



Southeast Raleigh YMCA | December 15th - December 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Southeast Raleigh - Court 1 Book	5:00AM-6:00AM (Gym) Staff	5:00AM-6:00AM (Gym) Staff	5:00AM-6:00AM (Gym) Staff	5:00AM-6:00AM (Gym) Staff	5:00AM-6:00AM (Gym) Staff	7:00AM-8:00AM (Gym) Staff	12:00PM-1:00PM (Gym) Staff
	6:00AM-7:00AM (Gym) Staff	6:00AM-7:00AM (Gym) Staff	6:00AM-7:00AM (Gym) Staff	6:00AM-7:00AM (Gym) Staff	6:00AM-7:00AM (Gym) Staff	5:00PM-6:00PM (Gym) Staff	
	8:00AM-9:00AM (Gym) Staff	8:00AM-9:00AM (Gym) Staff	8:00AM-9:00AM (Gym) Staff	8:00AM-9:00AM (Gym) Staff	8:00AM-9:00AM (Gym) Staff		
	9:00AM-10:00AM (Gym) Staff	9:00AM-10:00AM (Gym) Staff	9:00AM-10:00AM (Gym) Staff	9:00AM-10:00AM (Gym) Staff	9:00AM-10:00AM (Gym) Staff		
	10:00AM-11:00AM (Gym) Staff	10:00AM-11:00AM (Gym) Staff	10:00AM-11:00AM (Gym) Staff	10:00AM-11:00AM (Gym) Staff	10:00AM-11:00AM (Gym) Staff		
	11:00AM-12:00PM (Gym) Staff	11:00AM-12:00PM (Gym) Staff	11:00AM-12:00PM (Gym) Staff	11:00AM-12:00PM (Gym) Staff	11:00AM-12:00PM (Gym) Staff		
	12:00PM-1:00PM (Gym) Staff	12:00PM-1:00PM (Gym) Staff	12:00PM-1:00PM (Gym) Staff	12:00PM-1:00PM (Gym) Staff	12:00PM-1:00PM (Gym) Staff		
	1:00PM-2:00PM (Gym) Staff	1:00PM-2:00PM (Gym) Staff	1:00PM-2:00PM (Gym) Staff	1:00PM-2:00PM (Gym) Staff	1:00PM-2:00PM (Gym) Staff		
	2:00PM-3:00PM (Gym) Staff	2:00PM-3:00PM (Gym) Staff	2:00PM-3:00PM (Gym) Staff	2:00PM-3:00PM (Gym) Staff	2:00PM-3:00PM (Gym) Staff		
	3:00PM-4:00PM (Gym) Staff	3:00PM-4:00PM (Gym) Staff	3:00PM-4:00PM (Gym) Staff	3:00PM-4:00PM (Gym) Staff	3:00PM-4:00PM (Gym) Staff		
	4:00PM-5:00PM (Gym) Staff	4:00PM-5:00PM (Gym) Staff	4:00PM-5:00PM (Gym) Staff	4:00PM-5:00PM (Gym) Staff	4:00PM-5:00PM (Gym) Staff		
	5:00PM-6:00PM (Gym) Staff	5:00PM-6:00PM (Gym) Staff	5:00PM-6:00PM (Gym) Staff	5:00PM-6:00PM (Gym) Staff	5:00PM-6:00PM (Gym) Staff		
	8:00PM-9:00PM (Gym) Staff	8:00PM-9:00PM (Gym) Staff	8:00PM-9:00PM (Gym) Staff	8:00PM-9:00PM (Gym) Staff	8:00PM-9:00PM (Gym) Staff		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Southeast Raleigh - Court 2 Book	5:00AM-6:00AM (Gym) Staff	5:00AM-6:00AM (Gym) Staff	5:00AM-6:00AM (Gym) Staff	5:00AM-6:00AM (Gym) Staff	5:00AM-6:00AM (Gym) Staff		
	6:00AM-7:00AM (Gym) Staff	6:00AM-7:00AM (Gym) Staff	6:00AM-7:00AM (Gym) Staff	6:00AM-7:00AM (Gym) Staff	6:00AM-7:00AM (Gym) Staff		
	7:00AM-8:00AM (Gym) Staff	7:00AM-8:00AM (Gym) Staff	7:00AM-8:00AM (Gym) Staff	7:00AM-8:00AM (Gym) Staff	7:00AM-8:00AM (Gym) Staff		
	8:00AM-9:00AM (Gym) Staff	8:00AM-9:00AM (Gym) Staff	8:00AM-9:00AM (Gym) Staff	8:00AM-9:00AM (Gym) Staff	8:00AM-9:00AM (Gym) Staff		
	9:00AM-10:00AM (Gym) Staff	9:00AM-10:00AM (Gym) Staff	9:00AM-10:00AM (Gym) Staff	9:00AM-10:00AM (Gym) Staff	9:00AM-10:00AM (Gym) Staff		
	10:00AM-11:00AM (Gym) Staff	10:00AM-11:00AM (Gym) Staff	10:00AM-11:00AM (Gym) Staff	10:00AM-11:00AM (Gym) Staff	10:00AM-11:00AM (Gym) Staff		
	12:00PM-1:00PM (Gym) Staff	12:00PM-1:00PM (Gym) Staff	12:00PM-1:00PM (Gym) Staff	12:00PM-1:00PM (Gym) Staff	12:00PM-1:00PM (Gym) Staff		
	1:00PM-2:00PM (Gym) Staff	1:00PM-2:00PM (Gym) Staff	1:00PM-2:00PM (Gym) Staff	1:00PM-2:00PM (Gym) Staff	1:00PM-2:00PM (Gym) Staff		
	2:00PM-3:00PM (Gym) Staff	2:00PM-3:00PM (Gym) Staff	2:00PM-3:00PM (Gym) Staff	2:00PM-3:00PM (Gym) Staff	2:00PM-3:00PM (Gym) Staff		
	3:00PM-4:00PM (Gym) Staff	3:00PM-4:00PM (Gym) Staff	3:00PM-4:00PM (Gym) Staff	3:00PM-4:00PM (Gym) Staff	3:00PM-4:00PM (Gym) Staff		
	4:00PM-5:00PM (Gym) Staff	4:00PM-5:00PM (Gym) Staff	4:00PM-5:00PM (Gym) Staff	4:00PM-5:00PM (Gym) Staff	4:00PM-5:00PM (Gym) Staff		
	5:00PM-6:00PM (Gym) Staff	5:00PM-6:00PM (Gym) Staff	5:00PM-6:00PM (Gym) Staff	5:00PM-6:00PM (Gym) Staff	5:00PM-6:00PM (Gym) Staff		
Strength: Lean and Cut Southeast Raleigh - School Side Gym Court 3 Book	5:30PM-6:15PM (Group Fitness) Nykyia W.		5:30PM-6:15PM (Group Fitness) Nykyia W.				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength: Lean and Cut Southeast Raleigh - Studio 1 Book		6:15AM-7:00AM (Group Fitness) <i>Paula N.</i>		6:15AM-7:00AM (Group Fitness) <i>Jackie H.</i> 8:30AM-9:15AM (Group Fitness) <i>Patricia Z.</i>			
Event: TRX Barre Fusion Pop Up Southeast Raleigh - Studio 2 Book		7:15AM-8:00AM (Group Fitness) <i>Paula N.</i>					
Strength: TRX Southeast Raleigh - Studio 2 Book		8:30AM-9:15AM (Group Fitness) <i>Patricia Z.</i>		6:00PM-6:45PM (Group Fitness) <i>Anna H.</i>		10:00AM-10:45AM (Group Fitness) <i>Carissa H.</i> 11:00AM-11:45AM (Group Fitness) <i>Anna H.</i>	
Restore & Core: Mat Pilates Southeast Raleigh - Studio 1 Book		9:30AM-10:15AM (Group Fitness) <i>Patricia Z.</i>		9:30AM-10:15AM (Group Fitness) <i>Patricia Z.</i>			
Lap Lane: 4 Shared Lanes Southeast Raleigh - Outdoor Pool Book		10:00AM-11:00AM (Pool) <i>Staff</i> 11:00AM-12:00PM (Pool) <i>Staff</i> 1:00PM-2:00PM (Pool) <i>Staff</i> 2:00PM-3:00PM (Pool) <i>Staff</i>		10:00AM-11:00AM (Pool) <i>Staff</i> 11:00AM-12:00PM (Pool) <i>Staff</i> 1:00PM-2:00PM (Pool) <i>Staff</i> 2:00PM-3:00PM (Pool) <i>Staff</i>	10:00AM-11:00AM (Pool) <i>Staff</i> 11:00AM-12:00PM (Pool) <i>Staff</i> 1:00PM-2:00PM (Pool) <i>Staff</i> 2:00PM-3:00PM (Pool) <i>Staff</i>	10:00AM-11:00AM (Pool) <i>Staff</i> 11:00AM-12:00PM (Pool) <i>Staff</i> 12:00PM-1:00PM (Pool) <i>Staff</i> 1:00PM-2:00PM (Pool) <i>Staff</i> 2:00PM-3:00PM (Pool) <i>Staff</i> 2:00PM-3:00PM (Pool) <i>Staff</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim Southeast Raleigh - Outdoor Pool Book		10:00AM-11:00AM (Pool) <i>Staff</i> 11:00AM-12:00PM (Pool) <i>Staff</i>		10:00AM-11:00AM (Pool) <i>Staff</i> 11:00AM-12:00PM (Pool) <i>Staff</i>	10:00AM-11:00AM (Pool) <i>Staff</i> 11:00AM-12:00PM (Pool) <i>Staff</i>	10:00AM-11:00AM (Pool) <i>Staff</i> 1:00PM-2:00PM (Pool) <i>Staff</i> 2:00PM-3:00PM (Pool) <i>Staff</i>	
Restore & Core: Mindfulness Meditation Southeast Raleigh - Studio 1 Book		10:30AM-11:15AM (Group Fitness) <i>Mary L.</i>					2:30PM-2:45PM (Group Fitness) <i>Pendora L.</i>
Series: Yoga Flow Southeast Raleigh - Studio 2 Book		11:30AM-12:15PM (Group Fitness) <i>Angela G.</i>					
Series: Butts & Guts Southeast Raleigh - Studio 1 Book		11:30AM-12:00PM (Group Fitness) <i>Annie Z.</i>					
Family Swim Southeast Raleigh YMCA Book		12:00PM-1:00PM (Pool) <i>Staff</i> 2:00PM-3:00PM (Pool) <i>Staff</i> 3:00PM-4:00PM (Pool) <i>Staff</i>		12:00PM-1:00PM (Pool) <i>Staff</i> 2:00PM-3:00PM (Pool) <i>Staff</i> 3:00PM-4:00PM (Pool) <i>Staff</i>	12:00PM-1:00PM (Pool) <i>Staff</i> 2:00PM-3:00PM (Pool) <i>Staff</i> 3:00PM-4:00PM (Pool) <i>Staff</i> 3:00PM-4:00PM (Pool) <i>Staff</i>	12:00PM-1:00PM (Pool) <i>Staff</i> 2:00PM-3:00PM (Pool) <i>Staff</i> 3:00PM-4:00PM (Pool) <i>Staff</i>	
Lap Lane: 2 Shared Lanes Southeast Raleigh - Outdoor Pool Book		3:00PM-4:00PM (Pool) <i>Staff</i>		3:00PM-4:00PM (Pool) <i>Staff</i>	3:00PM-4:00PM (Pool) <i>Staff</i>	3:00PM-4:00PM (Pool) <i>Staff</i>	
Restore & Core: Mobility Southeast Raleigh - Studio 1 Book		5:00PM-5:45PM (Group Fitness) <i>Anna H.</i>				11:10AM-11:55AM (Group Fitness) <i>Carissa H.</i>	
Series: Xtreme Hip Hop Step It Up & Show It Out Southeast Raleigh - School Side Gym Court 3 Book		5:30PM-6:15PM (Group Fitness) <i>Tamara W.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning: MetCon Southeast Raleigh - Studio 1 Book		6:00PM-6:45PM (Group Fitness) <i>Nikka S.</i>		6:00PM-6:45PM (Group Fitness) <i>Jennifer H.</i>		8:00AM-8:45AM (Group Fitness) <i>Carissa H.</i>	
Cycle: Force Southeast Raleigh - Studio 2 Book		6:00PM-6:45PM (Group Fitness) <i>Jeff L.</i>					
Dance: Dance Southeast Raleigh - School Side Gym Court 3 Book		6:30PM-7:25PM (Group Fitness) <i>Byron J.</i>				10:00AM-10:55AM (Group Fitness) <i>Byron J.</i>	
Yoga: Trap Yoga Southeast Raleigh - Studio 1 Book		7:00PM-7:45PM (Group Fitness) <i>Pendora L.</i>		7:00PM-7:45PM (Group Fitness) <i>Chushenna E.</i>			
Strength: Kettlebell Blast Southeast Raleigh - Studio 1 Book			6:00AM-6:45AM (Group Fitness) <i>Anna H.</i>				
Yoga: TRX Southeast Raleigh - Studio 2 Book			7:15AM-8:10AM (Group Fitness) <i>Reuben S.</i>				
Strength: Kettlebell Blast Southeast Raleigh - Studio 2 Book			9:15AM-9:45AM (Group Fitness) <i>Carissa H.</i>				
Restore & Core: BODYBALANCE® Southeast Raleigh - Studio 1 Book			9:15AM-10:00AM (Group Fitness) <i>Tracie P.</i> 5:30PM-6:15PM (Group Fitness) <i>Teri M.</i>		9:00AM-9:30AM (Group Fitness) <i>Juli D.</i>		
Restore & Core: Mobility Southeast Raleigh - Studio 2 Book			10:00AM-10:45AM (Group Fitness) <i>Carissa H.</i>	5:00PM-5:45PM (Group Fitness) <i>Anna H.</i>			
Thrive: Cardio Strength Southeast Raleigh - Studio 1 Book			10:50AM-11:35AM (Group Fitness) <i>Meredith P.</i>				
Thrive: Chair Stretch Southeast Raleigh - Studio 2 Book			11:45AM-12:15PM (Group Fitness) <i>Tracie P.</i>				
Strength: Load and Lift Southeast Raleigh - Studio 1 Book			12:00PM-12:45PM (Group Fitness) <i>Donnae W.</i>				
Restore & Core: Breathwork Southeast Raleigh - Studio 2 Book			12:20PM-12:35PM (Group Fitness) <i>Tracie P.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Series: TRX HIIT Southeast Raleigh - Studio 2 Book			6:00PM-6:45PM (Group Fitness) <i>Carissa H.</i>				
Dance: Zumba Southeast Raleigh - Studio 1 Book			6:30PM-7:25PM (Group Fitness) <i>Taylor W.</i>				
Conditioning: BODYCOMBAT Southeast Raleigh - School Side Gym Court 3 Book			6:30PM-7:00PM (Group Fitness) <i>Jennifer T.</i>				
Restore & Core: BODYBALANCE® Southeast Raleigh - School Side Gym Court 3 Book			7:05PM-7:35PM (Group Fitness) <i>Teri M.</i>				
Restore & Core: Barre Southeast Raleigh - Studio 1 Book				7:15AM-8:00AM (Group Fitness) <i>Carissa H.</i> 5:00PM-5:45PM (Group Fitness) <i>Nykya W.</i>		10:10AM-10:55AM (Group Fitness) <i>Nykya W.</i>	
Thrive: Dance Fusion Southeast Raleigh YMCA Book				10:30AM-11:15AM (Group Fitness) <i>Tina Q.</i>			
Dance: Line Dance Southeast Raleigh - School Side Gym Court 3 Book				5:30PM-6:15PM (Group Fitness) <i>Charise D.</i>	6:00PM-6:45PM (Group Fitness) <i>Teresa G.</i>		
Step: Xtreme Hip-Hop Step Southeast Raleigh - School Side Gym Court 3 Book				6:30PM-7:15PM (Group Fitness) <i>Tamara W.</i>		11:05AM-12:00PM (Group Fitness) <i>Brianne G.</i>	
Conditioning: BODYCOMBAT Southeast Raleigh - Studio 1 Book					8:25AM-8:55AM (Group Fitness) <i>Juli D.</i>		
Dance: Dance Southeast Raleigh - Studio 1 Book					9:45AM-10:30AM (Group Fitness) <i>Charise D.</i>		
Event: BODYPUMP Pop Up Southeast Raleigh - Studio 1 Book					11:00AM-11:45AM (Group Fitness) <i>Juli D.</i>	9:00AM-9:45AM (Group Fitness) <i>Juli D.</i>	12:10PM-1:05PM (Group Fitness) <i>Juli D.</i>
Step: Xtreme Hip-Hop Step Southeast Raleigh - Studio 1 Book					12:00PM-12:45PM (Group Fitness) <i>Tamara W.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga: Yin Southeast Raleigh - Studio 2 Book					12:00PM-1:00PM (Group Fitness) <i>Shannon R.</i>		
Yoga: Trap Yoga Southeast Raleigh - School Side Gym Court 3 Book						9:00AM-9:45AM (Group Fitness) <i>Chushenna E.</i>	
Intro: Intro to Xtreme Hip Hop Step Breakdown Southeast Raleigh - Studio 2 Book						9:15AM-9:45AM (Group Fitness) <i>Candace R.</i>	
Intro: Intro to Rowing Southeast Raleigh - Wellness Floor Book						9:30AM-9:50AM (Group Fitness) <i>Carissa H.</i>	
Open Gym Southeast Raleigh YMCA Book						2:00PM-3:00PM (Gym) <i>Staff</i>	
Yoga: Gentle Hatha Southeast Raleigh - Studio 1 Book							1:30PM-2:25PM (Group Fitness) <i>Pendora L.</i>
Cycle: Fusion Southeast Raleigh - Studio 2 Book							2:00PM-2:55PM (Group Fitness) <i>Cheryl L.</i>
Series: Prenatal Yoga 6 Week Series Southeast Raleigh - Studio 2 Book							3:30PM-5:00PM (Group Fitness) <i>Sydney M.</i>



