



## Kraft Family YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserved for Youth Programs</b> Kraft - Court 2					7 a.m.-5:30 p.m. (Gym) <i>Staff</i>		
<b>Restore &amp; Core: Mat Pilates</b> Kraft - Studio A					10:45 a.m.-11:40 a.m. (Group Fitness) <i>Julie P.</i>		
<b>Adult Equipment Orientation</b> Kraft - Kraft Main Entrance					11 a.m.-11:45 a.m. (Get Started) <i>Jonathan R.</i>		
<b>Reserved for Small Group Training</b> Kraft - Studio B					11 a.m.-11:45 a.m. (Group Fitness) <i>Kraft S.</i>  12 p.m.-12:45 p.m. (Group Fitness) <i>Kraft S.</i>	10:15 a.m.-11:15 a.m. (Group Fitness) <i>Kraft S.</i>	
<b>Dance: Line Dance</b> Kraft - Martha's Den					11 a.m.-11:45 a.m. (Group Fitness) <i>Candace R.</i>		
<b>Reserved for Family Programs</b> Kraft - Court 1					11 a.m.-12 p.m. (Gym) <i>Staff</i>		
<b>Conditioning: BODYCOMBAT</b> Kraft - Studio A					12 p.m.-12:55 p.m. (Group Fitness) <i>Anna W.</i>		11:50 a.m.-12:45 p.m. (Group Fitness) <i>Cher L.</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Half Court Basketball</b> Kraft - Court 1					12 p.m.-1 p.m. (Gym) <i>Staff</i>  1 p.m.-2 p.m. (Gym) <i>Staff</i>  2 p.m.-3 p.m. (Gym) <i>Staff</i>  3 p.m.-4 p.m. (Gym) <i>Staff</i>  4 p.m.-5 p.m. (Gym) <i>Staff</i>  5 p.m.-6 p.m. (Gym) <i>Staff</i>  6 p.m.-7 p.m. (Gym) <i>Staff</i>  7 p.m.-8 p.m. (Gym) <i>Staff</i>	8:30 a.m.-9:30 a.m. (Gym) <i>Staff</i>  9:30 a.m.-10:30 a.m. (Gym) <i>Staff</i>	9 a.m.-10 a.m. (Gym) <i>Staff</i>  10 a.m.-11 a.m. (Gym) <i>Staff</i>  11 a.m.-12 p.m. (Gym) <i>Staff</i>
<b>Virtual In-Studio: Les Mills BODYBALANCE™</b> Kraft - Studio A					2 p.m.-2:45 p.m. (Group Fitness) <i>Staff</i>	1:15 p.m.-1:45 p.m. (Group Fitness) <i>Staff</i>	10:30 a.m.-11:25 a.m. (Group Fitness) <i>Staff</i>
<b>Reserved for Family Programs</b> Kraft - Yoga Studio					4 p.m.-5:45 p.m. (Gym) <i>Staff</i>		
<b>Virtual In-Studio: Les Mills BODYCOMBAT</b> Kraft - Studio A					4:35 p.m.-5:30 p.m. (Group Fitness) <i>Staff</i>	3 p.m.-3:55 p.m. (Group Fitness) <i>Staff</i>	
<b>Virtual In-Studio: Les Mills RPM™</b> Kraft - Studio B					5:30 p.m.-6 p.m. (Group Fitness) <i>Staff</i>	8:20 a.m.-9:05 a.m. (Group Fitness) <i>Kraft S.</i>  12:15 p.m.-1 p.m. (Group Fitness) <i>Staff</i>	12 p.m.-12:45 p.m. (Group Fitness) <i>Kraft S.</i>  2 p.m.-2:45 p.m. (Group Fitness) <i>Kraft S.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Half Court Basketball</b> Kraft - Court 2					5:30 p.m.-7 p.m. (Gym) Staff  7 p.m.-8 p.m. (Gym) Staff	8:30 a.m.-9:30 a.m. (Gym) Staff  9:30 a.m.-10:30 a.m. (Gym) Staff  4 p.m.-5 p.m. (Gym) Staff  5 p.m.-6 p.m. (Gym) Staff	9 a.m.-10 a.m. (Gym) Staff  10 a.m.-11 a.m. (Gym) Staff  11 a.m.-12 p.m. (Gym) Staff  12 p.m.-1 p.m. (Gym) Staff  3 p.m.-4 p.m. (Gym) Staff  4 p.m.-5 p.m. (Gym) Staff  5 p.m.-6 p.m. (Gym) Staff
<b>Strength: BODYPUMP™</b> Kraft - Studio A					6 p.m.-6:55 p.m. (Group Fitness) Cher L.	10:10 a.m.-11:05 a.m. (Group Fitness) Joanne M.	1:05 p.m.-2 p.m. (Group Fitness) Cher L.
