-1 p.m. (Pool) <i>Staff</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Thrive: Balanced and Strong Kerr - Studio 2			1 p.m.-1:45 p.m. (Group Fitness) <i>Gaby D.</i>				
Adult Equipment Orientation Kerr - Wellness Floor			1:30 p.m.-2:15 p.m. (Get Started) <i>Staff</i> 6:30 p.m.-7:15 p.m. (Get Started) <i>Staff</i>				
Teen Pick Up Basketball Kerr - Court 1			3 p.m.-6 p.m. (Gym) <i>Staff</i>	3 p.m.-6 p.m. (Gym) <i>Staff</i>	3 p.m.-5 p.m. (Gym) <i>Staff</i>		
Toddler Pool Kerr - Indoor Play Pool			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>		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>	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> 3 p.m.-3:30 p.m. (Pool) <i>Staff</i> 3:30 p.m.-4 p.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> 3 p.m.-3:30 p.m. (Pool) <i>Staff</i> 3:30 p.m.-4 p.m. (Pool) <i>Staff</i>
Strength: Lean and Cut Kerr - Studio 2			4:30 p.m.-5:15 p.m. (Group Fitness) <i>Amanda P.</i>		7 a.m.-7:45 a.m. (Group Fitness) <i>Julie B.</i> 4:30 p.m.-5:15 p.m. (Group Fitness) <i>Cuqui G.</i>		
Meet Me at the Y - Get Healthy Kerr Family YMCA			5:30 p.m.-6 p.m. (Get Started) <i>Gary C.</i>				
Conditioning: Athletic Conditioning Kerr - Studio 2			5:30 p.m.-6:15 p.m. (Group Fitness) <i>Amanda P.</i>		5:30 a.m.-6:30 a.m. (Group Fitness) <i>Beth C.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Play Adult Pickleball Kerr - Court 1			6 p.m.-9 p.m. (Gym) <i>Staff</i>				
Adult Open Play Badminton Kerr - Court 2			6 p.m.-9 p.m. (Gym) <i>Staff</i>				
Yoga: Gentle Hatha Kerr - Studio 2			6:30 p.m.-7:30 p.m. (Group Fitness) <i>Sarah H.</i>				
Open Gym Kerr - Gym Courts				5 a.m.-8 a.m. (Gym) <i>Staff</i>			11 a.m.-3 p.m. (Gym) <i>Staff</i>
Yoga: Slow Flow Kerr - Studio 2				5:30 a.m.-6:30 a.m. (Group Fitness) <i>Kirsten L.</i>	8 a.m.-9 a.m. (Group Fitness) <i>Cindy H.</i>		
Aqua Fitness: Aqua HIIT Kerr - Indoor Pool Group Fitness				8 a.m.-8:45 a.m. (Group Fitness) <i>Kelly C.</i> 9 a.m.-9:45 a.m. (Group Fitness) <i>Kelly C.</i>	9 a.m.-9:45 a.m. (Group Fitness) <i>Jennifer L.</i>		
Open Play Adult Pickleball Kerr - Gym Courts				8 a.m.-11:30 a.m. (Gym) <i>Staff</i>			
Conditioning: Cardio Strength Kerr - Studio 2				8:15 a.m.-9 a.m. (Group Fitness) <i>Heather R.</i> 4:30 p.m.-5:15 p.m. (Group Fitness) <i>Lisa R.</i>		8 a.m.-8:45 a.m. (Group Fitness) <i>Heather G.</i>	
Thrive: Cardio Strength Kerr - Studio 1				8:15 a.m.-9 a.m. (Group Fitness) <i>Cuqui G.</i>			
Strength: Ripped and Strong Kerr - Studio 2				9:15 a.m.-10 a.m. (Group Fitness) <i>Heather G.</i>	9:15 a.m.-10:15 a.m. (Group Fitness) <i>Ashley G.</i>		
Conditioning: BODYCOMBAT Kerr - Studio 2				10:15 a.m.-11 a.m. (Group Fitness) <i>Heather G.</i>		10 a.m.-10:45 a.m. (Group Fitness) <i>April J.</i>	
Restore & Core: Pilates Sculpt Kerr - Studio 2				11:15 a.m.-12 p.m. (Group Fitness) <i>Sue B.</i>			
Cycle: RPM™ Kerr - Studio 1				12 p.m.-12:30 p.m. (Group Fitness) <i>Kate C.</i>		7:15 a.m.-8 a.m. (Group Fitness) <i>Julie B.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Thrive: Chair Yoga Kerr - Studio 2				12:15 p.m.-1:05 p.m. (Group Fitness) <i>Kelly K.</i>			
Virtual In-Studio: Les Mills BODYBALANCE™ Kerr - Studio 1				12:45 p.m.-1:30 p.m. (Group Fitness) <i>Staff</i>			
Racquetball Challenge All Kerr - Court 2				5 p.m.-7 p.m. (Court) <i>Staff</i>		7:30 a.m.-10 a.m. (Court) <i>Staff</i>	11 a.m.-1 p.m. (Court) <i>Staff</i>
Racquetball Challenge All Kerr - Court 1				5 p.m.-7 p.m. (Court) <i>Staff</i>		7:30 a.m.-10 a.m. (Court) <i>Staff</i>	11 a.m.-1 p.m. (Court) <i>Staff</i>
Restore & Core: Barre Kerr - Studio 2				5:30 p.m.-6:15 p.m. (Group Fitness) <i>Elizabeth G.</i>			
Open Gym Kerr - Court 2				6 p.m.-7:15 p.m. (Gym) <i>Staff</i>			
Adult Pick Up Basketball Kerr - Gym Courts				7:15 p.m.-9 p.m. (Gym) <i>Staff</i>	5 a.m.-8 a.m. (Gym) <i>Staff</i>	7 a.m.-9:30 a.m. (Gym) <i>Staff</i>	
Aqua Fitness: Aqua HIIT Kerr - Indoor Pool					8 a.m.-8:45 a.m. (Group Fitness) <i>Jennifer L.</i>		
Thrive: Cardio Strength Kerr - Studio 2					11:45 a.m.-12:30 p.m. (Group Fitness) <i>Nichole C.</i>		
Reserved for Youth Volleyball Kerr - Gym Courts					5 p.m.-8 p.m. (Gym) <i>Staff</i>		
Adult Pick Up Basketball Kerr - Court 1						7 a.m.-11 a.m. (Gym) <i>Staff</i>	
Lap Lane: 3 Shared Lanes Kerr - Indoor Pool						7 a.m.-7:30 a.m. (Pool) <i>Staff</i> 7:30 a.m.-8 a.m. (Pool) <i>Staff</i> 8 a.m.-8:30 a.m. (Pool) <i>Staff</i>	
Cycle: Beats Kerr - Studio 1						8:30 a.m.-9:15 a.m. (Group Fitness) <i>Andre E.</i>	11:15 a.m.-12 p.m. (Group Fitness) <i>Leah M.</i>

	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>	
Aqua Fitness: Aqua Fit Kerr - Indoor Pool Group Fitness						9 a.m.-9:45 a.m. (Group Fitness) <i>Kelly C.</i>	
Reserved for Youth League Sports Kerr - Court 2						9:30 a.m.-2 p.m. (Gym) <i>Staff</i>	
Teen Equipment Orientation Kerr - Wellness Floor						11 a.m.-12 p.m. (Get Started) <i>Thomas S.</i>	
Family Open Play Pickleball Kerr - Court 2						2 p.m.-6 p.m. (Gym) <i>Staff</i>	
Lap Lane: 8 Shared Lanes Kerr - Indoor Pool						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>	
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: 4 Shared Lanes Kerr Family YMCA							12:30 p.m.-1:29 p.m. (Pool) <i>Staff</i>
Lap Lane: 4 Shared Lanes Kerr - Indoor Pool							2 p.m.-2:30 p.m. (Pool) <i>Staff</i> 2:30 p.m.-3 p.m. (Pool) <i>Staff</i>
Dance: Zumba Kerr - Studio 2							2:45 p.m.-3:45 p.m. (Group Fitness) <i>Kelly C.</i>
Family Open Play Badminton Kerr - Court 2							3 p.m.-6 p.m. (Gym) <i>Staff</i>



East Triangle YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 6 Shared Lanes East Triangle -Outdoor Pool			8 a.m.-1 p.m. (Pool) Staff	8 a.m.-1 p.m. (Pool) Staff	8 a.m.-1 p.m. (Pool) Staff		
Yoga: Slow Flow East Triangle - Studio Flex			9 a.m.-10 a.m. (Group Fitness) Katherine O.				2:15 p.m.-3 p.m. (Group Fitness) Donna G.
Restore & Core: Barre East Triangle - Studio Flex			10:15 a.m.-11 a.m. (Group Fitness) Dana Q. 5:30 p.m.-6:15 p.m. (Group Fitness) Suki A.		6 a.m.-6:45 a.m. (Group Fitness) Rachel T.		12:15 p.m.-1 p.m. (Group Fitness) Rose B.
Thrive: Cardio Strength East Triangle - Studio Flex			11:15 a.m.-12 p.m. (Group Fitness) Rachel T.				
Teen Equipment Orientation East Triangle -Wellness Floor			4:30 p.m.-5 p.m. (Get Started) Staff	4:30 p.m.-5 p.m. (Get Started) Staff	4:30 p.m.-5 p.m. (Get Started) Staff		
Dance: Dance East Triangle - Studio Flex			4:30 p.m.-5:15 p.m. (Group Fitness) April R.				
Adult Equipment Orientation East Triangle -Wellness Floor			5:30 p.m.-6 p.m. (Get Started) Staff	7 a.m.-7:30 a.m. (Get Started) Staff 9 a.m.-9:30 a.m. (Get Started) Staff 5:30 p.m.-6 p.m. (Get Started) Staff	7 a.m.-7:30 a.m. (Get Started) Staff 9 a.m.-9:30 a.m. (Get Started) Staff 5:30 p.m.-6 p.m. (Get Started) Staff		
Strength: Core Blast East Triangle - The Cave			5:30 p.m.-6 p.m. (Group Fitness) Dana Q.				
Conditioning: MetCon East Triangle - The Cave			6:15 p.m.-7 p.m. (Group Fitness) Dana Q.				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga: Yin East Triangle - Studio Flex			6:30 p.m.-7:15 p.m. (Group Fitness) <i>John K.</i>				
Strength: BODYPUMP™ East Triangle - Studio Flex				6 a.m.-6:45 a.m. (Group Fitness) <i>Lindsey S.</i>			1:15 p.m.-2 p.m. (Group Fitness) <i>Jennifer T.</i>
Cycle: Beats East Triangle - The Cave				7:45 a.m.-8:30 a.m. (Group Fitness) <i>Acacia E.</i>	6 a.m.-6:45 a.m. (Group Fitness) <i>John K.</i>		
Adult Equipment Orientation East Triangle YMCA				8 a.m.-8:30 a.m. (Get Started) <i>Staff</i>	8 a.m.-8:30 a.m. (Get Started) <i>Staff</i>		
Strength: Core Blast East Triangle - Studio Flex				8:30 a.m.-9:15 a.m. (Group Fitness) <i>Lis G.</i>			
Strength: Ripped and Strong East Triangle - Studio Flex				9:30 a.m.-10:15 a.m. (Group Fitness) <i>Rachel T.</i>			
Aqua Fitness: Aqua Fit East Triangle -Outdoor Pool				10:15 a.m.-11 a.m. (Group Fitness) <i>April R.</i>	10:15 a.m.-11 a.m. (Group Fitness) <i>Leah W.</i>	12:15 p.m.-1 p.m. (Group Fitness) <i>Leah W.</i>	
Thrive: Balanced and Strong East Triangle - Studio Flex				10:30 a.m.-11:15 a.m. (Group Fitness) <i>Rachel T.</i>			
Strength: Lower Body Blast East Triangle - Studio Flex				5:30 p.m.-6 p.m. (Group Fitness) <i>Meg S.</i>			
Start Strong East Triangle YMCA				6 p.m.-7 p.m. (Get Started) <i>Staff</i>			
Cycle: Fusion East Triangle - The Cave				6 p.m.-6:50 p.m. (Group Fitness) <i>John K.</i>		8 a.m.-8:50 a.m. (Group Fitness) <i>Janette P.</i>	
Dance: WERQ Dance Fitness East Triangle - Studio Flex				6:15 p.m.-7 p.m. (Group Fitness) <i>David H.</i>			
Conditioning: MetCon East Triangle - Studio Flex					8 a.m.-8:45 a.m. (Group Fitness) <i>Shaunna N.</i>	10 a.m.-10:45 a.m. (Group Fitness) <i>John K.</i>	
Dance: Zumba East Triangle - Studio Flex					9 a.m.-10 a.m. (Group Fitness) <i>Leah W.</i>	11 a.m.-11:45 a.m. (Group Fitness) <i>Courtney B.</i>	
Conditioning: Cardio Strength East Triangle - Studio Flex					10:15 a.m.-11 a.m. (Group Fitness) <i>Lis G.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Thrive: Chair Yoga East Triangle - Studio Flex					11:15 a.m.-12 p.m. (Group Fitness) <i>Katherine O.</i>		
Yoga: Sculpt East Triangle - Studio Flex						9 a.m.-9:45 a.m. (Group Fitness) <i>John K.</i>	