Kerr Family YMCA | December 15th - December 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Pick Up Basketball Kerr - Gym Courts Book	5:00AM-8:00AM (Gym) Staff	7:15PM-9:00PM (Gym) Staff	5:00AM-8:00AM (Gym) Staff	7:15PM-9:00PM (Gym) Staff	5:00AM-8:00AM (Gym) Staff	7:00AM-9:30AM (Gym) Staff	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 8 Shared Lanes Kerr - Indoor Pool Book	5:00AM-5:30AM (Pool) Staff	5:00AM-5:30AM (Pool) Staff	5:00AM-5:30AM (Pool) Staff	5:00AM-5:30AM (Pool) Staff	5:00AM-5:30AM (Pool) Staff	12:30PM-1:00PM (Pool) Staff	11:00AM-11:30AM (Pool) Staff
	5:30AM-6:00AM (Pool) Staff	5:30AM-6:00AM (Pool) Staff	5:30AM-6:00AM (Pool) Staff	5:30AM-6:00AM (Pool) Staff	5:30AM-6:00AM (Pool) Staff	1:00PM-1:30PM (Pool) Staff	11:30AM-12:00PM (Pool) Staff
	6:00AM-6:30AM (Pool) Staff	6:00AM-6:30AM (Pool) Staff	6:00AM-6:30AM (Pool) Staff	6:00AM-6:30AM (Pool) Staff	6:00AM-6:30AM (Pool) Staff	1:30PM-2:00PM (Pool) Staff	12:00PM-12:30PM (Pool) Staff
	6:30AM-7:00AM (Pool) Staff	6:30AM-7:00AM (Pool) Staff	6:30AM-7:00AM (Pool) Staff	6:30AM-7:00AM (Pool) Staff	6:30AM-7:00AM (Pool) Staff	2:00PM-2:30PM (Pool) Staff	1:00PM-1:30PM (Pool) Staff
	7:00AM-7:30AM (Pool) Staff	7:00AM-7:30AM (Pool) Staff	7:00AM-7:30AM (Pool) Staff	7:00AM-7:30AM (Pool) Staff	7:00AM-7:30AM (Pool) Staff	2:30PM-3:00PM (Pool) Staff	1:30PM-2:00PM (Pool) Staff
	7:30AM-8:00AM (Pool) Staff	7:30AM-8:00AM (Pool) Staff	7:30AM-8:00AM (Pool) Staff	7:30AM-8:00AM (Pool) Staff	7:30AM-8:00AM (Pool) Staff	3:30PM-4:00PM (Pool) Staff	3:00PM-3:30PM (Pool) Staff
	10:00AM-10:30AM (Pool) Staff	10:00AM-10:30AM (Pool) Staff	10:00AM-10:30AM (Pool) Staff	10:00AM-10:30AM (Pool) Staff	10:00AM-10:30AM (Pool) Staff	4:00PM-4:30PM (Pool) Staff	3:30PM-4:00PM (Pool) Staff
	10:30AM-11:00AM (Pool) Staff	10:30AM-11:00AM (Pool) Staff	10:30AM-11:00AM (Pool) Staff	10:30AM-11:00AM (Pool) Staff	10:30AM-11:00AM (Pool) Staff	4:30PM-5:00PM (Pool) Staff	4:00PM-4:30PM (Pool) Staff
	11:00AM-11:30AM (Pool) Staff	1:00PM-1:30PM (Pool) Staff	1:00PM-1:30PM (Pool) Staff	1:00PM-1:30PM (Pool) Staff	11:00AM-11:30AM (Pool) Staff	5:00PM-5:30PM (Pool) Staff	4:30PM-5:00PM (Pool) Staff
	11:30AM-12:00PM (Pool) Staff	1:30PM-2:00PM (Pool) Staff	1:30PM-2:00PM (Pool) Staff	1:30PM-2:00PM (Pool) Staff	11:30AM-12:00PM (Pool) Staff		5:00PM-5:30PM (Pool) Staff
	12:00PM-12:30PM (Pool) Staff	2:00PM-2:30PM (Pool) Staff	2:00PM-2:30PM (Pool) Staff	2:00PM-2:30PM (Pool) Staff	12:00PM-12:30PM (Pool) Staff		
	12:30PM-1:00PM (Pool) Staff	2:30PM-3:00PM (Pool) Staff	2:30PM-3:00PM (Pool) Staff	2:30PM-3:00PM (Pool) Staff	12:30PM-1:00PM (Pool) Staff		
	1:00PM-1:30PM (Pool) Staff	8:00PM-8:30PM (Pool) Staff	3:00PM-3:30PM (Pool) Staff	8:00PM-8:30PM (Pool) Staff	1:00PM-1:30PM (Pool) Staff		
	1:30PM-2:00PM (Pool) Staff		3:30PM-4:00PM (Pool) Staff		1:30PM-2:00PM (Pool) Staff		
	2:00PM-2:30PM (Pool) Staff		8:00PM-8:30PM (Pool) Staff		2:00PM-2:30PM (Pool) Staff		
	2:30PM-3:00PM (Pool) Staff				2:30PM-3:00PM (Pool) Staff		
	8:00PM-8:30PM (Pool) Staff						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle: Force Kerr - Studio 1 Book	5:30AM-6:15AM (Group Fitness) <i>Ryan K.</i> 9:15AM-10:00AM (Group Fitness) <i>Mary A.</i>	7:00AM-7:45AM (Group Fitness) <i>Mary A.</i>	9:15AM-10:00AM (Group Fitness) <i>Mary A.</i>	7:00AM-7:45AM (Group Fitness) <i>Mary A.</i>	7:00AM-7:45AM (Group Fitness) <i>Mary A.</i> 9:15AM-10:00AM (Group Fitness) <i>Andre E.</i>		
Conditioning: Cardio Strength Kerr - Studio 2 Book	7:00AM-7:45AM (Group Fitness) <i>Phillip L.</i>	8:15AM-9:00AM (Group Fitness) <i>Heather R.</i> 4:30PM-5:15PM (Group Fitness) <i>Beth C.</i>	7:00AM-7:45AM (Group Fitness) <i>Beth C.</i>	8:15AM-9:00AM (Group Fitness) <i>Christina C.</i> 4:30PM-5:15PM (Group Fitness) <i>Heather G.</i>		8:00AM-8:45AM (Group Fitness) <i>Lisa W.</i>	
Reserved for Youth Programs Kerr - Court 2 Book	8:00AM-6:00PM (Gym) <i>Staff</i>	11:30AM-6:00PM (Gym) <i>Staff</i>	8:00AM-6:00PM (Gym) <i>Staff</i> 6:00PM-7:15PM (Gym) <i>Staff</i>	11:30AM-6:00PM (Gym) <i>Staff</i>	8:00AM-6:00PM (Gym) <i>Staff</i> 6:00PM-8:00PM (Gym) <i>Staff</i>		
Open Gym Kerr - Court 1 Book	8:00AM-10:00AM (Gym) <i>Staff</i> 12:00PM-3:00PM (Gym) <i>Staff</i>	11:30AM-3:00PM (Gym) <i>Staff</i>	8:00AM-10:00AM (Gym) <i>Staff</i> 12:00PM-3:00PM (Gym) <i>Staff</i> 6:00PM-9:00PM (Gym) <i>Staff</i>	11:30AM-3:00PM (Gym) <i>Staff</i>	8:00AM-10:00AM (Gym) <i>Staff</i> 12:00PM-3:00PM (Gym) <i>Staff</i> 6:00PM-8:00PM (Gym) <i>Staff</i>	5:00PM-6:00PM (Gym) <i>Staff</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 4 Shared Lanes Kerr - Indoor Pool Book	8:00AM-8:30AM (Pool) <i>Staff</i> 8:30AM-9:00AM (Pool) <i>Staff</i> 9:00AM-9:30AM (Pool) <i>Staff</i> 9:30AM-10:00AM (Pool) <i>Staff</i> 3:00PM-3:30PM (Pool) <i>Staff</i> 3:30PM-4:00PM (Pool) <i>Staff</i>	8:00AM-8:30AM (Pool) <i>Staff</i> 8:30AM-9:00AM (Pool) <i>Staff</i> 9:00AM-9:30AM (Pool) <i>Staff</i> 9:30AM-10:00AM (Pool) <i>Staff</i> 3:00PM-3:30PM (Pool) <i>Staff</i> 3:30PM-4:00PM (Pool) <i>Staff</i> 6:00PM-6:30PM (Pool) <i>Staff</i> 6:30PM-7:00PM (Pool) <i>Staff</i> 7:00PM-7:30PM (Pool) <i>Staff</i> 7:30PM-8:00PM (Pool) <i>Staff</i>	8:00AM-8:30AM (Pool) <i>Staff</i> 8:30AM-9:00AM (Pool) <i>Staff</i> 9:00AM-9:30AM (Pool) <i>Staff</i> 9:30AM-10:00AM (Pool) <i>Staff</i> 	8:00AM-8:30AM (Pool) <i>Staff</i> 8:30AM-9:00AM (Pool) <i>Staff</i> 9:00AM-9:30AM (Pool) <i>Staff</i> 9:30AM-10:00AM (Pool) <i>Staff</i> 3:30PM-4:00PM (Pool) <i>Staff</i> 6:00PM-6:30PM (Pool) <i>Staff</i> 6:30PM-7:00PM (Pool) <i>Staff</i> 7:00PM-7:30PM (Pool) <i>Staff</i> 7:30PM-8:00PM (Pool) <i>Staff</i>	8:00AM-8:30AM (Pool) <i>Staff</i> 8:30AM-9:00AM (Pool) <i>Staff</i> 9:00AM-9:30AM (Pool) <i>Staff</i> 9:30AM-10:00AM (Pool) <i>Staff</i> 3:30PM-4:00PM (Pool) <i>Staff</i>		2:00PM-2:30PM (Pool) <i>Staff</i> 2:30PM-3:00PM (Pool) <i>Staff</i>
Aqua Fitness: Aqua Fit Kerr - Indoor Pool Group Fitness Book	8:00AM-8:45AM (Group Fitness) <i>Kelly C.</i> 9:00AM-9:45AM (Group Fitness) <i>Kelly C.</i>	8:00AM-8:45AM (Group Fitness) <i>Julietha K.</i> 9:00AM-9:45AM (Group Fitness) <i>Julietha K.</i>				9:00AM-9:45AM (Group Fitness) <i>Jennifer L.</i>	
Strength: BODYPUMP™ Kerr - Studio 2 Book	8:00AM-9:00AM (Group Fitness) <i>Julie B.</i> 10:30AM-11:15AM (Group Fitness) <i>Heather G.</i>	5:30AM-6:30AM (Group Fitness) <i>Julie B.</i> 6:30PM-7:30PM (Group Fitness) <i>Heather D.</i>	8:00AM-9:00AM (Group Fitness) <i>Heather G.</i> 10:30AM-11:15AM (Group Fitness) <i>Julie B.</i>	6:30PM-7:30PM (Group Fitness) <i>Tamar H.</i>		9:00AM-9:45AM (Group Fitness) <i>Dawn H.</i>	12:30PM-1:30PM (Group Fitness) <i>Robyn S.</i>
Yoga: Vinyasa Flow Kerr - Studio 2 Book	9:15AM-10:15AM (Group Fitness) <i>Kelly K.</i> 6:30PM-7:45PM (Group Fitness) <i>Stacey H.</i>		9:15AM-10:15AM (Group Fitness) <i>Kelly K.</i> 6:30PM-7:45PM (Group Fitness) <i>Sarah H.</i>			12:00PM-1:00PM (Group Fitness) <i>Jane D.</i>	11:15AM-12:15PM (Group Fitness) <i>Lori L.</i>
Reserved for Group Fitness Kerr - Court 1 Book	10:00AM-12:00PM (Gym) <i>Staff</i>		10:00AM-12:00PM (Gym) <i>Staff</i>	6:00PM-7:15PM (Gym) <i>Staff</i>	10:00AM-12:00PM (Gym) <i>Staff</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance: Zumba Kerr - Group Fitness Gym Court Book	10:30AM-11:30AM (Group Fitness) <i>Gaby D.</i>	6:00PM-7:00PM (Group Fitness) <i>Cuqui G.</i>	10:30AM-11:30AM (Group Fitness) <i>Cuqui G.</i>	6:00PM-7:00PM (Group Fitness) <i>Gaby D.</i>	10:30AM-11:30AM (Group Fitness) <i>Cuqui G.</i>		
Meet Me at the Y - Get Healthy Kerr Family YMCA Book	11:00AM-11:30AM (Get Started) <i>Will W.</i>		5:30PM-6:00PM (Get Started) <i>Gary C.</i>		11:00AM-11:30AM (Get Started) <i>Will W.</i> 5:30PM-6:00PM (Get Started) <i>Gary C.</i>		
Restore & Core: Barre Kerr - Studio 2 Book	11:45AM-12:45PM (Group Fitness) <i>Gaby D.</i>			5:30PM-6:15PM (Group Fitness) <i>Elizabeth G.</i>			
Conditioning: MetCon Kerr - Studio 1 Book	12:00PM-12:45PM (Group Fitness) <i>Heather G.</i>	9:30AM-10:15AM (Group Fitness) <i>Heather R.</i>	12:00PM-12:45PM (Group Fitness) <i>Beth C.</i>	9:30AM-10:15AM (Group Fitness) <i>Katy C.</i>			
Thrive: Chair Yoga Kerr - Studio 2 Book	1:00PM-1:50PM (Group Fitness) <i>Sarah H.</i>			12:15PM-1:05PM (Group Fitness) <i>Kelly K.</i>			
Adult Equipment Orientation Kerr - Wellness Floor Book	1:30PM-2:15PM (Get Started) <i>Staff</i> 7:00PM-7:45PM (Get Started) <i>Staff</i>	1:30PM-2:15PM (Get Started) <i>Staff</i> 7:00PM-7:45PM (Get Started) <i>Staff</i>	1:30PM-2:15PM (Get Started) <i>Staff</i> 7:00PM-7:45PM (Get Started) <i>Staff</i>	1:30PM-2:15PM (Get Started) <i>Staff</i>	1:30PM-2:15PM (Get Started) <i>Staff</i>	2:00PM-2:45PM (Get Started) <i>Staff</i>	
Teen Pick Up Basketball Kerr - Court 1 Book	3:00PM-6:00PM (Gym) <i>Staff</i>	3:00PM-6:00PM (Gym) <i>Staff</i>	3:00PM-6:00PM (Gym) <i>Staff</i>	3:00PM-6:00PM (Gym) <i>Staff</i>	3:00PM-6:00PM (Gym) <i>Staff</i>		
Lap Lane: 2 Shared Lanes Kerr - Indoor Pool Book	4:00PM-4:30PM (Pool) <i>Staff</i> 4:30PM-5:00PM (Pool) <i>Staff</i> 5:00PM-5:30PM (Pool) <i>Staff</i> 5:30PM-6:00PM (Pool) <i>Staff</i> 5:30PM-6:00PM (Pool) <i>Staff</i> 6:00PM-6:30PM (Pool) <i>Staff</i> 6:30PM-7:00PM (Pool) <i>Staff</i>		4:00PM-4:30PM (Pool) <i>Staff</i> 4:30PM-5:00PM (Pool) <i>Staff</i> 5:00PM-5:30PM (Pool) <i>Staff</i> 5:30PM-6:00PM (Pool) <i>Staff</i> 5:30PM-6:00PM (Pool) <i>Staff</i> 6:00PM-6:30PM (Pool) <i>Staff</i> 6:30PM-7:00PM (Pool) <i>Staff</i>	4:00PM-4:30PM (Pool) <i>Staff</i> 4:30PM-5:00PM (Pool) <i>Staff</i> 5:00PM-5:30PM (Pool) <i>Staff</i> 5:30PM-6:00PM (Pool) <i>Staff</i>	4:00PM-4:30PM (Pool) <i>Staff</i> 4:30PM-5:00PM (Pool) <i>Staff</i> 5:00PM-5:30PM (Pool) <i>Staff</i> 5:30PM-6:00PM (Pool) <i>Staff</i> 5:30PM-6:00PM (Pool) <i>Staff</i> 6:00PM-6:30PM (Pool) <i>Staff</i> 6:30PM-7:00PM (Pool) <i>Staff</i>	8:30AM-9:00AM (Pool) <i>Staff</i> 9:00AM-9:30AM (Pool) <i>Staff</i> 9:30AM-10:00AM (Pool) <i>Staff</i> 10:30AM-11:00AM (Pool) <i>Staff</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim Kerr - Indoor Pool Book	4:00PM-4:30PM (Pool) <i>Staff</i> 4:30PM-5:00PM (Pool) <i>Staff</i> 5:30PM-6:00PM (Pool) <i>Staff</i>	11:00AM-11:30AM (Pool) <i>Staff</i> 11:30AM-12:00PM (Pool) <i>Staff</i> 12:00PM-12:30PM (Pool) <i>Staff</i> 12:30PM-1:00PM (Pool) <i>Staff</i>	4:00PM-4:30PM (Pool) <i>Staff</i> 4:30PM-5:00PM (Pool) <i>Staff</i> 5:30PM-6:00PM (Pool) <i>Staff</i>	11:00AM-11:30AM (Pool) <i>Staff</i> 11:30AM-12:00PM (Pool) <i>Staff</i> 12:00PM-12:30PM (Pool) <i>Staff</i> 12:30PM-1:00PM (Pool) <i>Staff</i>	4:00PM-4:30PM (Pool) <i>Staff</i> 4:30PM-5:00PM (Pool) <i>Staff</i> 5:30PM-6:00PM (Pool) <i>Staff</i>	12:00PM-12:30PM (Pool) <i>Staff</i> 12:30PM-1:00PM (Pool) <i>Staff</i> 1:00PM-1:30PM (Pool) <i>Staff</i> 1:30PM-2:00PM (Pool) <i>Staff</i> 2:00PM-2:30PM (Pool) <i>Staff</i> 2:30PM-3:00PM (Pool) <i>Staff</i> 3:00PM-3:30PM (Pool) <i>Staff</i> 3:30PM-4:00PM (Pool) <i>Staff</i>	12:00PM-12:30PM (Pool) <i>Staff</i> 12:30PM-1:00PM (Pool) <i>Staff</i> 1:00PM-1:30PM (Pool) <i>Staff</i> 1:30PM-2:00PM (Pool) <i>Staff</i> 2:00PM-2:30PM (Pool) <i>Staff</i> 2:30PM-3:00PM (Pool) <i>Staff</i> 3:00PM-3:30PM (Pool) <i>Staff</i> 3:30PM-4:00PM (Pool) <i>Staff</i>
Strength: Ripped and Strong Kerr - Studio 2 Book	4:30PM-5:15PM (Group Fitness) <i>Cuqui G.</i>			9:15AM-10:00AM (Group Fitness) <i>Heather G.</i>	9:15AM-10:15AM (Group Fitness) <i>Phillip L.</i>		
Family Swim Kerr Family YMCA Book	5:00PM-5:30PM (Pool) <i>Staff</i>		5:00PM-5:30PM (Pool) <i>Staff</i>		5:00PM-5:30PM (Pool) <i>Staff</i>		
Racquetball: 60 minutes Kerr Family YMCA Book	5:30PM-6:30PM (Reserve a Court) <i>Court_1_Racquetball K.</i>						
Conditioning: Athletic Conditioning Kerr - Studio 2 Book	5:30PM-6:15PM (Group Fitness) <i>Caroline W.</i>		5:30PM-6:15PM (Group Fitness) <i>Lori L.</i>		5:30AM-6:30AM (Group Fitness) <i>Beth C.</i>		
Open Play Adult Pickleball Kerr - Gym Courts Book	6:00PM-9:00PM (Gym) <i>Staff</i>	8:00AM-11:30AM (Gym) <i>Staff</i>		8:00AM-11:30AM (Gym) <i>Staff</i>			
Open Gym Kerr - Gym Courts Book		5:00AM-8:00AM (Gym) <i>Staff</i>		5:00AM-8:00AM (Gym) <i>Staff</i>			11:00AM-12:30PM (Gym) <i>Staff</i> 4:30PM-6:00PM (Gym) <i>Staff</i>
Thrive: Balanced and Strong Kerr - Studio 1 Book		8:15AM-9:00AM (Group Fitness) <i>Gaby D.</i>					
Strength: Lean and Cut Kerr - Studio 2 Book		9:15AM-10:00AM (Group Fitness) <i>Rachael H.</i>	4:30PM-5:15PM (Group Fitness) <i>Cuqui G.</i>		4:30PM-5:15PM (Group Fitness) <i>Cuqui G.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning: BODYCOMBAT Kerr - Studio 2 Book		10:15AM-11:00AM (Group Fitness) <i>Heather G.</i>		10:15AM-11:00AM (Group Fitness) <i>Heather G.</i>		10:00AM-10:45AM (Group Fitness) <i>April J.</i>	
Lap Lane: 6 Shared Lanes Kerr - Indoor Pool Book		11:00AM-11:30AM (Pool) <i>Staff</i> 11:30AM-12:00PM (Pool) <i>Staff</i> 12:00PM-12:30PM (Pool) <i>Staff</i> 12:30PM-1:00PM (Pool) <i>Staff</i>	11:00AM-11:30AM (Pool) <i>Staff</i> 11:30AM-12:00PM (Pool) <i>Staff</i> 12:00PM-12:30PM (Pool) <i>Staff</i> 12:30PM-1:00PM (Pool) <i>Staff</i> 2:00PM-2:30PM (Pool) <i>Staff</i>	11:00AM-11:30AM (Pool) <i>Staff</i> 11:30AM-12:00PM (Pool) <i>Staff</i> 12:00PM-12:30PM (Pool) <i>Staff</i> 12:30PM-1:00PM (Pool) <i>Staff</i>		12:00PM-12:30PM (Pool) <i>Staff</i>	
Restore & Core: Pilates Sculpt Kerr - Studio 2 Book		11:15AM-12:00PM (Group Fitness) <i>Molly B.</i>		11:15AM-12:00PM (Group Fitness) <i>Julietha K.</i>			
Cycle: RPM™ Kerr - Studio 1 Book		12:00PM-12:30PM (Group Fitness) <i>Kate C.</i> 5:30PM-6:15PM (Group Fitness) <i>Samantha B.</i>		12:00PM-12:30PM (Group Fitness) <i>Kate C.</i> 5:30PM-6:15PM (Group Fitness) <i>Samantha B.</i>		7:15AM-8:00AM (Group Fitness) <i>Julie B.</i>	
Thrive: Cardio Strength Kerr - Studio 2 Book		12:15PM-1:00PM (Group Fitness) <i>Julietha K.</i>			11:45AM-12:30PM (Group Fitness) <i>Julietha K.</i>		
Lap Lane: 5 Shared Lanes Kerr - Indoor Pool Book		4:00PM-4:30PM (Pool) <i>Staff</i> 4:30PM-5:00PM (Pool) <i>Staff</i> 5:00PM-5:30PM (Pool) <i>Staff</i> 5:30PM-6:00PM (Pool) <i>Staff</i>					
Restore & Core: Mat Pilates Kerr - Studio 2 Book		5:30PM-6:15PM (Group Fitness) <i>Gaby D.</i>	11:45AM-12:45PM (Group Fitness) <i>Gaby D.</i>			11:00AM-11:45AM (Group Fitness) <i>Jane D.</i>	1:45PM-2:30PM (Group Fitness) <i>Sue B.</i>
Reserved for Group Fitness Kerr - Gym Courts Book		6:00PM-7:15PM (Gym) <i>Staff</i>					
Cycle: Blast Kerr - Studio 1 Book			5:30AM-6:00AM (Group Fitness) <i>Beth C.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength: Core Blast Kerr - Studio 2 Book			6:05AM-6:35AM (Group Fitness) <i>Beth C.</i>				
Aqua Fitness: Aqua Circuit Kerr - Indoor Pool Group Fitness Book			8:00AM-8:45AM (Group Fitness) <i>Phillip L.</i> 9:00AM-9:45AM (Group Fitness) <i>Phillip L.</i>				
Thrive: Balanced and Strong Kerr - Studio 2 Book			1:00PM-1:45PM (Group Fitness) <i>Gaby D.</i>				
Open Play Volleyball Kerr - Court 2 Book			7:15PM-9:00PM (Gym) <i>Staff</i>				
Yoga: Slow Flow Kerr - Studio 2 Book				5:30AM-6:30AM (Group Fitness) <i>Cindy H.</i>	8:00AM-9:00AM (Group Fitness) <i>Cindy H.</i>		
Aqua Fitness: Aqua HIIT Kerr - Indoor Pool Group Fitness Book				8:00AM-8:45AM (Group Fitness) <i>Kelly C.</i> 9:00AM-9:45AM (Group Fitness) <i>Kelly C.</i>	8:00AM-8:45AM (Group Fitness) <i>Phillip L.</i> 9:00AM-9:45AM (Group Fitness) <i>Jennifer L.</i>		
Thrive: Cardio Strength Kerr - Studio 1 Book				8:15AM-9:00AM (Group Fitness) <i>Cuqui G.</i>			
Open Gym Kerr - Court 2 Book				6:00PM-7:15PM (Gym) <i>Staff</i>			
Meet Me at the Y - Family Experiences Kerr Family YMCA Book					10:00AM-10:30AM (Get Started) <i>Jamie G.</i>		
Lap Lane: 3 Shared Lanes Kerr - Indoor Pool Book						7:00AM-7:30AM (Pool) <i>Staff</i> 7:30AM-8:00AM (Pool) <i>Staff</i> 8:00AM-8:30AM (Pool) <i>Staff</i> 11:00AM-11:30AM (Pool) <i>Staff</i> 11:30AM-12:00PM (Pool) <i>Staff</i>	
Cycle: Beats Kerr - Studio 1 Book						8:30AM-9:15AM (Group Fitness) <i>Andre E.</i>	11:15AM-12:00PM (Group Fitness) <i>Leeza B.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth Basketball League Kerr - Gym Courts Book						9:30AM-5:00PM (Gym) <i>Staff</i>	
Lap Lane: 2 Shared Lanes Kerr Family YMCA Book						10:00AM-10:30AM (Pool) <i>Staff</i>	
Teen Equipment Orientation Kerr - Wellness Floor Book						11:00AM-12:00PM (Get Started) <i>Thomas S.</i>	
Lap Lane: 8 Shared Lanes Kerr Family YMCA Book						3:00PM-3:30PM (Pool) <i>Staff</i>	
Open Play Pickleball Kerr - Court 2 Book						5:00PM-6:00PM (Gym) <i>Staff</i>	
Aqua Fitness: Deep Power Kerr - Indoor Pool Group Fitness Book							12:30PM-1:15PM (Group Fitness) <i>Julietha K.</i>
Youth Volleyball League Kerr - Gym Courts Book							12:30PM-4:30PM (Gym) <i>Staff</i>
Lap Lane: 4 Shared Lanes Kerr Family YMCA Book							12:30PM-1:29PM (Pool) <i>Staff</i>



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Chapel Hill-Carrboro -Gym 1 & 2 Book	5:00AM-9:30AM (Gym) <i>Staff</i> 11:00AM-12:00PM (Gym) <i>Staff</i> 6:00PM-9:00PM (Gym) <i>Staff</i>	5:00AM-12:00PM (Gym) <i>Staff</i> 6:00PM-9:00PM (Gym) <i>Staff</i>	5:00AM-9:30AM (Gym) <i>Staff</i> 6:00PM-6:30PM (Gym) <i>Staff</i> 8:30PM-9:00PM (Gym) <i>Staff</i>	5:00AM-9:00AM (Gym) <i>Staff</i> 6:00PM-9:00PM (Gym) <i>Staff</i>	5:00AM-9:30AM (Gym) <i>Staff</i> 6:00PM-8:00PM (Gym) <i>Staff</i>	7:00AM-6:00PM (Gym) <i>Staff</i>	
Lap Lane: 6 Shared Lanes Chapel Hill-Carrboro -Pool Book	5:00AM-8:55AM (Pool) <i>Staff</i>	5:00AM-8:55AM (Pool) <i>Staff</i> 10:10AM-3:40PM (Pool) <i>Staff</i> 8:20PM-8:45PM (Pool) <i>Staff</i>	5:00AM-8:55AM (Pool) <i>Staff</i> 7:00PM-7:20PM (Pool) <i>Staff</i> 8:30PM-8:45PM (Pool) <i>Staff</i>	5:00AM-8:55AM (Pool) <i>Staff</i> 10:10AM-3:40PM (Pool) <i>Staff</i> 8:20PM-8:45PM (Pool) <i>Staff</i>	5:00AM-9:50AM (Pool) <i>Staff</i> 7:00PM-7:45PM (Pool) <i>Staff</i>		
Cycle: Force Chapel Hill-Carrboro -Studio A Book	6:00AM-6:45AM (Group Fitness) <i>Erin K.</i>		6:00AM-6:45AM (Group Fitness) <i>Christopher S.</i>	6:00PM-6:45PM (Group Fitness) <i>Erin K.</i>	6:00AM-6:45AM (Group Fitness) <i>Christopher S.</i>	9:30AM-10:15AM (Group Fitness) <i>Erin K.</i>	
Thrive: Balanced and Strong Chapel Hill-Carrboro -Studio B Book	8:30AM-9:20AM (Group Fitness) <i>Ellen T.</i>				8:30AM-9:20AM (Group Fitness) <i>Ellen T.</i>		
Lap Lane: 2 Shared Lanes Chapel Hill-Carrboro -Pool Book	8:55AM-11:15AM (Pool) <i>Staff</i>	8:55AM-10:10AM (Pool) <i>Staff</i> 7:00PM-8:20PM (Pool) <i>Staff</i>	8:55AM-11:15AM (Pool) <i>Staff</i>	8:55AM-10:10AM (Pool) <i>Staff</i> 7:00PM-8:20PM (Pool) <i>Staff</i>	9:50AM-11:05AM (Pool) <i>Staff</i>	7:00AM-1:30PM (Pool) <i>Staff</i>	
Aqua Fitness: Deep Power Chapel Hill-Carrboro -Pool Book	9:05AM-10:05AM (Group Fitness) <i>Gwyn H.</i>		9:05AM-10:05AM (Group Fitness) <i>Gwyn H.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Equipment Orientation Chapel Hill-Carrboro YMCA Book	9:30AM-10:15AM (Get Started) <i>CHWC</i> 10:30AM-11:15AM (Get Started) <i>CHWC</i> 4:45PM-5:30PM (Get Started) <i>CHWC</i> 6:45PM-7:30PM (Get Started) <i>CHWC</i>	5:45PM-6:30PM (Get Started) <i>CHWC</i>	9:30AM-10:15AM (Get Started) <i>CHWC</i> 10:30AM-11:15AM (Get Started) <i>CHWC</i>		9:30AM-10:15AM (Get Started) <i>CHWC</i> 10:30AM-11:15AM (Get Started) <i>CHWC</i>	10:15AM-11:00AM (Get Started) <i>CHWC</i>	12:15PM-1:00PM (Get Started) <i>CHWC</i> 3:15PM-4:00PM (Get Started) <i>CHWC</i>
Reserved for Pickleball Chapel Hill-Carrboro -Gym 1 & 2 Book	9:30AM-11:00AM (Gym) <i>Staff</i>			10:00AM-11:30AM (Gym) <i>Staff</i>			
Yoga: Gentle Hatha Chapel Hill-Carrboro -Studio B Book	10:00AM-11:00AM (Group Fitness) <i>Anne R.</i>		10:00AM-11:00AM (Group Fitness) <i>Alta B.</i>				
Aqua Fitness: Aqua Circuit Chapel Hill-Carrboro -Pool Book	10:10AM-11:10AM (Group Fitness) <i>Gwyn H.</i>		10:10AM-11:10AM (Group Fitness) <i>Gwyn H.</i>				
Cycle: Beats Chapel Hill-Carrboro -Studio A Book	11:00AM-11:45AM (Group Fitness) <i>Andrea V.</i>		11:00AM-11:45AM (Group Fitness) <i>Chantal M.</i>				
Lap Lane: 6 Shared Lanes Chapel Hill-Carrboro YMCA Book	11:15AM-3:40PM (Pool) <i>Staff</i> 7:00PM-8:45PM (Pool) <i>Staff</i>		11:15AM-3:40PM (Pool) <i>Staff</i>				
Adult Pick Up Basketball Chapel Hill-Carrboro -Gym 1 & 2 Book	12:00PM-2:00PM (Gym) <i>Staff</i>		12:00PM-2:00PM (Gym) <i>Staff</i>		12:00PM-2:00PM (Gym) <i>Staff</i>		
Reserved for Youth Programs Chapel Hill-Carrboro -Gym 1 & 2 Book	2:00PM-6:00PM (Gym) <i>Staff</i>	2:00PM-6:00PM (Gym) <i>Staff</i>	2:00PM-6:00PM (Gym) <i>Staff</i> 6:30PM-8:30PM (Gym) <i>Staff</i>	2:00PM-6:00PM (Gym) <i>Staff</i>	2:00PM-6:00PM (Gym) <i>Staff</i>		
Reserved for YOTA Swim Team Chapel Hill-Carrboro -Pool Book	3:40PM-7:00PM (Pool) <i>Staff</i>	3:40PM-7:00PM (Pool) <i>Staff</i>	3:40PM-7:00PM (Pool) <i>Staff</i>	3:40PM-7:00PM (Pool) <i>Staff</i>	3:40PM-7:00PM (Pool) <i>Staff</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance: Zumba Chapel Hill-Carrboro -Studio B Book	5:00PM-5:50PM (Group Fitness) <i>Jaenny P.</i>				10:45AM-11:45AM (Group Fitness) <i>Rani G.</i>		1:00PM-2:00PM (Group Fitness) <i>Meralis B.</i>
Teen Equipment Orientation Chapel Hill-Carrboro YMCA Book	5:45PM-6:30PM (Get Started) <i>CHWC</i>	4:45PM-5:30PM (Get Started) <i>CHWC</i> 6:45PM-7:30PM (Get Started) <i>CHWC</i>				9:15AM-10:00AM (Get Started) <i>CHWC</i> 2:15PM-3:00PM (Get Started) <i>CHWC</i> 4:00PM-4:45PM (Get Started) <i>CHWC</i>	1:15PM-2:00PM (Get Started) <i>CHWC</i> 4:15PM-5:00PM (Get Started) <i>CHWC</i>
Racquetball: 60 minutes Chapel Hill-Carrboro YMCA Book	6:00PM-7:00PM (Reserve a Court) <i>Court_2 C.</i> 7:15PM-8:15PM (Reserve a Court) <i>Court_2 C.</i>						
Conditioning: Kickboxing Chapel Hill-Carrboro YMCA Book	6:00PM-6:50PM (Group Fitness) <i>Gina L.</i>						
Strength: Ripped and Strong Chapel Hill-Carrboro -Studio B Book	7:00PM-7:50PM (Group Fitness) <i>Mike D.</i>		5:30AM-6:20AM (Group Fitness) <i>Andrea V.</i>				
Conditioning: Athletic Conditioning Chapel Hill-Carrboro -Studio B Book		5:30AM-6:20AM (Group Fitness) <i>Gina L.</i> 5:00PM-5:50PM (Group Fitness) <i>Chantal M.</i>	6:30PM-7:15PM (Group Fitness) <i>Mike D.</i>		12:00PM-12:50PM (Group Fitness) <i>Mike D.</i>	7:15AM-8:00AM (Group Fitness) <i>Mike D.</i>	
Restore & Core: Mat Pilates Chapel Hill-Carrboro -Studio B Book		7:00AM-8:00AM (Group Fitness) <i>Brianna B.</i>			7:00AM-8:00AM (Group Fitness) <i>Brianna B.</i>		4:50PM-5:50PM (Group Fitness) <i>Joan W.</i>
Yoga: Slow Flow Chapel Hill-Carrboro -Studio B Book		8:30AM-9:20AM (Group Fitness) <i>Sanaa T.</i>		9:30AM-10:30AM (Group Fitness) <i>Henri T.</i>			
Aqua Fitness: Aqua HIIT Chapel Hill-Carrboro -Pool Book		9:05AM-10:05AM (Group Fitness) <i>Beth F.</i>				9:00AM-9:45AM (Group Fitness) <i>Ellen T.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength: Lean and Cut Chapel Hill-Carrboro -Studio B Book		9:30AM-10:20AM (Group Fitness) <i>Andrea V.</i>	5:30PM-6:20PM (Group Fitness) <i>Grisel D.</i>	8:30AM-9:20AM (Group Fitness) <i>Henri T.</i> 6:00PM-6:50PM (Group Fitness) <i>Joan W.</i>		8:10AM-9:00AM (Group Fitness) <i>Joan W.</i>	
Restore & Core: Tai Chi Chapel Hill-Carrboro -Studio B Book		10:45AM-12:00PM (Group Fitness) <i>Louise K.</i>					
Adult Pick Up Basketball Chapel Hill-Carrboro -Gym 1 Book		12:00PM-2:00PM (Gym) <i>Staff</i>		12:00PM-2:00PM (Gym) <i>Staff</i>			
Open Gym Chapel Hill-Carrboro -Gym 2 Book		12:00PM-2:00PM (Gym) <i>Staff</i>		12:00PM-2:00PM (Gym) <i>Staff</i>			12:00PM-6:00PM (Gym) <i>Staff</i>
Thrive: Chair Yoga Chapel Hill-Carrboro -Studio B Book		12:30PM-1:15PM (Group Fitness) <i>Henri T.</i>		12:00PM-12:45PM (Group Fitness) <i>Henri T.</i>			
Strength: Lean and Cut Chapel Hill-Carrboro YMCA Book		6:00PM-6:50PM (Group Fitness) <i>Erin K.</i>					
Aqua Fitness: Aqua Zumba Chapel Hill-Carrboro -Pool Book		7:15PM-8:15PM (Group Fitness) <i>Joan W.</i>		7:15PM-8:15PM (Group Fitness) <i>Joan W.</i>			
Strength: BODYPUMP™ Chapel Hill-Carrboro -Studio B Book			8:30AM-9:15AM (Group Fitness) <i>Melissa F.</i>		9:30AM-10:15AM (Group Fitness) <i>Chantal M.</i>		2:15PM-3:15PM (Group Fitness) <i>Chantal M.</i>
Reserved for Youth Programs Chapel Hill-Carrboro -Gym 2 Book			9:30AM-12:00PM (Gym) <i>Staff</i>		9:30AM-12:00PM (Gym) <i>Staff</i>		
Open Gym Chapel Hill-Carrboro -Gym 1 Book			9:30AM-12:00PM (Gym) <i>Staff</i>		9:30AM-12:00PM (Gym) <i>Staff</i>		12:00PM-1:00PM (Gym) <i>Staff</i> 3:00PM-6:00PM (Gym) <i>Staff</i>
Lap Lane: 3 Shared Lanes Chapel Hill-Carrboro -Pool Book			7:20PM-8:30PM (Pool) <i>Staff</i>			1:30PM-5:45PM (Pool) <i>Staff</i>	
Yoga: Vinyasa Flow Chapel Hill-Carrboro -Studio B Book				5:30AM-6:20AM (Group Fitness) <i>Gina L.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Fitness: Aqua HIIT Chapel Hill-Carrboro YMCA Book				9:05AM-10:05AM (Group Fitness) <i>Beth F.</i>			
Yoga: Power Yoga Chapel Hill-Carrboro -Studio B Book				7:00PM-8:15PM (Group Fitness) <i>Sam C.</i>		10:20AM-11:20AM (Group Fitness) <i>Sam C.</i>	
Aqua Fitness: Aqua Fit Chapel Hill-Carrboro -Pool Book					10:00AM-10:50AM (Group Fitness) <i>Ellen T.</i>		
Lap Lane: 6 Shared Lanes Chapel Hill-Carrboro -Gym 2 Book					11:05AM-3:40PM (Pool) <i>Staff</i>		
Reserved for YMCA Programs Chapel Hill-Carrboro YMCA Book					4:30PM-6:00PM (Group Fitness) <i>Staff</i>		
Yoga: Yin Chapel Hill-Carrboro -Studio B Book					6:15PM-7:15PM (Group Fitness) <i>Sam C.</i>		
Dance: HIIT Dance Fitness Chapel Hill-Carrboro -Studio B Book						9:15AM-10:10AM (Group Fitness) <i>Janice G.</i>	
Strength: Group Power Chapel Hill-Carrboro -Studio B Book						11:30AM-12:30PM (Group Fitness) <i>Grisel D.</i>	
Family Swim Chapel Hill-Carrboro -Pool Book						1:30PM-5:45PM (Pool) <i>Staff</i>	1:00PM-5:45PM (Pool) <i>Staff</i>
Lap Lane: 4 Shared Lanes Chapel Hill-Carrboro -Pool Book							12:00PM-1:00PM (Pool) <i>Staff</i>
Reserved for Pickleball Chapel Hill-Carrboro -Gym 1 Book							1:00PM-3:00PM (Gym) <i>Staff</i>
Lap Lane: 1 Shared Lane Chapel Hill-Carrboro -Pool Book							1:00PM-5:45PM (Pool) <i>Staff</i>
Yoga: Core Focus Chapel Hill-Carrboro -Studio B Book							3:30PM-4:30PM (Group Fitness) <i>Henri T.</i>