<b>Reserved for Group Fitness</b> Kraft - Gym						7 a.m.-8:30 a.m. (Gym) Staff	
<b>Conditioning: MetCon</b> Kraft - Court 1						7:15 a.m.-8:10 a.m. (Group Fitness) Rae J.	
<b>Virtual In-Studio: Les Mills THE TRIP™</b> Kraft - Studio B						7:30 a.m.-8:15 a.m. (Group Fitness) Staff  2 p.m.-2:45 p.m. (Group Fitness) Kraft S.	10:15 a.m.-11 a.m. (Group Fitness) Kraft S.  4 p.m.-4:45 p.m. (Group Fitness) Kraft S.
<b>Strength: Core Blast</b> Kraft - Studio A						8:20 a.m.-8:50 a.m. (Group Fitness) Rae J.	
<b>Strength: Ripped and Strong</b> Kraft - Studio A						9 a.m.-9:55 a.m. (Group Fitness) Christine R.	
<b>Cycle: RPM™</b> Kraft - Studio B						9:15 a.m.-10 a.m. (Group Fitness) Heather C.	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Restore &amp; Core: Barre</b> Kraft - Martha's Den						9:15 a.m.-10 a.m. (Group Fitness) <i>Shannon S.</i>	
<b>Yoga: Vinyasa Flow</b> Kraft - Yoga Studio						9:45 a.m.-10:40 a.m. (Group Fitness) <i>April E.</i>	
<b>Dance: Zumba Toning</b> Kraft - Martha's Den						10:10 a.m.-11:05 a.m. (Group Fitness) <i>Sandra H.</i>	
<b>Youth Volleyball League</b> Kraft - Court 2						10:45 a.m.-11:45 a.m. (Gym) <i>Staff</i>  11:45 a.m.-12:45 p.m. (Gym) <i>Staff</i>  12:45 p.m.-1:45 p.m. (Gym) <i>Staff</i>  1:45 p.m.-2:45 p.m. (Gym) <i>Staff</i>  2:45 p.m.-3:30 p.m. (Gym) <i>Staff</i>	
<b>Youth Volleyball League</b> Kraft - Court 1						10:45 a.m.-11:45 a.m. (Gym) <i>Staff</i>  11:45 a.m.-12:45 p.m. (Gym) <i>Staff</i>  12:45 p.m.-1:45 p.m. (Gym) <i>Staff</i>  1:45 p.m.-2:45 p.m. (Gym) <i>Staff</i>  2:45 p.m.-3:15 p.m. (Gym) <i>Staff</i>	
<b>Yoga: Slow Flow</b> Kraft - Yoga Studio						11 a.m.-11:55 a.m. (Group Fitness) <i>Justine W.</i>	
<b>Dance: Zumba</b> Kraft - Studio A						11:15 a.m.-12:10 p.m. (Group Fitness) <i>Candace R.</i>	

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<b>Virtual In-Studio: Les Mills GRIT™ Athletic</b> Kraft - Studio A						12:30 p.m.-1 p.m. (Group Fitness) <i>Kraft S.</i>	
<b>Virtual In-Studio: Les Mills SPRINT™</b> Kraft - Studio B						1:30 p.m.-2 p.m. (Group Fitness) <i>Staff</i>	9:30 a.m.-10 a.m. (Group Fitness) <i>Staff</i>
<b>Virtual In-Studio: Les Mills CORE™</b> Kraft - Studio A						2:15 p.m.-2:45 p.m. (Group Fitness) <i>Kraft S.</i>	
<b>Reserved for Youth Volleyball</b> Kraft - Court 1						2:45 p.m.-4 p.m. (Gym) <i>Staff</i>	
<b>Reserved for Youth Volleyball</b> Kraft - Court 2						2:45 p.m.-4 p.m. (Gym) <i>Staff</i>	
<b>Open Play Pickleball</b> Kraft - Court 1						4 p.m.-5 p.m. (Gym) <i>Staff</i>	1 p.m.-2 p.m. (Gym) <i>Staff</i>
<b>Open Play Adult Pickleball</b> Kraft - Court 1						5 p.m.-6 p.m. (Gym) <i>Staff</i>	2 p.m.-3 p.m. (Gym) <i>Staff</i>
<b>Virtual In-Studio: Les Mills BODYATTACK™</b> Kraft - Studio A							9:15 a.m.-10 a.m. (Group Fitness) <i>Staff</i>
<b>Yoga: Gentle Hatha</b> Kraft - Martha's Den							11:45 a.m.-12:40 p.m. (Group Fitness) <i>Damian G.</i>
<b>Beginner Pickleball Clinics</b> Kraft - Court 1							12 p.m.-1 p.m. (Gym) <i>Staff</i>
<b>Yoga: Fusion</b> Kraft - Martha's Den							1 p.m.-1:55 p.m. (Group Fitness) <i>Damian G.</i>