Chapel Hill - Carrboro YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 2 Shared Lanes Chapel Hill-Carrboro -Pool			8:55 a.m.-11:15 a.m. (Pool) Staff	8:55 a.m.-11:15 a.m. (Pool) Staff 7 p.m.-8:20 p.m. (Pool) Staff	9:50 a.m.-12:05 p.m. (Pool) Staff	7 a.m.-1:30 p.m. (Pool) Staff	
Aqua Fitness: Deep Power Chapel Hill-Carrboro -Pool			9:05 a.m.-10:05 a.m. (Group Fitness) Debra L.				
Adult Equipment Orientation Chapel Hill-Carrboro YMCA			9:30 a.m.-10:15 a.m. (Get Started) CHWC 10:30 a.m.-11:15 a.m. (Get Started) CHWC				3:15 p.m.-4 p.m. (Get Started) CHWC
Open Gym Chapel Hill-Carrboro -Gym 1			9:30 a.m.-12 p.m. (Gym) Staff		9:30 a.m.-12 p.m. (Gym) Staff		11 a.m.-1 p.m. (Gym) Staff 3 p.m.-6 p.m. (Gym) Staff
Reserved for Youth Programs Chapel Hill-Carrboro -Gym 2			9:30 a.m.-12 p.m. (Gym) Staff		9:30 a.m.-12 p.m. (Gym) Staff		
Yoga: Gentle Hatha Chapel Hill-Carrboro -Studio B			10 a.m.-11 a.m. (Group Fitness) Alta B.				
Aqua Fitness: Aqua Circuit Chapel Hill-Carrboro -Pool			10:10 a.m.-11:10 a.m. (Group Fitness) Meeghan R.				
Cycle: Beats Chapel Hill-Carrboro -Studio A			11 a.m.-11:45 a.m. (Group Fitness) Chantal M.				
Lap Lane: 6 Shared Lanes Chapel Hill-Carrboro YMCA			11:15 a.m.-3:25 p.m. (Pool) Staff				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Pick Up Basketball Chapel Hill-Carrboro -Gym 1 & 2			12 p.m.-2 p.m. (Gym) <i>Staff</i>		12 p.m.-2 p.m. (Gym) <i>Staff</i>		
Reserved for Youth Programs Chapel Hill-Carrboro -Gym 1 & 2			2 p.m.-6 p.m. (Gym) <i>Staff</i> 6 p.m.-8:30 p.m. (Gym) <i>Staff</i>	2 p.m.-6 p.m. (Gym) <i>Staff</i>	2 p.m.-6 p.m. (Gym) <i>Staff</i>		
Lap Lane: 4 Shared Lanes Chapel Hill-Carrboro -Pool			3:25 p.m.-3:40 p.m. (Pool) <i>Staff</i>				11 a.m.-1 p.m. (Pool) <i>Staff</i>
Reserved for YOTA Swim Team Chapel Hill-Carrboro -Pool			3:40 p.m.-7 p.m. (Pool) <i>Staff</i>	3:40 p.m.-7 p.m. (Pool) <i>Staff</i>	3:40 p.m.-7 p.m. (Pool) <i>Staff</i>		
Strength: Lean and Cut Chapel Hill-Carrboro -Studio B			5:30 p.m.-6:20 p.m. (Group Fitness) <i>Grisel D.</i>	8:30 a.m.-9:20 a.m. (Group Fitness) <i>Henri T.</i> 6 p.m.-6:50 p.m. (Group Fitness) <i>Joan W.</i>		8:10 a.m.-9 a.m. (Group Fitness) <i>Joan W.</i>	
Conditioning: Athletic Conditioning Chapel Hill-Carrboro -Studio B			6:30 p.m.-7:15 p.m. (Group Fitness) <i>Mike D.</i>		12 p.m.-12:50 p.m. (Group Fitness) <i>Mike D.</i>	7:15 a.m.-8 a.m. (Group Fitness) <i>Mike D.</i>	
Lap Lane: 6 Shared Lanes Chapel Hill-Carrboro -Pool			7 p.m.-7:20 p.m. (Pool) <i>Staff</i> 8:30 p.m.-8:45 p.m. (Pool) <i>Staff</i>	5 a.m.-8:55 a.m. (Pool) <i>Staff</i> 11:15 a.m.-3:40 p.m. (Pool) <i>Staff</i> 8:20 p.m.-8:45 p.m. (Pool) <i>Staff</i>	5 a.m.-9:50 a.m. (Pool) <i>Staff</i> 7 p.m.-7:45 p.m. (Pool) <i>Staff</i>		
Lap Lane: 3 Shared Lanes Chapel Hill-Carrboro -Pool			7:20 p.m.-8:30 p.m. (Pool) <i>Staff</i>			1:30 p.m.-5:45 p.m. (Pool) <i>Staff</i>	
Reserved for YMCA Programs Chapel Hill-Carrboro -Studio B			8 p.m.-9:30 p.m. (Group Fitness) <i>Staff</i>		4:30 p.m.-6 p.m. (Group Fitness) <i>Staff</i>		
Open Gym Chapel Hill-Carrboro -Gym 1 & 2			8:30 p.m.-9 p.m. (Gym) <i>Staff</i>	5 a.m.-9 a.m. (Gym) <i>Staff</i> 8:15 p.m.-9 p.m. (Gym) <i>Staff</i>	5 a.m.-9:30 a.m. (Gym) <i>Staff</i> 6 p.m.-8 p.m. (Gym) <i>Staff</i>	7 a.m.-6 p.m. (Gym) <i>Staff</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Fitness: Aqua HIIT Chapel Hill-Carrboro YMCA				9:05 a.m.-10:05 a.m. (Group Fitness) <i>Meeghan R.</i>			
Yoga: Slow Flow Chapel Hill-Carrboro -Studio B				9:30 a.m.-10:30 a.m. (Group Fitness) <i>Henri T.</i>			
Reserved for Pickleball Chapel Hill-Carrboro -Gym 1 & 2				10 a.m.-12 p.m. (Gym) <i>Staff</i>			
Thrive: Chair Yoga Chapel Hill-Carrboro -Studio B				12 p.m.-12:45 p.m. (Group Fitness) <i>Henri T.</i>			
Open Gym Chapel Hill-Carrboro -Gym 2				12 p.m.-2 p.m. (Gym) <i>Staff</i>			11 a.m.-6 p.m. (Gym) <i>Staff</i>
Adult Pick Up Basketball Chapel Hill-Carrboro -Gym 1				12 p.m.-2 p.m. (Gym) <i>Staff</i>			
Cycle: Force Chapel Hill-Carrboro -Studio A				6 p.m.-6:45 p.m. (Group Fitness) <i>Erin K.</i>	6 a.m.-6:45 a.m. (Group Fitness) <i>Erin K.</i>	9:30 a.m.-10:15 a.m. (Group Fitness) <i>Chantal M.</i>	
Reserved for Youth Programs Chapel Hill-Carrboro - Court 2				6 p.m.-8:15 p.m. (Gym) <i>Staff</i>			
Aqua Fitness: Aqua Zumba Chapel Hill-Carrboro -Pool				7:15 p.m.-8:15 p.m. (Group Fitness) <i>Heidi W.</i>			
Thrive: Balanced and Strong Chapel Hill-Carrboro -Studio B					8:25 a.m.-9:15 a.m. (Group Fitness) <i>Ellen T.</i>		
Strength: BODYPUMP™ Chapel Hill-Carrboro -Studio B					9:30 a.m.-10:15 a.m. (Group Fitness) <i>Chantal M.</i>		2:15 p.m.-3:15 p.m. (Group Fitness) <i>Chantal M.</i>
Aqua Fitness: Aqua Fit Chapel Hill-Carrboro -Pool					10 a.m.-11 a.m. (Group Fitness) <i>Meeghan R.</i>		
Dance: Zumba Chapel Hill-Carrboro -Studio B					10:45 a.m.-11:45 a.m. (Group Fitness) <i>Rani G.</i>		1 p.m.-2 p.m. (Group Fitness) <i>Meralis B.</i>
Lap Lane: 6 Shared Lanes Chapel Hill-Carrboro -Gym 2					12:05 p.m.-3:40 p.m. (Pool) <i>Staff</i>		
Yoga: Yin Chapel Hill-Carrboro -Studio B					6:15 p.m.-7:15 p.m. (Group Fitness) <i>Sinead C.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Fitness: Aqua HIIT Chapel Hill-Carrboro -Pool						9 a.m.-9:45 a.m. (Group Fitness) <i>Meeghan R.</i>	
Dance: HIIT Dance Fitness Chapel Hill-Carrboro -Studio B						9:15 a.m.-10:10 a.m. (Group Fitness) <i>Janice G.</i>	
Yoga: Power Yoga Chapel Hill-Carrboro -Studio B						10:20 a.m.-11:20 a.m. (Group Fitness) <i>Sam C.</i>	
Strength: Ripped and Strong Chapel Hill-Carrboro -Studio B						11:30 a.m.-12:30 p.m. (Group Fitness) <i>Grisel D.</i>	
Family Swim Chapel Hill-Carrboro -Pool						1:30 p.m.-5:45 p.m. (Pool) <i>Staff</i>	1 p.m.-5:45 p.m. (Pool) <i>Staff</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>
Teen Equipment Orientation Chapel Hill-Carrboro YMCA							1:15 p.m.-2 p.m. (Get Started) <i>CHWC</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>