Northwest Cary YMCA | December 15th - December 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Northwest Cary - Court 1 Book	5:00AM-6:30AM (Gym) Staff	5:00AM-6:30AM (Gym) Staff 11:00AM-5:15PM (Gym) Staff 8:15PM-9:45PM (Gym) Staff	5:00AM-6:30AM (Gym) Staff	5:00AM-6:30AM (Gym) Staff 11:00AM-5:15PM (Gym) Staff 8:15PM-9:45PM (Gym) Staff	5:00AM-6:30AM (Gym) Staff 11:00AM-9:00PM (Gym) Staff	12:00PM-2:00PM (Gym) Staff	4:00PM-5:45PM (Gym) Staff
Open Gym Northwest Cary - Court 2 Book	5:00AM-8:00AM (Gym) Staff	5:00AM-9:00AM (Gym) Staff	5:00AM-8:00AM (Gym) Staff	5:00AM-12:00PM (Gym) Staff	5:00AM-5:00PM (Gym) Staff	7:00AM-10:00AM (Gym) Staff 12:00PM-5:45PM (Gym) Staff	4:00PM-5:45PM (Gym) Staff
Conditioning: Athletic Conditioning Northwest Cary - Strength & Cardio Studio A Book	5:45AM-6:30AM (Group Fitness) Sydney W.	5:30PM-6:15PM (Group Fitness) Sydney W.			5:45AM-6:30AM (Group Fitness) Jill M.		
Open Play Pickleball Northwest Cary - Court 1 Book	6:30AM-11:00AM (Gym) Staff	6:30AM-11:00AM (Gym) Staff	6:30AM-11:00AM (Gym) Staff	6:30AM-11:00AM (Gym) Staff	6:30AM-11:00AM (Gym) Staff	10:00AM-12:00PM (Gym) Staff	
Yoga: Gentle Hatha Northwest Cary - Mind & Body Book	8:00AM-9:00AM (Group Fitness) Carolyn L. 12:00PM-1:00PM (Group Fitness) Courtney C.	8:00AM-9:00AM (Group Fitness) Carla J.	8:00AM-9:00AM (Group Fitness) Carla J. 5:30PM-6:30PM (Group Fitness) Anne R.	12:15PM-1:15PM (Group Fitness) Romain M.	8:00AM-9:00AM (Group Fitness) Carolyn L. 5:00PM-6:00PM (Group Fitness) Katie P.	8:15AM-9:15AM (Group Fitness) Anne R.	
Reserved for Family Programs Northwest Cary - Aux Gym Book	8:30AM-1:30PM (Gym) Staff 5:00PM-8:00PM (Gym) Staff	8:30AM-1:30PM (Gym) Staff 5:00PM-8:00PM (Gym) Staff	8:30AM-1:30PM (Gym) Staff 5:00PM-8:00PM (Gym) Staff	8:30AM-1:30PM (Gym) Staff 5:00PM-8:00PM (Gym) Staff	8:30AM-1:30PM (Gym) Staff 5:00PM-8:00PM (Gym) Staff	8:00AM-12:00PM (Gym) Staff 1:00PM-5:00PM (Gym) Staff	
Thrive: Cardio Strength Northwest Cary - Strength & Cardio Studio A Book	8:30AM-9:15AM (Group Fitness) Andrea B.		8:30AM-9:15AM (Group Fitness) Faith H.				
Reserved for Staff Training Northwest Cary - Cycle Studio Book	9:00AM-5:00PM (Group Fitness) Staff						
Yoga: Slow Flow Northwest Cary - Mind & Body Book	9:15AM-10:15AM (Group Fitness) Libby W. 5:30PM-6:30PM (Group Fitness) Sarah P.		9:15AM-10:15AM (Group Fitness) Libby W.	6:00PM-7:00PM (Group Fitness) Libby W.		9:30AM-10:30AM (Group Fitness) Sarah P.	
Strength: Lean and Cut Northwest Cary - Strength & Cardio Studio A Book	9:30AM-10:30AM (Group Fitness) Andrea B.				9:30AM-10:15AM (Group Fitness) Ellen W.	8:15AM-9:15AM (Group Fitness) Emily T.	
Conditioning: Cardio Strength Northwest Cary - Strength & Cardio Studio B Book	9:30AM-10:25AM (Group Fitness) Robin F.	8:30AM-9:15AM (Group Fitness) Paulo D.		5:15PM-6:00PM (Group Fitness) Ivania G.			
Reserved for Homeschool Northwest Cary - Court 2 Book	9:30AM-2:00PM (Gym) Staff	9:30AM-2:00PM (Gym) Staff	9:30AM-2:00PM (Gym) Staff	9:30AM-2:00PM (Gym) Staff	9:30AM-2:00PM (Gym) Staff		
Yoga: Vinyasa Flow Northwest Cary - Mind & Body Book	10:30AM-11:30AM (Group Fitness) Vian T. 6:45PM-7:45PM (Group Fitness) QIQI D.			9:15AM-10:15AM (Group Fitness) Fei T.	10:30AM-11:30AM (Group Fitness) Susan K.		2:30PM-3:30PM (Group Fitness) Courtney C.
Restore & Core: Barre Northwest Cary - Strength & Cardio Studio B Book	10:45AM-11:30AM (Group Fitness) Kristin W. 6:00PM-6:45PM (Group Fitness) Lori W.		9:30AM-10:30AM (Group Fitness) Christa W. 10:45AM-11:45AM (Group Fitness) Christa W. 6:00PM-6:45PM (Group Fitness) Lisa S.		10:45AM-11:30AM (Group Fitness) Kristin W.	10:45AM-11:45AM (Group Fitness) Lori W.	
Dance: HIIT Dance Fitness Northwest Cary - Strength & Cardio Studio A Book	10:45AM-11:45AM (Group Fitness) Sara A.						
Adult Equipment Orientation Northwest Cary YMCA Book	11:30AM-12:30PM (Get Started) Staff	11:30AM-12:30PM (Get Started) Staff	11:30AM-12:30PM (Get Started) Staff	11:30AM-12:30PM (Get Started) Daniel L.		9:15AM-10:15AM (Get Started) Staff	3:00PM-4:00PM (Get Started) Staff

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: Single Lane (Reserved) Northwest Cary - Lap Pool Book	12:00PM-12:30PM (Pool) Staff	5:30AM-6:00AM (Pool) Staff	5:30AM-6:00AM (Pool) Staff	5:30AM-6:00AM (Pool) Staff	5:30AM-6:00AM (Pool) Staff	11:30AM-12:00PM (Pool) Staff	12:00PM-12:30PM (Pool) Staff
	12:30PM-1:00PM (Pool) Staff	6:00AM-6:30AM (Pool) Staff	6:00AM-6:30AM (Pool) Staff	6:00AM-6:30AM (Pool) Staff	6:00AM-6:30AM (Pool) Staff	12:00PM-12:30PM (Pool) Staff	12:30PM-1:00PM (Pool) Staff
	1:00PM-1:30PM (Pool) Staff	6:30AM-7:00AM (Pool) Staff	7:30AM-8:00AM (Pool) Staff	6:30AM-7:00AM (Pool) Staff	7:30AM-8:00AM (Pool) Staff	12:30PM-1:00PM (Pool) Staff	1:00PM-1:30PM (Pool) Staff
	1:30PM-2:00PM (Pool) Staff	7:00AM-7:30AM (Pool) Staff	8:00AM-8:30AM (Pool) Staff	7:00AM-7:30AM (Pool) Staff	8:00AM-8:30AM (Pool) Staff	1:00PM-1:30PM (Pool) Staff	1:30PM-2:00PM (Pool) Staff
	2:00PM-2:30PM (Pool) Staff	7:30AM-8:00AM (Pool) Staff	8:30AM-9:00AM (Pool) Staff	7:30AM-8:00AM (Pool) Staff	8:30AM-9:00AM (Pool) Staff	1:30PM-2:00PM (Pool) Staff	2:00PM-2:30PM (Pool) Staff
	2:30PM-3:00PM (Pool) Staff	8:00AM-8:30AM (Pool) Staff	9:00AM-9:30AM (Pool) Staff	8:00AM-8:30AM (Pool) Staff	9:00AM-9:30AM (Pool) Staff	2:00PM-2:30PM (Pool) Staff	2:30PM-3:00PM (Pool) Staff
	3:00PM-3:30PM (Pool) Staff	8:30AM-9:00AM (Pool) Staff	9:30AM-10:00AM (Pool) Staff	8:30AM-9:00AM (Pool) Staff	9:30AM-10:00AM (Pool) Staff	2:30PM-3:00PM (Pool) Staff	3:00PM-3:30PM (Pool) Staff
	3:30PM-4:00PM (Pool) Staff	9:00AM-9:30AM (Pool) Staff	10:00AM-10:30AM (Pool) Staff	9:00AM-9:30AM (Pool) Staff	10:00AM-10:30AM (Pool) Staff	3:00PM-3:30PM (Pool) Staff	3:30PM-4:00PM (Pool) Staff
		9:30AM-10:00AM (Pool) Staff	10:30AM-11:00AM (Pool) Staff	9:30AM-10:00AM (Pool) Staff	10:30AM-11:00AM (Pool) Staff	3:30PM-4:00PM (Pool) Staff	4:00PM-4:30PM (Pool) Staff
		10:00AM-10:30AM (Pool) Staff	11:00AM-11:30AM (Pool) Staff	10:00AM-10:30AM (Pool) Staff	11:00AM-11:30AM (Pool) Staff	4:00PM-4:30PM (Pool) Staff	4:30PM-5:00PM (Pool) Staff
		10:30AM-11:00AM (Pool) Staff	11:30AM-12:00PM (Pool) Staff	10:30AM-11:00AM (Pool) Staff	11:30AM-12:00PM (Pool) Staff	4:30PM-5:00PM (Pool) Staff	5:00PM-5:30PM (Pool) Staff
		11:00AM-11:30AM (Pool) Staff	12:00PM-12:30PM (Pool) Staff	11:00AM-11:30AM (Pool) Staff	12:00PM-12:30PM (Pool) Staff	5:00PM-5:30PM Staff	
		11:30AM-12:00PM (Pool) Staff	12:30PM-1:00PM (Pool) Staff	11:30AM-12:00PM (Pool) Staff	12:30PM-1:00PM (Pool) Staff		
		12:00PM-12:30PM (Pool) Staff	1:00PM-1:30PM (Pool) Staff	12:00PM-12:30PM (Pool) Staff	1:00PM-1:30PM (Pool) Staff		
		12:30PM-1:00PM (Pool) Staff	1:30PM-2:00PM (Pool) Staff	12:30PM-1:00PM (Pool) Staff	1:30PM-2:00PM (Pool) Staff		
		1:00PM-1:30PM (Pool) Staff	2:00PM-2:30PM (Pool) Staff	1:00PM-1:30PM (Pool) Staff	2:00PM-2:30PM (Pool) Staff		
		1:30PM-2:00PM (Pool) Staff	2:30PM-3:00PM (Pool) Staff	1:30PM-2:00PM (Pool) Staff	2:30PM-3:00PM (Pool) Staff		
		2:00PM-2:30PM (Pool) Staff	3:00PM-3:30PM (Pool) Staff	2:00PM-2:30PM (Pool) Staff	3:00PM-3:30PM (Pool) Staff		
		2:30PM-3:00PM (Pool) Staff	3:30PM-4:00PM (Pool) Staff	2:30PM-3:00PM (Pool) Staff	3:30PM-4:00PM (Pool) Staff		
		3:00PM-3:30PM (Pool) Staff		3:00PM-3:30PM (Pool) Staff	7:30PM-8:00PM (Pool) Staff		
		3:30PM-4:00PM (Pool) Staff		3:30PM-4:00PM (Pool) Staff			
		7:30PM-8:00PM (Pool) Staff		7:30PM-8:00PM (Pool) Staff			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: Shared Lane (Reserved) Northwest Cary - Lap Pool Book	12:00PM-12:30PM (Pool) Staff	5:30AM-6:00AM (Pool) Staff	5:30AM-6:00AM (Pool) Staff	5:30AM-6:00AM (Pool) Staff	5:30AM-6:00AM (Pool) Staff	8:00AM-8:30AM (Pool) Staff	12:00PM-12:30PM (Pool) Staff
	12:30PM-1:00PM (Pool) Staff	6:00AM-6:30AM (Pool) Staff	6:00AM-6:30AM (Pool) Staff	6:00AM-6:30AM (Pool) Staff	6:00AM-6:30AM (Pool) Staff	8:30AM-9:00AM (Pool) Staff	12:30PM-1:00PM (Pool) Staff
	1:00PM-1:30PM (Pool) Staff	6:30AM-7:00AM (Pool) Staff	6:30AM-7:00AM (Pool) Staff	6:30AM-7:00AM (Pool) Staff	6:30AM-7:00AM (Pool) Staff	9:00AM-9:30AM (Pool) Staff	1:00PM-1:30PM (Pool) Staff
	1:30PM-2:00PM (Pool) Staff	7:00AM-7:30AM (Pool) Staff	7:00AM-7:30AM (Pool) Staff	7:00AM-7:30AM (Pool) Staff	7:00AM-7:30AM (Pool) Staff	9:30AM-10:00AM (Pool) Staff	1:30PM-2:00PM (Pool) Staff
	2:00PM-2:30PM (Pool) Staff	7:30AM-8:00AM (Pool) Staff	7:30AM-8:00AM (Pool) Staff	7:30AM-8:00AM (Pool) Staff	7:30AM-8:00AM (Pool) Staff	10:00AM-10:30AM (Pool) Staff	2:00PM-2:30PM (Pool) Staff
	2:30PM-3:00PM (Pool) Staff	8:00AM-8:30AM (Pool) Staff	8:00AM-8:30AM (Pool) Staff	8:00AM-8:30AM (Pool) Staff	8:00AM-8:30AM (Pool) Staff	10:30AM-11:00AM (Pool) Staff	2:30PM-3:00PM (Pool) Staff
	3:00PM-3:30PM (Pool) Staff	8:30AM-9:00AM (Pool) Staff	8:30AM-9:00AM (Pool) Staff	8:30AM-9:00AM (Pool) Staff	8:30AM-9:00AM (Pool) Staff	11:00AM-11:30AM Staff	3:00PM-3:30PM (Pool) Staff
	3:30PM-4:00PM (Pool) Staff	9:00AM-9:30AM (Pool) Staff	9:00AM-9:30AM (Pool) Staff	9:00AM-9:30AM (Pool) Staff	9:00AM-9:30AM (Pool) Staff	11:30AM-12:00PM (Pool) Staff	3:30PM-4:00PM (Pool) Staff
	4:00PM-4:30PM (Pool) Staff	9:30AM-10:00AM (Pool) Staff	9:30AM-10:00AM (Pool) Staff	9:30AM-10:00AM (Pool) Staff	9:30AM-10:00AM (Pool) Staff	12:00PM-12:30PM (Pool) Staff	4:00PM-4:30PM (Pool) Staff
	4:30PM-5:00PM (Pool) Staff	10:00AM-10:30AM (Pool) Staff	10:00AM-10:30AM (Pool) Staff	10:00AM-10:30AM (Pool) Staff	10:00AM-10:30AM (Pool) Staff	12:30PM-1:00PM (Pool) Staff	4:30PM-5:00PM (Pool) Staff
	5:00PM-5:30PM (Pool) Staff	10:30AM-11:00AM (Pool) Staff	10:30AM-11:00AM (Pool) Staff	10:30AM-11:00AM (Pool) Staff	10:30AM-11:00AM (Pool) Staff	1:00PM-1:30PM (Pool) Staff	5:00PM-5:30PM (Pool) Staff
	5:30PM-6:00PM (Pool) Staff	11:00AM-11:30AM (Pool) Staff	11:00AM-11:30AM (Pool) Staff	11:00AM-11:30AM (Pool) Staff	11:00AM-11:30AM (Pool) Staff	1:30PM-2:00PM (Pool) Staff	
		11:30AM-12:00PM (Pool) Staff	11:30AM-12:00PM (Pool) Staff	11:30AM-12:00PM (Pool) Staff	11:30AM-12:00PM (Pool) Staff	2:00PM-2:30PM (Pool) Staff	
		12:00PM-12:30PM (Pool) Staff	12:00PM-12:30PM (Pool) Staff	12:00PM-12:30PM (Pool) Staff	12:00PM-12:30PM (Pool) Staff	2:30PM-3:00PM (Pool) Staff	
		12:30PM-1:00PM (Pool) Staff	12:30PM-1:00PM (Pool) Staff	12:30PM-1:00PM (Pool) Staff	12:30PM-1:00PM (Pool) Staff	3:00PM-3:30PM (Pool) Staff	
		1:00PM-1:30PM (Pool) Staff	1:00PM-1:30PM (Pool) Staff	1:00PM-1:30PM (Pool) Staff	1:00PM-1:30PM (Pool) Staff	3:30PM-4:00PM (Pool) Staff	
		1:30PM-2:00PM (Pool) Staff	1:30PM-2:00PM (Pool) Staff	1:30PM-2:00PM (Pool) Staff	1:30PM-2:00PM (Pool) Staff	4:00PM-4:30PM (Pool) Staff	
		2:00PM-2:30PM (Pool) Staff	2:00PM-2:30PM (Pool) Staff	2:00PM-2:30PM (Pool) Staff	2:00PM-2:30PM (Pool) Staff	4:30PM-5:00PM (Pool) Staff	
		2:30PM-3:00PM (Pool) Staff	2:30PM-3:00PM (Pool) Staff	2:30PM-3:00PM (Pool) Staff	2:30PM-3:00PM (Pool) Staff	5:00PM-5:30PM Staff	
		3:00PM-3:30PM (Pool) Staff	3:00PM-3:30PM (Pool) Staff	3:00PM-3:30PM (Pool) Staff	3:00PM-3:30PM (Pool) Staff		
		3:30PM-4:00PM (Pool) Staff	3:30PM-4:00PM (Pool) Staff	3:30PM-4:00PM (Pool) Staff	3:30PM-4:00PM (Pool) Staff		
		4:00PM-4:30PM (Pool) Staff	4:00PM-4:30PM (Pool) Staff	4:00PM-4:30PM (Pool) Staff	4:00PM-4:30PM (Pool) Staff		
		4:30PM-5:00PM (Pool) Staff	4:30PM-5:00PM (Pool) Staff	4:30PM-5:00PM (Pool) Staff	4:30PM-5:00PM (Pool) Staff		
		5:00PM-5:30PM (Pool) Staff	5:00PM-5:30PM (Pool) Staff	5:00PM-5:30PM (Pool) Staff	5:00PM-5:30PM (Pool) Staff		
		5:30PM-6:00PM (Pool) Staff	5:30PM-6:00PM (Pool) Staff	5:30PM-6:00PM (Pool) Staff	5:30PM-6:00PM (Pool) Staff		
		6:00PM-6:30PM (Pool) Staff	6:00PM-6:30PM (Pool) Staff	6:00PM-6:30PM (Pool) Staff	6:00PM-6:30PM (Pool) Staff		
		6:30PM-7:00PM (Pool) Staff	6:30PM-7:00PM (Pool) Staff	6:30PM-7:00PM (Pool) Staff	6:30PM-7:00PM (Pool) Staff		
		7:00PM-7:30PM (Pool) Staff	7:00PM-7:30PM (Pool) Staff	7:00PM-7:30PM (Pool) Staff	7:00PM-7:30PM (Pool) Staff		
		7:30PM-8:00PM (Pool) Staff	7:30PM-8:00PM (Pool) Staff	7:30PM-8:00PM (Pool) Staff	7:30PM-8:00PM (Pool) Staff		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Northwest Cary YMCA Book	1:00PM-5:30PM (Gym) Staff		1:00PM-5:30PM (Gym) Staff				
Reserved for YOTA Swim Team Northwest Cary - Lap Pool Book	4:00PM-8:00PM (Pool) Staff	4:00PM-7:30PM (Pool) Staff	4:00PM-8:00PM (Pool) Staff	4:00PM-7:30PM (Pool) Staff	4:00PM-7:30PM (Pool) Staff	8:00AM-11:30AM (Pool) Staff	
Strength: BODYPUMP™ Northwest Cary - Strength & Cardio Studio A Book	4:45PM-5:45PM (Group Fitness) Emily F.	5:45AM-6:40AM (Group Fitness) Johannah S. 6:30PM-7:25PM (Group Fitness) Emily F.				10:45AM-11:40AM (Group Fitness) Robin F.	
Conditioning: MetCon Northwest Cary YMCA Book	5:15PM-6:15PM (Group Fitness) Lisa S.						
Teen Pick Up Basketball Northwest Cary - Court 2 Book	5:30PM-7:00PM (Gym) Staff						
Strength: Load and Lift Northwest Cary - Strength & Cardio Studio A Book	6:00PM-7:00PM (Group Fitness) Trudy M.						
Cycle: Beats Northwest Cary - Cycle Studio Book	6:30PM-7:15PM (Group Fitness) Michelle A.		6:30PM-7:30PM (Group Fitness) Melissa H.				
Adult Pick Up Basketball Northwest Cary - Court 2 Book	7:00PM-9:30PM (Gym) Staff		7:00PM-9:30PM (Gym) Staff				12:00PM-2:00PM (Gym) Staff
Dance: Zumba Northwest Cary - Strength & Cardio Studio B Book	7:00PM-8:00PM (Group Fitness) Marissa G.	10:45AM-11:45AM (Group Fitness) Irene L. 6:15PM-7:15PM (Group Fitness) Vilmarie R.		6:15PM-7:15PM (Group Fitness) Caroline L.	9:30AM-10:30AM (Group Fitness) Irene L.	9:30AM-10:30AM (Group Fitness) Jeeyoon M.	
Thrive: Balanced and Strong Northwest Cary - Strength & Cardio Studio A Book		8:30AM-9:15AM (Group Fitness) Faith H.		8:00AM-8:45AM (Group Fitness) Faith H.			
Yoga: Power Yoga Northwest Cary - Mind & Body Book		9:15AM-10:15AM (Group Fitness) Doretta H. 5:30PM-6:30PM (Group Fitness) Sarah P.		8:00AM-9:00AM (Group Fitness) Susan K.			1:15PM-2:15PM (Group Fitness) Clayton B.
Strength: Ripped and Strong Northwest Cary - Strength & Cardio Studio A Book		9:30AM-10:30AM (Group Fitness) Grace C.		9:30AM-10:30AM (Group Fitness) Grace C. 5:15PM-6:15PM (Group Fitness) Sydney W.			
Cycle: Force Northwest Cary YMCA Book		9:30AM-10:15AM (Group Fitness) Michelle A.					
Conditioning: BODYCOMBAT Northwest Cary - Strength & Cardio Studio B Book		9:30AM-10:30AM (Group Fitness) Judithe A.		8:15AM-9:15AM (Group Fitness) Jon V.		8:15AM-9:15AM (Group Fitness) Robin F.	
Restore & Core: Mat Pilates Northwest Cary - Mind & Body Book		10:30AM-11:30AM (Group Fitness) Doretta H. 6:45PM-7:45PM (Group Fitness) Kristin W.	10:30AM-11:30AM (Group Fitness) Libby W.		9:15AM-10:15AM (Group Fitness) Kristin W.		
Thrive: Chair Yoga Northwest Cary - Strength & Cardio Studio B Book		11:45AM-12:45PM (Group Fitness) Vian T.					
Open Play Adult Volleyball Northwest Cary - Court 2 Book		6:00PM-8:00PM (Gym) Staff		6:00PM-8:00PM (Gym) Staff			
Reserved for YOTA Swim Team Northwest Cary - Strength & Cardio Studio B Book			5:30AM-6:30AM (Pool) Staff				
Reserved for Masters Swim Northwest Cary - Lap Pool Book			6:30AM-7:30AM (Pool) Staff		6:30AM-7:30AM (Pool) Staff		
Cycle: Force Northwest Cary - Cycle Studio Book			7:30AM-8:15AM (Group Fitness) Keri D.		7:30AM-8:30AM (Group Fitness) Marian B.		
Dance: Zumba Northwest Cary - Strength & Cardio Studio A Book			11:45AM-12:45PM (Group Fitness) Jeeyoon M.		6:00PM-7:00PM (Group Fitness) Caroline L.		3:45PM-4:45PM (Group Fitness) Marissa G.
Conditioning: MetCon Northwest Cary - Cycle Studio Book			5:30PM-6:15PM (Group Fitness) Allison D.		9:30AM-10:30AM (Group Fitness) Lisa S.		
Conditioning: BODYCOMBAT Northwest Cary - Strength & Cardio Studio A Book			5:30PM-6:30PM (Group Fitness) Robin F.				
Yoga: Sculpt Northwest Cary - Mind & Body Book			6:45PM-7:45PM (Group Fitness) Emily C.				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance: Dance Northwest Cary - Strength & Cardio Studio B Book			7:00PM-8:00PM (Group Fitness) <i>Caroline L.</i>				
Adult Pick Up Basketball Northwest Cary - Court 1 Book			8:15PM-9:30PM (Gym) <i>Staff</i>				12:00PM-2:00PM (Gym) <i>Staff</i>
Dance: HIIT Dance Fitness Northwest Cary - Strength & Cardio Studio B Book				9:30AM-10:30AM (Group Fitness) <i>Jeeyoon M.</i>			
Reserved for Group Fitness Northwest Cary - Court 2 Book				9:30AM-10:15AM (Gym) <i>Staff</i>			
Restore & Core: Tai Chi Yang-style Northwest Cary - Mind & Body Book				10:30AM-11:30AM (Group Fitness) <i>Huel M.</i>			
Thrive: Chair Pilates Northwest Cary - Strength & Cardio Studio B Book				10:45AM-11:45AM (Group Fitness) <i>Romain M.</i>			
Restore & Core: Mindfulness Meditation Northwest Cary YMCA Book				12:00PM-12:15PM (Group Fitness) <i>Romain M.</i>			
Conditioning: Cardio Strength Northwest Cary - Strength & Cardio Studio A Book					8:15AM-9:00AM (Group Fitness) <i>Ellen W.</i>	9:30AM-10:30AM (Group Fitness) <i>Emily T.</i>	
Thrive: Cardio Strength Northwest Cary - Strength & Cardio Studio B Book					8:30AM-9:15AM (Group Fitness) <i>Victoria B.</i>		
Restore & Core: Intermediate Tai-Chi Northwest Cary - Mind & Body Book					11:45AM-12:45PM (Group Fitness) <i>Huel M.</i>		
Teen Equipment Orientation Northwest Cary YMCA Book					3:30PM-4:30PM (Get Started) <i>Staff</i>	1:00PM-2:00PM (Get Started) <i>Staff</i>	1:00PM-2:00PM (Get Started) <i>Staff</i>
Cycle: Fusion Northwest Cary - Cycle Studio Book						9:30AM-10:30AM (Group Fitness) <i>Dawn K.</i>	
Yoga: Yin Northwest Cary - Mind & Body Book						11:00AM-12:00PM (Group Fitness) <i>Sarah P.</i>	
Open Play Adult Volleyball Northwest Cary - Court 1 Book						2:15PM-5:45PM (Gym) <i>Staff</i>	2:00PM-4:00PM (Gym) <i>Staff</i>
Reserved for Family Time Northwest Cary - Court 2 Book							2:00PM-4:00PM (Gym) <i>Staff</i>
Dance: Zumba Toning Northwest Cary - Strength & Cardio Studio B Book							2:45PM-3:30PM (Group Fitness) <i>Marissa G.</i>