<b>Open Play Pickleball</b> Kraft - Court 2							1 p.m.-2 p.m. (Gym) <i>Staff</i>
<b>Teen Equipment Orientation</b> Kraft - Kraft Main Entrance							2 p.m.-2:45 p.m. (Get Started) <i>Staff</i>
<b>Open Play Adult Pickleball</b> Kraft - Court 2							2 p.m.-3 p.m. (Gym) <i>Staff</i>
<b>Strength: Core Blast</b> Kraft - Martha's Den							2:05 p.m.-2:35 p.m. (Group Fitness) <i>Damian G.</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Adaptive: Adaptive Zumba</b> Kraft - Studio A							2:30 p.m.-3:15 p.m. (Group Fitness) <i>Sandra H.</i>
<b>Teen Pick Up Basketball</b> Kraft - Court 1							3 p.m.-4:30 p.m. (Gym) <i>Staff</i>  4:30 p.m.-6 p.m. (Gym) <i>Staff</i>
<b>Virtual In-Studio: Les Mills GRIT™ Strength</b> Kraft - Studio A							4 p.m.-4:30 p.m. (Group Fitness) <i>Kraft S.</i>



## Northwest Cary YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Northwest Cary - Court 2					7:30 a.m.-8:45 p.m. (Gym) <i>Staff</i>	7 a.m.-8 a.m. (Gym) <i>Staff</i>  2:30 p.m.-5:45 p.m. (Gym) <i>Staff</i>	4 p.m.-5:45 p.m. (Gym) <i>Staff</i>
<b>Reserved for Family Programs</b> Northwest Cary - Aux Gym					8:30 a.m.-1:30 p.m. (Gym) <i>Staff</i>  5 p.m.-8 p.m. (Gym) <i>Staff</i>	8 a.m.-12 p.m. (Gym) <i>Staff</i>	1 p.m.-5 p.m. (Gym) <i>Staff</i>
<b>Yoga: Vinyasa Flow</b> Northwest Cary - Mind & Body					10:30 a.m.-11:30 a.m. (Group Fitness) <i>Deanna H.</i>		1:30 p.m.-2:30 p.m. (Group Fitness) <i>Emily C.</i>
<b>Restore &amp; Core: Barre</b> Northwest Cary - Strength & Cardio Studio B					10:45 a.m.-11:30 a.m. (Group Fitness) <i>Kristin W.</i>	10:45 a.m.-11:45 a.m. (Group Fitness) <i>Lori W.</i>	3 p.m.-3:45 p.m. (Group Fitness) <i>Alison S.</i>
<b>Open Gym</b> Northwest Cary - Court 1					10:45 a.m.-8:45 p.m. (Gym) <i>Staff</i>	6 a.m.-8 a.m. (Gym) <i>Staff</i>	4 p.m.-5:45 p.m. (Gym) <i>Staff</i>
<b>Start Strong</b> Northwest Cary YMCA					11 a.m.-12 p.m. (Get Started) <i>Daniel L.</i>		1 p.m.-2 p.m. (Get Started) <i>Staff</i>

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Lane: Single Lane (Reserved)</b> Northwest Cary - Lap Pool					11 a.m.-11:30 a.m. (Pool) Staff  11:30 a.m.-12 p.m. (Pool) Staff  12 p.m.-12:30 p.m. (Pool) Staff  1 p.m.-1:30 p.m. (Pool) Staff  1:30 p.m.-2 p.m. (Pool) Staff  2 p.m.-2:30 p.m. (Pool) Staff  2:30 p.m.-3 p.m. (Pool) Staff  3 p.m.-3:30 p.m. (Pool) Staff  3:30 p.m.-4 p.m. (Pool) Staff  7:30 p.m.-8 p.m. (Pool) Staff	11:30 a.m.-12 p.m. (Pool) Staff  5 p.m.-5:30 p.m. (Pool) Staff	12 p.m.-12:30 p.m. (Pool) Staff  12:30 p.m.-1 p.m. (Pool) Staff  1 p.m.-1:30 p.m. (Pool) Staff  1:30 p.m.-2 p.m. (Pool) Staff  2 p.m.-2:30 p.m. (Pool) Staff  4 p.m.-4:30 p.m. (Pool) Staff  4:30 p.m.-5 p.m. (Pool) Staff  5 p.m.-5:30 p.m. (Pool) Staff
<b>Conditioning: BODYCOMBAT</b> Northwest Cary - Strength & Cardio Studio A					11:30 a.m.-12 p.m. (Group Fitness) Robin F.		
<b>Restore &amp; Core: Intermediate Tai-Chi</b> Northwest Cary - Mind & Body					11:45 a.m.-12:45 p.m. (Group Fitness) Huei M.		
<b>Strength: BODYPUMP™</b> Northwest Cary - Strength & Cardio Studio A					12:10 p.m.-12:55 p.m. (Group Fitness) Robin F.	10:45 a.m.-11:40 a.m. (Group Fitness) Robin F.	