Southeast Raleigh YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Southeast Raleigh - Court 1			9 a.m.-10 a.m. (Gym) <i>Staff</i>	5 a.m.-6 a.m. (Gym) <i>Staff</i>	5 a.m.-6 a.m. (Gym) <i>Staff</i>		
			10 a.m.-11 a.m. (Gym) <i>Staff</i>	6 a.m.-7 a.m. (Gym) <i>Staff</i>	6 a.m.-7 a.m. (Gym) <i>Staff</i>		
			11 a.m.-12 p.m. (Gym) <i>Staff</i>	7 a.m.-8 a.m. (Gym) <i>Staff</i>	7 a.m.-8 a.m. (Gym) <i>Staff</i>		
			12 p.m.-1 p.m. (Gym) <i>Staff</i>	8 a.m.-9 a.m. (Gym) <i>Staff</i>	8 a.m.-9 a.m. (Gym) <i>Staff</i>		
			1 p.m.-2 p.m. (Gym) <i>Staff</i>	9 a.m.-10 a.m. (Gym) <i>Staff</i>	9 a.m.-10 a.m. (Gym) <i>Staff</i>		
			2 p.m.-3 p.m. (Gym) <i>Staff</i>	10 a.m.-11 a.m. (Gym) <i>Staff</i>	10 a.m.-11 a.m. (Gym) <i>Staff</i>		
			2 p.m.-3 p.m. (Gym) <i>Staff</i>	11 a.m.-12 p.m. (Gym) <i>Staff</i>	11 a.m.-12 p.m. (Gym) <i>Staff</i>		
			3 p.m.-4 p.m. (Gym) <i>Staff</i>	12 p.m.-1 p.m. (Gym) <i>Staff</i>	12 p.m.-1 p.m. (Gym) <i>Staff</i>		
			4 p.m.-5 p.m. (Gym) <i>Staff</i>	1 p.m.-2 p.m. (Gym) <i>Staff</i>	1 p.m.-2 p.m. (Gym) <i>Staff</i>		
			5 p.m.-6 p.m. (Gym) <i>Staff</i>	2 p.m.-3 p.m. (Gym) <i>Staff</i>	2 p.m.-3 p.m. (Gym) <i>Staff</i>		
				2 p.m.-3 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>	3 p.m.-4 p.m. (Gym) <i>Staff</i>		
				4 p.m.-5 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>	5 p.m.-6 p.m. (Gym) <i>Staff</i>		
				7 p.m.-8 p.m. (Gym) <i>Staff</i>			
				8 p.m.-9 p.m. (Gym) <i>Staff</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Restore & Core: BODYBALANCE® Southeast Raleigh - Studio 1			9:15 a.m.-10 a.m. (Group Fitness) <i>Teri M.</i> 5:30 p.m.-6:15 p.m. (Group Fitness) <i>Tracie P.</i>		9 a.m.-9:30 a.m. (Group Fitness) <i>Juli D.</i>		1:30 p.m.-2:25 p.m. (Group Fitness) <i>Pendora L.</i>
Restore & Core: Mobility Southeast Raleigh - Studio 2			10 a.m.-10:45 a.m. (Group Fitness) <i>Carissa H.</i>	5 p.m.-5:45 p.m. (Group Fitness) <i>Anna H.</i>		11 a.m.-11:45 a.m. (Group Fitness) <i>Carissa H.</i>	
Thrive: Cardio Strength Southeast Raleigh - Studio 1			10:50 a.m.-11:35 a.m. (Group Fitness) <i>Meredith P.</i>				
Thrive: Chair Stretch Southeast Raleigh - Studio 2			11:45 a.m.-12:15 p.m. (Group Fitness) <i>Tracie P.</i>				
Strength: Load and Lift Southeast Raleigh - Studio 1			12 p.m.-12:45 p.m. (Group Fitness) <i>Donnae W.</i>				
Restore & Core: Breathwork Southeast Raleigh - Studio 2			12:20 p.m.-12:35 p.m. (Group Fitness) <i>Tracie P.</i>				
EVENT: Learn to Use Calm Health App Southeast Raleigh - Studio 2			12:35 p.m.-12:55 p.m. (Group Fitness) <i>Tracie P.</i>				
Restore & Core: Tai Chi Southeast Raleigh - Studio 1			1 p.m.-1:50 p.m. (Group Fitness) <i>Jim P.</i>				
Lap Lane: 4 Shared Lanes Southeast Raleigh - Outdoor Pool			3 p.m.-4 p.m. (Pool) <i>Staff</i> 5 p.m.-6 p.m. (Pool) <i>Staff</i>	8 a.m.-9 a.m. (Pool) <i>Staff</i> 9 a.m.-9:30 a.m. (Pool) <i>Staff</i> 3 p.m.-4 p.m. (Pool) <i>Staff</i> 5 p.m.-6 p.m. (Pool) <i>Staff</i>	8 a.m.-9 a.m. (Pool) <i>Staff</i> 9 a.m.-9:30 a.m. (Pool) <i>Staff</i> 3 p.m.-4 p.m. (Pool) <i>Staff</i> 5 p.m.-6 p.m. (Pool) <i>Staff</i>	8 a.m.-9 a.m. (Pool) <i>Staff</i>	
Family Swim Southeast Raleigh YMCA			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>	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>	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>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 4 Shared Lanes Southeast Raleigh YMCA			4 p.m.-5 p.m. (Pool) Staff	4 p.m.-5 p.m. (Pool) Staff	4 p.m.-5 p.m. (Pool) Staff	9 a.m.-10 a.m. (Pool) Staff	
Strength: Lean and Cut Southeast Raleigh - School Side Gym Court 3			5:30 p.m.-6:15 p.m. (Group Fitness) Nykyia W.				
Series: TRX HIIT Southeast Raleigh - Studio 2			6 p.m.-6:45 p.m. (Group Fitness) Carissa H.				
Youth Basketball League Southeast Raleigh YMCA			6 p.m.-7 p.m. (Gym) Staff 7 p.m.-8 p.m. (Gym) Staff				
Conditioning: BODYCOMBAT Southeast Raleigh - School Side Gym Court 3			6:30 p.m.-7:15 p.m. (Group Fitness) Jennifer T.				
Dance: Zumba Southeast Raleigh - Studio 1			6:30 p.m.-7:25 p.m. (Group Fitness) Taylor W.				
Restore & Core: Stretch Southeast Raleigh - Studio 2			6:50 p.m.-7:20 p.m. (Group Fitness) Teri M.				
Open Gym Southeast Raleigh - Court 2				5 a.m.-6 a.m. (Gym) Staff 6 a.m.-7 a.m. (Gym) Staff 7 a.m.-8 a.m. (Gym) Staff	5 a.m.-6 a.m. (Gym) Staff 6 a.m.-7 a.m. (Gym) Staff 7 a.m.-8 a.m. (Gym) Staff		
Strength: Lean and Cut Southeast Raleigh - Studio 1				6:15 a.m.-7 a.m. (Group Fitness) Jackie H. 8:30 a.m.-9:15 a.m. (Group Fitness) Patricia Z.			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Southeast Raleigh YMCA				7 a.m.-8 a.m. (Gym) <i>Staff</i> 6 p.m.-7 p.m. (Gym) <i>Staff</i>	7 a.m.-8 a.m. (Gym) <i>Staff</i> 6 p.m.-7 p.m. (Gym) <i>Staff</i>	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> 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>	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>
Series: TRX Mobility Fusion Southeast Raleigh - Studio 2				7:15 a.m.-8 a.m. (Group Fitness) <i>Carissa H.</i>			
Restore & Core: Mat Pilates Southeast Raleigh - Studio 1				9:30 a.m.-10:15 a.m. (Group Fitness) <i>Patricia Z.</i>			
Thrive: Dance Fusion Southeast Raleigh - Studio 1				10:30 a.m.-11:15 a.m. (Group Fitness) <i>Lynnette S.</i>			
Restore & Core: Barre Southeast Raleigh - Studio 1				5 p.m.-5:45 p.m. (Group Fitness) <i>Nykya W.</i>		10 a.m.-10:45 a.m. (Group Fitness) <i>Andrea B.</i>	
Dance: Line Dance Southeast Raleigh - School Side Gym Court 3				5:20 p.m.-6:15 p.m. (Group Fitness) <i>Charise D.</i>	6 p.m.-6:45 p.m. (Group Fitness) <i>Teresa G.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning: MetCon Southeast Raleigh - Studio 1				6 p.m.-6:45 p.m. (Group Fitness) <i>Jennifer H.</i>		8 a.m.-8:45 a.m. (Group Fitness) <i>Carissa H.</i>	
Strength: TRX Southeast Raleigh - Studio 2				6 p.m.-6:45 p.m. (Group Fitness) <i>Anna H.</i>		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>	
Series: Xtreme Hip Hop Step It Up & Show It Out Southeast Raleigh - School Side Gym Court 3				6:30 p.m.-7:15 p.m. (Group Fitness) <i>Danika H.</i>			
Yoga: Trap Yoga Southeast Raleigh - Studio 1				7 p.m.-7:45 p.m. (Group Fitness) <i>Chushenna E.</i>		11 a.m.-11:55 a.m. (Group Fitness) <i>Chushenna E.</i>	
Reserved for Youth Programs Southeast Raleigh - Court 2				7:30 p.m.-9 p.m. (Gym) <i>Staff</i>			
Conditioning: BODYCOMBAT Southeast Raleigh - Studio 1					8:25 a.m.-8:55 a.m. (Group Fitness) <i>Juli D.</i>		
Dance: Dance Southeast Raleigh - Studio 1					9:45 a.m.-10:30 a.m. (Group Fitness) <i>Charise D.</i>		
Strength: BODYPUMP™ Southeast Raleigh - Studio 1					11 a.m.-11:45 a.m. (Group Fitness) <i>Juli D.</i>	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>
Step: Xtreme Hip-Hop Step Southeast Raleigh - Studio 1					12 p.m.-12:45 p.m. (Group Fitness) <i>Briana P.</i>		
Intro: Intro to Xtreme Hip Hop Step Breakdown Southeast Raleigh - Court 2						8:50 a.m.-9:10 a.m. (Group Fitness) <i>Briana P.</i>	
Intro: Xtreme Hip Hop Step Beginner Class Southeast Raleigh - Court 2						9:15 a.m.-9:45 a.m. (Group Fitness) <i>Briana P.</i>	
Dance: Dance Southeast Raleigh - Court 2						10 a.m.-10:55 a.m. (Group Fitness) <i>Byron J.</i>	
Intro: Intro to Rowing Southeast Raleigh - Wellness Floor						10 a.m.-10:20 a.m. (Group Fitness) <i>Carissa H.</i>	
Step: Xtreme Hip-Hop Step Southeast Raleigh - Studio 2						11:05 a.m.-12 p.m. (Group Fitness) <i>Brianne G.</i>	
Event: Kid Yoga Southeast Raleigh - Studio 1						12:15 p.m.-12:45 p.m. (Group Fitness) <i>Natalie S.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle: RPM™ Southeast Raleigh - Studio 2							2 p.m.-2:55 p.m. (Group Fitness) <i>Nicole M.</i>
Event: Learn Advanced Xtreme Hip Hop Step Southeast Raleigh - School Side Gym Court 3							2 p.m.-2:55 p.m. (Group Fitness) <i>Danika H.</i>
Yoga: Gentle Hatha Southeast Raleigh - Studio 1							2:40 p.m.-3:45 p.m. (Group Fitness) <i>Pendora L.</i>
Series: Prenatal Yoga 6 Week Series Southeast Raleigh - Studio 2							3:30 p.m.-5 p.m. (Group Fitness) <i>Sydney M.</i>
Series: 6 Week Dance Fusion Southeast Raleigh - Studio 1							4 p.m.-4:45 p.m. (Group Fitness) <i>Kimberly M.</i>



Downtown Durham YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 5 Shared Lanes Downtown Durham YMCA			9 a.m.-10 a.m. (Pool) <i>Staff</i> 11:30 a.m.-1:30 p.m. (Pool) <i>Staff</i> 1:30 p.m.-3:45 p.m. (Pool) <i>Staff</i> 8:15 p.m.-8:30 p.m. (Pool) <i>Staff</i>	5 a.m.-7 a.m. (Pool) <i>Staff</i> 7 a.m.-9 a.m. (Pool) <i>Staff</i> 9 a.m.-11:30 a.m. (Pool) <i>Staff</i> 11:30 a.m.-1:30 p.m. (Pool) <i>Staff</i> 1:30 p.m.-3:45 p.m. (Pool) <i>Staff</i>	5 a.m.-7 a.m. (Pool) <i>Staff</i> 7 a.m.-9 a.m. (Pool) <i>Staff</i> 9 a.m.-10 a.m. (Pool) <i>Staff</i> 11:30 a.m.-1:30 p.m. (Pool) <i>Staff</i> 1:30 p.m.-3:45 p.m. (Pool) <i>Staff</i>	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>
Conditioning: MetCon Downtown Durham - Court 2			9:30 a.m.-10:30 a.m. (Group Fitness) <i>Natalie D.</i>				
Yoga: Slow Flow Downtown Durham - Group Fitness Studio			9:30 a.m.-10:30 a.m. (Group Fitness) <i>Dora P.</i>				
Adult Equipment Orientation Downtown Durham YMCA			10 a.m.-10:45 a.m. (Get Started) <i>Staff</i>			1 p.m.-2 p.m. (Get Started) <i>Staff</i>	
Lap Lane: 3 Shared Lanes Downtown Durham YMCA			10 a.m.-11 a.m. (Pool) <i>Staff</i> 5:30 p.m.-7 p.m. (Pool) <i>Staff</i> 7:15 p.m.-8:15 p.m. (Pool) <i>Staff</i>	5:30 p.m.-7 p.m. (Pool) <i>Staff</i>	10 a.m.-11 a.m. (Pool) <i>Staff</i> 5:30 p.m.-7 p.m. (Pool) <i>Staff</i>		2 p.m.-3 p.m. (Pool) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Fitness: Aqua Circuit Downtown Durham YMCA			10:30 a.m.-11:25 a.m. (Group Fitness) <i>Samia A.</i>				
Thrive: Chair Yoga Downtown Durham - Group Fitness Studio			11:45 a.m.-12:45 p.m. (Group Fitness) <i>Gayla T.</i>				
Strength: BODYPUMP™ Downtown Durham - Group Fitness Studio			6 p.m.-6:55 p.m. (Group Fitness) <i>Amber S.</i>	9 a.m.-10 a.m. (Group Fitness) <i>Tracy B.</i>		9 a.m.-9:55 a.m. (Group Fitness) <i>Disha S.</i>	4:40 p.m.-5:35 p.m. (Group Fitness) <i>Disha S.</i>
Aqua Fitness: Aqua Zumba Downtown Durham YMCA			7:15 p.m.-8:15 p.m. (Group Fitness) <i>Tracy B.</i>				
Cycle: Battle Downtown Durham YMCA				5:45 a.m.-6:45 a.m. (Group Fitness) <i>Kelly W.</i>			
Adult Pick Up Basketball Downtown Durham YMCA				6 a.m.-8 a.m. (Gym) <i>Staff</i>			
Dance: Zumba Downtown Durham - Group Fitness Studio				10:15 a.m.-11 a.m. (Group Fitness) <i>Lola R.</i>	6 p.m.-7 p.m. (Group Fitness) <i>Willa R.</i>		
Yoga: Yin Downtown Durham - Group Fitness Studio				11:15 a.m.-12:15 p.m. (Group Fitness) <i>Amy R.</i>			
Teen Equipment Orientation Downtown Durham YMCA				6 p.m.-7 p.m. (Get Started) <i>Staff</i>		2:30 p.m.-3:30 p.m. (Get Started) <i>Staff</i>	
Step: Step Downtown Durham YMCA				6 p.m.-6:45 p.m. (Group Fitness) <i>Anthony A.</i>			
Conditioning: Cardio Strength Downtown Durham - Court 2					9:30 a.m.-10:30 a.m. (Group Fitness) <i>Lenae B.</i>		
Aqua Fitness: Aqua Circuit Downtown Durham - Main Pool					10 a.m.-10:55 a.m. (Group Fitness) <i>Samia A.</i>		
Restore & Core: Stretch Downtown Durham - Group Fitness Studio					11:30 a.m.-12:15 p.m. (Group Fitness) <i>Samia A.</i>		
Reserved for Youth Basketball Downtown Durham YMCA					5 p.m.-8 p.m. (Gym) <i>Staff</i>		
Cycle: Beats Downtown Durham - Cycle Studio						8:30 a.m.-9:15 a.m. (Group Fitness) <i>Marian B.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength: Lean and Cut Downtown Durham - Court 2						9 a.m.-10 a.m. (Group Fitness) <i>Keta F.</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>Disha S.</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 YMCA							2 p.m.-3 p.m. (Group Fitness) <i>Dorothy C.</i>