Chatham Park YMCA | December 15th - December 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Pick Up Basketball Chatham Park - Court 2 Book	5:00AM-7:00AM (Gym) Staff	5:00AM-7:00AM (Gym) Staff	5:00AM-7:00AM (Gym) Staff	5:00AM-7:00AM (Gym) Staff	5:00AM-7:00AM (Gym) Staff	7:00AM-9:00AM (Gym) Staff	
Adult Pick Up Basketball Chatham Park - Court 1 Book	5:00AM-7:00AM (Gym) Staff	5:00AM-7:00AM (Gym) Staff	5:00AM-7:00AM (Gym) Staff	5:00AM-7:00AM (Gym) Staff	5:00AM-7:00AM (Gym) Staff	7:00AM-9:00AM (Gym) Staff	
Virtual In-Studio: Les Mills GRIT™ Strength Chatham Park - Upstairs Studio Book	5:45AM-6:15AM (Group Fitness) Chatham P.						
Lap Lane: 3 Shared Lanes Chatham Park - Lap Lane Pool Book	6:00AM-7:15AM (Pool) Chatham P.		6:00AM-7:15AM (Pool) Chatham P.		6:00AM-7:15AM (Pool) Chatham P.		
Open Gym Chatham Park - Gym Book	7:00AM-9:00AM (Gym) Staff 11:00AM-1:00PM (Gym) Staff 11:00AM-1:00PM (Gym) Staff 1:00PM-3:00PM (Gym) Staff 7:00PM-9:00PM (Gym) Staff	7:00AM-9:00AM (Gym) Staff 11:00AM-1:00PM (Gym) Staff 1:00PM-3:00PM (Gym) Staff	7:00AM-9:00AM (Gym) Staff 11:00AM-1:00PM (Gym) Staff 1:00PM-3:00PM (Gym) Staff 8:00PM-9:00PM (Gym) Staff	7:00AM-9:00AM (Gym) Staff 11:00AM-1:00PM (Gym) Staff 1:00PM-3:00PM (Gym) Staff	7:00AM-9:00AM (Gym) Staff 11:00AM-12:00PM (Gym) Staff 1:00PM-3:00PM (Gym) Staff 6:00PM-8:00PM (Gym) Staff	11:00AM-1:00PM (Gym) Staff 1:00PM-3:00PM (Gym) Staff 4:00PM-6:00PM (Gym) Staff	4:00PM-6:00PM (Gym) Staff
Lap Lane: 8 Shared Lanes Chatham Park - Lap Lane Pool Book	7:15AM-8:30AM (Pool) Chatham P. 5:15PM-7:00PM (Pool) Chatham P.	5:15PM-7:00PM (Pool) Chatham P.	7:15AM-8:30AM (Pool) Chatham P. 5:15PM-7:00PM (Pool) Chatham P.	5:15PM-7:00PM (Pool) Chatham P.	7:15AM-8:30AM (Pool) Chatham P. 5:15PM-7:00PM (Pool) Chatham P.	8:00AM-10:00AM (Pool) Chatham P. 10:00AM-1:00PM (Pool) Chatham P.	11:30AM-3:15PM (Pool) Chatham P.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Restore & Core: Barre Chatham Park - Downstairs Studio Book	8:15AM-9:00AM (Group Fitness) <i>Amanda I.</i> 6:30PM-7:15PM (Group Fitness) <i>Carrie T.</i>	5:15PM-6:15PM (Group Fitness) <i>Carrie T.</i>	8:15AM-9:00AM (Group Fitness) <i>Amy M.</i>				
Cycle: Fusion Chatham Park - Upstairs Studio Book	8:15AM-9:00AM (Group Fitness) <i>Joelle S.</i>						
Strength: Lean and Cut Chatham Park - Upstairs Studio Book	9:15AM-10:15AM (Group Fitness) <i>Amanda I.</i> 5:15PM-6:15PM (Group Fitness) <i>Henri T.</i>				9:15AM-10:15AM (Group Fitness) <i>Carrie T.</i>	9:00AM-9:45AM (Group Fitness) <i>Amy M.</i>	
Restore & Core: Pilates Sculpt Chatham Park - Downstairs Studio Book	9:15AM-10:15AM (Group Fitness) <i>Eleanor G.</i>						
Adult Equipment Orientation Chatham Park - Wellness Floor Book	9:30AM-10:15AM (Get Started) <i>Chatham P.</i>	9:30AM-10:15AM (Get Started) <i>Chatham P.</i>	9:30AM-10:15AM (Get Started) <i>Chatham P.</i>	9:30AM-10:15AM (Get Started) <i>Chatham P.</i>	9:30AM-10:15AM (Get Started) <i>Chatham P.</i>	11:00AM-11:45AM (Get Started) <i>Chatham P.</i>	1:00PM-1:45PM (Get Started) <i>Chatham P.</i>
Thrive: Balanced and Strong Chatham Park - Downstairs Studio Book	10:30AM-11:30AM (Group Fitness) <i>Lorraine M.</i>		10:30AM-11:30AM (Group Fitness) <i>Henri T.</i>				
Virtual In-Studio: Les Mills BODYPUMP™ Chatham Park - Upstairs Studio Book	12:00PM-12:55PM (Group Fitness) <i>Chatham P.</i>	7:45PM-8:40PM (Group Fitness) <i>Chatham P.</i>	12:00PM-12:55PM (Group Fitness) <i>Chatham P.</i>	7:45PM-8:40PM (Group Fitness) <i>Chatham P.</i>	12:00PM-12:55PM (Group Fitness) <i>Chatham P.</i>		
Lap Lane: 8 Shared Lanes Chatham Park YMCA Book	12:00PM-4:00PM (Pool) <i>Chatham P.</i>		12:00PM-4:00PM (Pool) <i>Chatham P.</i>		12:00PM-4:00PM (Pool) <i>Chatham P.</i>		
Virtual In-Studio: Les Mills CORE™ Chatham Park - Upstairs Studio Book	1:00PM-1:30PM (Group Fitness) <i>Chatham P.</i>		1:00PM-1:30PM (Group Fitness) <i>Chatham P.</i>	5:45AM-6:15AM (Group Fitness) <i>Chatham P.</i>	1:00PM-1:30PM (Group Fitness) <i>Chatham P.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Virtual In-Studio: Les Mills RPM™ Chatham Park - Upstairs Studio Book	2:00PM-2:45PM (Group Fitness) <i>Chatham P.</i>		2:00PM-2:45PM (Group Fitness) <i>Chatham P.</i>		2:00PM-2:45PM (Group Fitness) <i>Chatham P.</i>		
Teen Pick Up Basketball Chatham Park - Court 1 Book	3:00PM-4:00PM (Gym) <i>Staff</i>	3:00PM-4:00PM (Gym) <i>Staff</i>	3:00PM-4:00PM (Gym) <i>Staff</i>	3:00PM-4:00PM (Gym) <i>Staff</i>	3:00PM-4:00PM (Gym) <i>Staff</i>		
Teen Pick Up Basketball Chatham Park - Gym Book	4:00PM-6:00PM (Gym) <i>Staff</i>	4:00PM-6:00PM (Gym) <i>Staff</i>	4:00PM-6:00PM (Gym) <i>Staff</i>	4:00PM-6:00PM (Gym) <i>Staff</i>	4:00PM-6:00PM (Gym) <i>Staff</i>		
Lap Lane: 3 Shared Lanes Chatham Park YMCA Book	4:00PM-5:15PM (Pool) <i>Chatham P.</i>	4:00PM-5:15PM (Pool) <i>Chatham P.</i>	4:00PM-5:15PM (Pool) <i>Chatham P.</i>	4:00PM-5:15PM (Pool) <i>Chatham P.</i>	4:00PM-5:15PM (Pool) <i>Chatham P.</i>		
Yoga: Sculpt Chatham Park - Downstairs Studio Book	5:15PM-6:15PM (Group Fitness) <i>Liz L.</i>						
Reserved for Family Programs Chatham Park - Airnasium Book	5:40PM-6:25PM (Gym) <i>Staff</i>	5:40PM-6:25PM (Gym) <i>Staff</i>	5:40PM-6:25PM (Gym) <i>Staff</i>	5:40PM-6:25PM (Gym) <i>Staff</i>			
Reserved for Pickleball Chatham Park - Airnasium Book	6:30PM-7:50PM (Gym) <i>Staff</i>						
Conditioning: BODYCOMBAT Chatham Park - Upstairs Studio Book	6:30PM-7:15PM (Group Fitness) <i>Anky C.</i>						
Virtual In-Studio: Les Mills BODYCOMBAT Chatham Park - Upstairs Studio Book		5:45AM-6:40AM (Group Fitness) <i>Chatham P.</i> 1:00PM-1:55PM (Group Fitness) <i>Chatham P.</i>		1:00PM-1:55PM (Group Fitness) <i>Chatham P.</i>			
Strength: Ripped and Strong Chatham Park - Upstairs Studio Book		8:15AM-9:00AM (Group Fitness) <i>Andrea B.</i>	9:15AM-10:15AM (Group Fitness) <i>Amanda B.</i> 5:15PM-6:15PM (Group Fitness) <i>Amanda I.</i>				
Cycle: RPM™ Chatham Park - Upstairs Studio Book		9:15AM-10:00AM (Group Fitness) <i>Lorraine M.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga: Vinyasa Flow Chatham Park - Downstairs Studio Book		9:15AM-10:15AM (Group Fitness) <i>Robin H.</i>	5:15PM-6:15PM (Group Fitness) <i>Liz L.</i>	9:15AM-10:15AM (Group Fitness) <i>Robin H.</i>		9:00AM-10:00AM (Group Fitness) <i>Robin H.</i>	
Thrive: Cardio Strength Chatham Park - Downstairs Studio Book		10:30AM-11:30AM (Group Fitness) <i>Betty R.</i>		10:30AM-11:15AM (Group Fitness) <i>Betty R.</i>			
Open Play Pickleball Chatham Park - Gym Book		11:00AM-1:00PM (Gym) <i>Staff</i>	11:00AM-1:00PM (Gym) <i>Staff</i>	11:00AM-1:00PM (Gym) <i>Staff</i>			
Virtual In-Studio: Les Mills BODYBALANCE™ Chatham Park - Upstairs Studio Book		2:00PM-2:55PM (Group Fitness) <i>Chatham P.</i>		2:00PM-2:55PM (Group Fitness) <i>Chatham P.</i>			
Dance: Zumba Chatham Park - Upstairs Studio Book		5:15PM-6:15PM (Group Fitness) <i>Jennifer H.</i>					2:00PM-3:00PM (Group Fitness) <i>Sonia G.</i>
Strength: BODYPUMP™ Chatham Park - Upstairs Studio Book		6:30PM-7:15PM (Group Fitness) <i>Amanda B.</i>	5:45AM-6:40AM (Group Fitness) <i>Matt M.</i>	6:30PM-7:15PM (Group Fitness) <i>Lorraine M.</i>			
Restore & Core: Mat Pilates Chatham Park - Downstairs Studio Book		6:30PM-7:15PM (Group Fitness) <i>Christine G.</i>		5:15PM-6:15PM (Group Fitness) <i>Eleanor G.</i>	9:15AM-10:15AM (Group Fitness) <i>Christine G.</i>		
Cycle: Force Chatham Park - Upstairs Studio Book			8:15AM-9:00AM (Group Fitness) <i>Joelle S.</i>				
Open Gym Chatham Park - Court 1 Book			6:00PM-8:00PM (Gym) <i>Staff</i>			10:00AM-12:00PM (Gym) <i>Staff</i>	1:00PM-4:00PM (Gym) <i>Staff</i>
Reserved for Pickleball Chatham Park - Court 2 Book			6:00PM-8:00PM (Gym) <i>Staff</i>				
Cycle: Beats Chatham Park - Upstairs Studio Book			6:30PM-7:15PM (Group Fitness) <i>Carrie T.</i>			8:00AM-8:45AM (Group Fitness) <i>Robin H.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning: Cardio Strength Chatham Park - Upstairs Studio Book				9:15AM-10:15AM (Group Fitness) <i>Amanda I.</i> 5:15PM-6:15PM (Group Fitness) <i>Amy M.</i>		10:00AM-10:45AM (Group Fitness) <i>Amy M.</i>	
Conditioning: Athletic Conditioning Chatham Park - Upstairs Studio Book					5:45AM-6:30AM (Group Fitness) <i>Amanda I.</i>		
Thrive: Chair Yoga Chatham Park - Downstairs Studio Book					10:30AM-11:30AM (Group Fitness) <i>Robin H.</i>		
Adult Pick Up Basketball Chatham Park - Gym Book					12:00PM-2:00PM (Gym) <i>Staff</i>		
Reserved for Family Time Chatham Park - Court 2 Book						9:00AM-10:00AM (Gym) <i>Staff</i>	1:00PM-4:00PM (Gym) <i>Staff</i> 3:00PM-4:00PM (Gym) <i>Staff</i>
Open Play Pickleball Chatham Park - Court 2 Book						10:00AM-12:00PM (Gym) <i>Staff</i>	
Dance: Zumba Chatham Park - Downstairs Studio Book						10:15AM-11:00AM (Group Fitness) <i>Rose A.</i>	
Teen Equipment Orientation Chatham Park YMCA Book						12:00PM-12:45PM (Get Started) <i>Chatham P.</i>	3:00PM-3:45PM (Get Started) <i>Chatham P.</i>
Open Gym Chatham Park - Court 2 Book							11:00AM-1:00PM (Gym) <i>Staff</i>
Virtual In-Studio: Les Mills BODYPUMP™ Chatham Park YMCA Book							11:30AM-12:25PM (Group Fitness) <i>Chatham P.</i>
Yoga: Gentle Hatha Chatham Park - Downstairs Studio Book							1:30PM-2:30PM (Group Fitness) <i>Eleanor G.</i>



Kraft Family YMCA | December 15th - December 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Half Court Basketball Kraft - Court 1 Book	5:00AM-6:00AM (Gym) Staff	6:30AM-7:00AM (Gym) Staff	7:00AM-8:00AM (Gym) Staff	6:30AM-7:30AM (Gym) Staff	5:00AM-6:00AM (Gym) Staff	8:30AM-9:30AM (Gym) Staff	11:00AM-12:00PM (Gym) Staff
	6:00AM-7:00AM (Gym) Staff	7:00AM-8:00AM (Gym) Staff	12:00PM-1:00PM (Gym) Staff	7:30AM-8:30AM (Gym) Staff	6:00AM-7:00AM (Gym) Staff	9:30AM-10:30AM (Gym) Staff	
	7:00AM-8:30AM (Gym) Staff	8:00AM-9:00AM (Gym) Staff	1:00PM-2:00PM (Gym) Staff	12:00PM-1:00PM (Gym) Staff	7:00AM-8:30AM (Gym) Staff		
	12:00PM-1:00PM (Gym) Staff	9:00AM-10:00AM (Gym) Staff	2:00PM-3:30PM (Gym) Staff	1:00PM-2:00PM (Gym) Staff	12:00PM-1:00PM (Gym) Staff		
	1:00PM-2:00PM (Gym) Staff	10:00AM-11:00AM (Gym) Staff	3:30PM-4:30PM (Gym) Staff	2:00PM-3:30PM (Gym) Staff	1:00PM-2:00PM (Gym) Staff		
	2:00PM-3:30PM (Gym) Staff	12:00PM-1:00PM (Gym) Staff	7:30PM-8:00PM (Gym) Staff		2:00PM-3:00PM (Gym) Staff		
	8:00PM-9:00PM (Gym) Staff	1:00PM-2:00PM (Gym) Staff 2:00PM-3:30PM (Gym) Staff			3:00PM-4:00PM (Gym) Staff 4:00PM-5:00PM (Gym) Staff 5:00PM-6:00PM (Gym) Staff 6:00PM-7:00PM (Gym) Staff 7:00PM-8:00PM (Gym) Staff		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Half Court Basketball Kraft - Court 2 Book	5:00AM-7:00AM (Gym) <i>Staff</i> 8:00PM-9:00PM (Gym) <i>Staff</i>	6:30AM-7:00AM (Gym) <i>Staff</i>	5:00AM-6:00AM (Gym) <i>Staff</i> 6:00AM-7:00AM (Gym) <i>Staff</i> 7:00PM-8:00PM (Gym) <i>Staff</i> 8:00PM-9:00PM (Gym) <i>Staff</i>	6:30AM-7:00AM (Gym) <i>Staff</i>	6:00AM-7:00AM (Gym) <i>Staff</i> 5:30PM-7:00PM (Gym) <i>Staff</i> 7:00PM-8:00PM (Gym) <i>Staff</i>	7:30AM-8:30AM (Gym) <i>Staff</i> 8:30AM-9:30AM (Gym) <i>Staff</i> 9:30AM-10:30AM (Gym) <i>Staff</i> 3:15PM-3:45PM (Gym) <i>Staff</i> 4:00PM-5:00PM (Gym) <i>Staff</i> 5:00PM-6:00PM (Gym) <i>Staff</i>	11:00AM-12:00PM (Gym) <i>Staff</i> 12:00PM-1:00PM (Gym) <i>Staff</i> 3:00PM-4:00PM (Gym) <i>Staff</i> 4:00PM-6:00PM (Gym) <i>Staff</i>
Virtual In-Studio: Les Mills RPM™ Kraft - Studio B Book	5:15AM-6:00AM (Group Fitness) <i>Kraft S.</i> 12:15PM-1:00PM (Group Fitness) <i>Staff</i>	2:00PM-2:45PM (Group Fitness) <i>Staff</i>	5:30AM-6:15AM (Group Fitness) <i>Staff</i> 12:15PM-1:00PM (Group Fitness) <i>Staff</i> 2:00PM-2:30PM (Group Fitness) <i>Staff</i>	8:00AM-8:30AM (Group Fitness) <i>Staff</i> 2:00PM-2:45PM (Group Fitness) <i>Staff</i>	12:15PM-1:00PM (Group Fitness) <i>Staff</i> 5:30PM-6:00PM (Group Fitness) <i>Staff</i>	8:15AM-9:00AM (Group Fitness) <i>Staff</i> 12:15PM-1:00PM (Group Fitness) <i>Staff</i>	12:00PM-12:45PM (Group Fitness) <i>Kraft S.</i> 2:00PM-2:45PM (Group Fitness) <i>Staff</i>
Strength: BODYPUMP™ Kraft - Studio A Book	5:30AM-6:25AM (Group Fitness) <i>Gretchen N.</i> 9:35AM-10:30AM (Group Fitness) <i>Anna W.</i> 12:10PM-12:55PM (Group Fitness) <i>Jenna W.</i> 5:30PM-6:25PM (Group Fitness) <i>Cher L.</i> 7:30PM-8:25PM (Group Fitness) <i>Joanne M.</i>	6:35PM-7:30PM (Group Fitness) <i>Joanne M.</i>	5:30AM-6:25AM (Group Fitness) <i>Jenna W.</i> 12:00PM-12:45PM (Group Fitness) <i>Rae J.</i> 5:30PM-6:25PM (Group Fitness) <i>Ashley S.</i>	6:35PM-7:30PM (Group Fitness) <i>Amanda S.</i>	5:30AM-6:25AM (Group Fitness) <i>Melissa S.</i> 6:00PM-6:55PM (Group Fitness) <i>Christiann C.</i>	10:10AM-11:05AM (Group Fitness) <i>Melissa S.</i>	1:05PM-2:00PM (Group Fitness) <i>Joanne M.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Virtual In-Studio: Les Mills CORE™ Kraft - Studio A Book	6:30AM-7:00AM (Group Fitness) <i>Kraft S.</i>		3:15PM-3:45PM (Group Fitness) <i>Kraft S.</i>				
Cycle: Force Kraft - Studio B Book	6:30AM-7:15AM (Group Fitness) <i>CarolAnn R.</i> 8:00AM-8:45AM (Group Fitness) <i>CarolAnn R.</i> 5:30PM-6:15PM (Group Fitness) <i>Sara D.</i>						
Reserved for Youth Programs Kraft - Court 2 Book	7:00AM-5:30PM (Gym) <i>Staff</i>	7:00AM-5:30PM (Gym) <i>Staff</i>	7:00AM-5:30PM (Gym) <i>Staff</i>	7:00AM-5:30PM (Gym) <i>Staff</i>	7:00AM-5:30PM (Gym) <i>Staff</i>		
Open Play Adult Pickleball Kraft - Court 1 Book	8:30AM-9:30AM (Gym) <i>Staff</i> 9:30AM-10:00AM (Gym) <i>Staff</i>	7:00PM-8:00PM (Gym) <i>Staff</i> 8:00PM-9:00PM (Gym) <i>Staff</i>	8:30AM-10:00AM (Gym) <i>Staff</i>	8:30AM-10:00AM (Gym) <i>Staff</i>	8:30AM-9:30AM (Gym) <i>Staff</i> 9:30AM-10:00AM (Gym) <i>Staff</i>	4:30PM-6:00PM (Gym) <i>Staff</i>	2:00PM-3:00PM (Gym) <i>Staff</i>
Restore & Core: Mat Pilates Kraft - Studio A Book	8:30AM-9:25AM (Group Fitness) <i>Shannon S.</i>		6:35PM-7:20PM (Group Fitness) <i>Clayton B.</i>		10:45AM-11:40AM (Group Fitness) <i>Romain M.</i>		
Cycle: Fusion Kraft - Studio B Book	9:30AM-10:25AM (Group Fitness) <i>Sara D.</i>		9:30AM-10:25AM (Group Fitness) <i>Kimberly B.</i>				
Dance: Zumba Kraft - Martha's Den Book	9:30AM-10:25AM (Group Fitness) <i>Lauren B.</i>						
Open Play Pickleball Kraft - Court 1 Book	10:00AM-11:00AM (Gym) <i>Staff</i>	6:00PM-7:00PM (Gym) <i>Staff</i>	10:00AM-11:00AM (Gym) <i>Staff</i>	10:00AM-11:00AM (Gym) <i>Staff</i>	10:00AM-11:00AM (Gym) <i>Staff</i>	3:30PM-4:30PM (Gym) <i>Staff</i>	1:00PM-2:00PM (Gym) <i>Staff</i>
Yoga: Slow Flow Kraft - Martha's Den Book	10:30AM-11:25AM (Group Fitness) <i>Michele K.</i>		9:30AM-10:15AM (Group Fitness) <i>Marlene D.</i>				
Conditioning: BODYCOMBAT Kraft - Studio A Book	10:45AM-11:40AM (Group Fitness) <i>Johannah S.</i>		9:35AM-10:30AM (Group Fitness) <i>Anna W.</i>		12:00PM-12:55PM (Group Fitness) <i>Anna W.</i>		11:50AM-12:45PM (Group Fitness) <i>Kayla S.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reserved for Family Programs Kraft - Court 1 Book	11:00AM-12:00PM (Gym) <i>Staff</i>		11:00AM-12:00PM (Gym) <i>Staff</i>	11:00AM-12:00PM (Gym) <i>Staff</i>	11:00AM-12:00PM (Gym) <i>Staff</i>		
Step: Xtreme Hip-Hop Step Kraft - Studio B Book	11:00AM-11:45AM (Group Fitness) <i>Candace R.</i>		6:30PM-7:25PM (Group Fitness) <i>Brianne G.</i>				
Restore & Core: Mat Pilates Kraft - Martha's Den Book	11:30AM-12:15PM (Group Fitness) <i>Jaclyn C.</i>						
Restore & Core: Barre Kraft - Studio A Book	1:15PM-2:00PM (Group Fitness) <i>Michele K.</i>		8:30AM-9:25AM (Group Fitness) <i>Shannon S.</i>				
Virtual In-Studio: Les Mills BODYBALANCE™ Kraft - Studio A Book	3:15PM-3:45PM (Group Fitness) <i>Staff</i>	7:45PM-8:30PM (Group Fitness) <i>Staff</i>	4:35PM-5:05PM (Group Fitness) <i>Staff</i>		2:00PM-2:45PM (Group Fitness) <i>Staff</i>		
Teen Pick Up Basketball Kraft - Court 1 Book	3:30PM-4:30PM (Gym) <i>Staff</i> 4:30PM-6:00PM (Gym) <i>Staff</i>	3:30PM-4:30PM (Gym) <i>Staff</i> 4:30PM-6:00PM (Gym) <i>Staff</i>	4:30PM-5:30PM (Gym) <i>Staff</i> 5:30PM-6:30PM (Gym) <i>Staff</i> 6:30PM-7:30PM (Gym) <i>Staff</i>	3:30PM-4:30PM (Gym) <i>Staff</i> 4:30PM-5:30PM (Gym) <i>Staff</i>			3:00PM-4:30PM (Gym) <i>Staff</i> 3:30PM-6:00PM (Gym) <i>Staff</i> 4:30PM-6:00PM (Gym) <i>Staff</i>
Strength: Load and Lift Kraft - Studio A Book	4:35PM-5:20PM (Group Fitness) <i>Rob G.</i>			4:35PM-5:20PM (Group Fitness) <i>Rob G.</i>			
Restore & Core: Barre Kraft - Yoga Studio Book	5:00PM-5:45PM (Group Fitness) <i>Julie H.</i>	10:45AM-11:30AM (Group Fitness) <i>Sherry L.</i>					
Reserved for YMCA Programs Kraft - Martha's Den Book	5:45PM-8:30PM (Group Fitness) <i>Staff</i>						
Adult Pick Up Basketball Kraft - Court 1 Book	6:00PM-7:00PM (Gym) <i>Staff</i> 7:00PM-8:00PM (Gym) <i>Staff</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga: Vinyasa Flow Kraft - Yoga Studio Book	6:00PM-6:55PM (Group Fitness) <i>Lisa H.</i>	9:30AM-10:25AM (Group Fitness) <i>Sherry L.</i>					
Dance: Zumba Kraft - Studio A Book	6:30PM-7:25PM (Group Fitness) <i>Theresa C.</i>	5:30PM-6:25PM (Group Fitness) <i>Melinda A.</i>		5:30PM-6:25PM (Group Fitness) <i>Candace R.</i>		11:10AM-12:05PM (Group Fitness) <i>Tatiana R.</i>	
Adult Pick Up Basketball Kraft - Court 2 Book	7:00PM-8:00PM (Gym) <i>Staff</i>						
Reserved for Group Fitness Kraft - Court 1 Book		5:00AM-6:30AM (Gym) <i>Staff</i>		5:00AM-6:30AM (Gym) <i>Staff</i>		7:00AM-8:30AM (Gym) <i>Staff</i>	
Reserved for Group Fitness Kraft - Court 2 Book		5:00AM-6:30AM (Gym) <i>Staff</i>		5:00AM-6:30AM (Gym) <i>Staff</i>			
Virtual In-Studio: Les Mills SPRINT™ Kraft - Studio B Book		5:30AM-6:00AM (Group Fitness) <i>Staff</i> 5:30PM-6:00PM (Group Fitness) <i>Staff</i>	6:30AM-7:00AM (Group Fitness) <i>Staff</i> 7:15PM-7:45PM (Group Fitness) <i>Staff</i>	5:30AM-6:00AM (Group Fitness) <i>Staff</i> 8:35AM-9:05AM (Group Fitness) <i>Staff</i> 12:15PM-12:45PM (Group Fitness) <i>Staff</i>	10:45AM-11:15AM (Group Fitness) <i>Staff</i>	1:30PM-2:00PM (Group Fitness) <i>Staff</i>	
Conditioning: MetCon Kraft - Gym Book		5:30AM-6:15AM (Group Fitness) <i>Melissa S.</i>		5:30AM-6:15AM (Group Fitness) <i>Melissa S.</i>			
Cycle: RPM™ Kraft - Studio B Book		6:30AM-7:15AM (Group Fitness) <i>Isabel G.</i>	5:30PM-6:15PM (Group Fitness) <i>Heather C.</i>	6:30AM-7:15AM (Group Fitness) <i>Isabel G.</i> 9:30AM-10:15AM (Group Fitness) <i>Isabel G.</i>	6:30AM-7:15AM (Group Fitness) <i>Isabel G.</i> 9:30AM-10:15AM (Group Fitness) <i>Kelly S.</i>	9:15AM-10:00AM (Group Fitness) <i>Nancy W.</i>	
Virtual In-Studio: Les Mills THE TRIP™ Kraft - Studio B Book		8:15AM-9:00AM (Group Fitness) <i>Staff</i> 12:15PM-1:00PM (Group Fitness) <i>Kraft S.</i>	8:00AM-8:45AM (Group Fitness) <i>Kraft S.</i>	5:30PM-6:15PM (Group Fitness) <i>Kraft S.</i>	5:20AM-6:05AM (Group Fitness) <i>Kraft S.</i> 8:00AM-8:45AM (Group Fitness) <i>Kraft S.</i>	7:30AM-8:15AM (Group Fitness) <i>Kraft S.</i> 2:00PM-2:45PM (Group Fitness) <i>Kraft S.</i>	
Strength: TRX HIIT Kraft - Court 1 Book		8:30AM-9:15AM (Group Fitness) <i>Rob G.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meet Me at the Y - Get Healthy Kraft - Kraft Main Entrance Book		9:00AM-9:30AM (Get Started) <i>Kristin H.</i>					
Conditioning: BODYCOMBAT Kraft - Kraft Shelter Book		9:20AM-10:15AM (Group Fitness) <i>Sara D.</i>					
Step: Step Kraft - Studio A Book		9:30AM-10:25AM (Group Fitness) <i>Mica R.</i>					
Cycle: Beats Kraft - Studio B Book		9:30AM-10:15AM (Group Fitness) <i>Gretchen N.</i>					
Table Tennis Club Kraft - Kraft Shack Book		10:00AM-12:00PM (Gym) <i>Staff</i>					
Strength: Ripped and Strong Kraft - Kraft Shelter Book		10:30AM-11:25AM (Group Fitness) <i>Jaclyn C.</i>		10:30AM-11:15AM (Group Fitness) <i>Kimberly B.</i>			
Thrive: Balanced and Strong Kraft - Studio A Book		10:35AM-11:20AM (Group Fitness) <i>Mica R.</i>		10:35AM-11:20AM (Group Fitness) <i>Mica R.</i>			
Dance: HIIT Dance Fitness Kraft - Studio B Book		10:45AM-11:30AM (Group Fitness) <i>Tatiana R.</i>		10:45AM-11:30AM (Group Fitness) <i>Tatiana R.</i>			
Reserved for Family Programs Kraft Family YMCA Book		11:00AM-12:00PM (Gym) <i>Staff</i>					
Adult Equipment Orientation Kraft - Kraft Main Entrance Book		11:15AM-12:00PM (Get Started) <i>Nicole W.</i>					
Dance: Zumba Gold Kraft - Studio A Book		11:30AM-12:25PM (Group Fitness) <i>Alma R.</i>		11:30AM-12:25PM (Group Fitness) <i>Alma R.</i>			
Reserved for YMCA Programs Kraft - Studio A Book		1:30PM-3:00PM (Group Fitness) <i>Staff</i>		1:30PM-3:00PM (Group Fitness) <i>Staff</i>			
Virtual In-Studio: Les Mills BODYATTACK™ Kraft - Studio A Book		4:35PM-5:20PM (Group Fitness) <i>Staff</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning: BODYCOMBAT Kraft - Martha's Den Book		6:00PM-6:55PM (Group Fitness) <i>Joel C.</i>					
Yoga: Trap Yoga Kraft - Yoga Studio Book		6:30PM-7:15PM (Group Fitness) <i>Chushenna E.</i>					
Restore & Core: Mat Pilates Kraft - Yoga Studio Book			5:30AM-6:15AM (Group Fitness) <i>Karee W.</i> 5:30PM-6:15PM (Group Fitness) <i>Clayton B.</i>				
Strength: Core Blast Kraft - Studio A Book			6:30AM-7:00AM (Group Fitness) <i>Nancy W.</i>			8:20AM-8:50AM (Group Fitness) <i>Nancy W.</i>	
Meet Me at the Y - Family Experiences Kraft - Kraft Main Entrance Book			9:30AM-10:00AM (Get Started) <i>Megan R.</i>				
Yoga: Gentle Hatha Kraft - Martha's Den Book			10:30AM-11:25AM (Group Fitness) <i>Marlene D.</i>				11:45AM-12:40PM (Group Fitness) <i>Ashley S.</i>
Conditioning: Cardio Strength Kraft - Studio A Book			10:40AM-11:25AM (Group Fitness) <i>Kimberly B.</i>		7:45AM-8:30AM (Group Fitness) <i>Kimberly B.</i>		
Dance: Line Dance Kraft - Studio B Book			11:00AM-11:45AM (Group Fitness) <i>Candace R.</i>				
Thrive: Chair Yoga Kraft - Yoga Studio Book			12:00PM-12:45PM (Group Fitness) <i>Lisa H.</i>				
Adaptive: Adaptive Fitness Kraft - Studio A Book			1:00PM-1:30PM (Group Fitness) <i>Rae J.</i>				
Yoga: Slow Flow Kraft - Yoga Studio Book			6:30PM-7:15PM (Group Fitness) <i>Heather C.</i>		9:35AM-10:20AM (Group Fitness) <i>Ashley B.</i>	11:00AM-11:55AM (Group Fitness) <i>Lisa H.</i>	
Reserved for Youth Programs Kraft - Martha's Den Book			6:30PM-8:30PM (Gym) <i>Staff</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Virtual In-Studio: Les Mills GRIT™ Athletic Kraft - Studio A Book				5:45AM-6:15AM (Group Fitness) <i>Kraft S.</i>		12:30PM-1:00PM (Group Fitness) <i>Kraft S.</i>	
Virtual In-Studio: Les Mills BODYCOMBAT Kraft - Studio A Book				6:30AM-7:15AM (Group Fitness) <i>Staff</i>			
Conditioning: MetCon Kraft - Studio A Book				8:30AM-9:15AM (Group Fitness) <i>Nancy W.</i>			
Yoga: Vinyasa Flow Kraft - Martha's Den Book				9:30AM-10:25AM (Group Fitness) <i>Sherry L.</i>			
Step: Step Strength Kraft - Studio A Book				9:30AM-10:25AM (Group Fitness) <i>Mica R.</i>			
Strength: Core Blast Kraft - Yoga Studio Book				11:30AM-12:00PM (Group Fitness) <i>Anna W.</i>			
Restore & Core: Stretch Kraft - Yoga Studio Book				12:05PM-12:35PM (Group Fitness) <i>Anna W.</i>			
Teen Equipment Orientation Kraft - Kraft Main Entrance Book				4:15PM-5:00PM (Get Started) <i>Staff</i>			2:00PM-2:45PM (Get Started) <i>Staff</i>
Reserved for YMCA Programs Kraft - Yoga Studio Book				4:30PM-6:00PM (Group Fitness) <i>Staff</i>	4:15PM-5:45PM (Group Fitness) <i>Staff</i>		
Teen: Wellness Club Kraft - Martha's Den Book				5:00PM-6:00PM (Group Fitness) <i>Kailey K.</i>			
Open Play Adult Volleyball Kraft Family YMCA Book				6:00PM-7:00PM (Gym) <i>Staff</i>			
Yoga: Gentle Hatha Kraft - Yoga Studio Book				6:30PM-7:25PM (Group Fitness) <i>Ashley S.</i>	8:30AM-9:25AM (Group Fitness) <i>Marlene D.</i>		
Open Play Adult Volleyball Kraft - Court 1 Book				7:00PM-8:30PM (Gym) <i>Staff</i>			
Virtual In-Studio: Les Mills BODYPUMP™ Kraft - Studio A Book				7:45PM-8:30PM (Group Fitness) <i>Staff</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Restore & Core: Stretch Kraft - Studio A Book					6:30AM-7:00AM (Group Fitness) <i>Melissa S.</i>		
Strength: Lean and Cut Kraft - Studio A Book					9:30AM-10:25AM (Group Fitness) <i>Rae J.</i>		
Reserved for Family Programs Kraft - Studio A Book					3:30PM-5:00PM (Gym) <i>Staff</i>		
Conditioning: MetCon Kraft - Court 1 Book						7:15AM-8:10AM (Group Fitness) <i>Ando H.</i>	
Strength: Ripped and Strong Kraft - Studio A Book						9:05AM-10:00AM (Group Fitness) <i>Christine R.</i>	
Restore & Core: Barre Kraft - Martha's Den Book						9:15AM-10:00AM (Group Fitness) <i>Michele K.</i>	
Dance: Zumba Toning Kraft - Martha's Den Book						10:10AM-11:05AM (Group Fitness) <i>Sandra H.</i>	
Beginner Pickleball Clinics Kraft - Court 1 Book							12:00PM-1:00PM (Gym) <i>Staff</i>
Yoga: Fusion Kraft - Martha's Den Book							1:00PM-1:55PM (Group Fitness) <i>Ashley S.</i>
Open Play Pickleball Kraft - Court 2 Book							1:00PM-2:00PM (Gym) <i>Staff</i>
Strength: Core Blast Kraft - Martha's Den Book							2:00PM-2:30PM (Group Fitness) <i>Damian G.</i>
Open Play Adult Pickleball Kraft - Court 2 Book							2:00PM-3:00PM (Gym) <i>Staff</i>
Adaptive: Adaptive Zumba Kraft - Studio A Book							2:30PM-3:15PM (Group Fitness) <i>Sandra H.</i>
Virtual In-Studio: Les Mills GRIT™ Strength Kraft - Studio A Book							4:00PM-4:30PM (Group Fitness) <i>Kraft S.</i>