<b>Reserved for YOTA Swim Team</b> Northwest Cary - Lap Pool					4 p.m.-7:30 p.m. (Pool) Staff	8 a.m.-11:30 a.m. (Pool) Staff	
<b>Yoga: Gentle Hatha</b> Northwest Cary - Mind & Body					5 p.m.-6 p.m. (Group Fitness) Anya F.	8:15 a.m.-9:15 a.m. (Group Fitness) Anne R.	
<b>Youth Soccer League</b> Northwest Cary - Field					5:15 p.m.-8:15 p.m. (Gym) Staff	8:30 a.m.-3 p.m. (Gym) Staff	
<b>Dance: Zumba</b> Northwest Cary - Strength & Cardio Studio A					6 p.m.-7 p.m. (Group Fitness) Caroline L.		4 p.m.-5 p.m. (Group Fitness) Ivania G.
<b>Conditioning: BODYCOMBAT</b> Northwest Cary - Strength & Cardio Studio B						8:15 a.m.-9:15 a.m. (Group Fitness) Jon V.	12:45 p.m.-1:45 p.m. (Group Fitness) Robin F.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength: Lean and Cut</b> Northwest Cary - Strength & Cardio Studio A						8:15 a.m.-9:15 a.m. (Group Fitness) <i>Sydney W.</i>	
<b>Youth Volleyball League</b> Northwest Cary - Court 2						8:30 a.m.-2:30 p.m. (Gym) <i>Staff</i>	
<b>Youth Volleyball League</b> Northwest Cary - Court 1						8:30 a.m.-2:30 p.m. (Gym) <i>Staff</i>	
<b>Teen Equipment Orientation</b> Northwest Cary YMCA						9:30 a.m.-10:30 a.m. (Get Started) <i>Staff</i>	4 p.m.-5 p.m. (Get Started) <i>Staff</i>
<b>Conditioning: Cardio Strength</b> Northwest Cary - Strength & Cardio Studio A						9:30 a.m.-10:30 a.m. (Group Fitness) <i>Sydney W.</i>	
<b>Cycle: Fusion</b> Northwest Cary - Cycle Studio						9:30 a.m.-10:30 a.m. (Group Fitness) <i>Dawn K.</i>	
<b>Dance: Zumba</b> Northwest Cary - Crosspointe Auditorium						9:30 a.m.-10:30 a.m. (Group Fitness) <i>Anne W.</i>	
<b>Yoga: Slow Flow</b> Northwest Cary - Mind & Body						9:30 a.m.-10:30 a.m. (Group Fitness) <i>Sarah P.</i>	
<b>Yoga: Yin</b> Northwest Cary - Mind & Body						11 a.m.-12 p.m. (Group Fitness) <i>Sarah P.</i>	
<b>Reserved for Swim Lessons</b> Northwest Cary YMCA						12 p.m.-3 p.m. (Pool) <i>Staff</i>  3 p.m.-4 p.m. (Pool) <i>Staff</i>  4 p.m.-5 p.m. (Pool) <i>Staff</i>	2:30 p.m.-4 p.m. (Pool) <i>Staff</i>
<b>Open Play Adult Volleyball</b> Northwest Cary - Court 1						2:30 p.m.-5:45 p.m. (Gym) <i>Staff</i>	
<b>Adult Pick Up Basketball</b> Northwest Cary - Court 2							12 p.m.-2 p.m. (Gym) <i>Staff</i>
<b>Adult Pick Up Basketball</b> Northwest Cary - Court 1							12 p.m.-2 p.m. (Gym) <i>Staff</i>
<b>Yoga: Power Yoga</b> Northwest Cary - Mind & Body							12:15 p.m.-1:15 p.m. (Group Fitness) <i>Emily C.</i>
<b>Dance: Zumba Toning</b> Northwest Cary - Strength & Cardio Studio B							2 p.m.-2:45 p.m. (Group Fitness) <i>Ivania G.</i>
<b>Reserved for Family Time</b> Northwest Cary - Court 2							2 p.m.-4 p.m. (Gym) <i>Staff</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Reserved for Pickleball</b> Northwest Cary - Court 1							2 p.m.-4 p.m. (Gym) Staff



## Kerr Family YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserved for Youth Programs</b> Kerr - Court 2					8 a.m.-6 p.m. (Gym) Staff		
<b>Reserved for Group Fitness</b> Kerr - Court 1					10 a.m.-12 p.m. (Gym) Staff		
<b>Dance: Zumba</b> Kerr - Group Fitness Gym Court					10:30 a.m.-11:30 a.m. (Group Fitness) Cuqui G.		
<b>Strength: BODYPUMP™</b> Kerr - Studio 2					10:30 a.m.-11:15 a.m. (Group Fitness) Kelly G.	9 a.m.-9:45 a.m. (Group Fitness) Dawn H.	12:35 p.m.-1:35 p.m. (Group Fitness) Lisa W.