A.E. Finley YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle: Beats AE Finley - Cycle Studio			9:15 a.m.-10 a.m. (Group Fitness) <i>Jay C.</i>			8 a.m.-8:45 a.m. (Group Fitness) <i>Ashley G.</i>	
Strength: BODYPUMP™ AE Finley - Studio 1			9:30 a.m.-10:25 a.m. (Group Fitness) <i>Marianne B.</i>			8:30 a.m.-9:25 a.m. (Group Fitness) <i>Kristin J.</i>	
Yoga: Power Yoga AE Finley - Studio 2			9:45 a.m.-10:45 a.m. (Group Fitness) <i>Molly B.</i>				
Adult Equipment Orientation A.E. Finley YMCA			10 a.m.-11 a.m. (Get Started) <i>Staff</i>				
Aqua Fitness: Aqua Fit AE Finley - Indoor Pool			10:15 a.m.-11:10 a.m. (Group Fitness) <i>Lisa S.</i> 7 p.m.-7:55 p.m. (Group Fitness) <i>Marianne B.</i>		10:15 a.m.-11:10 a.m. (Group Fitness) <i>Kyle F.</i>		11:15 a.m.-12:10 p.m. (Group Fitness) <i>Kara H.</i>
Restore & Core: Mat Pilates AE Finley - Studio 1			10:45 a.m.-11:40 a.m. (Group Fitness) <i>Erika E.</i> 5:45 p.m.-6:30 p.m. (Group Fitness) <i>Brenda D.</i>			10:45 a.m.-11:40 a.m. (Group Fitness) <i>Brenda D.</i>	
Thrive: Chair Yoga AE Finley - Studio 2			11 a.m.-11:45 a.m. (Group Fitness) <i>Sarah H.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 8 Shared Lanes AE Finley - Indoor Pool			11 a.m.-12 p.m. (Pool) Staff 12 p.m.-2 p.m. (Pool) Staff 2 p.m.-4 p.m. (Pool) Staff 8 p.m.-8:45 p.m. (Pool) Staff	5 a.m.-7 a.m. (Pool) Staff 7 a.m.-8:30 a.m. (Pool) Staff 10 a.m.-12 p.m. (Pool) Staff 12 p.m.-2 p.m. (Pool) Staff 12 p.m.-2 p.m. (Pool) Staff 2 p.m.-3:30 p.m. (Pool) Staff 3:30 p.m.-4:30 p.m. (Pool) Staff 8 p.m.-8:45 p.m. (Pool) Staff	5 a.m.-7 a.m. (Pool) Staff 7 a.m.-8 a.m. (Pool) Staff 11 a.m.-12 p.m. (Pool) Staff 12 p.m.-2 p.m. (Pool) Staff 2 p.m.-4 p.m. (Pool) Staff 7 p.m.-7:45 p.m. (Pool) Staff	3 p.m.-5 p.m. (Pool) Staff 5 p.m.-5:45 p.m. (Pool) Staff	12 p.m.-2 p.m. (Pool) Staff
Yoga: Gentle Hatha AE Finley - Studio 1			11:50 a.m.-12:45 p.m. (Group Fitness) Sarah H.		5:45 p.m.-6:45 p.m. (Group Fitness) Cindy H.		
Thrive: Cardio Strength AE Finley - Studio 1			1 p.m.-1:45 p.m. (Group Fitness) Cuqui G.		2 p.m.-2:45 p.m. (Group Fitness) Nichole C.		
Intro: Intro to Tai Chi AE Finley - Studio 1			2 p.m.-2:45 p.m. (Group Fitness) Nicole M.				
Teen Equipment Orientation AE Finley - Wellness Floor			3:30 p.m.-4:30 p.m. (Get Started) Staff	3:30 p.m.-4:30 p.m. (Get Started) Staff	3 p.m.-4 p.m. (Get Started) Staff	1 p.m.-2 p.m. (Get Started) Staff	
Lap Lane: 3 Shared Lanes AE Finley - Indoor Pool			4 p.m.-7 p.m. (Pool) Staff 7 p.m.-8 p.m. (Pool) Staff		4 p.m.-7 p.m. (Pool) Staff	9 a.m.-11 a.m. (Pool) Staff 11 a.m.-1 p.m. (Pool) Staff	2 p.m.-4 p.m. (Pool) Staff 4 p.m.-5 p.m. (Pool) Staff
Strength: Ripped and Strong AE Finley - Studio 1			4:45 p.m.-5:40 p.m. (Group Fitness) Brenda D.		7:30 a.m.-8:15 a.m. (Group Fitness) Paula R.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Pick Up Basketball AE Finley - Courts 1 & 2			6:30 p.m.-8:30 p.m. (Gym) <i>Staff</i>		5:30 a.m.-7:30 a.m. (Gym) <i>Staff</i>		1 p.m.-3 p.m. (Gym) <i>Staff</i>
Yoga: Slow Flow AE Finley - Studio 1			6:45 p.m.-7:45 p.m. (Group Fitness) <i>Stephanie B.</i>				2 p.m.-3 p.m. (Group Fitness) <i>Jody K.</i>
Conditioning: Athletic Conditioning AE Finley - Studio 1				5:45 a.m.-6:40 a.m. (Group Fitness) <i>Paula R.</i>			
Cycle: Force AE Finley - Cycle Studio				5:45 a.m.-6:30 a.m. (Group Fitness) <i>Richard G.</i>			
Reserved for Pickleball AE Finley - Courts 1 & 2				8 a.m.-12 p.m. (Gym) <i>Staff</i>			
Conditioning: Cardio Strength AE Finley - Studio 1				8:15 a.m.-9:10 a.m. (Group Fitness) <i>Kristin J.</i> 4:45 p.m.-5:40 p.m. (Group Fitness) <i>Brenda D.</i>		7:30 a.m.-8:15 a.m. (Group Fitness) <i>Joy M.</i>	
Conditioning: TREK AE Finley - Wellness Floor				8:15 a.m.-8:55 a.m. (Group Fitness) <i>Lora P.</i>			
Yoga: Slow Flow AE Finley - Studio 2				8:30 a.m.-9:25 a.m. (Group Fitness) <i>Jody K.</i>			
Lap Lane: 6 Shared Lanes AE Finley - Indoor Pool				8:30 a.m.-10 a.m. (Pool) <i>Staff</i> 7 p.m.-8 p.m. (Pool) <i>Staff</i>	8 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>
Aqua Fitness: Aqua HIIT AE Finley - Outdoor Pool				9 a.m.-9:55 a.m. (Group Fitness) <i>Marianne B.</i>			
Finley Walking Club A.E. Finley YMCA				9 a.m.-10 a.m. (Group Fitness) <i>Nancy S.</i>			
Lap Lane: 4 Shared Lanes AE Finley - Outdoor Pool				9 a.m.-10 a.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>	1 p.m.-3 p.m. (Pool) <i>Staff</i> 3 p.m.-5 p.m. (Pool) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle: Les Mills Sprint AE Finley - Cycle Studio				9:30 a.m.-10 a.m. (Group Fitness) <i>Abbey B.</i>		9 a.m.-9:30 a.m. (Group Fitness) <i>Marianne B.</i>	
Restore & Core: Pilates Sculpt AE Finley - Studio 1				9:30 a.m.-10:20 a.m. (Group Fitness) <i>Molly B.</i>			
Family Swim AE Finley - Outdoor Pool				10 a.m.-12 p.m. (Pool) <i>Staff</i> 12 p.m.-2 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>	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>
Cycle: Cycle + TRX AE Finley - Cycle Studio				10:45 a.m.-11:40 a.m. (Group Fitness) <i>Shannon L.</i>			
Thrive: Chair Yoga AE Finley - Studio 1				10:45 a.m.-11:40 a.m. (Group Fitness) <i>Jody K.</i>	11:50 a.m.-12:45 p.m. (Group Fitness) <i>Jody K.</i>		
Adult Equipment Orientation AE Finley - Wellness Floor				11 a.m.-12 p.m. (Get Started) <i>Staff</i>	10 a.m.-11 a.m. (Get Started) <i>Staff</i>		12 p.m.-1 p.m. (Get Started) <i>Staff</i>
Lap Lane: 8 Shared Lanes AE Finley - Outdoor Pool				11 a.m.-1 p.m. (Pool) <i>Staff</i> 12 p.m.-2 p.m. (Pool) <i>Staff</i>			
Strength: Lean and Cut AE Finley - Studio 1				12 p.m.-12:50 p.m. (Group Fitness) <i>Rosemary K.</i> 6:45 p.m.-7:40 p.m. (Group Fitness) <i>Meredith S.</i>	5:45 a.m.-6:40 a.m. (Group Fitness) <i>Lora P.</i> 9:30 a.m.-10:25 a.m. (Group Fitness) <i>Heather R.</i> 4:30 p.m.-5:25 p.m. (Group Fitness) <i>Brenda D.</i>		11:30 a.m.-12:30 p.m. (Group Fitness) <i>Marianne B.</i>
Thrive: Balanced and Strong AE Finley - Studio 1				1:15 p.m.-2 p.m. (Group Fitness) <i>Lisa S.</i>			
Lap Lane: 5 Shared Lanes AE Finley - Indoor Pool				4:30 p.m.-6 p.m. (Pool) <i>Staff</i>		7 a.m.-9 a.m. (Pool) <i>Staff</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance: Zumba AE Finley - Studio 1				5:45 p.m.-6:40 p.m. (Group Fitness) <i>Cuqui G.</i>		11:45 a.m.-12:45 p.m. (Group Fitness) <i>Kelly C.</i>	
Lap Lane: 2 Shared Lanes AE Finley - Indoor Pool				6 p.m.-7 p.m. (Pool) <i>Staff</i>			
Yoga: Yin AE Finley - Studio 2				7 p.m.-8 p.m. (Group Fitness) <i>Sue B.</i>	11:30 a.m.-12:30 p.m. (Group Fitness) <i>Mary L.</i>		
Aqua Fitness: Aqua Training Camp AE Finley - Indoor Pool					8 a.m.-8:55 a.m. (Group Fitness) <i>Kyle F.</i>		
Reserved AE Finley - Courts 1 & 2					8 a.m.-3:30 p.m. (Gym) <i>Staff</i>		
Restore & Core: Barre AE Finley - Studio 1					8:25 a.m.-9:20 a.m. (Group Fitness) <i>Molly B.</i>		
Cycle: Blast AE Finley - Cycle Studio					8:30 a.m.-9:15 a.m. (Group Fitness) <i>Jay C.</i>		11:30 a.m.-12:15 p.m. (Group Fitness) <i>Jay C.</i>
Aqua Fitness: Aqua HIIT A.E. Finley YMCA					9 a.m.-9:55 a.m. (Group Fitness) <i>Kelly C.</i>		
Dance: Zumba AE Finley - Studio 2					10:15 a.m.-11:10 a.m. (Group Fitness) <i>Kelly C.</i>		
Restore & Core: Mat Pilates A.E. Finley YMCA					10:45 a.m.-11:40 a.m. (Group Fitness) <i>Jody K.</i>		
Restore & Core: Core and Stretch AE Finley - Studio 2						9:15 a.m.-10 a.m. (Group Fitness) <i>Nichole C.</i>	
Conditioning: Kickboxing AE Finley - Studio 1						9:40 a.m.-10:35 a.m. (Group Fitness) <i>Brenda D.</i>	9:30 a.m.-10:30 a.m. (Group Fitness) <i>Joy M.</i>
Aqua Fitness: Aqua Fit AE Finley - Outdoor Pool						10 a.m.-10:55 a.m. (Group Fitness) <i>Sharon C.</i>	
Restore & Core: Barre AE Finley - Studio 2						10:15 a.m.-11:10 a.m. (Group Fitness) <i>Nichole C.</i>	
Lap Lane: 3 Shared Lanes AE Finley - Outdoor Pool						11 a.m.-1 p.m. (Pool) <i>Staff</i>	11 a.m.-1 p.m. (Pool) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga: Vinyasa Flow AE Finley - Studio 2						12 p.m.-12:55 p.m. (Group Fitness) <i>Lori L.</i>	
Family Swim AE Finley - Indoor Pool						12 p.m.-3 p.m. (Pool) <i>Staff</i> 3 p.m.-5 p.m. (Pool) <i>Staff</i>	12 p.m.-2 p.m. (Pool) <i>Staff</i> 2 p.m.-5 p.m. (Pool) <i>Staff</i>
Lap Lane: 4 Shared Lanes AE Finley - Indoor Pool						1 p.m.-3 p.m. (Pool) <i>Staff</i>	
Lap Lane: 7 Shared Lanes AE Finley - Indoor Pool							9 a.m.-11 a.m. (Pool) <i>Staff</i>
Conditioning: PiYo AE Finley - Studio 2							11:15 a.m.-12:15 p.m. (Group Fitness) <i>Angela E.</i>
Conditioning: MetCon A.E. Finley YMCA							12:45 p.m.-1:40 p.m. (Group Fitness) <i>Brenda D.</i>
Restore & Core: Breathwork AE Finley - Studio 2							1 p.m.-2 p.m. (Group Fitness) <i>Sharon P.</i>
Lap Lane: 10 Shared Lanes AE Finley - Indoor Pool							5 p.m.-5:45 p.m. (Pool) <i>Staff</i>