Downtown Durham YMCA | December 15th - December 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 5 Shared Lanes Downtown Durham YMCA Book	5:00AM-7:00AM (Pool) Staff 7:00AM-9:00AM (Pool) Staff 9:00AM-10:00AM (Pool) Staff 11:00AM-1:00PM (Pool) Staff 1:00PM-3:00PM (Pool) Staff 3:00PM-3:45PM (Pool) Staff 7:00PM-8:30PM (Pool) Staff	5:00AM-7:00AM (Pool) Staff 7:00AM-9:00AM (Pool) Staff 9:00AM-11:00AM (Pool) Staff 11:00AM-1:00PM (Pool) Staff 1:00PM-3:00PM (Pool) Staff 3:00PM-3:45PM (Pool) Staff 8:00PM-8:30PM (Pool) Staff	5:00AM-7:00AM (Pool) Staff 7:00AM-9:00AM (Pool) Staff 9:00AM-10:00AM (Pool) Staff 11:00AM-1:00PM (Pool) Staff 1:00PM-3:00PM (Pool) Staff 3:00PM-3:45PM (Pool) Staff 8:15PM-8:30PM (Pool) Staff	5:00AM-7:00AM (Pool) Staff 7:00AM-9:00AM (Pool) Staff 9:00AM-11:00AM (Pool) Staff 11:00AM-1:00PM (Pool) Staff 1:00PM-3:00PM (Pool) Staff 3:00PM-3:45PM (Pool) Staff 7:00PM-8:30PM (Pool) Staff	5:00AM-7:00AM (Pool) Staff 7:00AM-9:00AM (Pool) Staff 9:00AM-10:00AM (Pool) Staff 11:00AM-1:00PM (Pool) Staff 1:00PM-3:00PM (Pool) Staff 3:00PM-3:45PM (Pool) Staff 7:30PM-8:30PM (Pool) Staff	7:00AM-9:00AM (Pool) Staff 9:00AM-11:00AM (Pool) Staff 11:00AM-1:00PM (Pool) Staff 1:00PM-3:00PM (Pool) Staff 3:00PM-5:00PM (Pool) Staff 5:00PM-5:30PM (Pool) Staff	12:00PM-2:00PM (Pool) Staff 3:00PM-5:00PM (Pool) Staff 5:00PM-5:30PM (Pool) Staff
Open Gym Downtown Durham - Court 1 Book	6:00AM-9:00PM (Gym) Staff	6:00AM-9:00PM (Gym) Staff	6:00AM-9:00PM (Gym) Staff	6:00AM-9:00PM (Gym) Staff	6:00AM-9:00PM (Gym) Staff		
Conditioning: Athletic Conditioning Downtown Durham - Court 2 Book	6:00AM-6:45AM (Group Fitness) Lu(Lucinda) L.						
Strength: BODYPUMP™ Downtown Durham - Group Fitness Studio Book	9:30AM-10:30AM (Group Fitness) Meladie C.	6:45AM-7:40AM (Group Fitness) Amber S.	6:00PM-6:55PM (Group Fitness) Katherine K.	9:00AM-9:55AM (Group Fitness) Tracy B.			3:15PM-4:00PM (Group Fitness) Jessica M.
Adult Equipment Orientation Downtown Durham YMCA Book	10:00AM-10:45AM (Get Started) Staff		10:00AM-10:45AM (Get Started) Staff			1:00PM-2:00PM (Get Started) Staff	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 3 Shared Lanes Downtown Durham YMCA Book	10:00AM-11:00AM (Pool) <i>Staff</i> 5:30PM-7:00PM (Pool) <i>Staff</i>	5:30PM-7:00PM (Pool) <i>Staff</i>	10:00AM-11:00AM (Pool) <i>Staff</i> 4:45PM-5:30PM (Pool) <i>Staff</i> 5:30PM-7:00PM (Pool) <i>Staff</i> 7:00PM-8:00PM (Pool) <i>Staff</i>	5:30PM-7:00PM (Pool) <i>Staff</i>	10:00AM-11:00AM (Pool) <i>Staff</i> 5:30PM-7:30PM (Pool) <i>Staff</i>		
Virtual In-Studio: Les Mills BODYBALANCE™ Downtown Durham - Group Fitness Studio Book	10:40AM-11:10AM (Group Fitness) <i>DURHAM S.</i>						
Dance: Line Dance Downtown Durham - Group Fitness Studio Book	11:15AM-12:00PM (Group Fitness) <i>Meladie C.</i>						
Reserved Downtown Durham - Court 2 Book	1:00PM-2:30PM (Gym) <i>DURHAM S.</i>	1:00PM-2:30PM (Gym) <i>DURHAM S.</i>		1:00PM-2:30PM (Gym) <i>DURHAM S.</i>			
Thrive: Balanced and Strong Downtown Durham - Group Fitness Studio Book	1:00PM-1:45PM (Group Fitness) <i>Amy R.</i>						
No Lap Lane Downtown Durham YMCA Book	3:45PM-5:30PM (Pool) <i>Staff</i> 3:45PM-5:30PM (Pool) <i>Staff</i>	3:45PM-5:30PM (Pool) <i>Staff</i> 3:45PM-5:30PM (Pool) <i>Staff</i>	3:45PM-4:45PM (Pool) <i>Staff</i>	3:45PM-5:30PM (Pool) <i>Staff</i> 3:45PM-5:30PM (Pool) <i>Staff</i>	3:45PM-5:30PM (Pool) <i>Staff</i> 3:45PM-5:30PM (Pool) <i>Staff</i>		
Restore & Core: Barre Downtown Durham - Group Fitness Studio Book	5:00PM-5:45PM (Group Fitness) <i>Clayton B.</i>						
Dance: Zumba Toning Downtown Durham - Court 2 Book	7:00PM-8:00PM (Group Fitness) <i>Tracy B.</i>						
Cycle: Battle Downtown Durham - Cycle Studio Book		5:45AM-6:45AM (Group Fitness) <i>John C.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance: Zumba Downtown Durham - Court 2 Book		9:30AM-10:30AM (Group Fitness) <i>Lu(Lucinda) L.</i>					
Thrive: Gentle Hatha Yoga Downtown Durham - Group Fitness Studio Book		11:45AM-12:45PM (Group Fitness) <i>Amy R.</i>					
Cycle: Beats Downtown Durham - Cycle Studio Book		6:30PM-7:15PM (Group Fitness) <i>Cori C.</i>		5:45AM-6:45AM (Group Fitness) <i>Kelly W.</i>		8:30AM-9:15AM (Group Fitness) <i>Cori C.</i>	
Lap Lane: 4 Shared Lanes Downtown Durham YMCA Book		7:00PM-8:00PM (Pool) <i>Staff</i>					2:00PM-3:00PM (Pool) <i>Staff</i>
Adult Pick Up Basketball Downtown Durham YMCA Book		7:15PM-8:15PM (Gym) <i>Staff</i>					
Conditioning: MetCon Downtown Durham - Court 2 Book			9:30AM-10:30AM (Group Fitness) <i>Natalie D.</i>				
Yoga: Slow Flow Downtown Durham - Group Fitness Studio Book			9:30AM-10:30AM (Group Fitness) <i>Betsi D.</i>				
Aqua Fitness: Aqua Circuit Downtown Durham YMCA Book			10:30AM-11:25AM (Group Fitness) <i>Samia A.</i>				
Aqua Fitness: Aqua Zumba Downtown Durham - Main Pool Book			7:15PM-8:15PM (Group Fitness) <i>Tracy B.</i>				
Dance: Zumba Downtown Durham - Group Fitness Studio Book				10:15AM-11:00AM (Group Fitness) <i>Lola R.</i>	6:00PM-7:00PM (Group Fitness) <i>Willa R.</i>		
Yoga: Yin Downtown Durham - Group Fitness Studio Book				11:15AM-12:15PM (Group Fitness) <i>Amy R.</i>			
Family Open Gym Downtown Durham - Court 2 Book				2:00PM-6:00PM (Gym) <i>Staff</i>		10:30AM-5:00PM (Gym) <i>Staff</i>	1:00PM-5:00PM (Gym) <i>Staff</i>
Virtual In-Studio: Les Mills BODYPUMP™ Downtown Durham - Group Fitness Studio Book				5:30PM-6:15PM (Group Fitness) <i>DURHAM S.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning: Kickboxing Downtown Durham - Group Fitness Studio Book				6:30PM-7:25PM (Group Fitness) <i>Anthony A.</i>			
Conditioning: Cardio Strength Downtown Durham - Court 2 Book					9:30AM-10:30AM (Group Fitness) <i>Lenae B.</i>		
Aqua Fitness: Aqua Circuit Downtown Durham - Main Pool Book					10:00AM-10:55AM (Group Fitness) <i>Samia A.</i>		
Restore & Core: Stretch Downtown Durham - Group Fitness Studio Book					11:30AM-12:15PM (Group Fitness) <i>Samia A.</i>		
Teen Pick Up Basketball Downtown Durham - Court 1 Book					5:00PM-6:30PM (Gym) <i>Staff</i>	1:00PM-4:00PM (Gym) <i>Staff</i>	
Strength: Lean and Cut Downtown Durham - Group Fitness Studio Book						9:00AM-10:00AM (Group Fitness) <i>Anthony A.</i>	
Adult Pick Up Basketball Downtown Durham - Court 1 Book						11:00AM-1:00PM (Gym) <i>Staff</i>	1:00PM-4:00PM (Gym) <i>Staff</i>
Teen Equipment Orientation Downtown Durham YMCA Book						2:30PM-3:30PM (Get Started) <i>Staff</i>	
Aqua Fitness: Aqua Fit Downtown Durham - Main Pool Book							2:00PM-2:59PM (Group Fitness) <i>Melissa R.</i>
Intro: Intro to Bodycombat Downtown Durham YMCA Book							2:30PM-3:00PM (Group Fitness) <i>Jessica M.</i>



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 10 Shared Lanes AE Finley - Indoor Pool Book	5:00AM-7:00AM (Pool) <i>Staff</i> 7:00AM-9:00AM (Pool) <i>Staff</i> 12:00PM-2:00PM (Pool) <i>Staff</i> 2:00PM-4:00PM (Pool) <i>Staff</i>	5:00AM-7:00AM (Pool) <i>Staff</i> 7:00AM-9:00AM (Pool) <i>Staff</i> 12:00PM-2:00PM (Pool) <i>Staff</i> 2:00PM-3:30PM (Pool) <i>Staff</i>	5:00AM-7:00AM (Pool) <i>Staff</i> 7:00AM-9:00AM (Pool) <i>Staff</i> 12:00PM-2:00PM (Pool) <i>Staff</i> 2:00PM-4:00PM (Pool) <i>Staff</i> 8:00PM-8:45PM (Pool) <i>Staff</i>	5:00AM-7:00AM (Pool) <i>Staff</i> 7:00AM-9:00AM (Pool) <i>Staff</i> 12:00PM-2:00PM (Pool) <i>Staff</i> 2:00PM-3:30PM (Pool) <i>Staff</i>	5:00AM-7:00AM (Pool) <i>Staff</i> 7:00AM-9:00AM (Pool) <i>Staff</i> 12:00PM-2:00PM (Pool) <i>Staff</i> 2:00PM-4:00PM (Pool) <i>Staff</i> 7:15PM-7:45PM (Pool) <i>Staff</i>		4:30PM-5:45PM (Pool) <i>Staff</i>
Adult Pick Up Basketball AE Finley - Courts 1 & 2 Book	5:30AM-7:30AM (Gym) <i>Staff</i> 5:00PM-7:00PM (Gym) <i>Staff</i>		5:30AM-7:30AM (Gym) <i>Staff</i> 5:00PM-7:00PM (Gym) <i>Staff</i>		5:30AM-7:30AM (Gym) <i>Staff</i>		1:00PM-3:00PM (Gym) <i>Staff</i>
Strength: Lean and Cut AE Finley - Studio 1 Book	5:45AM-6:45AM (Group Fitness) <i>Joy M.</i> 7:30AM-8:30AM (Group Fitness) <i>Kyle F.</i> 4:45PM-5:40PM (Group Fitness) <i>Lisa W.</i>		7:30AM-8:15AM (Group Fitness) <i>Kristin J.</i>	12:00PM-1:00PM (Group Fitness) <i>Kyle F.</i> 6:45PM-7:45PM (Group Fitness) <i>Meredith S.</i>	5:45AM-6:45AM (Group Fitness) <i>Lora P.</i> 9:30AM-10:30AM (Group Fitness) <i>Heather R.</i> 4:30PM-5:30PM (Group Fitness) <i>Brenda D.</i>		11:30AM-12:25PM (Group Fitness) <i>Ashley G.</i>
Open Play Pickleball AE Finley - Courts 1 & 2 Book	8:00AM-12:00PM (Gym) <i>Staff</i>	7:00PM-9:00PM (Gym) <i>Staff</i>		8:00AM-12:00PM (Gym) <i>Staff</i>			
Cycle: Force AE Finley - Cycle Studio Book	8:30AM-9:15AM (Group Fitness) <i>Rosemary K.</i>	5:30PM-6:15PM (Group Fitness) <i>Thomas H.</i>	8:00AM-8:45AM (Group Fitness) <i>Rosemary K.</i>	5:45AM-6:30AM (Group Fitness) <i>Wlad P.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Restore & Core: Mat Pilates AE Finley - Studio 2 Book	8:30AM-9:15AM (Group Fitness) <i>Lauri H.</i>	10:15AM-11:15AM (Group Fitness) <i>Jody K.</i>					
Lap Lane: 6 Shared Lanes AE Finley - Indoor Pool Book	9:00AM-12:00PM (Pool) <i>Staff</i>	9:00AM-11:00AM (Pool) <i>Staff</i> 7:00PM-8:45PM (Pool) <i>Staff</i>	9:00AM-12:00PM (Pool) <i>Staff</i>	9:00AM-11:00AM (Pool) <i>Staff</i> 7:00PM-8:45PM (Pool) <i>Staff</i>	9:00AM-12:00PM (Pool) <i>Staff</i>		
Aqua Fitness: Aqua HIIT AE Finley - Indoor Pool Book	9:00AM-9:55AM (Group Fitness) <i>Marianne B.</i>			9:00AM-9:55AM (Group Fitness) <i>Marianne B.</i>			
Dance: Zumba AE Finley - Studio 1 Book	9:15AM-10:15AM (Group Fitness) <i>Cuqui G.</i>			5:45PM-6:40PM (Group Fitness) <i>Dawn R.</i>			
Conditioning: Athletic Conditioning AE Finley - Studio 2 Book	9:30AM-10:20AM (Group Fitness) <i>Kyle F.</i>						
Lap Lane: 8 Shared Lanes AE Finley - Outdoor Pool Book	10:30AM-12:00PM (Pool) <i>Staff</i>	10:30AM-12:00PM (Pool) <i>Staff</i> 12:00PM-2:00PM (Pool) <i>Staff</i>		10:30AM-12:00PM (Pool) <i>Staff</i> 12:00PM-2:00PM (Pool) <i>Staff</i>		10:30AM-12:00PM (Pool) <i>Staff</i> 12:00PM-2:00PM (Pool) <i>Staff</i>	
Yoga: Yin AE Finley - Studio 1 Book	10:30AM-11:45AM (Group Fitness) <i>Julie R.</i>						
Aqua Fitness: Aqua Fit AE Finley - Indoor Pool Book	10:30AM-11:25AM (Group Fitness) <i>Marianne B.</i>	9:00AM-9:55AM (Group Fitness) <i>Cheryl O.</i>	10:15AM-11:10AM (Group Fitness) <i>Lisa S.</i> 7:00PM-7:55PM (Group Fitness) <i>Marianne B.</i>		10:15AM-11:10AM (Group Fitness) <i>Cheryl O.</i>	11:00AM-11:55AM (Group Fitness) <i>Cheryl O.</i>	11:15AM-12:10PM (Group Fitness) <i>Cheryl O.</i>
Restore & Core: Stretch AE Finley - Studio 2 Book	10:35AM-11:05AM (Group Fitness) <i>Cuqui G.</i>						
Thrive: Balanced and Strong AE Finley - Studio 1 Book	12:00PM-12:45PM (Group Fitness) <i>Julietha K.</i>			1:15PM-2:00PM (Group Fitness) <i>Kara G.</i>			
Thrive: Cardio Strength AE Finley - Studio 1 Book	1:00PM-2:00PM (Group Fitness) <i>Brenda D.</i>		1:00PM-1:45PM (Group Fitness) <i>Nichole C.</i>		1:00PM-2:00PM (Group Fitness) <i>Sherry I.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 3 Shared Lanes AE Finley - Indoor Pool Book	4:00PM-8:45PM (Pool) <i>Staff</i>	4:30PM-6:00PM (Pool) <i>Staff</i> 6:00PM-7:00PM (Pool) <i>Staff</i>	4:00PM-8:00PM (Pool) <i>Staff</i>	4:30PM-6:00PM (Pool) <i>Staff</i> 6:00PM-7:00PM (Pool) <i>Staff</i>	4:00PM-7:00PM (Pool) <i>Staff</i>		
Cycle: Les Mills Sprint AE Finley - Cycle Studio Book	5:00PM-5:30PM (Group Fitness) <i>Marianne B.</i>			9:30AM-10:00AM (Group Fitness) <i>Kelly G.</i>		9:00AM-9:30AM (Group Fitness) <i>Marianne B.</i>	
Yoga: Sculpt AE Finley - Studio 2 Book	5:45PM-6:45PM (Group Fitness) <i>Michelle O.</i>						
Strength: Ripped and Strong AE Finley - Studio 1 Book	5:45PM-6:40PM (Group Fitness) <i>Brenda D.</i>		5:45AM-6:40AM (Group Fitness) <i>Kyle F.</i> 4:45PM-5:40PM (Group Fitness) <i>Brenda D.</i>		7:30AM-8:15AM (Group Fitness) <i>Paula R.</i>		
Restore & Core: Mat Pilates AE Finley - Studio 1 Book	6:45PM-7:45PM (Group Fitness) <i>Kristy D.</i>		10:45AM-11:40AM (Group Fitness) <i>Erika E.</i> 5:45PM-6:30PM (Group Fitness) <i>Brenda D.</i>			10:45AM-11:40AM (Group Fitness) <i>Brenda D.</i>	
Cycle: Fusion AE Finley - Cycle Studio Book		5:45AM-6:45AM (Group Fitness) <i>Paula R.</i> 7:30AM-8:30AM (Group Fitness) <i>Ashley G.</i>					
Conditioning: Cardio Strength AE Finley - Studio 1 Book		5:45AM-6:40AM (Group Fitness) <i>Lora P.</i> 7:15AM-8:00AM (Group Fitness) <i>Kyle F.</i>		8:15AM-9:10AM (Group Fitness) <i>Kristin J.</i> 4:45PM-5:35PM (Group Fitness) <i>Brenda D.</i>		7:30AM-8:15AM (Group Fitness) <i>Joy M.</i>	
Challenge Pickleball AE Finley - Courts 1 & 2 Book		8:00AM-12:00PM (Gym) <i>Staff</i>					
Conditioning: TREK AE Finley - Wellness Floor Book		8:15AM-8:55AM (Group Fitness) <i>Rosemary K.</i>		8:15AM-8:55AM (Group Fitness) <i>Lora P.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Restore & Core: Barre AE Finley - Studio 1 Book		8:15AM-9:10AM (Group Fitness) <i>Nichole C.</i> 5:45PM-6:40PM (Group Fitness) <i>Molly B.</i>			8:25AM-9:20AM (Group Fitness) <i>Molly B.</i>		
Yoga: Vinyasa Flow AE Finley - Studio 2 Book		9:00AM-10:00AM (Group Fitness) <i>Mary K.</i>					
Cycle: Cycle + Row AE Finley - Cycle Studio Book		9:30AM-10:30AM (Group Fitness) <i>Marianne B.</i>					
Conditioning: MetCon AE Finley - Studio 1 Book		9:30AM-10:25AM (Group Fitness) <i>Brenda D.</i>					
Adult Equipment Orientation A.E. Finley YMCA Book		10:00AM-11:00AM (Get Started) <i>Staff</i>					
Thrive: Chair Yoga AE Finley - Studio 1 Book		10:45AM-11:45AM (Group Fitness) <i>Mary K.</i>		10:45AM-11:45AM (Group Fitness) <i>Jody K.</i>	11:50AM-12:50PM (Group Fitness) <i>Jody K.</i>		
Lap Lane: 8 Shared Lanes AE Finley - Indoor Pool Book		11:00AM-12:00PM (Pool) <i>Staff</i>		11:00AM-12:00PM (Pool) <i>Staff</i>		7:00AM-9:00AM (Pool) <i>Staff</i> 9:00AM-11:00AM (Pool) <i>Staff</i> 11:00AM-1:00PM (Pool) <i>Staff</i> 1:00PM-3:00PM (Pool) <i>Staff</i> 3:00PM-5:45PM (Pool) <i>Staff</i>	12:30PM-2:30PM (Pool) <i>Staff</i>
Dance: Dance AE Finley - Studio 1 Book		12:00PM-1:00PM (Group Fitness) <i>Kelly C.</i>					
Teen Equipment Orientation AE Finley - Wellness Floor Book		3:30PM-4:30PM (Get Started) <i>Staff</i>			3:00PM-4:00PM (Get Started) <i>Staff</i>	1:00PM-2:00PM (Get Started) <i>Staff</i>	2:00PM-3:00PM (Get Started) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 5 Shared Lanes AE Finley - Indoor Pool Book		3:30PM-4:30PM (Pool) <i>Staff</i>		3:30PM-4:30PM (Pool) <i>Staff</i>			11:00AM-12:30PM (Pool) <i>Staff</i>
Conditioning: BODYCOMBAT AE Finley - Studio 1 Book		4:45PM-5:40PM (Group Fitness) <i>Heather G.</i>					
Yoga: Slow Flow AE Finley - Studio 1 Book		7:00PM-8:00PM (Group Fitness) <i>Stacey H.</i>	6:45PM-8:00PM (Group Fitness) <i>Stephanie B.</i>				2:00PM-3:15PM (Group Fitness) <i>Jody K.</i>
Conditioning: Kickboxing AE Finley - Studio 1 Book			8:30AM-9:15AM (Group Fitness) <i>Kristin J.</i>			9:40AM-10:35AM (Group Fitness) <i>Melissa C.</i>	
Aqua Fitness: Deep Power AE Finley - Indoor Pool Book			8:30AM-9:20AM (Group Fitness) <i>Julietha K.</i>				
Strength: Core Blast AE Finley - Studio 2 Book			9:00AM-9:30AM (Group Fitness) <i>Rosemary K.</i> 12:00PM-12:30PM (Group Fitness) <i>Marianne B.</i>				
Cycle: Beats AE Finley - Cycle Studio Book			9:15AM-10:00AM (Group Fitness) <i>Jay C.</i>				
Strength: BODYPUMP™ AE Finley - Studio 1 Book			9:30AM-10:25AM (Group Fitness) <i>Marianne B.</i>			8:30AM-9:25AM (Group Fitness) <i>Kristin J.</i>	
Yoga: Power Yoga AE Finley - Studio 2 Book			9:45AM-10:45AM (Group Fitness) <i>Molly B.</i> 5:45PM-6:45PM (Group Fitness) <i>Molly B.</i>				
Adult Equipment Orientation AE Finley - Wellness Floor Book			11:00AM-12:00PM (Get Started) <i>Staff</i>	10:30AM-11:30AM (Get Started) <i>Staff</i>	10:00AM-11:00AM (Get Started) <i>Staff</i>		
Thrive: Chair Yoga AE Finley - Studio 2 Book			11:00AM-11:45AM (Group Fitness) <i>Sarah H.</i>				
Yoga: Gentle Hatha AE Finley - Studio 1 Book			11:50AM-12:50PM (Group Fitness) <i>Lauri H.</i>		5:45PM-6:45PM (Group Fitness) <i>Sarah H.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teen Equipment Orientation A.E. Finley YMCA Book			3:30PM-4:30PM (Get Started) <i>Staff</i>				
Conditioning: Athletic Conditioning AE Finley - Studio 1 Book				5:45AM-6:45AM (Group Fitness) <i>Paula R.</i> 9:30AM-10:25AM (Group Fitness) <i>Kyle F.</i>			
Yoga: Slow Flow AE Finley - Studio 2 Book				8:30AM-9:30AM (Group Fitness) <i>Jody K.</i>			
Finley Walking Club A.E. Finley YMCA Book				10:00AM-11:00AM (Group Fitness) <i>Nancy S.</i>			
Cycle: Cycle + TRX AE Finley - Cycle Studio Book				10:45AM-11:45AM (Group Fitness) <i>Shannon L.</i>			
Yoga: Yin AE Finley - Studio 2 Book				7:00PM-8:15PM (Group Fitness) <i>Mary K.</i>	11:30AM-12:30PM (Group Fitness) <i>Julie R.</i>		
Aqua Fitness: Aqua Training Camp AE Finley - Indoor Pool Book					8:00AM-8:55AM (Group Fitness) <i>Kyle F.</i>		
Cycle: Blast A.E. Finley YMCA Book					8:30AM-9:15AM (Group Fitness) <i>Jay C.</i>		
Aqua Fitness: Aqua HIIT A.E. Finley YMCA Book					9:00AM-9:55AM (Group Fitness) <i>Kelly C.</i>		
Strength: Glute & Core Blast A.E. Finley YMCA Book					9:15AM-10:00AM (Group Fitness) <i>Christina C.</i>		
Women's Pick Up Basketball AE Finley - Courts 1 & 2 Book					10:00AM-12:00PM (Gym) <i>Staff</i>		
Dance: Zumba AE Finley - Studio 2 Book					10:15AM-11:15AM (Group Fitness) <i>Christina C.</i>	11:30AM-12:30PM (Group Fitness) <i>Julietha K.</i>	
Restore & Core: Mat Pilates A.E. Finley YMCA Book					10:45AM-11:40AM (Group Fitness) <i>Jody K.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Restore & Core: Core and Stretch AE Finley - Studio 2 Book						9:15AM-10:00AM (Group Fitness) <i>Nichole C.</i>	
Restore & Core: Barre AE Finley - Studio 2 Book						10:15AM-11:10AM (Group Fitness) <i>Nichole C.</i>	
Yoga: Vinyasa Flow A.E. Finley YMCA Book						12:00PM-1:00PM (Group Fitness) <i>Cate M.</i>	
Family Swim AE Finley - Indoor Pool Book						1:00PM-3:00PM (Pool) <i>Staff</i> 3:00PM-5:00PM (Pool) <i>Staff</i>	
Conditioning: PiYo AE Finley - Studio 2 Book							11:15AM-12:15PM (Group Fitness) <i>Melva S.</i>
Cycle: Beats A.E. Finley YMCA Book							11:30AM-12:15PM (Group Fitness) <i>Jay C.</i>
Conditioning: MetCon A.E. Finley YMCA Book							12:45PM-1:40PM (Group Fitness) <i>Brenda D.</i>
Lap Lane: 4 Shared Lanes AE Finley - Indoor Pool Book							2:30PM-4:30PM (Pool) <i>Staff</i>