<b>Lap Lane: 6 Shared Lanes</b> Kerr - Indoor Pool					11 a.m.-11:30 a.m. (Pool) Staff  11:30 a.m.-12 p.m. (Pool) Staff	2 p.m.-2:30 p.m. (Pool) Staff  2:30 p.m.-3 p.m. (Pool) Staff  3 p.m.-3:30 p.m. (Pool) Staff  3:30 p.m.-4 p.m. (Pool) Staff	12 p.m.-12:30 p.m. (Pool) Staff  3 p.m.-3:30 p.m. (Pool) Staff  3:30 p.m.-4 p.m. (Pool) Staff

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Family Swim</b> Kerr - Indoor Pool					11 a.m.-11:30 a.m. (Pool) <i>Staff</i>  11:30 a.m.-12 p.m. (Pool) <i>Staff</i>  12 p.m.-12:30 p.m. (Pool) <i>Staff</i>  12:30 p.m.-1 p.m. (Pool) <i>Staff</i>  4 p.m.-4:30 p.m. (Pool) <i>Staff</i>  4:30 p.m.-5 p.m. (Pool) <i>Staff</i>  5:30 p.m.-6 p.m. (Pool) <i>Staff</i>	12 p.m.-12:30 p.m. (Pool) <i>Staff</i>  12:30 p.m.-1 p.m. (Pool) <i>Staff</i>  1 p.m.-1:30 p.m. (Pool) <i>Staff</i>  1:30 p.m.-2 p.m. (Pool) <i>Staff</i>  2 p.m.-2:30 p.m. (Pool) <i>Staff</i>  2:30 p.m.-3 p.m. (Pool) <i>Staff</i>  3 p.m.-3:30 p.m. (Pool) <i>Staff</i>  3:30 p.m.-4 p.m. (Pool) <i>Staff</i>	12 p.m.-12:30 p.m. (Pool) <i>Staff</i>  12:30 p.m.-1 p.m. (Pool) <i>Staff</i>  1 p.m.-1:30 p.m. (Pool) <i>Staff</i>  1:30 p.m.-2 p.m. (Pool) <i>Staff</i>  2 p.m.-2:30 p.m. (Pool) <i>Staff</i>  2:30 p.m.-3 p.m. (Pool) <i>Staff</i>  3 p.m.-3:30 p.m. (Pool) <i>Staff</i>  3:30 p.m.-4 p.m. (Pool) <i>Staff</i>
<b>Toddler Pool</b> Kerr - Indoor Pool					11 a.m.-11:30 a.m. (Pool) <i>Staff</i>  11:30 a.m.-12 p.m. (Pool) <i>Staff</i>  12 p.m.-12:30 p.m. (Pool) <i>Staff</i>  12:30 p.m.-1 p.m. (Pool) <i>Staff</i>	2:30 p.m.-3 p.m. (Pool) <i>Staff</i>	2:30 p.m.-3 p.m. (Pool) <i>Staff</i>
<b>Thrive: Cardio Strength</b> Kerr - Studio 2					11:45 a.m.-12:30 p.m. (Group Fitness) <i>Julietha K.</i>		
<b>Open Gym</b> Kerr - Court 1					12 p.m.-3 p.m. (Gym) <i>Staff</i>  6 p.m.-8 p.m. (Gym) <i>Staff</i>	11 a.m.-3 p.m. (Gym) <i>Staff</i>  3 p.m.-6 p.m. (Gym) <i>Staff</i>	3 p.m.-6 p.m. (Gym) <i>Staff</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Lap Lane: 6 Shared Lanes</b> Kerr Family YMCA					12:30 p.m.-1 p.m. (Pool) <i>Staff</i>		
<b>Lap Lane: 8 Shared Lanes</b> Kerr - Indoor Pool					1 p.m.-1:30 p.m. (Pool) <i>Staff</i>  1:30 p.m.-2 p.m. (Pool) <i>Staff</i>	4 p.m.-4:30 p.m. (Pool) <i>Staff</i>  4:30 p.m.-5 p.m. (Pool) <i>Staff</i>  5 p.m.-5:30 p.m. (Pool) <i>Staff</i>	11 a.m.-11:30 a.m. (Pool) <i>Staff</i>  11:30 a.m.-12 p.m. (Pool) <i>Staff</i>  1:15 p.m.-2 p.m. (Pool) <i>Staff</i>  4 p.m.-4:30 p.m. (Pool) <i>Staff</i>  4:30 p.m.-5 p.m. (Pool) <i>Staff</i>  5 p.m.-5:45 p.m. (Pool) <i>Staff</i>
<b>Adult Equipment Orientation</b> Kerr - Wellness Floor					1:30 p.m.-2:15 p.m. (Get Started) <i>Staff</i>		
<b>Teen Pick Up Basketball</b> Kerr - Court 1					3 p.m.-6 p.m. (Gym) <i>Staff</i>		