Chatham Park YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength: Ripped and Strong Chatham Park - Upstairs Studio			9:15 a.m.-10:15 a.m. (Group Fitness) <i>Amanda B.</i> 5:15 p.m.-6:15 p.m. (Group Fitness) <i>Amanda I.</i>				
Yoga: Power Yoga Chatham Park - Downstairs Studio			9:15 a.m.-10:15 a.m. (Group Fitness) <i>Tamar L.</i>				
Thrive: Balanced and Strong Chatham Park - Downstairs Studio			10:30 a.m.-11:30 a.m. (Group Fitness) <i>Henri T.</i>				
Reserved for Pickleball Chatham Park - Gym			11 a.m.-1 p.m. (Gym) <i>Staff</i>	11 a.m.-1 p.m. (Gym) <i>Staff</i>	5:30 p.m.-7:40 p.m. (Gym) <i>Staff</i>	7:30 a.m.-9:30 a.m. (Gym) <i>Staff</i>	
Lap Lane: 8 Shared Lanes Chatham Park YMCA			12 p.m.-2 p.m. (Pool) <i>Chatham P.</i> 2 p.m.-4 p.m. (Pool) <i>Chatham P.</i> 6 p.m.-7 p.m. (Pool) <i>Chatham P.</i>		6 a.m.-7:15 a.m. (Pool) <i>Chatham P.</i> 7:15 a.m.-8:30 a.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> 6 p.m.-7 p.m. (Pool) <i>Chatham P.</i>	8 a.m.-9 a.m. (Pool) <i>Chatham P.</i>	
Virtual In-Studio: Les Mills CORE™ Chatham Park - Upstairs Studio			12:30 p.m.-1 p.m. (Group Fitness) <i>Chatham P.</i>		12:30 p.m.-1 p.m. (Group Fitness) <i>Chatham P.</i>		
Virtual In-Studio: Les Mills BODYPUMP™ Chatham Park - Upstairs Studio			1 p.m.-1:55 p.m. (Group Fitness) <i>Chatham P.</i>	2 p.m.-2:55 p.m. (Group Fitness) <i>Chatham P.</i>	1 p.m.-1:55 p.m. (Group Fitness) <i>Chatham P.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Chatham Park - Gym			1 p.m.-3 p.m. (Gym) Staff 6 p.m.-8 p.m. (Gym) Staff 8 p.m.-9 p.m. (Gym) Staff	7 a.m.-9 a.m. (Gym) Staff 1 p.m.-3 p.m. (Gym) Staff 6:30 p.m.-8:55 p.m. (Gym) Staff	7 a.m.-9 a.m. (Gym) Staff 9 a.m.-12 p.m. (Gym) Staff 1 p.m.-3 p.m. (Gym) Staff 2 p.m.-3 p.m. (Gym) Staff	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 p.m.-6 p.m. (Gym) Staff
Virtual In-Studio: Les Mills RPM™ Chatham Park - Upstairs Studio			2 p.m.-2:45 p.m. (Group Fitness) Chatham P.		2 p.m.-2:45 p.m. (Group Fitness) Chatham P.		
Teen Pick Up Basketball Chatham Park - Court 1			3 p.m.-4 p.m. (Gym) Staff 4 p.m.-6 p.m. (Gym) Staff	3 p.m.-4 p.m. (Gym) Staff 4 p.m.-6 p.m. (Gym) Staff	3 p.m.-4 p.m. (Gym) Staff 4 p.m.-6 p.m. (Gym) Staff		
Lap Lane: 4 Shared Lanes Chatham Park YMCA			4 p.m.-6 p.m. (Pool) Chatham P.		4 p.m.-6 p.m. (Pool) Chatham P.		
Yoga: Vinyasa Flow Chatham Park - Downstairs Studio			5:15 p.m.-6:15 p.m. (Group Fitness) Liz L.	9:15 a.m.-10:15 a.m. (Group Fitness) Robin H.		9 a.m.-10 a.m. (Group Fitness) Eleanor G.	
Cycle: RPM™ Chatham Park - Upstairs Studio			6:30 p.m.-7:15 p.m. (Group Fitness) Lorraine M.				
Adult Equipment Orientation Chatham Park - Wellness Floor			6:45 p.m.-7:30 p.m. (Get Started) Chatham P.			10 a.m.-10:45 a.m. (Get Started) Chatham P.	1 p.m.-1:45 p.m. (Get Started) Chatham P.
Adult Pick Up Basketball Chatham Park - Gym				5 a.m.-7 a.m. (Gym) Staff	5 a.m.-7 a.m. (Gym) Staff 12 p.m.-2 p.m. (Gym) Staff		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning: Cardio Strength Chatham Park - Upstairs Studio				9:15 a.m.-10:15 a.m. (Group Fitness) <i>Cassie C.</i> 5:15 p.m.-6:15 p.m. (Group Fitness) <i>Amy M.</i>		10 a.m.-10:45 a.m. (Group Fitness) <i>Amanda I.</i>	
Thrive: Cardio Strength Chatham Park - Downstairs Studio				10:30 a.m.-11:15 a.m. (Group Fitness) <i>Betty R.</i>			
Virtual In-Studio: Les Mills BODYCOMBAT Chatham Park - Upstairs Studio				1 p.m.-1:55 p.m. (Group Fitness) <i>Chatham P.</i>			
Lap Lane: 6 Shared Lanes Chatham Park YMCA				5 p.m.-7 p.m. (Pool) <i>Chatham P.</i> 7 p.m.-8 p.m. (Pool) <i>Chatham P.</i>		9 a.m.-11 a.m. (Pool) <i>Chatham P.</i> 11 a.m.-1 p.m. (Pool) <i>Chatham P.</i>	9 a.m.-11 a.m. (Pool) <i>Chatham P.</i> 11 a.m.-1 p.m. (Pool) <i>Chatham P.</i>
Restore & Core: Mat Pilates Chatham Park - Downstairs Studio				5:15 p.m.-6:15 p.m. (Group Fitness) <i>Eleanor G.</i>	8:15 a.m.-9 a.m. (Group Fitness) <i>Andrea B.</i>		
Teen Equipment Orientation Chatham Park - Wellness Floor				6:30 p.m.-7:15 p.m. (Get Started) <i>Chatham P.</i>		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>
Strength: BODYPUMP™ Chatham Park - Upstairs Studio				6:30 p.m.-7:25 p.m. (Group Fitness) <i>Matt M.</i>			12:15 p.m.-1:10 p.m. (Group Fitness) <i>Susan B.</i>
Conditioning: Athletic Conditioning Chatham Park - Upstairs Studio					5:45 a.m.-6:30 a.m. (Group Fitness) <i>Amanda I.</i>		
Restore & Core: Barre Chatham Park - Downstairs Studio					9:15 a.m.-10:15 a.m. (Group Fitness) <i>Amanda I.</i>		
Strength: Lean and Cut Chatham Park - Upstairs Studio					9:15 a.m.-10:15 a.m. (Group Fitness) <i>Amy M.</i>	9 a.m.-9:45 a.m. (Group Fitness) <i>Amanda I.</i>	
Thrive: Chair Yoga Chatham Park - Downstairs Studio					10:30 a.m.-11:30 a.m. (Group Fitness) <i>Robin H.</i>		
Cycle: Beats Chatham Park - Upstairs Studio						8 a.m.-8:45 a.m. (Group Fitness) <i>Robin H.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance: Zumba Chatham Park - Downstairs Studio						10:15 a.m.-11:15 a.m. (Group Fitness) <i>Jennifer H.</i>	
Lap Lane: 4 Shared Lanes Chatham Park - Lap Lane Pool						12 p.m.-3 p.m. (Pool) <i>Chatham P.</i> 3 p.m.-5 p.m. (Pool) <i>Chatham P.</i>	12 p.m.-3 p.m. (Pool) <i>Chatham P.</i> 3 p.m.-5 p.m. (Pool) <i>Chatham P.</i>
Family Swim Chatham Park - Lap Lane Pool						12 p.m.-3 p.m. (Pool) <i>Chatham P.</i> 3 p.m.-5 p.m. (Pool) <i>Chatham P.</i>	12 p.m.-3 p.m. (Pool) <i>Chatham P.</i> 3 p.m.-5 p.m. (Pool) <i>Chatham P.</i>
Open Gym Chatham Park - Court 2							11 a.m.-1 p.m. (Gym) <i>Staff</i>
Yoga: Gentle Hatha Chatham Park - Downstairs Studio							1:30 p.m.-2:30 p.m. (Group Fitness) <i>Susan B.</i>