Alexander Family YMCA | December 15th - December 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 6 Shared Lanes Alexander - Pool Book	5:00AM-5:30AM (Pool) Staff 5:30AM-6:30AM (Pool) Staff		5:00AM-5:30AM (Pool) Staff 5:30AM-6:30AM (Pool) Staff	5:00AM-5:45AM (Pool) Staff	5:00AM-5:30AM (Pool) Staff 5:30AM-6:30AM (Pool) Staff		
Reserved for Group Fitness Alexander Family YMCA Book	5:45AM-7:00AM (Gym) Staff 4:00PM-5:00PM (Gym) Staff		5:45AM-7:00AM (Gym) Staff 4:00PM-5:00PM (Gym) Staff		5:45AM-7:00AM (Gym) Staff 4:00PM-5:00PM (Gym) Staff		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball: 60 minutes Alexander Family YMCA Book	6:00AM-7:00AM (Reserve a Court) <i>Court_3 A.</i> 8:00AM-9:00AM (Reserve a Court) <i>Court_3 A.</i> 9:00AM-10:00AM (Reserve a Court) <i>Court_3 A.</i> 9:00AM-10:00AM (Reserve a Court) <i>Court_2 A.</i> 10:00AM-11:00AM (Reserve a Court) <i>Court_2 A.</i> 10:00AM-11:00AM (Reserve a Court) <i>Court_1 A.</i> 11:00AM-12:00PM (Reserve a Court) <i>Court_1 A.</i> 11:15AM-12:15PM (Reserve a Court) <i>Court_2 A.</i> 3:00PM-4:00PM (Reserve a Court) <i>Court_2 A.</i> 3:00PM-4:00PM (Reserve a Court) <i>Court_1 A.</i> 4:00PM-5:00PM (Reserve a Court) <i>Court_2 A.</i> 4:00PM-5:00PM (Reserve a Court) <i>Court_1 A.</i> 6:00PM-7:00PM (Reserve a Court) <i>Court_3 A.</i> 6:00PM-7:00PM (Reserve a Court) <i>Court_1 A.</i> 7:00PM-8:00PM (Reserve a Court) <i>Court_1 A.</i> 8:00PM-9:00PM (Reserve a Court) <i>Court_1 A.</i>	8:45AM-9:45AM (Reserve a Court) <i>Court_2 A.</i> 9:45AM-10:45AM (Reserve a Court) <i>Court_2 A.</i> 10:45AM-11:45AM (Reserve a Court) <i>Court_2 A.</i> 5:00PM-8:00PM (Reserve a Court) <i>Court_2 A.</i> 5:00PM-6:00PM (Reserve a Court) <i>Court_1 A.</i> 6:00PM-7:00PM (Reserve a Court) <i>Court_1 A.</i> 6:00PM-7:00PM (Reserve a Court) <i>Court_3 A.</i> 7:00PM-8:00PM (Reserve a Court) <i>Court_1 A.</i>		5:00PM-8:00PM (Reserve a Court) <i>Court_2 A.</i>			5:00PM-8:00PM (Reserve a Court) <i>Court_2 A.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning: Athletic Conditioning Alexander- Gym Group Fitness Book	6:00AM-6:45AM (Group Fitness) <i>Traci R.</i>		6:00AM-6:45AM (Group Fitness) <i>Traci R.</i>		6:00AM-6:45AM (Group Fitness) <i>Anna B.</i>		
Lap Lane: 3 Shared Lanes Alexander - Pool Book	6:30AM-7:00AM (Pool) <i>Staff</i>		6:30AM-7:00AM (Pool) <i>Staff</i>		6:30AM-7:00AM (Pool) <i>Staff</i>		2:30PM-3:30PM (Pool) <i>Staff</i> 3:30PM-4:30PM (Pool) <i>Staff</i>
Reserved for Masters Swim Alexander - Pool Book	6:30AM-7:30AM (Pool) <i>Staff</i>	5:45AM-6:45AM (Pool) <i>Staff</i>	6:30AM-7:30AM (Pool) <i>Staff</i>	5:45AM-6:45AM (Pool) <i>Staff</i>	6:30AM-7:30AM (Pool) <i>Staff</i>		
Yoga: Slow Flow Alexander - NEW Studio 2 Book	6:30AM-7:30AM (Group Fitness) <i>Alison S.</i>	12:00PM-1:00PM (Group Fitness) <i>Julie R.</i>		12:00PM-1:00PM (Group Fitness) <i>Julie R.</i>			
Reserved for Group Fitness Alexander - Court 2 Book	7:00AM-8:00AM (Gym) <i>Staff</i> 9:30AM-10:30AM (Gym) <i>Staff</i> 10:45AM-11:45AM (Gym) <i>Staff</i> 5:00PM-6:00PM (Gym) <i>Staff</i>	6:00AM-7:00AM (Gym) <i>Staff</i> 7:00AM-8:00AM (Gym) <i>Staff</i> 7:00AM-8:00AM (Gym) <i>Staff</i> 5:00PM-6:00PM (Gym) <i>Staff</i>	7:00AM-8:00AM (Gym) <i>Staff</i> 9:30AM-10:30AM (Gym) <i>Staff</i> 6:00PM-7:00PM (Gym) <i>Staff</i>	6:00AM-7:00AM (Gym) <i>Staff</i> 7:00AM-8:00AM (Gym) <i>Staff</i> 7:00AM-8:00AM (Gym) <i>Staff</i> 5:00PM-6:00PM (Gym) <i>Staff</i>	7:00AM-8:00AM (Gym) <i>Staff</i> 9:30AM-10:30AM (Gym) <i>Staff</i> 10:45AM-11:45AM (Gym) <i>Staff</i>		3:15PM-4:15PM (Gym) <i>Staff</i>
Lap Lane: 2 Shared Lanes Alexander - Pool Book	7:00AM-7:30AM (Pool) <i>Staff</i>		7:00AM-7:30AM (Pool) <i>Staff</i>		7:00AM-7:30AM (Pool) <i>Staff</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim Alexander - Pool Book	7:00AM-8:00AM (Pool) Staff	6:45AM-7:30AM (Pool) Staff	7:00AM-8:00AM (Pool) Staff	6:45AM-7:30AM (Pool) Staff	7:00AM-8:00AM (Pool) Staff	7:00AM-7:45AM (Pool) Staff	11:00AM-12:00PM (Pool) Staff
	8:00AM-9:00AM (Pool) Staff	7:30AM-8:30AM (Pool) Staff	8:00AM-9:00AM (Pool) Staff	7:30AM-8:30AM (Pool) Staff	8:00AM-9:00AM (Pool) Staff	7:45AM-8:30AM (Pool) Staff	12:00PM-1:00PM (Pool) Staff
	9:00AM-10:00AM (Pool) Staff	8:30AM-9:30AM (Pool) Staff	10:00AM-11:00AM (Pool) Staff	8:30AM-9:00AM (Pool) Staff	9:00AM-10:00AM (Pool) Staff	8:30AM-9:30AM (Pool) Staff	1:00PM-2:00PM (Pool) Staff
	10:00AM-11:00AM (Pool) Staff	9:30AM-10:00AM (Pool) Staff	11:00AM-12:00PM (Pool) Staff	9:00AM-10:00AM (Pool) Staff	10:00AM-11:00AM (Pool) Staff	9:30AM-10:30AM (Pool) Staff	2:00PM-3:00PM (Pool) Staff
	11:00AM-12:00PM (Pool) Staff	10:00AM-11:00AM (Pool) Staff	12:00PM-1:00PM (Pool) Staff	10:00AM-11:00AM (Pool) Staff	11:00AM-12:00PM (Pool) Staff	10:30AM-11:30AM (Pool) Staff	3:00PM-4:00PM (Pool) Staff
	12:00PM-1:00PM (Pool) Staff	11:00AM-12:00PM (Pool) Staff	1:00PM-2:00PM (Pool) Staff	11:00AM-12:00PM (Pool) Staff	12:00PM-1:00PM (Pool) Staff	11:30AM-12:30PM (Pool) Staff	4:00PM-4:30PM (Pool) Staff
	1:00PM-2:00PM (Pool) Staff	12:00PM-1:00PM (Pool) Staff	2:00PM-3:00PM (Pool) Staff	12:00PM-1:00PM (Pool) Staff	1:00PM-2:00PM (Pool) Staff	12:30PM-1:30PM (Pool) Staff	4:30PM-5:30PM (Pool) Staff
	2:00PM-3:00PM (Pool) Staff	1:00PM-2:00PM (Pool) Staff	3:00PM-4:00PM (Pool) Staff	1:00PM-2:00PM (Pool) Staff	2:00PM-3:00PM (Pool) Staff	1:30PM-2:30PM (Pool) Staff	
	3:00PM-4:00PM (Pool) Staff	2:00PM-3:00PM (Pool) Staff	4:00PM-4:30PM (Pool) Staff	2:00PM-3:00PM (Pool) Staff	3:00PM-4:00PM (Pool) Staff	2:30PM-3:30PM (Pool) Staff	
	4:00PM-5:00PM (Pool) Staff	3:00PM-4:00PM (Pool) Staff	4:30PM-5:30PM (Pool) Staff	3:00PM-4:00PM (Pool) Staff	4:00PM-5:00PM (Pool) Staff	3:30PM-4:30PM (Pool) Staff	
	5:00PM-6:00PM (Pool) Staff	4:00PM-5:00PM (Pool) Staff	5:30PM-6:30PM (Pool) Staff	4:00PM-5:00PM (Pool) Staff	5:00PM-6:00PM (Pool) Staff	4:30PM-5:30PM (Pool) Staff	
	6:00PM-7:00PM (Pool) Staff	5:00PM-6:00PM (Pool) Staff	6:30PM-7:00PM (Pool) Staff	5:00PM-6:00PM (Pool) Staff	6:00PM-7:00PM (Pool) Staff		
	7:00PM-8:00PM (Pool) Staff	6:00PM-6:30PM (Pool) Staff	7:00PM-8:00PM (Pool) Staff	6:00PM-7:00PM (Pool) Staff	7:00PM-7:30PM (Pool) Staff		
	8:00PM-9:00PM (Pool) Staff	6:30PM-7:30PM (Pool) Staff	8:00PM-8:30PM (Pool) Staff	7:00PM-8:00PM (Pool) Staff			
	9:00PM-9:30PM (Pool) Staff	7:30PM-8:30PM (Pool) Staff	8:30PM-9:30PM (Pool) Staff	8:00PM-9:00PM (Pool) Staff			
		8:30PM-9:30PM (Pool) Staff		9:00PM-9:30PM (Pool) Staff			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength: BODYPUMP™ Alexander- Gym Group Fitness Book	7:00AM-7:45AM (Group Fitness) <i>Matt M.</i> 9:30AM-10:30AM (Group Fitness) <i>Angela E.</i>	5:00PM-6:00PM (Group Fitness) <i>Robyn S.</i>	7:00AM-7:45AM (Group Fitness) <i>Ellen K.</i>	5:00PM-6:00PM (Group Fitness) <i>Robyn S.</i>	7:00AM-7:45AM (Group Fitness) <i>Matt M.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 4 Shared Lanes Alexander - Pool Book	7:30AM-8:30AM (Pool) Staff	6:45AM-7:00AM (Pool) Staff	7:30AM-8:30AM (Pool) Staff	6:45AM-7:00AM (Pool) Staff	7:30AM-8:30AM (Pool) Staff	7:00AM-7:45AM (Pool) Staff	11:00AM-12:00PM (Pool) Staff
	8:30AM-9:00AM (Pool) Staff	7:00AM-8:00AM (Pool) Staff	8:30AM-9:00AM (Pool) Staff	7:00AM-8:00AM (Pool) Staff	8:30AM-9:00AM (Pool) Staff	7:45AM-8:30AM (Pool) Staff	12:00PM-1:00PM (Pool) Staff
	9:00AM-10:00AM (Pool) Staff	8:00AM-9:00AM (Pool) Staff	9:00AM-10:00AM (Pool) Staff	8:00AM-9:00AM (Pool) Staff	10:00AM-11:00AM (Pool) Staff	8:30AM-9:30AM (Pool) Staff	1:00PM-2:00PM (Pool) Staff
	10:00AM-11:00AM (Pool) Staff	9:00AM-10:00AM (Pool) Staff	10:00AM-11:00AM (Pool) Staff	9:00AM-10:00AM (Pool) Staff	11:00AM-12:00PM (Pool) Staff	9:30AM-10:30AM (Pool) Staff	4:30PM-5:30PM (Pool) Staff
	11:00AM-12:00PM (Pool) Staff	10:00AM-11:00AM (Pool) Staff	11:00AM-12:00PM (Pool) Staff	10:00AM-11:00AM (Pool) Staff	12:00PM-1:00PM (Pool) Staff	10:30AM-11:30AM (Pool) Staff	
	12:00PM-1:00PM (Pool) Staff	11:00AM-12:00PM (Pool) Staff	12:00PM-1:00PM (Pool) Staff	11:00AM-12:00PM (Pool) Staff	1:00PM-2:00PM (Pool) Staff	11:30AM-12:30PM (Pool) Staff	
	1:00PM-2:00PM (Pool) Staff	12:00PM-1:00PM (Pool) Staff	1:00PM-2:00PM (Pool) Staff	12:00PM-1:00PM (Pool) Staff	2:00PM-3:00PM (Pool) Staff	12:30PM-1:30PM (Pool) Staff	
	2:00PM-3:00PM (Pool) Staff	1:00PM-2:00PM (Pool) Staff	2:00PM-3:00PM (Pool) Staff	1:00PM-2:00PM (Pool) Staff	4:00PM-5:00PM (Pool) Staff	1:30PM-2:30PM (Pool) Staff	
	3:00PM-4:00PM (Pool) Staff	2:00PM-3:00PM (Pool) Staff	3:00PM-4:00PM (Pool) Staff	2:00PM-3:00PM (Pool) Staff	5:00PM-6:00PM (Pool) Staff	2:30PM-3:30PM (Pool) Staff	
	4:00PM-5:00PM (Pool) Staff	3:00PM-4:00PM (Pool) Staff	4:00PM-5:00PM (Pool) Staff	3:00PM-4:00PM (Pool) Staff	6:00PM-7:00PM (Pool) Staff	3:30PM-4:30PM (Pool) Staff	
	5:00PM-6:00PM (Pool) Staff	4:00PM-5:00PM (Pool) Staff	5:00PM-6:00PM (Pool) Staff	4:00PM-5:00PM (Pool) Staff	7:00PM-7:30PM (Pool) Staff	4:30PM-5:00PM (Pool) Staff	
	6:00PM-7:00PM (Pool) Staff	5:00PM-6:00PM (Pool) Staff	6:00PM-7:00PM (Pool) Staff	5:00PM-6:00PM (Pool) Staff		5:00PM-5:30PM (Pool) Staff	
	7:00PM-8:00PM (Pool) Staff	6:00PM-7:00PM (Pool) Staff	7:00PM-8:00PM (Pool) Staff	6:00PM-7:00PM (Pool) Staff			
	8:00PM-9:00PM (Pool) Staff	7:00PM-7:30PM (Pool) Staff	8:00PM-9:00PM (Pool) Staff	7:00PM-8:00PM (Pool) Staff			
	9:00PM-9:30PM (Pool) Staff	7:30PM-8:30PM (Pool) Staff	9:00PM-9:30PM (Pool) Staff	8:00PM-9:00PM (Pool) Staff			
		8:30PM-9:30PM (Pool) Staff		9:00PM-9:30PM (Pool) Staff			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle: Force Alexander - Studio 3 Book	8:00AM-8:45AM (Group Fitness) <i>Stacey A.</i> 12:00PM-12:45PM (Group Fitness) <i>Gretchen G.</i>		7:00AM-7:45AM (Group Fitness) <i>Thomas H.</i>		8:00AM-8:45AM (Group Fitness) <i>Stacey A.</i>	8:00AM-8:45AM (Group Fitness) <i>Beth H.</i> 9:45AM-10:30AM (Group Fitness) <i>Gwen H.</i>	
Yoga: Vinyasa Flow Alexander - NEW Studio 2 Book	9:30AM-10:30AM (Group Fitness) <i>Lisa F.</i> 6:30PM-7:30PM (Group Fitness) <i>Katie H.</i>	7:00PM-8:00PM (Group Fitness) <i>Holly F.</i>	6:30AM-7:30AM (Group Fitness) <i>Anne M.</i> 12:00PM-12:45PM (Group Fitness) <i>Jenny J.</i>		12:00PM-12:45PM (Group Fitness) <i>Jenny J.</i>	10:30AM-12:00PM (Group Fitness) <i>Holly F.</i>	1:15PM-2:30PM (Group Fitness) <i>Shwetha R.</i>
Thrive: Gentle Aerobics Alexander - NEW Studio 2 Book	10:45AM-11:30AM (Group Fitness) <i>Cheryl C.</i>		10:45AM-11:30AM (Group Fitness) <i>Melissa M.</i>				
Conditioning: BODYCOMBAT Alexander- Gym Group Fitness Book	10:45AM-11:45AM (Group Fitness) <i>Lindsey S.</i> 4:15PM-5:00PM (Group Fitness) <i>Sarah N.</i>		4:15PM-5:00PM (Group Fitness) <i>Julianne B.</i>		9:30AM-10:30AM (Group Fitness) <i>Julianne B.</i>		
Adult Equipment Orientation Alexander Family YMCA Book	11:30AM-12:30PM (Get Started) <i>Alexander S.</i> 12:30PM-1:30PM (Get Started) <i>Alexander S.</i> 5:45PM-6:45PM (Get Started) <i>Alexander S.</i>	11:30AM-12:30PM (Get Started) <i>Alexander S.</i> 12:30PM-1:30PM (Get Started) <i>Alexander S.</i> 4:45PM-5:45PM (Get Started) <i>Alexander S.</i> 6:45PM-7:45PM (Get Started) <i>Alexander S.</i>	11:30AM-12:30PM (Get Started) <i>Alexander S.</i> 12:30PM-1:30PM (Get Started) <i>Alexander S.</i> 5:45PM-6:45PM (Get Started) <i>Alexander S.</i>	11:30AM-12:30PM (Get Started) <i>Alexander S.</i> 12:30PM-1:30PM (Get Started) <i>Alexander S.</i> 4:45PM-5:45PM (Get Started) <i>Alexander S.</i> 6:45PM-7:45PM (Get Started) <i>Alexander S.</i>	11:30AM-12:30PM (Get Started) <i>Alexander S.</i> 12:30PM-1:30PM (Get Started) <i>Alexander S.</i>	8:30AM-9:30AM (Get Started) <i>Alexander S.</i> 9:30AM-10:30AM (Get Started) <i>Alexander S.</i> 2:00PM-3:00PM (Get Started) <i>Alexander S.</i>	1:30PM-2:30PM (Get Started) <i>Alexander S.</i>
Restore & Core: Mat Pilates Alexander - NEW Studio 2 Book	12:00PM-12:45PM (Group Fitness) <i>Cheryl C.</i> 5:30PM-6:15PM (Group Fitness) <i>Lisa F.</i>	7:45AM-8:30AM (Group Fitness) <i>Mary H.</i> 8:45AM-9:45AM (Group Fitness) <i>Mary H.</i>	5:30PM-6:15PM (Group Fitness) <i>Cheryl C.</i>	7:45AM-8:30AM (Group Fitness) <i>Mary H.</i> 8:45AM-9:45AM (Group Fitness) <i>Mary H.</i>		8:15AM-9:00AM (Group Fitness) <i>Tatyana S.</i>	
Strength: Lean and Cut Alexander- Gym Group Fitness Book	12:00PM-12:45PM (Group Fitness) <i>Meredith P.</i> 5:15PM-6:00PM (Group Fitness) <i>Cheri A.</i>	6:00AM-6:45AM (Group Fitness) <i>Emily B.</i>	12:00PM-12:45PM (Group Fitness) <i>Betsy H.</i> 5:15PM-6:00PM (Group Fitness) <i>Anna B.</i>	6:00AM-6:45AM (Group Fitness) <i>Cheryl L.</i>	10:45AM-11:30AM (Group Fitness) <i>Melissa M.</i>		
Thrive: Balanced and Strong Alexander - NEW Studio 2 Book	1:00PM-1:45PM (Group Fitness) <i>Mark S.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga: Gentle Hatha Alexander - NEW Studio 2 Book	4:30PM-5:15PM (Group Fitness) <i>Chushenna E.</i>	5:00PM-6:00PM (Group Fitness) <i>Kathryn C.</i>	9:30AM-10:30AM (Group Fitness) <i>Anita L.</i> 6:45PM-7:45PM (Group Fitness) <i>Tatyana S.</i>		9:30AM-10:30AM (Group Fitness) <i>Tiffany I.</i>	9:15AM-10:15AM (Group Fitness) <i>Tatyana S.</i>	
Teen Equipment Orientation Alexander Family YMCA Book	4:45PM-5:45PM (Get Started) <i>Alexander S.</i> 6:45PM-7:45PM (Get Started) <i>Alexander S.</i>	5:45PM-6:45PM (Get Started) <i>Alexander S.</i>	4:45PM-5:45PM (Get Started) <i>Alexander S.</i> 6:45PM-7:45PM (Get Started) <i>Alexander S.</i>	5:45PM-6:45PM (Get Started) <i>Alexander S.</i>	1:30PM-2:30PM (Get Started) <i>Alexander S.</i> 2:30PM-3:30PM (Get Started) <i>Alexander S.</i>	11:30AM-12:30PM (Get Started) <i>Alexander S.</i> 3:00PM-4:00PM (Get Started) <i>Alexander S.</i>	12:30PM-1:30PM (Get Started) <i>Alexander S.</i> 2:30PM-3:30PM (Get Started) <i>Alexander S.</i>
Racquetball Open Play Alexander - Court 2 Book	5:30PM-8:30PM (Court) <i>Staff</i>		5:30PM-8:30PM (Court) <i>Staff</i>				
Cycle: Beats Alexander - Studio 3 Book	6:00PM-6:45PM (Group Fitness) <i>Liz K.</i>	4:30PM-5:15PM (Group Fitness) <i>Jay C.</i>	12:00PM-12:45PM (Group Fitness) <i>Leigh P.</i> 6:00PM-6:45PM (Group Fitness) <i>Liz K.</i>	5:45PM-6:30PM (Group Fitness) <i>Jay C.</i>	12:00PM-12:45PM (Group Fitness) <i>Jay C.</i>		2:45PM-3:30PM (Group Fitness) <i>Jay C.</i>
Reserved for Group Fitness Alexander - Court 1 & 2 Book	6:30PM-7:30PM (Gym) <i>Staff</i>						
Dance: Dance Alexander- Gym Group Fitness Book	6:40PM-7:40PM (Group Fitness) <i>Byron J.</i>		6:15PM-7:15PM (Group Fitness) <i>Mecca B.</i>				
Open Play Volleyball Alexander - Court 1 & 2 Book	8:00PM-10:00PM (Gym) <i>Staff</i>						
Reserved for Group Fitness Alexander - Court 1 Book	8:00PM-9:00PM (Gym) <i>Staff</i>						
Lap Lane: 6 Shared Lanes Alexander Family YMCA Book		5:00AM-5:45AM (Pool) <i>Staff</i>					
Adult Pick Up Basketball Alexander Family YMCA Book		5:15AM-7:15AM (Gym) <i>Staff</i>		5:15AM-7:15AM (Gym) <i>Staff</i>			
Lap Lane: 1 Shared Lane Alexander - Pool Book		5:45AM-6:45AM (Pool) <i>Staff</i>		5:45AM-6:45AM (Pool) <i>Staff</i>			
Restore & Core: Barre Alexander- Gym Group Fitness Book		7:00AM-7:45AM (Group Fitness) <i>Alison S.</i>		7:00AM-7:45AM (Group Fitness) <i>Alison S.</i>			
Cycle: Outdoor Cycle Alexander - Studio 3 Book		7:30AM-8:15AM (Group Fitness) <i>Adrienne M.</i>		7:30AM-8:15AM (Group Fitness) <i>Greg M.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Thrive: Cardio Strength Alexander - NEW Studio 2 Book		10:45AM-11:45AM (Group Fitness) <i>Mark S.</i>		10:45AM-11:45AM (Group Fitness) <i>Melissa M.</i>			
Open Play Pickleball Alexander - Court 1 & 2 Book		12:00PM-2:30PM (Gym) <i>Staff</i>	8:00PM-10:00PM (Gym) <i>Staff</i>	12:00PM-2:30PM (Gym) <i>Staff</i>			12:00PM-3:00PM (Gym) <i>Staff</i>
Handball Challenge: All Alexander Family YMCA Book		3:00PM-5:00PM (Court) <i>Staff</i>		3:00PM-5:00PM (Court) <i>Staff</i>			
Adult Pick Up Basketball Alexander - Court 1 Book		8:00PM-10:00PM (Gym) <i>Staff</i>		8:00PM-10:00PM (Gym) <i>Staff</i>		3:00PM-5:00PM (Gym) <i>Staff</i>	
Restore & Core: Barre Alexander - NEW Studio 2 Book			8:00AM-8:45AM (Group Fitness) <i>Anna B.</i>			12:15PM-1:00PM (Group Fitness) <i>Clayton B.</i>	
Strength: Ripped and Strong Alexander- Gym Group Fitness Book			9:30AM-10:30AM (Group Fitness) <i>Stacey A.</i>				3:15PM-4:15PM (Group Fitness) <i>Christine R.</i>
Restore & Core: Mindfulness Meditation Alexander - NEW Studio 2 Book			7:45PM-8:00PM (Group Fitness) <i>Tatyana S.</i>				
Yoga: Power Yoga Alexander - NEW Studio 2 Book				6:25PM-7:25PM (Group Fitness) <i>Jeffrey M.</i>			11:30AM-12:30PM (Group Fitness) <i>Alison S.</i>
Open Play Volleyball Alexander Family YMCA Book				8:00PM-10:00PM (Gym) <i>Staff</i>			
Lap Lane: 4 Shared Lanes Alexander Family YMCA Book					9:00AM-10:00AM (Pool) <i>Staff</i> 3:00PM-4:00PM (Pool) <i>Staff</i>		2:00PM-2:30PM (Pool) <i>Staff</i>
Thrive: Chair Stretch Alexander - NEW Studio 2 Book					10:45AM-11:45AM (Group Fitness) <i>Mary L.</i>		
Conditioning: Cardio Strength Alexander- Gym Group Fitness Book					4:30PM-5:15PM (Group Fitness) <i>Emily B.</i>	7:15AM-8:00AM (Group Fitness) <i>Emily B.</i>	
Dance: Zumba Alexander - NEW Studio 2 Book							2:45PM-3:45PM (Group Fitness) <i>Taylor W.</i>
Yoga: Yin Alexander - NEW Studio 2 Book							4:00PM-5:00PM (Group Fitness) <i>Clayton B.</i>