<b>Lap Lane: 2 Shared Lanes</b> Kerr - Indoor Pool					4 p.m.-4:30 p.m. (Pool) <i>Staff</i>  4:30 p.m.-5 p.m. (Pool) <i>Staff</i>  5 p.m.-5:30 p.m. (Pool) <i>Staff</i>  5:30 p.m.-6 p.m. (Pool) <i>Staff</i>	8:30 a.m.-9 a.m. (Pool) <i>Staff</i>  9:30 a.m.-10 a.m. (Pool) <i>Staff</i>	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Toddler Pool</b> Kerr - Indoor Play Pool					4 p.m.-4:30 p.m. (Pool) <i>Staff</i>  4:30 p.m.-5 p.m. (Pool) <i>Staff</i>  5 p.m.-5:30 p.m. (Pool) <i>Staff</i>  5:30 p.m.-6 p.m. (Pool) <i>Staff</i>	12 p.m.-12:30 p.m. (Pool) <i>Staff</i>  12:30 p.m.-1 p.m. (Pool) <i>Staff</i>  1 p.m.-1:30 p.m. (Pool) <i>Staff</i>  1:30 p.m.-2 p.m. (Pool) <i>Staff</i>  2 p.m.-2:30 p.m. (Pool) <i>Staff</i>  3 p.m.-3:30 p.m. (Pool) <i>Staff</i>  3:30 p.m.-4 p.m. (Pool) <i>Staff</i>	12 p.m.-12:30 p.m. (Pool) <i>Staff</i>  12:30 p.m.-1 p.m. (Pool) <i>Staff</i>  1 p.m.-1:30 p.m. (Pool) <i>Staff</i>  1:30 p.m.-2 p.m. (Pool) <i>Staff</i>  2 p.m.-2:30 p.m. (Pool) <i>Staff</i>  3 p.m.-3:30 p.m. (Pool) <i>Staff</i>  3:30 p.m.-4 p.m. (Pool) <i>Staff</i>
<b>Strength: Lean and Cut</b> Kerr - Studio 2					4:30 p.m.-5:15 p.m. (Group Fitness) <i>Julietha K.</i>		
<b>Family Swim</b> Kerr Family YMCA					5 p.m.-5:30 p.m. (Pool) <i>Staff</i>		
<b>Family Open Play Pickleball</b> Kerr - Court 2					6 p.m.-8 p.m. (Gym) <i>Staff</i>	2 p.m.-6 p.m. (Gym) <i>Staff</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Lane: 3 Shared Lanes</b> Kerr - Indoor Pool					6 p.m.-6:30 p.m. (Pool) Staff  6:30 p.m.-7 p.m. (Pool) Staff	7 a.m.-7:30 a.m. (Pool) Staff  7:30 a.m.-8 a.m. (Pool) Staff  8 a.m.-8:30 a.m. (Pool) Staff  10 a.m.-10:30 a.m. (Pool) Staff  10 a.m.-10:30 a.m. (Pool) Staff  10:30 a.m.-11 a.m. (Pool) Staff  11 a.m.-11:35 a.m. (Pool) Staff	
<b>Lap Lane: 5 Shared Lanes</b> Kerr - Indoor Pool					7 p.m.-7:30 p.m. (Pool) Staff  7:30 p.m.-8 p.m. (Pool) Staff		
<b>Adult Pick Up Basketball</b> Kerr - Gym Courts						7 a.m.-8:30 a.m. (Gym) Staff	
<b>Cycle: RPM™</b> Kerr - Studio 1						7:15 a.m.-8 a.m. (Group Fitness) Julie B.	
<b>Racquetball Challenge All</b> Kerr - Court 1						7:30 a.m.-10 a.m. (Court) Staff	11 a.m.-1 p.m. (Court) Staff
<b>Racquetball Challenge All</b> Kerr - Court 2						7:30 a.m.-10 a.m. (Court) Staff	11 a.m.-1 p.m. (Court) Staff
<b>Conditioning: Cardio Strength</b> Kerr - Studio 2						8 a.m.-8:45 a.m. (Group Fitness) Lisa W.	
<b>Cycle: Beats</b> Kerr - Studio 1						8:30 a.m.-9:15 a.m. (Group Fitness) Ryan K.	11:20 a.m.-12:05 p.m. (Group Fitness) Leah M.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Adult Pick Up Basketball</b> Kerr - Court 1						8:30 a.m.-11 a.m. (Gym) Staff	
<b>Reserved for Youth League Sports</b> Kerr - Court 2						8:30 a.m.-2 p.m. (Gym) Staff	
<b>Aqua Fitness: Aqua Fit</b> Kerr - Indoor Pool Group Fitness						9 a.m.-9:45 a.m. (Group Fitness) Jennifer L.	
<b>Conditioning: BODYCOMBAT</b> Kerr - Studio 2						10 a.m.-10:45 a.m. (Group Fitness) April J.	