Taylor Family YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength: Ripped and Strong Taylor - Group Ex Studio			9:15 a.m.-10:15 a.m. (Group Fitness) <i>Beth B.</i>	6:30 p.m.-7:30 p.m. (Group Fitness) <i>Katey Z.</i>			
Thrive: Cardio Strength Taylor - Gym 3			9:15 a.m.-10:10 a.m. (Group Fitness) <i>Nance C.</i>				
Cycle: Beats Taylor - Cycle Studio			9:30 a.m.-10:15 a.m. (Group Fitness) <i>Tony F.</i>	6 a.m.-7 a.m. (Group Fitness) <i>Sheri S.</i>		8:15 a.m.-9:15 a.m. (Group Fitness) <i>Keri D.</i>	
Lap Lane: 8 Circle Swim Taylor - Main Pool			9:30 a.m.-11:30 a.m. (Pool) <i>Staff</i>	5 a.m.-6:30 a.m. (Pool) <i>Staff</i>	5 a.m.-6:30 a.m. (Pool) <i>Staff</i>	7 a.m.-9 a.m. (Pool) <i>Staff</i>	9 a.m.-11 a.m. (Pool) <i>Staff</i>
			11:30 a.m.-1:30 p.m. (Pool) <i>Staff</i>	7:30 a.m.-9:30 a.m. (Pool) <i>Staff</i>	7:30 a.m.-9:30 a.m. (Pool) <i>Staff</i>	8 a.m.-10 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>	9:30 a.m.-11:30 a.m. (Pool) <i>Staff</i>	9:30 a.m.-11:30 a.m. (Pool) <i>Staff</i>	9 a.m.-11 a.m. (Pool) <i>Staff</i>	
			3:30 p.m.-4 p.m. (Pool) <i>Staff</i>	11:30 a.m.-1:30 p.m. (Pool) <i>Staff</i>	11:30 a.m.-1:30 p.m. (Pool) <i>Staff</i>	11 a.m.-1 p.m. (Pool) <i>Staff</i>	
				1:30 p.m.-3:30 p.m. (Pool) <i>Staff</i>	1:30 p.m.-3:30 p.m. (Pool) <i>Staff</i>	1 p.m.-2:30 p.m. (Pool) <i>Staff</i>	
				3:30 p.m.-4 p.m. (Pool) <i>Staff</i>	3:30 p.m.-4 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: 7 Circle Swim Taylor - Main Pool			9:30 a.m.-11:30 a.m. (Pool) <i>Staff</i> 11:30 a.m.-1:30 p.m. (Pool) <i>Staff</i> 1:30 p.m.-3:30 p.m. (Pool) <i>Staff</i> 3:30 p.m.-4 p.m. (Pool) <i>Staff</i>	5 a.m.-6:30 a.m. (Pool) <i>Staff</i> 7:30 a.m.-9:30 a.m. (Pool) <i>Staff</i> 9:30 a.m.-11:30 a.m. (Pool) <i>Staff</i> 11:30 a.m.-1:30 p.m. (Pool) <i>Staff</i> 1:30 p.m.-3:30 p.m. (Pool) <i>Staff</i> 3:30 p.m.-4 p.m. (Pool) <i>Staff</i>	5 a.m.-6:30 a.m. (Pool) <i>Staff</i> 7:30 a.m.-9:30 a.m. (Pool) <i>Staff</i> 9:30 a.m.-11:30 a.m. (Pool) <i>Staff</i> 11:30 a.m.-1:30 p.m. (Pool) <i>Staff</i> 1:30 p.m.-3:30 p.m. (Pool) <i>Staff</i> 3:30 p.m.-4 p.m. (Pool) <i>Staff</i>	5 a.m.-6:30 a.m. (Pool) <i>Staff</i> 7:30 a.m.-9:30 a.m. (Pool) <i>Staff</i> 9 a.m.-11 a.m. (Pool) <i>Staff</i> 11 a.m.-1 p.m. (Pool) <i>Staff</i> 1 p.m.-2:30 p.m. (Pool) <i>Staff</i> 4 p.m.-5:30 p.m. (Pool) <i>Staff</i>	7 a.m.-9 a.m. (Pool) <i>Staff</i> 8 a.m.-10 a.m. (Pool) <i>Staff</i> 9 a.m.-11 a.m. (Pool) <i>Staff</i> 11 a.m.-1 p.m. (Pool) <i>Staff</i> 1 p.m.-2:30 p.m. (Pool) <i>Staff</i> 4 p.m.-5:30 p.m. (Pool) <i>Staff</i>	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: 6 Circle Swim Taylor - Main Pool			9:30 a.m.-11:30 a.m. (Pool) <i>Staff</i> 11:30 a.m.-1:30 p.m. (Pool) <i>Staff</i> 1:30 p.m.-3:30 p.m. (Pool) <i>Staff</i> 3:30 p.m.-4 p.m. (Pool) <i>Staff</i>	5 a.m.-6:30 a.m. (Pool) <i>Staff</i> 7:30 a.m.-9:30 a.m. (Pool) <i>Staff</i> 9:30 a.m.-11:30 a.m. (Pool) <i>Staff</i> 11:30 a.m.-1:30 p.m. (Pool) <i>Staff</i> 1:30 p.m.-3:30 p.m. (Pool) <i>Staff</i> 3:30 p.m.-4 p.m. (Pool) <i>Staff</i>	5 a.m.-6:30 a.m. (Pool) <i>Staff</i> 7:30 a.m.-9:30 a.m. (Pool) <i>Staff</i> 9:30 a.m.-11:30 a.m. (Pool) <i>Staff</i> 11:30 a.m.-1:30 p.m. (Pool) <i>Staff</i> 1:30 p.m.-3:30 p.m. (Pool) <i>Staff</i> 3:30 p.m.-4 p.m. (Pool) <i>Staff</i>	7 a.m.-9 a.m. (Pool) <i>Staff</i> 8 a.m.-10 a.m. (Pool) <i>Staff</i> 9 a.m.-11 a.m. (Pool) <i>Staff</i> 11 a.m.-1 p.m. (Pool) <i>Staff</i> 1 p.m.-2:30 p.m. (Pool) <i>Staff</i> 3:30 p.m.-5:30 p.m. (Pool) <i>Staff</i>	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>	
Yoga: Vinyasa Flow Taylor - Group Ex Studio			10:30 a.m.-11:30 a.m. (Group Fitness) <i>Jeanne H.</i> 6:45 p.m.-7:45 p.m. (Group Fitness) <i>Angela E.</i>	8 a.m.-9 a.m. (Group Fitness) <i>Susan K.</i> 5:15 p.m.-6:15 p.m. (Group Fitness) <i>Jessie D.</i>		8:15 a.m.-9:15 a.m. (Group Fitness) <i>Julia K.</i>	3:30 p.m.-4:45 p.m. (Group Fitness) <i>Susan K.</i>	
Reserved for Youth Programs Taylor - Gym 3			10:30 a.m.-5:15 p.m. (Gym) <i>Staff</i>	10:30 a.m.-5:15 p.m. (Gym) <i>Staff</i>	10:30 a.m.-5:15 p.m. (Gym) <i>Staff</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 5 Circle Swim Taylor - Main Pool			10:30 a.m.-11:30 a.m. (Pool) <i>Staff</i>	5 a.m.-6 a.m. (Pool) <i>Staff</i>	5 a.m.-6 a.m. (Pool) <i>Staff</i>	7 a.m.-8 a.m. (Pool) <i>Staff</i>	9 a.m.-10 a.m. (Pool) <i>Staff</i>
			11:30 a.m.-12:30 p.m. (Pool) <i>Staff</i>	6 a.m.-7 a.m. (Pool) <i>Staff</i>	6 a.m.-7 a.m. (Pool) <i>Staff</i>	8 a.m.-9 a.m. (Pool) <i>Staff</i>	10 a.m.-11 a.m. (Pool) <i>Staff</i>
			12:30 p.m.-1:30 p.m. (Pool) <i>Staff</i>	7 a.m.-8 a.m. (Pool) <i>Staff</i>	7 a.m.-8 a.m. (Pool) <i>Staff</i>	10 a.m.-11 a.m. (Pool) <i>Staff</i>	11 a.m.-12 p.m. (Pool) <i>Staff</i>
			1:30 p.m.-2:30 p.m. (Pool) <i>Staff</i>	9 a.m.-10 a.m. (Pool) <i>Staff</i>	10:30 a.m.-11:30 a.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>
			2:30 p.m.-3:30 p.m. (Pool) <i>Staff</i>	10 a.m.-11 a.m. (Pool) <i>Staff</i>	11:30 a.m.-12:30 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>
			3:30 p.m.-4 p.m. (Pool) <i>Staff</i>	11 a.m.-12 p.m. (Pool) <i>Staff</i>	12:30 p.m.-1:30 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>
				12 p.m.-1 p.m. (Pool) <i>Staff</i>	1:30 p.m.-2:30 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>
				1 p.m.-2 p.m. (Pool) <i>Staff</i>	2:30 p.m.-3:30 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>
				2 p.m.-3 p.m. (Pool) <i>Staff</i>	3:30 p.m.-4 p.m. (Pool) <i>Staff</i>	4 p.m.-5 p.m. <i>Staff</i>	5 p.m.-5:30 p.m. (Pool) <i>Staff</i>
				3 p.m.-4 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 - Main Pool			10:30 a.m.-11:30 a.m. (Pool) Staff 11:30 a.m.-12:30 p.m. (Pool) Staff 12:30 p.m.-1:30 p.m. (Pool) Staff 1:30 p.m.-2:30 p.m. (Pool) Staff 2:30 p.m.-3:30 p.m. (Pool) Staff 3:30 p.m.-4 p.m. (Pool) Staff 8 p.m.-8:30 p.m. (Pool) Staff	5 a.m.-6 a.m. (Pool) Staff 6 a.m.-7 a.m. (Pool) Staff 7 a.m.-8 a.m. (Pool) Staff 8 a.m.-9 a.m. (Pool) Staff 9 a.m.-10 a.m. (Pool) Staff 10 a.m.-11 a.m. (Pool) Staff 11 a.m.-12 p.m. (Pool) Staff 12 p.m.-1 p.m. (Pool) Staff 1 p.m.-2 p.m. (Pool) Staff 2 p.m.-3 p.m. (Pool) Staff 3 p.m.-4 p.m. (Pool) Staff 7:30 p.m.-8:30 p.m. (Pool) Staff	5 a.m.-6 a.m. (Pool) Staff 6 a.m.-7 a.m. (Pool) Staff 7 a.m.-8 a.m. (Pool) Staff 10:30 a.m.-11:30 a.m. (Pool) Staff 11:30 a.m.-12:30 p.m. (Pool) Staff 12:30 p.m.-1:30 p.m. (Pool) Staff 1:30 p.m.-2:30 p.m. (Pool) Staff 2:30 p.m.-3:30 p.m. (Pool) Staff 3:30 p.m.-4 p.m. (Pool) Staff 7 p.m.-7:30 p.m. (Pool) Staff	5 a.m.-6 a.m. (Pool) Staff 6 a.m.-7 a.m. (Pool) Staff 7 a.m.-8 a.m. (Pool) Staff 10:30 a.m.-11:30 a.m. (Pool) Staff 11:30 a.m.-12:30 p.m. (Pool) Staff 12:30 p.m.-1:30 p.m. (Pool) Staff 1:30 p.m.-2:30 p.m. (Pool) Staff 2:30 p.m.-3:30 p.m. (Pool) Staff 3:30 p.m.-4 p.m. (Pool) Staff 7 p.m.-7:30 p.m. (Pool) Staff	7 a.m.-8 a.m. (Pool) Staff 8 a.m.-9 a.m. (Pool) Staff 9 a.m.-10 a.m. (Pool) Staff 10 a.m.-11 a.m. (Pool) Staff 11 a.m.-12 p.m. (Pool) Staff 12 p.m.-1 p.m. (Pool) Staff 1 p.m.-2 p.m. (Pool) Staff 2 p.m.-3 p.m. (Pool) Staff 3 p.m.-4 p.m. (Pool) Staff 4 p.m.-5 p.m. (Pool) Staff 5 p.m.-5:30 p.m. (Pool) Staff	9 a.m.-10 a.m. (Pool) Staff 10 a.m.-11 a.m. (Pool) Staff 11 a.m.-12 p.m. (Pool) Staff 12 p.m.-1 p.m. (Pool) Staff 1 p.m.-2 p.m. (Pool) Staff 2 p.m.-3 p.m. (Pool) Staff 3 p.m.-4 p.m. (Pool) Staff 4 p.m.-5 p.m. (Pool) Staff 5 p.m.-5:30 p.m. (Pool) Staff
Family Swim Taylor - Main Pool			10:30 a.m.-3:30 p.m. (Pool) Staff	10:30 a.m.-3:30 p.m. (Pool) Staff	10:30 a.m.-7:30 p.m. (Pool) Staff	10:30 a.m.-5:30 p.m. (Pool) Staff	11 a.m.-5:30 p.m. (Pool) Staff	
Conditioning: Athletic Conditioning Taylor - Group Ex Studio			12 p.m.-12:45 p.m. (Group Fitness) Beth B.					
Adult Pick Up Basketball Taylor - Gyms 1 & 2			12 p.m.-2 p.m. (Gym) Staff		12 p.m.-2 p.m. (Gym) Staff			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Equipment Orientation Taylor Family YMCA			12:15 p.m.-1:15 p.m. (Get Started) <i>Donovan P.</i>	12:15 p.m.-1:15 p.m. (Get Started) <i>Donovan P.</i>	12:15 p.m.-1:15 p.m. (Get Started) <i>Donovan P.</i>		
Dance: Dance Taylor - Group Ex Studio			1:30 p.m.-2:30 p.m. (Group Fitness) <i>Nance C.</i>		10:30 a.m.-11:30 a.m. (Group Fitness) <i>Caroline L.</i>		
Virtual In-Studio: Les Mills RPM™ Taylor - Cycle Studio			2 p.m.-2:45 p.m. (Group Fitness) <i>Taylor S.</i>		2 p.m.-2:45 p.m. (Group Fitness) <i>Taylor S.</i>		
Open Gym Taylor - Gym 1			2 p.m.-5:30 p.m. (Gym) <i>Staff</i>	2 p.m.-5:30 p.m. (Gym) <i>Staff</i>		11 a.m.-2 p.m. (Gym) <i>Staff</i>	9 a.m.-2 p.m. (Gym) <i>Staff</i>
Reserved for Youth Programs Taylor - Gym 2			2 p.m.-5:30 p.m. (Gym) <i>Staff</i>	2 p.m.-5:30 p.m. (Gym) <i>Staff</i>	2 p.m.-5:30 p.m. (Gym) <i>Staff</i>		
Virtual In-Studio: Les Mills BODYCOMBAT Taylor - Group Ex Studio			2:45 p.m.-3:30 p.m. (Group Fitness) <i>Taylor S.</i>				10:30 a.m.-11:30 a.m. (Group Fitness) <i>Taylor S.</i>
Virtual In-Studio: Les Mills CORE™ Taylor - Group Ex Studio			3:30 p.m.-3:45 p.m. (Group Fitness) <i>Taylor S.</i>		2 p.m.-2:30 p.m. (Group Fitness) <i>Taylor S.</i>	3 p.m.-3:15 p.m. (Group Fitness) <i>Taylor S.</i>	
Lap Lane: 3 Circle Swim Taylor - Main Pool			3:30 p.m.-4:30 p.m. (Pool) <i>Staff</i> 4:30 p.m.-5 p.m. (Pool) <i>Staff</i>	5 a.m.-6 a.m. (Pool) <i>Staff</i> 6 a.m.-7 a.m. (Pool) <i>Staff</i> 7 a.m.-8 a.m. (Pool) <i>Staff</i> 3:30 p.m.-4 p.m. (Pool) <i>Staff</i> 6 p.m.-6:30 p.m. (Pool) <i>Staff</i> 6:30 p.m.-7:30 p.m. (Pool) <i>Staff</i> 7:30 p.m.-8:30 p.m. (Pool) <i>Staff</i>	5 a.m.-6 a.m. (Pool) <i>Staff</i> 6 a.m.-7 a.m. (Pool) <i>Staff</i> 7 a.m.-8 a.m. (Pool) <i>Staff</i>	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> 10 a.m.-11 a.m. (Pool) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 2 Circle Swim Taylor - Main Pool			3:30 p.m.-4:30 p.m. (Pool) Staff 4:30 p.m.-5:30 p.m. (Pool) Staff 5:30 p.m.-6:30 p.m. (Pool) Staff	5 a.m.-6 a.m. (Pool) Staff 6 a.m.-7 a.m. (Pool) Staff 7 a.m.-8 a.m. (Pool) Staff 8 a.m.-9 a.m. (Pool) Staff 3:30 p.m.-4:30 p.m. (Pool) Staff 4:30 p.m.-5:30 p.m. (Pool) Staff	5 a.m.-6 a.m. (Pool) Staff 6 a.m.-7 a.m. (Pool) Staff 7 a.m.-8 a.m. (Pool) Staff	7 a.m.-8 a.m. (Pool) Staff 8 a.m.-9 a.m. (Pool) Staff	9 a.m.-10 a.m. (Pool) Staff 10 a.m.-11 a.m. (Pool) Staff
Lap Lane: 1 Circle Swim Taylor - Main Pool			3:30 p.m.-4:30 p.m. (Pool) Staff 4:30 p.m.-5:30 p.m. (Pool) Staff 6 p.m.-6:30 p.m. (Pool) Staff	5 a.m.-6 a.m. (Pool) Staff 6 a.m.-7 a.m. (Pool) Staff 7 a.m.-8 a.m. (Pool) Staff 3:30 p.m.-4:30 p.m. (Pool) Staff 4:30 p.m.-5:30 p.m. (Pool) Staff	5 a.m.-6 a.m. (Pool) Staff 6 a.m.-7 a.m. (Pool) Staff 7 a.m.-8 a.m. (Pool) Staff	7 a.m.-8 a.m. (Pool) Staff 8 a.m.-9 a.m. (Pool) Staff	9 a.m.-10 a.m. (Pool) Staff 10 a.m.-11 a.m. (Pool) Staff
Teen Fitness: SAQ Sports Training Taylor - Group Ex Studio			4 p.m.-5 p.m. (Group Fitness) Donovan P.				
Strength: Lean and Cut Taylor - Gym 3			5:30 p.m.-6:25 p.m. (Group Fitness) Sydney W.		9:30 a.m.-10:15 a.m. (Group Fitness) Jasmine P.	10:30 a.m.-11:30 a.m. (Group Fitness) Jasmine P.	
Strength: BODYPUMP™ Taylor - Group Ex Studio			5:30 p.m.-6:30 p.m. (Group Fitness) Melissa S.	5:45 a.m.-6:45 a.m. (Group Fitness) Gretchen N.			2:15 p.m.-3:10 p.m. (Group Fitness) Abby L.
Cycle: Force Taylor - Cycle Studio			6 p.m.-6:45 p.m. (Group Fitness) Daniel B.	9:30 a.m.-10:15 a.m. (Group Fitness) Jasmine P.			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Play Adult Volleyball Taylor - Gym 1			6:30 p.m.-9 p.m. (Gym) Staff				
Dance: Zumba Taylor - Gym 3			6:35 p.m.-7:35 p.m. (Group Fitness) Meralis B.				
Aqua Fitness: Deep Power Taylor - Main Pool			7 p.m.-7:55 p.m. (Group Fitness) Diane B.				
Open Gym Taylor - Gym 3			7:35 p.m.-9 p.m. (Gym) Staff				
Adult Pick Up Basketball Taylor - Gym 1				5:30 a.m.-7 a.m. (Gym) Staff	5:30 a.m.-7 a.m. (Gym) Staff	8 a.m.-11 a.m. (Gym) Staff	
Aqua Fitness: Aqua Fit Taylor - Main Pool				8:30 a.m.-9:25 a.m. (Group Fitness) Kathryn V.	9 a.m.-9:55 a.m. (Group Fitness) Tony F.	9:30 a.m.-10:25 a.m. (Group Fitness) Kathryn V.	
Dance: Zumba Taylor - Group Ex Studio				9:15 a.m.-10:15 a.m. (Group Fitness) Valerie Z.	5:30 p.m.-6:30 p.m. (Group Fitness) Vanessa R.		1 p.m.-2 p.m. (Group Fitness) Tanja C.
Conditioning: Kickboxing Taylor - Gym 3				9:30 a.m.-10:30 a.m. (Group Fitness) Shantelle S.		9:15 a.m.-10:15 a.m. (Group Fitness) Jasmine P.	
Adult Wellness Swim Taylor - Main Pool				9:30 a.m.-10:30 a.m. (Pool) Staff			
Yoga: Gentle Hatha Taylor - Group Ex Studio				10:30 a.m.-11:30 a.m. (Group Fitness) Ashley B.		10:45 a.m.-11:45 a.m. (Group Fitness) Angela E.	
Restore & Core: Mat Pilates Taylor - Group Ex Studio				12 p.m.-12:55 p.m. (Group Fitness) Jasmine P.	9:15 a.m.-10:15 a.m. (Group Fitness) Lydia S.	12 p.m.-12:45 p.m. (Group Fitness) Magda K.	
Women's Pick Up Basketball Taylor - Gym 1				12 p.m.-2 p.m. (Gym) Staff			
Thrive: Chair Yoga Taylor - Group Ex Studio				1:30 p.m.-2:30 p.m. (Group Fitness) Libby W.			
Virtual In-Studio: Les Mills BODYPUMP™ Taylor - Group Ex Studio				2:45 p.m.-3:30 p.m. (Group Fitness) Taylor S. 4 p.m.-4:45 p.m. (Group Fitness) Taylor S.	1 p.m.-1:45 p.m. (Group Fitness) Taylor S. 4 p.m.-4:45 p.m. (Group Fitness) Taylor S.	2 p.m.-2:45 p.m. (Group Fitness) Taylor S.	9:30 a.m.-10:15 a.m. (Group Fitness) Taylor S.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step: Step Taylor - Gym 3				5:30 p.m.-6:25 p.m. (Group Fitness) <i>Gina T.</i>			
Teen Equipment Orientation Taylor Family YMCA				6:15 p.m.-7:15 p.m. (Get Started) <i>Staff</i>		9:30 a.m.-10:30 a.m. (Get Started) <i>Staff</i> 2 p.m.-3 p.m. (Get Started) <i>Staff</i>	2 p.m.-3 p.m. (Get Started) <i>Staff</i>
Reserved for Super Skippers Taylor - Gym 3				6:30 p.m.-8:30 p.m. (Gym) <i>Staff</i>			
Adult Volleyball League Taylor - Gyms 1 & 2				7:30 p.m.-9 p.m. (Gym) <i>Staff</i>			
Conditioning: Athletic Conditioning Taylor - Gym 3					5:45 a.m.-6:45 a.m. (Group Fitness) <i>Sydney W.</i>		
Yoga: Vinyasa Flow Taylor - Outdoor Pickleball Court 1					6 a.m.-7 a.m. (Group Fitness) <i>Angela E.</i>		
Thrive: Balanced and Strong Taylor - Group Ex Studio					8 a.m.-8:45 a.m. (Group Fitness) <i>Jasmine P.</i>		
Cycle: Fusion Taylor - Cycle Studio					9:30 a.m.-10:30 a.m. (Group Fitness) <i>Beth B.</i>		
Strength: Lean and Cut Taylor - Group Ex Studio					12 p.m.-12:45 p.m. (Group Fitness) <i>Beth B.</i>		
Virtual In-Studio: Les Mills GRIT™ Cardio Taylor - Group Ex Studio					2:45 p.m.-3:15 p.m. (Group Fitness) <i>Taylor S.</i>	1 p.m.-1:30 p.m. (Group Fitness) <i>Taylor S.</i>	
Open Gym Taylor - Gyms 1 & 2					5:30 p.m.-8 p.m. (Gym) <i>Staff</i>		
Conditioning: MetCon Taylor - Gym 3						8:15 a.m.-9 a.m. (Group Fitness) <i>Li C.</i>	
Lap Lane: 5 Circle Swim Taylor Family YMCA						9 a.m.-10 a.m. (Pool) <i>Staff</i>	
Step: Step Taylor - Group Ex Studio						9:30 a.m.-10:30 a.m. (Group Fitness) <i>Robyn S.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reserved Taylor - Gym 2						10 a.m.-11 a.m. (Gym) <i>Staff</i>	
Reserved Taylor - Gym 3						12:30 p.m.-2:30 p.m. (Gym) <i>Staff</i>	12:45 p.m.-2:15 p.m. (Gym) <i>Staff</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>
Reserved for Pickleball Taylor - Gym 2						3 p.m.-6 p.m. (Gym) <i>Staff</i>	12 p.m.-2 p.m. (Gym) <i>Staff</i>
Family Open Gym Taylor - Gym 1						4 p.m.-6 p.m. (Gym) <i>Staff</i>	
Family Open Gym Taylor - Gym 2							9 a.m.-12 p.m. (Gym) <i>Staff</i>
Aqua Fitness: Aqua HIIT Taylor - Main Pool							12 p.m.-12:55 p.m. (Group Fitness) <i>Jessica S.</i>
Conditioning: Cardio Strength Taylor - Gym 3							1 p.m.-2 p.m. (Group Fitness) <i>Eva B.</i>
Open Play Volleyball Taylor - Gym 2							2 p.m.-5 p.m. (Gym) <i>Staff</i>