Taylor Family YMCA | December 15th - December 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: Shared Lane (Reserved) Taylor - Main Pool Book	5:00AM-5:30AM (Pool) <i>Staff</i> 5:30AM-6:00AM (Pool) <i>Staff</i> 6:00AM-6:30AM (Pool) <i>Staff</i> 6:30AM-7:00AM (Pool) <i>Staff</i> 7:00AM-7:30AM (Pool) <i>Staff</i> 7:30AM-8:00AM (Pool) <i>Staff</i> 8:00AM-8:30AM (Pool) <i>Staff</i> 8:30AM-9:00AM (Pool) <i>Staff</i>	5:00AM-5:30AM (Pool) <i>Staff</i> 5:30AM-6:00AM (Pool) <i>Staff</i> 6:00AM-6:30AM (Pool) <i>Staff</i> 6:30AM-7:00AM (Pool) <i>Staff</i> 7:00AM-7:30AM (Pool) <i>Staff</i> 7:30AM-8:00AM (Pool) <i>Staff</i> 8:00AM-8:30AM (Pool) <i>Staff</i> 8:30AM-9:00AM (Pool) <i>Staff</i>	5:00AM-5:30AM (Pool) <i>Staff</i> 5:30AM-6:00AM (Pool) <i>Staff</i> 6:00AM-6:30AM (Pool) <i>Staff</i> 6:30AM-7:00AM (Pool) <i>Staff</i> 7:00AM-7:30AM (Pool) <i>Staff</i> 7:30AM-8:00AM (Pool) <i>Staff</i> 8:00AM-8:30AM (Pool) <i>Staff</i> 8:30AM-9:00AM (Pool) <i>Staff</i>	5:00AM-5:30AM (Pool) <i>Staff</i> 5:30AM-6:00AM (Pool) <i>Staff</i> 6:00AM-6:30AM (Pool) <i>Staff</i> 6:30AM-7:00AM (Pool) <i>Staff</i> 7:00AM-7:30AM (Pool) <i>Staff</i> 7:30AM-8:00AM (Pool) <i>Staff</i> 8:00AM-8:30AM (Pool) <i>Staff</i> 8:30AM-9:00AM (Pool) <i>Staff</i>	5:00AM-5:30AM (Pool) <i>Staff</i> 5:30AM-6:00AM (Pool) <i>Staff</i> 6:00AM-6:30AM (Pool) <i>Staff</i> 6:30AM-7:00AM (Pool) <i>Staff</i> 7:00AM-7:30AM (Pool) <i>Staff</i> 7:30AM-8:00AM (Pool) <i>Staff</i> 8:00AM-8:30AM (Pool) <i>Staff</i> 8:30AM-9:00AM (Pool) <i>Staff</i>		
Adult Pick Up Basketball Taylor - Gym 1 Book	5:30AM-7:00AM (Gym) <i>Staff</i>	5:30AM-7:00AM (Gym) <i>Staff</i>	5:30AM-7:00AM (Gym) <i>Staff</i>	5:30AM-7:00AM (Gym) <i>Staff</i>	5:30AM-7:00AM (Gym) <i>Staff</i>		
Reserved for Pickleball Taylor - Gym 2 Book	5:30AM-7:30AM (Gym) <i>Staff</i>		5:30AM-7:30AM (Gym) <i>Staff</i>			3:00PM-6:00PM (Gym) <i>Staff</i>	
Conditioning: MetCon Taylor - Gym 3 Book	5:45AM-6:30AM (Group Fitness) <i>Tricia A.</i>					8:15AM-9:00AM (Group Fitness) <i>Jasmine P.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength: BODYPUMP™ Taylor - Group Ex Studio Book	5:45AM-6:45AM (Group Fitness) <i>Gina T.</i> 5:30PM-6:25PM (Group Fitness) <i>Julia S.</i>		5:30PM-6:30PM (Group Fitness) <i>Lindsey S.</i>	5:45AM-6:45AM (Group Fitness) <i>Gretchen N.</i>			2:15PM-3:10PM (Group Fitness) <i>Abby L.</i>
Restore & Core: Mat Pilates Taylor - Group Ex Studio Book	7:00AM-8:00AM (Group Fitness) <i>Romain M.</i>		7:00AM-7:45AM (Group Fitness) <i>Magda K.</i> 8:00AM-9:00AM (Group Fitness) <i>Lydia S.</i>		9:15AM-10:15AM (Group Fitness) <i>Romain M.</i>	12:00PM-12:45PM (Group Fitness) <i>Lydia S.</i>	
Racquetball: 60 minutes Taylor Family YMCA Book	7:30AM-8:30AM (Reserve a Court) <i>Court_1 T.</i> 9:00AM-10:00AM (Reserve a Court) <i>Court_1 T.</i>	9:00AM-10:00AM (Reserve a Court) <i>Court_1 T.</i> 7:00PM-8:00PM (Reserve a Court) <i>Court_2 T.</i> 8:00PM-9:00PM (Reserve a Court) <i>Court_2 T.</i>					
Cycle: Beats Taylor - Cycle Studio Book	7:30AM-8:15AM (Group Fitness) <i>Marian B.</i>	6:00AM-7:00AM (Group Fitness) <i>Jenn G.</i>	9:30AM-10:15AM (Group Fitness) <i>Tony F.</i>	6:00AM-7:00AM (Group Fitness) <i>Tricia A.</i>	9:30AM-10:15AM (Group Fitness) <i>Beth B.</i>	8:15AM-9:15AM (Group Fitness) <i>Sheri S.</i>	
Conditioning: Low Impact Interval Training Taylor - Gym 3 Book	8:00AM-9:00AM (Group Fitness) <i>Ellen W.</i>						
Yoga: Vinyasa Flow Taylor - Group Ex Studio Book	8:15AM-9:00AM (Group Fitness) <i>Ashley B.</i>	5:15PM-6:15PM (Group Fitness) <i>Jeanne H.</i>	10:30AM-11:30AM (Group Fitness) <i>Jeanne H.</i> 6:45PM-7:45PM (Group Fitness) <i>Chushenna E.</i>	8:00AM-9:00AM (Group Fitness) <i>Susan H.</i> 5:15PM-6:15PM (Group Fitness) <i>Sharon G.</i>	6:00AM-7:00AM (Group Fitness) <i>Angela E.</i>	8:15AM-9:15AM (Group Fitness) <i>Julia K.</i>	3:30PM-4:45PM (Group Fitness) <i>Susan K.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 2 Circle Swim Taylor - Main Pool Book	8:30AM-9:00AM (Pool) Staff	10:00AM-10:30AM (Pool) Staff	8:30AM-9:00AM (Pool) Staff	10:00AM-10:30AM (Pool) Staff	8:30AM-9:00AM (Pool) Staff	7:00AM-8:00AM (Pool) Staff	
	3:30PM-4:30PM (Pool) Staff	3:30PM-4:30PM (Pool) Staff	3:30PM-4:30PM (Pool) Staff	3:30PM-4:30PM (Pool) Staff		8:00AM-9:00AM (Pool) Staff	
	4:30PM-5:30PM (Pool) Staff	4:30PM-5:30PM (Pool) Staff	4:30PM-5:30PM (Pool) Staff	4:30PM-5:30PM (Pool) Staff			
	5:30PM-6:30PM (Pool) Staff	5:30PM-6:30PM (Pool) Staff	5:30PM-6:30PM (Pool) Staff	5:30PM-6:30PM (Pool) Staff			
		6:30PM-7:30PM (Pool) Staff		6:30PM-7:30PM (Pool) Staff			
		7:30PM-8:30PM (Pool) Staff		7:30PM-8:30PM (Pool) Staff			
Lap Lane: 3 Circle Swim Taylor - Main Pool Book	8:30AM-9:00AM (Pool) Staff	10:00AM-10:30AM (Pool) Staff	8:30AM-9:00AM (Pool) Staff	10:00AM-10:30AM (Pool) Staff	8:30AM-9:00AM (Pool) Staff	7:00AM-8:00AM (Pool) Staff	11:00AM-12:00PM (Pool) Staff
	3:30PM-4:00PM (Pool) Staff	3:30PM-4:00PM (Pool) Staff	3:30PM-4:30PM (Pool) Staff	3:30PM-4:00PM (Pool) Staff		8:00AM-9:00AM (Pool) Staff	12:00PM-1:00PM (Pool) Staff
		6:00PM-7:00PM (Pool) Staff	4:30PM-5:30PM (Pool) Staff	6:00PM-7:00PM (Pool) Staff			1:00PM-2:00PM (Pool) Staff
		7:00PM-8:00PM (Pool) Staff	5:30PM-6:30PM (Pool) Staff	7:00PM-8:00PM (Pool) Staff			
		8:00PM-8:30PM (Pool) Staff		8:00PM-8:30PM (Pool) Staff			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 4 Circle Swim Taylor - Main Pool Book	8:30AM-9:00AM (Pool) <i>Staff</i>	9:00AM-10:00AM (Pool) <i>Staff</i>	8:30AM-9:00AM (Pool) <i>Staff</i>	9:00AM-10:00AM (Pool) <i>Staff</i>	8:30AM-9:00AM (Pool) <i>Staff</i>	7:00AM-8:00AM (Pool) <i>Staff</i>	11:00AM-12:00PM (Pool) <i>Staff</i>
	10:30AM-11:30AM (Pool) <i>Staff</i>	10:00AM-11:00AM (Pool) <i>Staff</i>	10:30AM-11:30AM (Pool) <i>Staff</i>	11:00AM-12:00PM (Pool) <i>Staff</i>	10:30AM-11:30AM (Pool) <i>Staff</i>	8:00AM-9:00AM (Pool) <i>Staff</i>	12:00PM-1:00PM (Pool) <i>Staff</i>
	11:30AM-12:30PM (Pool) <i>Staff</i>	11:00AM-12:00PM (Pool) <i>Staff</i>	11:30AM-12:30PM (Pool) <i>Staff</i>	12:00PM-1:00PM (Pool) <i>Staff</i>	11:30AM-12:30PM (Pool) <i>Staff</i>	11:00AM-12:00PM (Pool) <i>Staff</i>	1:00PM-2:00PM (Pool) <i>Staff</i>
	12:30PM-1:30PM (Pool) <i>Staff</i>	12:00PM-1:00PM (Pool) <i>Staff</i>	12:30PM-1:30PM (Pool) <i>Staff</i>	1:00PM-2:00PM (Pool) <i>Staff</i>	12:30PM-1:30PM (Pool) <i>Staff</i>	12:00PM-1:00PM (Pool) <i>Staff</i>	2:00PM-3:00PM (Pool) <i>Staff</i>
	1:30PM-2:30PM (Pool) <i>Staff</i>	1:00PM-2:00PM (Pool) <i>Staff</i>	1:30PM-2:30PM (Pool) <i>Staff</i>	2:00PM-3:00PM (Pool) <i>Staff</i>	1:30PM-2:30PM (Pool) <i>Staff</i>	1:00PM-2:00PM (Pool) <i>Staff</i>	3:00PM-4:00PM (Pool) <i>Staff</i>
	2:30PM-3:30PM (Pool) <i>Staff</i>	2:00PM-3:00PM (Pool) <i>Staff</i>	2:30PM-3:30PM (Pool) <i>Staff</i>	3:00PM-4:00PM (Pool) <i>Staff</i>	2:30PM-3:30PM (Pool) <i>Staff</i>	2:00PM-3:00PM (Pool) <i>Staff</i>	5:00PM-5:30PM (Pool) <i>Staff</i>
	3:30PM-4:00PM (Pool) <i>Staff</i>	3:00PM-4:00PM (Pool) <i>Staff</i>	3:30PM-4:00PM (Pool) <i>Staff</i>	7:30PM-8:30PM (Pool) <i>Staff</i>	3:30PM-4:00PM (Pool) <i>Staff</i>	3:00PM-4:00PM (Pool) <i>Staff</i>	
	7:30PM-8:30PM (Pool) <i>Staff</i>	7:30PM-8:30PM (Pool) <i>Staff</i>	8:00PM-8:30PM (Pool) <i>Staff</i>		7:00PM-7:30PM (Pool) <i>Staff</i>	4:00PM-5:00PM (Pool) <i>Staff</i> 5:00PM-5:30PM (Pool) <i>Staff</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 5 Circle Swim Taylor - Main Pool Book	8:30AM-9:00AM (Pool) Staff	9:00AM-10:00AM (Pool) Staff	8:30AM-9:00AM (Pool) Staff	9:00AM-10:00AM (Pool) Staff	8:30AM-9:00AM (Pool) Staff	7:00AM-8:00AM (Pool) Staff	11:00AM-12:00PM (Pool) Staff
	10:30AM-11:30AM (Pool) Staff	10:00AM-11:00AM (Pool) Staff	10:30AM-11:30AM (Pool) Staff	10:00AM-11:00AM (Pool) Staff	10:30AM-11:30AM (Pool) Staff	8:00AM-9:00AM (Pool) Staff	12:00PM-1:00PM (Pool) Staff
	11:30AM-12:30PM (Pool) Staff	11:00AM-12:00PM (Pool) Staff	11:30AM-12:30PM (Pool) Staff	11:00AM-12:00PM (Pool) Staff	11:30AM-12:30PM (Pool) Staff	11:00AM-12:00PM (Pool) Staff	1:00PM-2:00PM (Pool) Staff
	12:30PM-1:30PM (Pool) Staff	12:00PM-1:00PM (Pool) Staff	12:30PM-1:30PM (Pool) Staff	1:00PM-2:00PM (Pool) Staff	12:30PM-1:30PM (Pool) Staff	12:00PM-1:00PM (Pool) Staff	2:00PM-3:00PM (Pool) Staff
	1:30PM-2:30PM (Pool) Staff	1:00PM-2:00PM (Pool) Staff	1:30PM-2:30PM (Pool) Staff	2:00PM-3:00PM (Pool) Staff	1:30PM-2:30PM (Pool) Staff	1:00PM-2:00PM (Pool) Staff	3:00PM-4:00PM (Pool) Staff
	2:30PM-3:00PM (Pool) Staff	2:00PM-3:00PM (Pool) Staff	2:30PM-3:00PM (Pool) Staff		2:30PM-3:00PM (Pool) Staff	2:00PM-3:00PM (Pool) Staff	4:00PM-5:00PM (Pool) Staff
	8:00PM-8:30PM (Pool) Staff		8:00PM-8:30PM (Pool) Staff		7:00PM-7:30PM (Pool) Staff	3:00PM-4:00PM (Pool) Staff 4:00PM-5:00PM (Pool) Staff 5:00PM-5:30PM (Pool) Staff	5:00PM-5:30PM (Pool) Staff
Lap Lane: 6 Circle Swim Taylor - Main Pool Book	9:00AM-11:00AM (Pool) Staff	9:00AM-11:00AM (Pool) Staff	9:00AM-11:00AM (Pool) Staff	9:00AM-11:00AM (Pool) Staff	9:00AM-11:00AM (Pool) Staff	7:00AM-9:00AM (Pool) Staff	1:30PM-3:30PM (Pool) Staff
	11:00AM-1:00PM (Pool) Staff	11:00AM-1:00PM (Pool) Staff	11:00AM-1:00PM (Pool) Staff	11:00AM-1:00PM (Pool) Staff	11:00AM-1:00PM (Pool) Staff	11:00AM-1:00PM (Pool) Staff	3:30PM-5:30PM (Pool) Staff
	11:00AM-1:00PM (Pool) Staff	1:00PM-3:00PM (Pool) Staff	1:00PM-3:00PM (Pool) Staff	1:00PM-3:00PM (Pool) Staff	1:00PM-3:00PM (Pool) Staff	1:00PM-2:30PM (Pool) Staff	
	1:00PM-3:00PM (Pool) Staff		8:00PM-8:30PM (Pool) Staff		7:00PM-7:30PM (Pool) Staff	3:30PM-5:30PM (Pool) Staff	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 7 Circle Swim Taylor - Main Pool Book	9:00AM-11:00AM (Pool) <i>Staff</i>	9:00AM-11:00AM (Pool) <i>Staff</i> 11:00AM-1:00PM (Pool) <i>Staff</i> 1:00PM-3:00PM (Pool) <i>Staff</i>	9:00AM-11:00AM (Pool) <i>Staff</i> 11:00AM-1:00PM (Pool) <i>Staff</i> 1:00PM-3:00PM (Pool) <i>Staff</i> 8:00PM-8:30PM (Pool) <i>Staff</i>	9:00AM-11:00AM (Pool) <i>Staff</i> 11:00AM-1:00PM (Pool) <i>Staff</i> 1:00PM-3:00PM (Pool) <i>Staff</i>	9:00AM-11:00AM (Pool) <i>Staff</i> 11:00AM-1:00PM (Pool) <i>Staff</i> 1:00PM-3:00PM (Pool) <i>Staff</i> 7:00PM-7:30PM (Pool) <i>Staff</i>	7:00AM-9:00AM (Pool) <i>Staff</i> 11:00AM-1:00PM (Pool) <i>Staff</i> 1:00PM-2:30PM (Pool) <i>Staff</i> 4:00PM-5:30PM (Pool) <i>Staff</i>	11:00AM-11:30AM (Pool) <i>Staff</i> 1:30PM-2:30PM (Pool) <i>Staff</i>
Lap Lane: 8 Circle Swim Taylor - Main Pool Book	9:00AM-9:30AM (Pool) <i>Staff</i> 1:00PM-3:00PM (Pool) <i>Staff</i> 1:00PM-3:00PM (Pool) <i>Staff</i>	9:00AM-9:30AM (Pool) <i>Staff</i> 1:00PM-3:00PM (Pool) <i>Staff</i>	9:00AM-9:30AM (Pool) <i>Staff</i> 1:00PM-3:00PM (Pool) <i>Staff</i> 8:00PM-8:30PM (Pool) <i>Staff</i>	9:00AM-11:00AM (Pool) <i>Staff</i> 11:00AM-1:00PM (Pool) <i>Staff</i> 1:00PM-3:00PM (Pool) <i>Staff</i>	9:00AM-11:00AM (Pool) <i>Staff</i> 11:00AM-1:00PM (Pool) <i>Staff</i> 1:00PM-3:00PM (Pool) <i>Staff</i> 7:00PM-7:30PM (Pool) <i>Staff</i>	7:00AM-9:00AM (Pool) <i>Staff</i> 11:00AM-12:00PM (Pool) <i>Staff</i> 5:00PM-5:30PM (Pool) <i>Staff</i>	11:00AM-11:30AM (Pool) <i>Staff</i>
Aqua Fitness: Aqua HIIT Taylor - Main Pool Book	9:00AM-9:55AM (Group Fitness) <i>Nance C.</i>						12:15PM-1:10PM (Group Fitness) <i>Jessica S.</i>
Restore & Core: Barre Taylor - Group Ex Studio Book	9:15AM-10:15AM (Group Fitness) <i>Romain M.</i>						
Conditioning: BODYCOMBAT Taylor - Gym 3 Book	9:15AM-10:15AM (Group Fitness) <i>Rae J.</i>						
Reserved for Youth Programs Taylor - Gym 3 Book	10:30AM-5:15PM (Gym) <i>Staff</i>	10:30AM-5:15PM (Gym) <i>Staff</i>	10:30AM-5:15PM (Gym) <i>Staff</i>	10:30AM-5:15PM (Gym) <i>Staff</i>	10:30AM-5:15PM (Gym) <i>Staff</i>		
Family Swim Taylor - Main Pool Book	10:30AM-3:30PM (Pool) <i>Staff</i>	10:30AM-3:30PM (Pool) <i>Staff</i>	10:30AM-3:30PM (Pool) <i>Staff</i>	10:30AM-3:30PM (Pool) <i>Staff</i>	10:30AM-7:30PM (Pool) <i>Staff</i>	10:30AM-5:30PM (Pool) <i>Staff</i>	11:00AM-5:30PM (Pool) <i>Staff</i>
Thrive: Cardio Strength Taylor - Group Ex Studio Book	10:30AM-11:30AM (Group Fitness) <i>Nance C.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball: 60 minutes Taylor - Racquetball Court 4 Book	11:00AM-6:00PM (Reserve a Court) <i>Court_4 T.</i>						
Adult Pick Up Basketball Taylor - Gyms 1 & 2 Book	12:00PM-2:00PM (Gym) <i>Staff</i>		12:00PM-2:00PM (Gym) <i>Staff</i>		12:00PM-2:00PM (Gym) <i>Staff</i>	7:30AM-9:30AM (Gym) <i>Staff</i>	
Strength: Ripped and Strong Taylor - Group Ex Studio Book	12:00PM-12:45PM (Group Fitness) <i>Beth B.</i>		9:15AM-10:15AM (Group Fitness) <i>Jackie Z.</i>	6:30PM-7:30PM (Group Fitness) <i>Katey Z.</i>			
Adult Equipment Orientation Taylor - Wellness Floor Book	12:15PM-1:15PM (Get Started) <i>Donovan P.</i>		12:15PM-1:15PM (Get Started) <i>Donovan P.</i>		12:15PM-1:15PM (Get Started) <i>Donovan P.</i>		
Thrive: Chair Yoga Taylor - Group Ex Studio Book	1:30PM-2:30PM (Group Fitness) <i>Chushenna E.</i>			1:30PM-2:30PM (Group Fitness) <i>Amy M.</i>			
Virtual In-Studio: Les Mills RPM™ Taylor - Cycle Studio Book	2:00PM-2:45PM (Group Fitness) <i>Staff</i>				2:00PM-2:45PM (Group Fitness) <i>Staff</i>		
Open Gym Taylor - Gym 1 Book	2:00PM-5:30PM (Gym) <i>Staff</i>	2:00PM-5:30PM (Gym) <i>Staff</i>	2:00PM-5:30PM (Gym) <i>Staff</i>	2:00PM-5:30PM (Gym) <i>Staff</i>			
Reserved for Youth Programs Taylor - Gym 2 Book	2:00PM-5:30PM (Gym) <i>Staff</i>	2:00PM-5:30PM (Gym) <i>Staff</i>	2:00PM-5:30PM (Gym) <i>Staff</i>	2:00PM-5:30PM (Gym) <i>Staff</i>	2:00PM-5:30PM (Gym) <i>Staff</i>		
Virtual In-Studio: Les Mills BODYATTACK™ Taylor - Group Ex Studio Book	2:45PM-3:30PM (Group Fitness) <i>Staff</i>		2:45PM-3:15PM (Group Fitness) <i>Staff</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 1 Circle Swim Taylor - Main Pool Book	3:30PM-4:30PM (Pool) Staff	10:00AM-10:30AM (Pool) Staff	3:30PM-4:30PM (Pool) Staff	10:00AM-10:30AM (Pool) Staff		7:00AM-8:00AM (Pool) Staff	
	4:30PM-5:30PM (Pool) Staff	3:30PM-4:30PM (Pool) Staff	4:30PM-5:30PM (Pool) Staff	3:30PM-4:30PM (Pool) Staff		8:00AM-9:00AM (Pool) Staff	
	5:30PM-6:30PM (Pool) Staff	4:30PM-5:30PM (Pool) Staff	6:00PM-6:30PM (Pool) Staff	4:30PM-5:30PM (Pool) Staff			
		5:30PM-6:30PM (Pool) Staff		5:30PM-6:30PM (Pool) Staff			
		6:30PM-7:30PM (Pool) Staff		6:30PM-7:30PM (Pool) Staff			
		7:30PM-8:30PM (Pool) Staff		7:30PM-8:30PM (Pool) Staff			
Strength: Lean and Cut Taylor - Group Ex Studio Book	4:30PM-5:15PM (Group Fitness) Maggie O.	6:00AM-7:00AM (Group Fitness) Sydney W.			12:00PM-12:45PM (Group Fitness) Li C.		
Reserved for Special Event Taylor - Racquetball Court 1 Book	5:00PM-7:00PM (Court) Staff		5:00PM-7:00PM (Court) Staff			10:00AM-12:00PM (Court) Staff	
Reserved for Special Event Taylor - Racquetball Court 2 Book	5:00PM-7:00PM (Court) Staff		5:00PM-7:00PM (Court) Staff			10:00AM-12:00PM (Court) Staff	
Conditioning: Cardio Strength Taylor - Gym 3 Book	5:30PM-6:25PM (Group Fitness) Eva B.		5:45AM-6:45AM (Group Fitness) Jenn G.		9:30AM-10:30AM (Group Fitness) Jackie Z.		1:00PM-2:00PM (Group Fitness) Jackie Z.
Cycle: Fusion Taylor - Cycle Studio Book	6:00PM-7:00PM (Group Fitness) Jackie Z.	9:30AM-10:30AM (Group Fitness) Jasmine P.					
Dance: Zumba Taylor - Gym 3 Book	6:35PM-7:35PM (Group Fitness) Valerie Z.	6:30PM-7:30PM (Group Fitness) Vanessa R.	6:35PM-7:35PM (Group Fitness) Meralis B.				
Yoga: Gentle Hatha Taylor - Group Ex Studio Book	6:45PM-7:45PM (Group Fitness) Jessie D.	8:00AM-9:00AM (Group Fitness) Pamela H.		10:30AM-11:30AM (Group Fitness) Donna E.		10:45AM-11:45AM (Group Fitness) Dipendra S.	
		12:00PM-1:00PM (Group Fitness) Sharon G.					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Fitness: Deep Power Taylor - Main Pool Book	7:00PM-7:55PM (Group Fitness) Diane B.		7:00PM-7:55PM (Group Fitness) Diane B.				
Open Play Adult Volleyball Taylor - Gyms 1 & 2 Book	7:30PM-9:00PM (Gym) Staff		7:30PM-9:00PM (Gym) Staff				
Aqua Fitness: Aqua Fit Taylor - Main Pool Book		8:30AM-9:25AM (Group Fitness) Diane B.	9:00AM-9:55AM (Group Fitness) Stephanie H.	8:30AM-9:25AM (Group Fitness) Diane B.	9:00AM-9:55AM (Group Fitness) Donna E.	9:30AM-10:25AM (Group Fitness) Donna E.	
Thrive: Balanced and Strong Taylor - Group Ex Studio Book		9:15AM-10:00AM (Group Fitness) Donna E.			8:00AM-8:45AM (Group Fitness) Romain M.		
Strength: Lean and Cut Taylor - Gym 3 Book		9:30AM-10:15AM (Group Fitness) Shantelle S.	8:00AM-8:55AM (Group Fitness) Jenn G. 5:30PM-6:25PM (Group Fitness) Sydney W.	9:30AM-10:15AM (Group Fitness) Jackie Z.		10:30AM-11:30AM (Group Fitness) Maya B.	
Step: Step Taylor - Group Ex Studio Book		10:30AM-11:15AM (Group Fitness) Gina T.				9:30AM-10:30AM (Group Fitness) Jasmine P.	
Adult Equipment Orientation Taylor Family YMCA Book		12:15PM-1:15PM (Get Started) Donovan P.		12:15PM-1:15PM (Get Started) Donovan P.			
Restore & Core: Mindfulness Meditation Taylor - Group Ex Studio Book		1:05PM-1:20PM (Group Fitness) Romain M.			8:50AM-9:05AM (Group Fitness) Romain M.		
Thrive: Chair Pilates Taylor - Group Ex Studio Book		1:30PM-2:30PM (Group Fitness) Romain M.					
Virtual In-Studio: Les Mills BODYPUMP™ Taylor - Group Ex Studio Book		2:45PM-3:30PM (Group Fitness) Staff 4:00PM-4:45PM (Group Fitness) Staff		2:45PM-3:30PM (Group Fitness) Staff 4:00PM-4:45PM (Group Fitness) Staff	1:00PM-1:45PM (Group Fitness) Staff 4:00PM-4:45PM (Group Fitness) Staff		
Teen Equipment Orientation Taylor - Wellness Floor Book		6:15PM-7:00PM (Get Started) Staff		6:15PM-7:00PM (Get Started) Staff			3:15PM-4:15PM (Get Started) Staff

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning: BODYCOMBAT Taylor - Group Ex Studio Book		6:30PM-7:30PM (Group Fitness) <i>Kayla S.</i>					
Advanced Volleyball Pickup Taylor - Gyms 1 & 2 Book		7:30PM-9:00PM (Gym) <i>Staff</i>					
Thrive: Cardio Strength Taylor - Gym 3 Book			9:15AM-10:10AM (Group Fitness) <i>Donna E.</i>				
Conditioning: Athletic Conditioning Taylor - Group Ex Studio Book			12:00PM-12:45PM (Group Fitness) <i>Beth B.</i>				
Dance: Dance Taylor - Group Ex Studio Book			1:30PM-2:30PM (Group Fitness) <i>Nance C.</i>		10:30AM-11:30AM (Group Fitness) <i>Jeeyoon M.</i>		
Virtual In-Studio: Les Mills RPM™ Taylor Family YMCA Book			2:00PM-2:45PM (Group Fitness) <i>Staff</i>				
Teen Fitness: SAQ Sports Training Taylor - Group Ex Studio Book			4:00PM-5:00PM (Group Fitness) <i>Donovan P.</i>				
Cycle: Force Taylor - Cycle Studio Book			6:00PM-6:45PM (Group Fitness) <i>Daniel B.</i>	9:30AM-10:15AM (Group Fitness) <i>Jasmine P.</i>			
Dance: Zumba Taylor - Group Ex Studio Book				9:15AM-10:15AM (Group Fitness) <i>Valerie Z.</i>	5:30PM-6:30PM (Group Fitness) <i>Anne W.</i>		1:00PM-2:00PM (Group Fitness) <i>Caroline L.</i>
Lap Lane: 4 Circle Swim Taylor Family YMCA Book				10:00AM-11:00AM (Pool) <i>Staff</i>		9:00AM-10:00AM (Pool) <i>Staff</i> 10:00AM-11:00AM (Pool) <i>Staff</i>	4:00PM-5:00PM (Pool) <i>Staff</i>
Restore & Core: Pilates Sculpt Taylor - Group Ex Studio Book				12:00PM-12:45PM (Group Fitness) <i>Amy M.</i>			
Step: Step Taylor - Gym 3 Book				5:30PM-6:25PM (Group Fitness) <i>Gina T.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reserved for Super Skippers Taylor - Gym 3 Book				6:30PM-8:30PM (Gym) <i>Staff</i>		3:00PM-6:00PM (Gym) <i>Staff</i> 3:00PM-5:00PM (Gym) <i>Staff</i>	
Competitive Volleyball Pickup Taylor - Gyms 1 & 2 Book				7:30PM-9:00PM (Gym) <i>Staff</i>			
Conditioning: Athletic Conditioning Taylor - Gym 3 Book					5:45AM-6:45AM (Group Fitness) <i>Tricia A.</i>		
Virtual In-Studio: Les Mills CORE™ Taylor - Group Ex Studio Book					2:00PM-2:30PM (Group Fitness) <i>Staff</i>	3:00PM-3:15PM (Group Fitness) <i>Staff</i>	
Virtual In-Studio: Les Mills GRIT™ Cardio Taylor - Group Ex Studio Book					2:45PM-3:15PM (Group Fitness) <i>Staff</i>		
Open Gym Taylor - Gyms 1 & 2 Book					5:30PM-8:00PM (Gym) <i>Staff</i>		
Lap Lane: 5 Circle Swim Taylor Family YMCA Book						9:00AM-10:00AM (Pool) <i>Staff</i> 10:00AM-11:00AM (Pool) <i>Staff</i>	
Lap Lane: 6 Circle Swim Taylor Family YMCA Book						9:00AM-11:00AM (Pool) <i>Staff</i>	11:00AM-11:30AM (Pool) <i>Staff</i>
Lap Lane: 7 Circle Swim Taylor Family YMCA Book						9:00AM-11:00AM (Pool) <i>Staff</i>	
Lap Lane: 8 Circle Swim Taylor Family YMCA Book						9:00AM-11:00AM (Pool) <i>Staff</i>	
Conditioning: Kickboxing Taylor - Gym 3 Book						9:15AM-10:15AM (Group Fitness) <i>Maya B.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teen Equipment Orientation Taylor Family YMCA Book						9:30AM-10:30AM (Get Started) <i>Staff</i>	
Reserved Taylor - Gym 3 Book						12:30PM-2:30PM (Gym) <i>Staff</i>	12:45PM-2:00PM (Gym) <i>Staff</i>
Virtual In-Studio: Les Mills GRIT™ Strength Taylor - Group Ex Studio Book						1:00PM-1:30PM (Group Fitness) <i>Staff</i>	
Teen Pick Up Basketball Taylor - Gym 1 Book						2:00PM-6:00PM (Gym) <i>Staff</i>	
Virtual In-Studio: Les Mills BORN TO MOVE™ Taylor - Group Ex Studio Book							12:15PM-12:45PM (Group Fitness) <i>Staff</i>
Open Play Volleyball Taylor - Gym 2 Book							2:00PM-5:00PM (Gym) <i>Staff</i>
Reserved for Super Skippers Taylor - Gyms 1 & 2 Book							5:00PM-8:00PM (Gym) <i>Staff</i> 5:00PM-8:00PM (Gym) <i>Staff</i>
Reserved for Super Skippers Taylor - Group Ex Studio Book							5:00PM-7:00PM (Gym) <i>Staff</i>



Poole Family YMCA | December 15th - December 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle: Fusion Poole - Studio 2 Book	5:30AM-6:25AM (Group Fitness) <i>Juli D.</i>						
Virtual In-Studio: Les Mills SPRINT™ Poole - Studio 2 Book	8:30AM-9:00AM (Group Fitness) <i>Poole S.</i>	8:30AM-9:00AM (Group Fitness) <i>Poole S.</i>	8:30AM-9:00AM (Group Fitness) <i>Poole S.</i>	8:30AM-9:00AM (Group Fitness) <i>Poole S.</i>	8:30AM-9:00AM (Group Fitness) <i>Poole S.</i>		4:15PM-4:45PM (Group Fitness) <i>Poole S.</i>
Restore & Core: Pilates Sculpt Poole - Studio 1 Book	8:30AM-9:15AM (Group Fitness) <i>Becky C.</i>		8:30AM-9:15AM (Group Fitness) <i>Becky C.</i>				
Open Play Pickleball Poole Family YMCA Book	9:30AM-11:30AM (Gym) <i>Staff</i>	1:30PM-3:00PM (Gym) <i>Staff</i>			9:30AM-11:30AM (Gym) <i>Staff</i>	9:00AM-12:00PM (Gym) <i>Staff</i>	3:30PM-5:45PM (Gym) <i>Staff</i>
Cycle: RPM™ Poole - Studio 2 Book	9:30AM-10:15AM (Group Fitness) <i>Robin M.</i> 5:30PM-6:15PM (Group Fitness) <i>Temple D.</i>		5:30AM-6:15AM (Group Fitness) <i>Juli D.</i> 9:30AM-10:15AM (Group Fitness) <i>Robin M.</i>				
Conditioning: BODYCOMBAT Poole - Studio 1 Book	9:30AM-10:25AM (Group Fitness) <i>April J.</i>	6:15PM-7:00PM (Group Fitness) <i>Maggie H.</i>	9:30AM-10:25AM (Group Fitness) <i>Ellen K.</i>	6:15PM-7:00PM (Group Fitness) <i>Lindsey S.</i>		9:10AM-10:05AM (Group Fitness) <i>Jennifer T.</i>	
Strength: Core Blast Poole - Studio 1 Book	10:35AM-11:20AM (Group Fitness) <i>Julianne B.</i>		10:35AM-11:20AM (Group Fitness) <i>Juli D.</i>				
Restore & Core: Stretch Poole - Studio 1 Book	11:30AM-12:00PM (Group Fitness) <i>Janice K.</i>				8:30AM-9:15AM (Group Fitness) <i>Janice K.</i>		
Strength: BODYPUMP™ Poole - Studio 1 Book	12:15PM-1:00PM (Group Fitness) <i>Amanda G.</i> 5:30PM-6:25PM (Group Fitness) <i>Lindsey S.</i>	5:30AM-6:25AM (Group Fitness) <i>Ellen K.</i> 9:30AM-10:25AM (Group Fitness) <i>Ellen K.</i>	5:30PM-6:25PM (Group Fitness) <i>Rose B.</i>	5:30AM-6:25AM (Group Fitness) <i>Ellen K.</i> 9:30AM-10:25AM (Group Fitness) <i>Juli D.</i>	12:15PM-1:00PM (Group Fitness) <i>Rae J.</i>	8:00AM-8:55AM (Group Fitness) <i>Lindsey S.</i>	
Open Play Pickleball Poole - Gym 2 Book	6:00PM-8:45PM (Gym) <i>Staff</i>				6:00PM-7:45PM (Gym) <i>Staff</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance: Zumba Poole - Studio 1 Book	6:35PM-7:20PM (Group Fitness) <i>Jillian F.</i>						
Yoga: Restorative Yoga Poole - Studio 1 Book	7:30PM-8:15PM (Group Fitness) <i>Ashleigh P.</i>						
Restore & Core: Mobility Poole - Studio 1 Book		8:15AM-9:10AM (Group Fitness) <i>Juli D.</i>		8:15AM-9:10AM (Group Fitness) <i>Juli D.</i>			2:35PM-3:05PM (Group Fitness) <i>Leah W.</i>
Virtual In-Studio: Les Mills RPM™ Poole - Studio 2 Book		9:30AM-10:15AM (Group Fitness) <i>Poole S.</i> 6:00PM-6:45PM (Group Fitness) <i>Poole S.</i>		9:30AM-10:15AM (Group Fitness) <i>Poole S.</i> 6:00PM-6:45PM (Group Fitness) <i>Poole S.</i>			12:15PM-1:00PM (Group Fitness) <i>Poole S.</i> 3:15PM-4:00PM (Group Fitness) <i>Poole S.</i>
Yoga: Vinyasa Flow Poole - Studio 1 Book		10:40AM-11:35AM (Group Fitness) <i>Janice K.</i>	7:45PM-8:30PM (Group Fitness) <i>Janice K.</i>	10:40AM-11:35AM (Group Fitness) <i>Rose B.</i>			3:15PM-4:10PM (Group Fitness) <i>Rose B.</i>
Thrive: Balanced and Strong Poole - Studio 1 Book		11:45AM-12:30PM (Group Fitness) <i>Becky C.</i>		11:45AM-12:30PM (Group Fitness) <i>Laura T.</i>			
Dance: Line Dance Poole - Studio 1 Book		4:30PM-5:00PM (Group Fitness) <i>Jaime J.</i>		4:30PM-5:00PM (Group Fitness) <i>Jennifer C.</i>			
Restore & Core: Barre Poole - Studio 1 Book		5:15PM-6:00PM (Group Fitness) <i>Jennifer T.</i>		5:15PM-6:00PM (Group Fitness) <i>Jennifer T.</i>	10:30AM-11:15AM (Group Fitness) <i>Jaime J.</i>		
Open Play Volleyball Poole Family YMCA Book		6:30PM-8:30PM (Gym) <i>Staff</i>					
Conditioning: STRONG Nation Poole - Studio 1 Book		7:10PM-7:40PM (Group Fitness) <i>Maggie H.</i>					2:00PM-2:30PM (Group Fitness) <i>Leah W.</i>
Thrive: Gentle Aerobics Poole - Studio 1 Book			11:45AM-12:30PM (Group Fitness) <i>Laura T.</i>				
Cycle: Force Poole - Studio 2 Book			6:15PM-7:00PM (Group Fitness) <i>Emily R.</i>		5:30AM-6:15AM (Group Fitness) <i>Nadia A.</i> 9:30AM-10:15AM (Group Fitness) <i>Paula N.</i>	9:15AM-10:00AM (Group Fitness) <i>Paula N.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance: Zumba Toning Poole - Studio 1 Book			6:40PM-7:35PM (Group Fitness) <i>Jillian F.</i>		6:00PM-6:45PM (Group Fitness) <i>Sandra H.</i>		
Dance: Zumba Poole Family YMCA Book				7:10PM-7:55PM (Group Fitness) <i>Jillian F.</i>			
Strength: Ripped and Strong Poole - Studio 1 Book					9:30AM-10:15AM (Group Fitness) <i>Amanda G.</i>		
Adaptive: Adaptive Fitness Poole - Studio 1 Book					11:30AM-12:00PM (Group Fitness) <i>Rae J.</i>		
Yoga: Power Yoga Poole - Studio 1 Book						10:15AM-11:10AM (Group Fitness) <i>Megan C.</i>	
Virtual In-Studio: Les Mills DANCE™ Poole - Studio 1 Book						11:30AM-12:00PM (Group Fitness) <i>Poole S.</i>	
Virtual In-Studio: Les Mills CORE™ Poole - Studio 1 Book						12:15PM-1:00PM (Group Fitness) <i>Poole S.</i>	
Virtual In-Studio: Les Mills BODYBALANCE™ Poole - Studio 1 Book						1:00PM-1:55PM (Group Fitness) <i>Poole S.</i>	
Dance: WERQ Dance Fitness Poole - Studio 1 Book							1:00PM-1:55PM (Group Fitness) <i>Leah W.</i>
Virtual In-Studio: Les Mills SPRINT™ Poole Family YMCA Book							1:15PM-1:45PM (Group Fitness) <i>Poole S.</i>