<b>Teen Equipment Orientation</b> Kerr - Wellness Floor						11 a.m.-12 p.m. (Get Started) Thomas S.	
<b>Restore &amp; Core: Mat Pilates</b> Kerr - Studio 2						11 a.m.-11:45 a.m. (Group Fitness) Gaby D.	1:45 p.m.-2:30 p.m. (Group Fitness) Kirsten L.
<b>Lap Lane: 4 Shared Lanes</b> Kerr - Indoor Pool						11:35 a.m.-12 p.m. (Pool) Staff  12 p.m.-12:30 p.m. (Pool) Staff  12:30 p.m.-1 p.m. (Pool) Staff  1 p.m.-1:30 p.m. (Pool) Staff  1:30 p.m.-2 p.m. (Pool) Staff	2 p.m.-2:30 p.m. (Pool) Staff  2:30 p.m.-3 p.m. (Pool) Staff
<b>Yoga: Vinyasa Flow</b> Kerr - Studio 2						12 p.m.-1 p.m. (Group Fitness) Lori L.	11:20 a.m.-12:20 p.m. (Group Fitness) Lori L.
<b>Open Gym</b> Kerr - Gym Courts							11 a.m.-3 p.m. (Gym) Staff
<b>Aqua Fitness: Deep Power</b> Kerr - Indoor Pool Group Fitness							12:30 p.m.-1:15 p.m. (Group Fitness) Leah M.
<b>Lap Lane: 4 Shared Lanes</b> Kerr Family YMCA							12:30 p.m.-1:29 p.m. (Pool) Staff

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Dance: Zumba</b> Kerr - Studio 2							2:45 p.m.-3:45 p.m. (Group Fitness) <i>Julietha K.</i>
<b>Family Open Play Badminton</b> Kerr - Court 2							3 p.m.-6 p.m. (Gym) <i>Staff</i>



## Chatham Park YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Chatham Park - Gym					9 a.m.-12 p.m. (Gym) <i>Staff</i>  1 p.m.-3 p.m. (Gym) <i>Staff</i>  2 p.m.-3 p.m. (Gym) <i>Staff</i>	11:30 a.m.-1:30 p.m. (Gym) <i>Staff</i>  12 p.m.-1 p.m. (Gym) <i>Staff</i>  1 p.m.-3 p.m. (Gym) <i>Staff</i>  4 p.m.-6 p.m. (Gym) <i>Staff</i>	1 p.m.-4 p.m. (Gym) <i>Staff</i>  4 p.m.-6 p.m. (Gym) <i>Staff</i>
<b>Adult Pick Up Basketball</b> Chatham Park - Gym					12 p.m.-2 p.m. (Gym) <i>Staff</i>		
<b>Lap Lane: 8 Shared Lanes</b> Chatham Park YMCA					12 p.m.-2 p.m. (Pool) <i>Chatham P.</i>  2 p.m.-4 p.m. (Pool) <i>Chatham P.</i>  6 p.m.-7 p.m. (Pool) <i>Chatham P.</i>	8 a.m.-10 a.m. (Pool) <i>Chatham P.</i>  10 a.m.-12 p.m. (Pool) <i>Chatham P.</i>  12 p.m.-1 p.m. (Pool) <i>Chatham P.</i>	11:30 a.m.-1:30 p.m. (Pool) <i>Chatham P.</i>  1:30 p.m.-3 p.m. (Pool) <i>Chatham P.</i>
<b>Teen Pick Up Basketball</b> Chatham Park - Court 1					3 p.m.-4 p.m. (Gym) <i>Staff</i>  4 p.m.-6 p.m. (Gym) <i>Staff</i>		
<b>Lap Lane: 4 Shared Lanes</b> Chatham Park YMCA					4 p.m.-6 p.m. (Pool) <i>Chatham P.</i>		
<b>Strength: Ripped and Strong</b> Chatham Park - Upstairs Studio					5:15 p.m.-6:15 p.m. (Group Fitness) <i>Amanda I.</i>		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Reserved for Pickleball</b> Chatham Park - Gym					5:30 p.m.-7:40 p.m. (Gym) Staff	7:30 a.m.-8:50 a.m. (Gym) Staff	
<b>Cycle: Beats</b> Chatham Park - Upstairs Studio						8 a.m.-8:45 a.m. (Group Fitness) Eleanor G.	
<b>Reserved</b> Chatham Park - Gym						8:45 a.m.-12 p.m. (Gym) Staff	
<b>Strength: Lean and Cut</b> Chatham Park - Gym						9 a.m.-9:45 a.m. (Group Fitness) Carrie T.	
<b>Yoga: Vinyasa Flow</b> Chatham Park - Downstairs Studio						9 a.m.-10 a.m. (Group Fitness) Eleanor G.	
<b>Conditioning: Kickboxing</b> Chatham Park - Gym						10 a.m.-10:45 a.m. (Group Fitness) Carrie T.	