Poole Family YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning: BODYCOMBAT Poole - Studio 1			9:30 a.m.-10:25 a.m. (Group Fitness) <i>Juli D.</i>	6:15 p.m.-7 p.m. (Group Fitness) <i>Lindsey S.</i>		9:10 a.m.-10:05 a.m. (Group Fitness) <i>Maggie H.</i>	
Cycle: RPM™ Poole - Studio 2			9:30 a.m.-10:15 a.m. (Group Fitness) <i>Robin M.</i>		9:30 a.m.-10:15 a.m. (Group Fitness) <i>Mark J.</i>		
Open Play Pickleball Poole Family YMCA			9:30 a.m.-11:30 a.m. (Gym) <i>Staff</i>	1:30 p.m.-3:30 p.m. (Gym) <i>Staff</i>	9:30 a.m.-11:30 a.m. (Gym) <i>Staff</i>		3:30 p.m.-5:45 p.m. (Gym) <i>Staff</i>
Strength: Core Blast Poole - Studio 1			10:35 a.m.-11:20 a.m. (Group Fitness) <i>Juli D.</i>				
Thrive: Gentle Aerobics Poole - Studio 1			11:45 a.m.-12:30 p.m. (Group Fitness) <i>Laura T.</i>				
MEMBER ONLY PICK UP BASKETBALL Poole Family YMCA			5 p.m.-9 p.m. (Gym) <i>Poole S.</i>				
Strength: BODYPUMP™ Poole - Studio 1			5:30 p.m.-6:25 p.m. (Group Fitness) <i>Rose B.</i>	5:30 a.m.-6:25 a.m. (Group Fitness) <i>Juli D.</i> 9:30 a.m.-10:25 a.m. (Group Fitness) <i>Juli D.</i>	12:15 p.m.-1 p.m. (Group Fitness) <i>Rae J.</i>	8 a.m.-8:55 a.m. (Group Fitness) <i>Lindsey S.</i>	
Open Play Badminton Poole Family YMCA			6 p.m.-8:45 p.m. (Gym) <i>Staff</i>	6 p.m.-8:45 p.m. (Gym) <i>Staff</i>			
Cycle: Force Poole - Studio 2			6:15 p.m.-7 p.m. (Group Fitness) <i>Emily R.</i>		5:30 a.m.-6:15 a.m. (Group Fitness) <i>Juli D.</i>	9:15 a.m.-10 a.m. (Group Fitness) <i>Mark J.</i>	
Dance: Zumba Toning Poole - Studio 1			6:40 p.m.-7:35 p.m. (Group Fitness) <i>Jillian F.</i>		6 p.m.-6:45 p.m. (Group Fitness) <i>Sandra H.</i>		
Yoga: Vinyasa Flow Poole - Studio 1			7:45 p.m.-8:30 p.m. (Group Fitness) <i>Janice K.</i>	10:40 a.m.-11:35 a.m. (Group Fitness) <i>Rose B.</i>			3:15 p.m.-4:10 p.m. (Group Fitness) <i>Rose B.</i>
Restore & Core: Mobility Poole - Studio 1				8:15 a.m.-9:10 a.m. (Group Fitness) <i>Juli D.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Thrive: Balanced and Strong Poole - Studio 1				11:45 a.m.-12:30 p.m. (Group Fitness) <i>Laura T.</i>			
YMCA Programs Poole Family YMCA				11:45 a.m.-12:45 p.m. (Gym) <i>Staff</i>			
Restore & Core: Barre Poole - Studio 1				5:15 p.m.-6 p.m. (Group Fitness) <i>Jennifer T.</i>	10:30 a.m.-11:15 a.m. (Group Fitness) <i>Jaime J.</i>		
Yoga: Power Yoga Poole - Studio 2				6:15 p.m.-7:10 p.m. (Group Fitness) <i>Amy D.</i>			
Dance: Zumba Poole Family YMCA				7:10 p.m.-7:55 p.m. (Group Fitness) <i>Jillian F.</i>			
Restore & Core: Stretch Poole - Studio 1					8:30 a.m.-9:15 a.m. (Group Fitness) <i>Janice K.</i>		
Strength: Ripped and Strong Poole - Studio 1					9:30 a.m.-10:15 a.m. (Group Fitness) <i>Amanda G.</i>		1 p.m.-1:55 p.m. (Group Fitness) <i>Juli D.</i>
Adaptive: Adaptive Fitness Poole - Studio 1					11:30 a.m.-12 p.m. (Group Fitness) <i>Rae J.</i>		
Open Play Pickleball Poole - Gym 1					6 p.m.-7:45 p.m. (Gym) <i>Staff</i>	9 a.m.-12 p.m. (Gym) <i>Staff</i>	
Yoga: Power Yoga Poole - Studio 1						10:15 a.m.-11:10 a.m. (Group Fitness) <i>Molly K.</i>	
Dance: WERQ Dance Fitness Poole - Studio 1							2 p.m.-2:55 p.m. (Group Fitness) <i>Elizabeth M.</i>



Hope Valley Farms YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Restore & Core: Mat Pilates Hope Valley Farms - Group Fitness Studio			9:30 a.m.-10:30 a.m. (Group Fitness) <i>Brianna B.</i>		8:40 a.m.-9:25 a.m. (Group Fitness) <i>Samia A.</i>		
Conditioning: Cardio Strength Hope Valley Farms - Group Fitness Studio			5:45 p.m.-6:30 p.m. (Group Fitness) <i>Natalie D.</i>				
Yoga: Slow Flow Hope Valley Farms - Group Fitness Studio			6:45 p.m.-7:45 p.m. (Group Fitness) <i>Gayla T.</i>				
Strength: Lower Body Blast Hope Valley Farms - Group Fitness Studio				9:15 a.m.-9:45 a.m. (Group Fitness) <i>Laurie R.</i>			
Strength: Upper Body Blast Hope Valley Farms - Group Fitness Studio				9:50 a.m.-10:20 a.m. (Group Fitness) <i>Laurie R.</i>			
Reserved for Divas and Dude Hope Valley Farms - Group Fitness Studio				12:30 p.m.-1:30 p.m. (Group Fitness) <i>DURHAM S.</i>			
Strength: Load and Lift Hope Valley Farms YMCA				6 p.m.-6:55 p.m. (Group Fitness) <i>Jill B.</i>			
Yoga: Power Yoga Hope Valley Farms - Group Fitness Studio					6:15 a.m.-7:15 a.m. (Group Fitness) <i>Jessica H.</i>		
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>Dora P.</i>	