Ingram Family YMCA | December 15th - December 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 4 Shared Lanes Ingram - Pool Book	6:00AM-8:50AM (Pool) Staff 10:00AM-12:45PM (Pool) Staff 10:00AM-1:00PM (Pool) Staff	6:00AM-1:00PM (Pool) Staff	6:00AM-8:50AM (Pool) Staff 10:00AM-12:45PM (Pool) Staff	6:00AM-1:00PM (Pool) Staff 5:30PM-6:00PM (Pool) Staff	6:00AM-8:50AM (Pool) Staff 10:00AM-12:45PM (Pool) Staff 5:30PM-7:00PM (Pool) Staff	8:00AM-2:30PM (Pool) Staff	
Family Swim Ingram - Pool Book	6:00AM-9:00AM (Pool) Staff 10:00AM-12:45PM (Pool) Staff 4:00PM-7:00PM (Pool) Staff	6:00AM-1:00PM (Pool) Staff 4:00PM-6:00PM (Pool) Staff	6:00AM-9:00AM (Pool) Staff 10:00AM-12:45PM (Pool) Staff 4:00PM-7:00PM (Pool) Staff	6:00AM-1:00PM (Pool) Staff 4:00PM-6:00PM (Pool) Staff	6:00AM-9:00AM (Pool) Staff 10:00AM-12:45PM (Pool) Staff 4:00PM-7:00PM (Pool) Staff		
Virtual In-Studio: Les Mills BODYPUMP™ Ingram - Studio 1 Book	6:15AM-7:00AM (Group Fitness) Staff						
Strength: Lean and Cut Ingram Family YMCA Book	8:15AM-9:10AM (Group Fitness) Beverly T.						
Aqua Fitness: Aqua Fit Ingram - Pool Book	9:00AM-9:55AM (Group Fitness) Christine G.	6:00PM-6:55PM (Group Fitness) Gordy R.		6:00PM-6:55PM (Group Fitness) Gordy R.	9:00AM-9:55AM (Group Fitness) Gordy R.		
Yoga: Slow Flow Ingram Family YMCA Book	9:30AM-10:20AM (Group Fitness) Jan S.						
Racquetball Open Play Ingram - Racquetball Book	10:00AM-4:00PM (Court) Staff 6:00PM-8:00PM (Court) Staff	10:00AM-4:00PM (Court) Staff 6:00PM-8:00PM (Court) Staff	10:00AM-4:00PM (Court) Staff 6:00PM-8:00PM (Court) Staff	10:00AM-4:00PM (Court) Staff 6:00PM-8:00PM (Court) Staff	10:00AM-4:00PM (Court) Staff 6:00PM-8:00PM (Court) Staff	8:00AM-3:00PM (Court) Staff	1:00PM-5:00PM (Court) Staff

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Thrive: Balanced and Strong Ingram - Studio 1 Book	10:30AM-11:15AM (Group Fitness) Christine G.	9:45AM-10:45AM (Group Fitness) Beverly T.		8:30AM-9:15AM (Group Fitness) Christine G.			
Virtual In-Studio: Les Mills BODYATTACK™ Ingram - Studio 1 Book	1:30PM-2:15PM (Group Fitness) Staff				1:30PM-2:15PM (Group Fitness) Staff		
Lap Lane: 1 Shared Lane Ingram - Pool Book	4:00PM-5:30PM (Pool) Staff	4:00PM-5:30PM (Pool) Staff 6:00PM-7:00PM (Pool) Staff		4:00PM-5:30PM (Pool) Staff	4:00PM-5:30PM (Pool) Staff		
Lap Lane: 2 Shared Lanes Ingram - Pool Book	5:30PM-7:00PM (Pool) Staff	5:30PM-6:00PM (Pool) Staff	5:30PM-7:00PM (Pool) Staff				
Strength: Ripped and Strong Ingram - Studio 1 Book	5:30PM-6:25PM (Group Fitness) Tenika M.						
Yoga: Vinyasa Flow Ingram - Studio 2 Book	5:45PM-6:45PM (Group Fitness) Gretchen W.						
Conditioning: Cardio Strength Ingram - Studio 1 Book		6:05AM-7:05AM (Group Fitness) Kelly J. 5:30PM-6:30PM (Group Fitness) Lauren B.		5:30PM-6:15PM (Group Fitness) Beverly T.	6:05AM-7:05AM (Group Fitness) Kelly J.		
Virtual In-Studio: Les Mills GRIT™ Strength Ingram - Studio 1 Book		6:15AM-6:45AM (Group Fitness) Staff		6:15AM-6:45AM (Group Fitness) Staff 1:30PM-2:00PM (Group Fitness) Staff			
Restore & Core: Mat Pilates Ingram - Studio 1 Book		8:30AM-9:25AM (Group Fitness) Christine G.					
Virtual In-Studio: Les Mills GRIT™ Cardio Ingram - Studio 1 Book		1:30PM-2:00PM (Group Fitness) Staff					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Virtual In-Studio: Les Mills CORE™ Ingram - Studio 1 Book		2:10PM-2:25PM (Group Fitness) <i>Staff</i>		2:10PM-2:25PM (Group Fitness) <i>Staff</i>			
Teen Equipment Orientation Ingram Family YMCA Book		4:30PM-5:15PM (Get Started) <i>Stephanie M.</i>					
Meet Me at the Y - Family Experiences Ingram Family YMCA Book		5:15PM-5:45PM (Get Started) <i>Latacha D.</i>					
Cycle: Beats Ingram - Studio 2 Book		5:30PM-6:15PM (Group Fitness) <i>Tenika M.</i>					
Yoga: Gentle Hatha Ingram Family YMCA Book		6:30PM-7:30PM (Group Fitness) <i>Maria M.</i>					
Family Swim Ingram Family YMCA Book			6:00AM-9:00AM (Pool) <i>Staff</i>			8:00AM-2:30PM (Pool) <i>Staff</i>	
Restore & Core: Barre Ingram - Studio 1 Book			8:30AM-9:25AM (Group Fitness) <i>Deanna H.</i>				
Aqua Fitness: Aqua Zumba Ingram Family YMCA Book			9:00AM-9:45AM (Group Fitness) <i>Tanja C.</i>				
Dance: Zumba Gold Ingram Family YMCA Book			10:15AM-11:00AM (Group Fitness) <i>Tanja C.</i>				
Virtual In-Studio: Les Mills BODYATTACK™ Ingram Family YMCA Book			1:30PM-2:15PM (Group Fitness) <i>Staff</i>				
Thrive: Balanced and Strong Ingram Family YMCA Book			4:00PM-5:00PM (Group Fitness) <i>Christine G.</i>				
Lap Lane: 4 Shared Lanes Ingram Family YMCA Book			4:00PM-5:30PM (Pool) <i>Staff</i>				
Conditioning: Athletic Conditioning Ingram - Studio 1 Book			5:30PM-6:25PM (Group Fitness) <i>Monica M.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga: Fusion Ingram Family YMCA Book			6:30PM-7:15PM (Group Fitness) <i>Jan S.</i>				
Yoga: Vinyasa Flow Ingram Family YMCA Book				9:30AM-10:30AM (Group Fitness) <i>Katie B.</i> 5:45PM-6:30PM (Group Fitness) <i>Deanna H.</i>			
Meet Me at the Y - Get Healthy Ingram Family YMCA Book				10:30AM-11:00AM (Get Started) <i>Latacha D.</i>			
Lap Lane: 3 Shared Lanes Ingram - Pool Book				6:00PM-7:00PM (Pool) <i>Staff</i>			
Cycle: Beats Ingram Family YMCA Book				6:30PM-7:15PM (Group Fitness) <i>Tenika M.</i>			
Strength: Lean and Cut Ingram - Studio 1 Book					8:30AM-9:25AM (Group Fitness) <i>Beverly T.</i>		
Thrive: Step and Stride Ingram Family YMCA Book					9:30AM-10:00AM (Group Fitness) <i>Beverly T.</i>		
Virtual In-Studio: Les Mills BODYCOMBAT Ingram - Studio 1 Book						8:05AM-8:50AM (Group Fitness) <i>Staff</i>	
Yoga: Slow Flow Ingram - Studio 2 Book						8:30AM-9:30AM (Group Fitness) <i>Gretchen W.</i>	
Strength: Ripped and Strong Ingram Family YMCA Book						9:00AM-9:55AM (Group Fitness) <i>Lauren B.</i>	
Virtual In-Studio: Les Mills BORN TO MOVE™ Ingram - Studio 1 Book							1:15PM-1:50PM (Group Fitness) <i>Staff</i>
Virtual In-Studio: Les Mills DANCE™ Ingram - Studio 1 Book							2:30PM-3:15PM (Group Fitness) <i>Staff</i>



East Triangle YMCA | December 15th - December 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning: Cardio Strength East Triangle - Studio Flex Book	6:00AM-6:45AM (Group Fitness) <i>Cheryl L.</i>				10:15AM-11:00AM (Group Fitness) <i>Lis G.</i>		
Adult Equipment Orientation East Triangle -Wellness Floor Book	7:00AM-7:30AM (Get Started) <i>Staff</i>					2:30PM-3:00PM (Get Started) <i>Staff</i>	
Strength: Upper Body Blast East Triangle - Studio Flex Book	8:00AM-8:30AM (Group Fitness) <i>April R.</i>	5:30PM-6:00PM (Group Fitness) <i>Melissa O.</i>				10:00AM-10:45AM (Group Fitness) <i>John K.</i>	1:15PM-2:00PM (Group Fitness) <i>Melissa O.</i>
Yoga: Slow Flow East Triangle - Studio Flex Book	9:00AM-10:00AM (Group Fitness) <i>Donna G.</i>		9:00AM-10:00AM (Group Fitness) <i>Katherine O.</i>				
Strength: Core Blast East Triangle - The Cave Book	9:30AM-10:00AM (Group Fitness) <i>April R.</i>						
Dance: Dance East Triangle - Studio Flex Book	10:15AM-11:00AM (Group Fitness) <i>April R.</i>						
Thrive: Balanced and Strong East Triangle - Studio Flex Book	11:15AM-12:00PM (Group Fitness) <i>Shaunna N.</i>			10:30AM-11:15AM (Group Fitness) <i>Danielle K.</i>			
Teen Equipment Orientation East Triangle YMCA Book	4:30PM-5:00PM (Get Started) <i>Staff</i>	4:30PM-5:00PM (Get Started) <i>Staff</i>	4:30PM-5:00PM (Get Started) <i>Staff</i> 5:30PM-6:00PM (Get Started) <i>Staff</i>	4:30PM-5:00PM (Get Started) <i>Staff</i> 5:30PM-6:00PM (Get Started) <i>Staff</i>			
Conditioning: Cardio Strength Blast East Triangle - The Cave Book	5:30PM-6:00PM (Group Fitness) <i>Lis G.</i>						
Strength: Group Power East Triangle - Studio Flex Book	6:00PM-7:00PM (Group Fitness) <i>Danielle K.</i>	9:30AM-10:15AM (Group Fitness) <i>Danielle K.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Restore & Core: Mat Pilates East Triangle - The Cave Book	6:30PM-7:15PM (Group Fitness) <i>Suki A.</i>						
Strength: Ripped and Strong East Triangle - Studio Flex Book		6:00AM-6:45AM (Group Fitness) <i>Dana Q.</i>					
Cycle: Beats East Triangle - The Cave Book		7:45AM-8:30AM (Group Fitness) <i>Acacia E.</i>		7:45AM-8:30AM (Group Fitness) <i>Acacia E.</i>			
Strength: Core Blast East Triangle - Studio Flex Book		8:30AM-9:15AM (Group Fitness) <i>April R.</i>	5:30PM-6:00PM (Group Fitness) <i>Dana Q.</i>	8:30AM-9:15AM (Group Fitness) <i>Lis G.</i>			
Conditioning: MetCon East Triangle - The Cave Book		9:30AM-10:15AM (Group Fitness) <i>Shaunna N.</i>	6:15PM-7:00PM (Group Fitness) <i>Dana Q.</i>				
Aqua Fitness: Aqua Fit East Triangle -Outdoor Pool Book		10:15AM-11:00AM (Group Fitness) <i>David H.</i>		10:15AM-11:00AM (Group Fitness) <i>April R.</i>	10:15AM-11:00AM (Group Fitness) <i>Leah W.</i>	12:15PM-1:00PM (Group Fitness) <i>Erin B.</i>	
Thrive: Cardio Strength East Triangle - Studio Flex Book		10:30AM-11:15AM (Group Fitness) <i>Danielle K.</i>	11:15AM-12:00PM (Group Fitness) <i>Danielle K.</i>				
Virtual In-Studio: Les Mills RPM™ East Triangle - The Cave Book		6:00PM-6:45PM (Group Fitness) <i>ETY S.</i>			6:00AM-6:45AM (Group Fitness) <i>ETY S.</i>		
Step: Step East Triangle - Studio Flex Book		6:15PM-7:00PM (Group Fitness) <i>Melissa O.</i>					
Yoga: Gentle Hatha East Triangle -Studio A Book		6:30PM-7:30PM (Group Fitness) <i>John K.</i>					
Cycle: RPM™ East Triangle - The Cave Book			6:00AM-6:45AM (Group Fitness) <i>Judy B.</i>				
Strength: Lower Body Blast East Triangle - Studio Flex Book			8:00AM-8:30AM (Group Fitness) <i>Shaunna N.</i>	5:30PM-6:00PM (Group Fitness) <i>Meg S.</i>			
Restore & Core: Barre East Triangle - Studio Flex Book			10:15AM-11:00AM (Group Fitness) <i>David H.</i> 6:15PM-7:00PM (Group Fitness) <i>Suki A.</i>		6:00AM-6:45AM (Group Fitness) <i>Suki A.</i>		12:15PM-1:00PM (Group Fitness) <i>Melissa O.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga: Yin East Triangle -Studio A Book			6:30PM-7:15PM (Group Fitness) <i>Katherine O.</i>				
Conditioning: BODYCOMBAT East Triangle - Studio Flex Book				6:00AM-6:45AM (Group Fitness) <i>Lindsey S.</i>			
Strength: Lean and Cut East Triangle - Studio Flex Book				9:30AM-10:30AM (Group Fitness) <i>Danielle K.</i>			
Cycle: Fusion East Triangle - The Cave Book				6:00PM-6:50PM (Group Fitness) <i>John K.</i>		8:00AM-8:50AM (Group Fitness) <i>Judy B.</i>	
Dance: WERQ Dance Fitness East Triangle - Studio Flex Book				6:15PM-7:00PM (Group Fitness) <i>David H.</i>			
Conditioning: MetCon East Triangle - Studio Flex Book					8:00AM-8:45AM (Group Fitness) <i>Lis G.</i>		
Dance: Zumba East Triangle - Studio Flex Book					9:00AM-10:00AM (Group Fitness) <i>Leah W.</i>	11:00AM-11:45AM (Group Fitness) <i>Courtney B.</i>	
Thrive: Chair Yoga East Triangle - Studio Flex Book					11:15AM-12:00PM (Group Fitness) <i>Katherine O.</i>		
Yoga: Sculpt East Triangle - Studio Flex Book						9:00AM-9:45AM (Group Fitness) <i>Katherine O.</i>	
Yoga: Vinyasa Flow East Triangle YMCA Book							2:15PM-3:15PM (Group Fitness) <i>Donna G.</i>



Poyner YMCA | December 15th - December 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga: Y Slow Flow (Hot) Poyner - Studio 2 Book	6:30AM-7:30AM (Group Fitness) <i>Anne M.</i>		6:30AM-7:30AM (Group Fitness) <i>Jessica G.</i>				11:15AM-12:15PM (Group Fitness) <i>Tiffany M.</i>
Yoga: Pilates Fusion (Hot) Poyner - Studio 2 Book	12:00PM-12:45PM (Group Fitness) <i>Cody T.</i>	6:15AM-7:00AM (Group Fitness) <i>Maya S.</i>	5:15PM-6:00PM (Group Fitness) <i>Cody T.</i>	6:15AM-7:00AM (Group Fitness) <i>Scott M.</i>	12:00PM-12:45PM (Group Fitness) <i>Sloan C.</i>		
Yoga: Y Flow (Hot) Poyner - Studio 2 Book	4:00PM-5:00PM (Group Fitness) <i>Alaina V.</i>					8:15AM-9:15AM (Group Fitness) <i>Scott M.</i>	
Yoga: Power Sculpt (Hot) Poyner - Studio 2 Book	5:15PM-6:00PM (Group Fitness) <i>Scott M.</i>		12:00PM-12:45PM (Group Fitness) <i>Alaina V.</i>	6:30PM-7:15PM (Group Fitness) <i>Patrick R.</i>	5:15PM-6:00PM (Group Fitness) <i>Patrick R.</i>	9:30AM-10:30AM (Group Fitness) <i>Alaina V.</i>	
Event: Yoga Workshop - Basics to Balance Poyner - Studio 4 Book	5:30PM-7:00PM (Group Fitness) <i>Cody T.</i>						
Conditioning: BODYCOMBAT Poyner - Studio 1 Book	5:30PM-6:30PM (Group Fitness) <i>Jen P.</i>	12:35PM-1:05PM (Group Fitness) <i>Ellen K.</i>					
Yoga: Yinyasa (Hot) Poyner - Studio 2 Book	6:15PM-7:15PM (Group Fitness) <i>Jalanna A.</i>						
Strength: BODYPUMP™ Poyner - Studio 1 Book		6:15AM-7:15AM (Group Fitness) <i>Julia S.</i> 12:00PM-12:30PM (Group Fitness) <i>Ellen K.</i>	12:00PM-12:45PM (Group Fitness) <i>Ellen K.</i>	1:00PM-1:45PM (Group Fitness) <i>Kelly G.</i>		8:30AM-9:15AM (Group Fitness) <i>Matt M.</i>	
Step: Step Poyner - Studio 1 Book		9:30AM-10:30AM (Group Fitness) <i>Stacey A.</i>		9:30AM-10:30AM (Group Fitness) <i>Stacey A.</i> 5:30PM-6:15PM (Group Fitness) <i>PJ G.</i>			
Yoga: Gentle Hatha (Hot) Poyner - Studio 2 Book		12:00PM-12:45PM (Group Fitness) <i>Chushenna E.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle: Force Poyner - Studio 3 Book		12:00PM-12:45PM (Group Fitness) <i>Jeff L.</i>	6:00PM-6:45PM (Group Fitness) <i>Jeff L.</i>			8:15AM-9:00AM (Group Fitness) <i>Erin G.</i>	
Strength: Lean and Cut Poyner - Studio 1 Book		4:30PM-5:15PM (Group Fitness) <i>PJ G.</i>		4:30PM-5:15PM (Group Fitness) <i>PJ G.</i>			
Yoga: Vinyasa Flow (Hot) Poyner - Studio 2 Book		5:15PM-6:15PM (Group Fitness) <i>Cody T.</i>			6:30AM-7:30AM (Group Fitness) <i>Alison S.</i>		
Restore & Core: Barre Poyner - Studio 1 Book		5:30PM-6:15PM (Group Fitness) <i>PJ G.</i>					
Yoga: Yin (Warm) Poyner - Studio 2 Book		6:30PM-7:30PM (Group Fitness) <i>Patrick R.</i>				10:45AM-11:45AM (Group Fitness) <i>Patrick R.</i>	12:30PM-1:30PM (Group Fitness) <i>Dana H.</i>
Cycle: RPM™ Poyner - Studio 3 Book			6:10AM-6:55AM (Group Fitness) <i>Charlotte M.</i>				
Yoga: Power Yoga (Hot) Poyner - Studio 2 Book			6:15PM-7:15PM (Group Fitness) <i>Matt F.</i>	12:00PM-12:45PM (Group Fitness) <i>Alison S.</i> 5:15PM-6:15PM (Group Fitness) <i>Cody T.</i>			
Dance: Dance Poyner - Studio 1 Book				12:00PM-12:45PM (Group Fitness) <i>Byron J.</i>			
Yoga: Yin Poyner - Studio 4 Book				5:15PM-6:15PM (Group Fitness) <i>Chushenna E.</i>			
Restore & Core: Mindfulness Meditation Poyner - Studio 2 Book							1:40PM-1:55PM (Group Fitness) <i>Dana H.</i>



Lakewood YMCA | December 15th - December 21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball: 60 minutes Lakewood YMCA Book	8:15AM-9:15AM (Reserve a Court) <i>Court_2 L.</i> 12:00PM-1:00PM (Reserve a Court) <i>Court_1 L.</i> 7:00PM-8:00PM (Reserve a Court) <i>Court_2 L.</i>	12:00PM-1:00PM (Reserve a Court) <i>Court_1 L.</i> 1:00PM-2:00PM (Reserve a Court) <i>Court_1 L.</i>					
Conditioning: Cardio Strength Lakewood - Group Exercise Studio Book	8:15AM-9:15AM (Group Fitness) <i>Nancy S.</i>	5:45PM-6:30PM (Group Fitness) <i>Laurie R.</i>			8:30AM-9:30AM (Group Fitness) <i>Nancy S.</i>		
Yoga: Slow Flow Lakewood - Group Exercise Studio Book	9:30AM-10:30AM (Group Fitness) <i>Brianna B.</i>		9:45AM-10:45AM (Group Fitness) <i>Jessica H.</i>				
Restore & Core: Mat Pilates Lakewood - Group Exercise Studio Book	10:45AM-11:30AM (Group Fitness) <i>Brianna B.</i>			8:15AM-9:00AM (Group Fitness) <i>De'ja B.</i>			
Yoga: Yin Lakewood - Group Exercise Studio Book	6:15PM-7:15PM (Group Fitness) <i>Sam C.</i>						
Restore & Core: Barre Lakewood - Group Exercise Studio Book		8:00AM-9:00AM (Group Fitness) <i>Amy R.</i>					
Strength: Lean and Cut Lakewood - Group Exercise Studio Book		9:30AM-10:15AM (Group Fitness) <i>Rosa L.</i>		5:30PM-6:30PM (Group Fitness) <i>Ellie T.</i>			
Reserved for Divas and Dude Lakewood YMCA Book		12:30PM-1:30PM (Group Fitness) <i>DURHAM S.</i>		12:30PM-1:30PM (Group Fitness) <i>DURHAM S.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Equipment Orientation Lakewood YMCA Book		5:00PM-5:45PM (Get Started) <i>Staff</i>				3:00PM-4:00PM (Get Started) <i>Staff</i>	
Step: Step Lakewood - Group Exercise Studio Book			8:30AM-9:30AM (Group Fitness) <i>Nancy S.</i>				
Conditioning: Kickboxing Lakewood - Group Exercise Studio Book			5:30PM-6:30PM (Group Fitness) <i>Anthony A.</i>				
Dance: Zumba Lakewood - Group Exercise Studio Book				9:30AM-10:30AM (Group Fitness) <i>Lenae B.</i>		10:45AM-11:45AM (Group Fitness) <i>Shirley Y.</i>	
Yoga: Gentle Hatha Lakewood - Group Exercise Studio Book					10:00AM-11:00AM (Group Fitness) <i>Betsi D.</i>		3:00PM-4:00PM (Group Fitness) <i>Brook H.</i>
Restore & Core: Mat Pilates Lakewood YMCA Book						9:30AM-10:15AM (Group Fitness) <i>Clayton B.</i>	



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning: Cardio Strength Hope Valley Farms - Group Fitness Studio Book	8:45AM-9:45AM (Group Fitness) <i>Laurie R.</i>		6:00PM-6:45PM (Group Fitness) <i>Natalie D.</i>				
Yoga: Slow Flow Hope Valley Farms - Group Fitness Studio Book	6:45PM-7:45PM (Group Fitness) <i>Jessica H.</i>	9:30AM-10:30AM (Group Fitness) <i>Jessica H.</i>	6:45PM-7:45PM (Group Fitness) <i>Gayla T.</i>				
Strength: Lean and Cut Hope Valley Farms - Group Fitness Studio Book		6:00PM-7:00PM (Group Fitness) <i>Ellie T.</i>					
Restore & Core: Mat Pilates Hope Valley Farms - Group Fitness Studio Book			9:30AM-10:30AM (Group Fitness) <i>Brianna B.</i>		8:40AM-9:25AM (Group Fitness) <i>De'Ja B.</i>		
Conditioning: Kickboxing Hope Valley Farms - Group Fitness Studio Book				9:30AM-10:30AM (Group Fitness) <i>Laurie R.</i>			
Strength: Load and Lift Hope Valley Farms YMCA Book				6:00PM-6:55PM (Group Fitness) <i>Jill B.</i>			
Yoga: Power Yoga Hope Valley Farms - Group Fitness Studio Book					6:15AM-7:15AM (Group Fitness) <i>Sam C.</i>		
Step: Step Strength Hope Valley Farms - Group Fitness Studio Book						8:15AM-9:00AM (Group Fitness) <i>Sheila T.</i>	
Yoga: Vinyasa Flow Hope Valley Farms YMCA Book						9:30AM-10:30AM (Group Fitness) <i>Jessica H.</i>	



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning: Kickboxing American Tobacco - Group Fitness Studio Book	11:30AM-12:30PM (Group Fitness) <i>Laurie R.</i>						
Strength: Core Blast American Tobacco - Group Fitness Studio Book	5:15PM-5:45PM (Group Fitness) <i>Laurie R.</i>						
Cycle: Force YMCA at American Tobacco Book	6:00PM-6:45PM (Group Fitness) <i>Cori C.</i>						
Strength: BODYPUMP™ American Tobacco - Group Fitness Studio Book	6:00PM-6:55PM (Group Fitness) <i>Katherine K.</i>			6:00PM-6:55PM (Group Fitness) <i>Katherine K.</i>		9:00AM-9:55AM (Group Fitness) <i>Jessica M.</i>	
Yoga: Slow Flow American Tobacco - Group Fitness Studio Book		9:30AM-10:30AM (Group Fitness) <i>Amy R.</i>		8:30AM-9:30AM (Group Fitness) <i>Lisa D.</i>			
Strength: Upper Body Blast American Tobacco - Group Fitness Studio Book		11:15AM-11:45AM (Group Fitness) <i>Laurie R.</i>		11:50AM-12:20PM (Group Fitness) <i>Laurie R.</i>			
Strength: Lower Body Blast American Tobacco - Group Fitness Studio Book		11:50AM-12:20PM (Group Fitness) <i>Laurie R.</i>		11:15AM-11:45AM (Group Fitness) <i>Laurie R.</i>			
Strength: Core Blast YMCA at American Tobacco Book			5:15PM-5:45PM (Group Fitness) <i>Laurie R.</i>				
Restore & Core: Barre YMCA at American Tobacco Book				9:45AM-10:30AM (Group Fitness) <i>Amy R.</i>			
Cycle: Force American Tobacco - Cage Book						10:00AM-10:45AM (Group Fitness) <i>Marian B.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning: BODYCOMBAT American Tobacco - Group Fitness Studio Book						10:15AM-11:15AM (Group Fitness) <i>Joyce K.</i>	