Poyner YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga: Pilates Fusion (Hot) Poyner - Studio 2			9:30 a.m.-10:15 a.m. (Group Fitness) <i>Alaina V.</i> 5:15 p.m.-6 p.m. (Group Fitness) <i>Cody T.</i>	6:15 a.m.-7 a.m. (Group Fitness) <i>Scott M.</i>	12 p.m.-12:45 p.m. (Group Fitness) <i>Maya S.</i>		
Yoga: Power Sculpt (Hot) Poyner - Studio 2			12 p.m.-12:45 p.m. (Group Fitness) <i>Alaina V.</i>	6:30 p.m.-7:15 p.m. (Group Fitness) <i>Patrick R.</i>	5:15 p.m.-6 p.m. (Group Fitness) <i>Amanda R.</i>	9:30 a.m.-10:30 a.m. (Group Fitness) <i>Alaina V.</i>	
Cycle: Force Poyner - Studio 3			6 p.m.-6:45 p.m. (Group Fitness) <i>Jeff L.</i>			8:15 a.m.-9 a.m. (Group Fitness) <i>Erin G.</i>	
Yoga: Power Yoga (Hot) Poyner - Studio 2			6:15 p.m.-7:15 p.m. (Group Fitness) <i>Matt F.</i>	12 p.m.-12:45 p.m. (Group Fitness) <i>Alison S.</i> 5:15 p.m.-6:15 p.m. (Group Fitness) <i>Cody T.</i>			
Strength: BODYPUMP™ Poyner - Studio 1				6:15 a.m.-7:15 a.m. (Group Fitness) <i>Sajaylis B.</i>			
Dance: Dance Poyner - Studio 1				12 p.m.-12:45 p.m. (Group Fitness) <i>Byron J.</i>			
Yoga: Yin Poyner - Studio 4				5:45 p.m.-6:45 p.m. (Group Fitness) <i>Jessica G.</i>			
Cycle: RPM™ Poyner - Studio 3					6:10 a.m.-6:55 a.m. (Group Fitness) <i>Nicole M.</i>		
Yoga: Vinyasa Flow (Hot) Poyner - Studio 2					6:30 a.m.-7:30 a.m. (Group Fitness) <i>Alison S.</i>		
Yoga: Power Yoga Poyner - Studio 4					9:30 a.m.-10:30 a.m. (Group Fitness) <i>Anil P.</i>		
Yoga: Y Flow (Hot) Poyner - Studio 2						8:15 a.m.-9:15 a.m. (Group Fitness) <i>Grace G.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga: Yin (Warm) Poyner - Studio 2						10:45 a.m.-11:45 a.m. (Group Fitness) <i>Sinead C.</i>	12:30 p.m.-1:30 p.m. (Group Fitness) <i>Dana H.</i>
Yoga: Y Slow Flow (Hot) Poyner - Studio 2							11:15 a.m.-12:15 p.m. (Group Fitness) <i>Amy D.</i>
Restore & Core: Mindfulness Meditation Poyner - Studio 2							1:40 p.m.-1:55 p.m. (Group Fitness) <i>Dana H.</i>



Lakewood YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga: Slow Flow Lakewood - Group Exercise Studio			9:45 a.m.-10:45 a.m. (Group Fitness) <i>Jessica H.</i>				
Conditioning: Kickboxing Lakewood - Group Exercise Studio			5:30 p.m.-6:30 p.m. (Group Fitness) <i>Anthony A.</i>				
Restore & Core: Mat Pilates Lakewood - Group Exercise Studio				8:15 a.m.-9 a.m. (Group Fitness) <i>De'ja B.</i>			
Dance: Zumba Lakewood - Group Exercise Studio				9:30 a.m.-10:30 a.m. (Group Fitness) <i>Lenae B.</i>		10:45 a.m.-11:45 a.m. (Group Fitness) <i>Shirley Y.</i>	
Teen Equipment Orientation Lakewood YMCA				5:30 p.m.-6:30 p.m. (Get Started) <i>Staff</i>		11:30 a.m.-12:30 p.m. (Get Started) <i>Staff</i>	
Strength: Lean and Cut Lakewood YMCA				5:30 p.m.-6:15 p.m. (Group Fitness) <i>Shawnta W.</i>			
Conditioning: Cardio Strength Lakewood - Group Exercise Studio					8:30 a.m.-9:30 a.m. (Group Fitness) <i>Natalie D.</i>		
Yoga: Gentle Hatha Lakewood - Group Exercise Studio					10 a.m.-11 a.m. (Group Fitness) <i>Brook H.</i>		3 p.m.-4 p.m. (Group Fitness) <i>Brook H.</i>
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>	



Ingram Family YMCA | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball Open Play Ingram - Racquetball			10 a.m.-4 p.m. (Court) <i>Staff</i>	10 a.m.-4 p.m. (Court) <i>Staff</i>	6 p.m.-8 p.m. (Court) <i>Staff</i>	8 a.m.-3 p.m. (Court) <i>Staff</i>	1 p.m.-5 p.m. (Court) <i>Staff</i>
Lap Lane: 4 Shared Lanes Ingram Family YMCA			10 a.m.-1 p.m. (Pool) <i>Staff</i>	6 a.m.-8 a.m. (Pool) <i>Staff</i>	6 a.m.-8 a.m. (Pool) <i>Staff</i>	8 a.m.-9:30 a.m. (Pool) <i>Staff</i>	1 p.m.-3 p.m. (Pool) <i>Staff</i>
			4 p.m.-6 p.m. (Pool) <i>Staff</i>	8 a.m.-10 a.m. (Pool) <i>Staff</i>	8 a.m.-9 a.m. (Pool) <i>Staff</i>	11:15 a.m.-1:15 p.m. (Pool) <i>Staff</i>	3 p.m.-4:30 p.m. (Pool) <i>Staff</i>
			6 p.m.-7 p.m. (Pool) <i>Staff</i>	10 a.m.-12 p.m. (Pool) <i>Staff</i>	4 p.m.-6 p.m. (Pool) <i>Staff</i>	1 p.m.-2:30 p.m. (Pool) <i>Staff</i>	
				12 p.m.-1 p.m. (Pool) <i>Staff</i>	6 p.m.-7 p.m. (Pool) <i>Staff</i>		
				4 p.m.-6 p.m. (Pool) <i>Staff</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim Ingram Family YMCA			10 a.m.-1 p.m. (Pool) <i>Staff</i>	6 a.m.-8 a.m. (Pool) <i>Staff</i>	6 a.m.-8 a.m. (Pool) <i>Staff</i>	8 a.m.-9:30 a.m. (Pool) <i>Staff</i>	1 p.m.-3 p.m. (Pool) <i>Staff</i>
			4 p.m.-6 p.m. (Pool) <i>Staff</i>	8 a.m.-10 a.m. (Pool) <i>Staff</i>	8 a.m.-9 a.m. (Pool) <i>Staff</i>	9:30 a.m.-11:15 a.m. (Pool) <i>Staff</i>	3 p.m.-4:30 p.m. (Pool) <i>Staff</i>
			6 p.m.-7 p.m. (Pool) <i>Staff</i>	10 a.m.-12 p.m. (Pool) <i>Staff</i>	4 p.m.-6 p.m. (Pool) <i>Staff</i>	11:15 a.m.-1:15 p.m. (Pool) <i>Staff</i>	
				12 p.m.-1 p.m. (Pool) <i>Staff</i>	6 p.m.-7 p.m. (Pool) <i>Staff</i>	1 p.m.-2:30 p.m. (Pool) <i>Staff</i>	
				4 p.m.-6 p.m. (Pool) <i>Staff</i>			
				6 p.m.-7 p.m. (Pool) <i>Staff</i>			
Virtual In-Studio: Les Mills BODYATTACK™ Ingram Family YMCA			1:30 p.m.-2:30 p.m. (Group Fitness) <i>Staff</i>				
			1:30 p.m.-2:30 p.m. (Group Fitness) <i>Staff</i>				
Teen Fitness: SAQ Sports Training Ingram - Studio 1			4:30 p.m.-5:20 p.m. (Group Fitness) <i>Jan S.</i>				
Conditioning: Athletic Conditioning Ingram - Studio 1			5:30 p.m.-6:30 p.m. (Group Fitness) <i>Monica M.</i>				
Thrive: Balanced and Strong Ingram - Studio 1				8:30 a.m.-9:15 a.m. (Group Fitness) <i>Christine G.</i>			
Yoga: Slow Flow Ingram - Studio 1				9:30 a.m.-10:30 a.m. (Group Fitness) <i>Katie B.</i>			
Family: Family Fit Ingram - Studio 1				11 a.m.-11:30 a.m. (Group Fitness) <i>Lauren B.</i>			
Virtual In-Studio: Les Mills GRIT™ Cardio Ingram - Studio 1				1:30 p.m.-2 p.m. (Group Fitness) <i>Staff</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Virtual In-Studio: Les Mills BODYPUMP™ Ingram - Studio 1				4 p.m.-4:45 p.m. (Group Fitness) <i>Staff</i> 4 p.m.-4:45 p.m. (Group Fitness) <i>Staff</i> 4 p.m.-4:45 p.m. (Group Fitness) <i>Staff</i>			
Conditioning: Cardio Strength Ingram - Studio 1				5:30 p.m.-6:15 p.m. (Group Fitness) <i>Amber H.</i>	6:05 a.m.-7:05 a.m. (Group Fitness) <i>Kelly J.</i>		
Yoga: Vinyasa Flow Ingram - Studio 2				5:45 p.m.-6:30 p.m. (Group Fitness) <i>Gretchen W.</i>			
Aqua Fitness: Aqua Fit Ingram - Pool				6 p.m.-6:55 p.m. (Group Fitness) <i>Gordy R.</i>	9:10 a.m.-10 a.m. (Group Fitness) <i>Gordy R.</i>		
Lap Lane: 3 Shared Lanes Ingram - Pool				6 p.m.-7 p.m. (Pool) <i>Staff</i>			
Dance: Zumba Ingram - Studio 1				6:30 p.m.-7:15 p.m. (Group Fitness) <i>Vanessa D.</i>			
Strength: Lean and Cut Ingram - Studio 1					8:30 a.m.-9:25 a.m. (Group Fitness) <i>Beverly T.</i>	9 a.m.-9:55 a.m. (Group Fitness) <i>Lauren B.</i>	
Racquetball Open Play Ingram Family YMCA					10 a.m.-4 p.m. (Court) <i>Staff</i>		
Lap Lane: 4 Shared Lanes Ingram - Pool					10 a.m.-1 p.m. (Pool) <i>Staff</i>		
Family Swim Ingram - Pool					10 a.m.-1 p.m. (Pool) <i>Staff</i>		
Virtual In-Studio: Les Mills BODYATTACK™ Ingram - Studio 1					1:30 p.m.-2:25 p.m. (Group Fitness) <i>Staff</i>		
Virtual In-Studio: Les Mills BODYCOMBAT Ingram - Studio 1						8:05 a.m.-9 a.m. (Group Fitness) <i>Staff</i>	
Yoga: Slow Flow Ingram - Studio 2						9 a.m.-10 a.m. (Group Fitness) <i>Eva R.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 1 Shared Lane Ingram Family YMCA						9:30 a.m.-11:15 a.m. (Pool) <i>Staff</i>	
Strength: Ripped and Strong Ingram - Studio 1							1:30 p.m.-2:25 p.m. (Group Fitness) <i>Amber H.</i>
Yoga: Sculpt Ingram - Studio 1							2:30 p.m.-3:30 p.m. (Group Fitness) <i>Deanna H.</i>



YMCA at American Tobacco | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Pick Up Basketball YMCA at American Tobacco			4:30 p.m.-8:30 p.m. (Gym) <i>Staff</i>				
Strength: Core Blast American Tobacco - Group Fitness Studio			5:15 p.m.-5:45 p.m. (Group Fitness) <i>Laurie R.</i>				
Yoga: Slow Flow American Tobacco - Group Fitness Studio				8:30 a.m.-9:30 a.m. (Group Fitness) <i>Amy R.</i>			
Restore & Core: Barre YMCA at American Tobacco				9:45 a.m.-10:30 a.m. (Group Fitness) <i>Amy R.</i>			
Strength: Lower Body Blast American Tobacco - Group Fitness Studio				11:15 a.m.-11:45 a.m. (Group Fitness) <i>Laurie R.</i>			
Strength: Upper Body Blast American Tobacco - Group Fitness Studio				11:50 a.m.-12:20 p.m. (Group Fitness) <i>Laurie R.</i>			
Open Play Pickleball YMCA at American Tobacco				4:30 p.m.-8:30 p.m. (Gym) <i>Staff</i>			
Strength: BODYPUMP™ American Tobacco - Group Fitness Studio				6 p.m.-6:55 p.m. (Group Fitness) <i>Katherine K.</i>			
Cycle: Force American Tobacco - Cage						10 a.m.-10:45 a.m. (Group Fitness) <i>Marian B.</i>	



YMCA at Meadowmont | May 11th - May 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 3 Shared Lanes YMCA at Meadowmont						12 p.m.-5:50 p.m. (Pool) <i>Staff</i>	12 p.m.-5:50 p.m. (Pool) <i>Staff</i>