<b>Dance: Zumba</b> Chatham Park - Downstairs Studio						10:15 a.m.-11:15 a.m. (Group Fitness) Sonia G.	
<b>Adult Equipment Orientation</b> Chatham Park - Wellness Floor						11 a.m.-11:45 a.m. (Get Started) Chatham P.	1 p.m.-1:45 p.m. (Get Started) Chatham P.
<b>Open Gym</b> Chatham Park - Court 2							11 a.m.-1 p.m. (Gym) Staff
<b>Strength: BODYPUMP™</b> Chatham Park - Upstairs Studio							12:15 p.m.-1:10 p.m. (Group Fitness) Susan B.
<b>Yoga: Gentle Hatha</b> Chatham Park - Downstairs Studio							1:30 p.m.-2:30 p.m. (Group Fitness) Lorraine M.



## Chapel Hill - Carrboro YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Chapel Hill-Carrboro -Gym 1					9:30 a.m.-12 p.m. (Gym) Staff		11 a.m.-1 p.m. (Gym) Staff  3 p.m.-6 p.m. (Gym) Staff
<b>Reserved for Youth Programs</b> Chapel Hill-Carrboro -Gym 2					9:30 a.m.-12 p.m. (Gym) Staff		
<b>Adult Equipment Orientation</b> Chapel Hill-Carrboro YMCA					10:30 a.m.-11:15 a.m. (Get Started) CHWC		12:15 p.m.-1 p.m. (Get Started) CHWC  3:15 p.m.-4 p.m. (Get Started) CHWC
<b>Dance: Zumba</b> Chapel Hill-Carrboro -Studio B					10:45 a.m.-11:45 a.m. (Group Fitness) Rani G.		1 p.m.-2 p.m. (Group Fitness) Heidi W.
<b>Lap Lane: 6 Shared Lanes</b> Chapel Hill-Carrboro -Gym 2					11:05 a.m.-3:40 p.m. (Pool) Staff		
<b>Conditioning: Athletic Conditioning</b> Chapel Hill-Carrboro -Studio B					12 p.m.-12:50 p.m. (Group Fitness) Mike D.	7:15 a.m.-8 a.m. (Group Fitness) Mike D.	
<b>Adult Pick Up Basketball</b> Chapel Hill-Carrboro -Gym 1 & 2					12 p.m.-2 p.m. (Gym) Staff		
<b>Reserved for Youth Programs</b> Chapel Hill-Carrboro -Gym 1 & 2					2 p.m.-6 p.m. (Gym) Staff		
<b>Reserved for YOTA Swim Team</b> Chapel Hill-Carrboro -Pool					3:40 p.m.-7 p.m. (Pool) Staff		
<b>Reserved for YMCA Programs</b> Chapel Hill-Carrboro -Studio B					4:30 p.m.-6 p.m. (Group Fitness) Staff		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Open Gym</b> Chapel Hill-Carrboro -Gym 1 & 2					6 p.m.-8 p.m. (Gym) Staff	7 a.m.-6 p.m. (Gym) Staff	
<b>Yoga: Yin</b> Chapel Hill-Carrboro -Studio B					6:15 p.m.-7:15 p.m. (Group Fitness) Sam C.		
<b>Lap Lane: 6 Shared Lanes</b> Chapel Hill-Carrboro -Pool					7 p.m.-7:45 p.m. (Pool) Staff		
<b>Lap Lane: 2 Shared Lanes</b> Chapel Hill-Carrboro -Pool						7 a.m.-1:30 p.m. (Pool) Staff	
<b>Strength: Lean and Cut</b> Chapel Hill-Carrboro -Studio B						8:10 a.m.-9 a.m. (Group Fitness) Joan W.	
<b>Aqua Fitness: Aqua HIIT</b> Chapel Hill-Carrboro -Pool						9 a.m.-9:45 a.m. (Group Fitness) Meeghan R.	
<b>Cycle: Force</b> Chapel Hill-Carrboro -Studio A						9:30 a.m.-10:15 a.m. (Group Fitness) Erin K.	
<b>Yoga: Power Yoga</b> Chapel Hill-Carrboro -Studio B						10:20 a.m.-11:20 a.m. (Group Fitness) Brianna B.	
<b>Strength: Ripped and Strong</b> Chapel Hill-Carrboro -Studio B						11:30 a.m.-12:30 p.m. (Group Fitness) Grisel D.	
<b>Lap Lane: 3 Shared Lanes</b> Chapel Hill-Carrboro -Pool						1:30 p.m.-5:45 p.m. (Pool) Staff	
<b>Family Swim</b> Chapel Hill-Carrboro -Pool						1:30 p.m.-5:45 p.m. (Pool) Staff	1 p.m.-5:45 p.m. (Pool) Staff
<b>Teen Equipment Orientation</b> Chapel Hill-Carrboro YMCA						2:15 p.m.-3 p.m. (Get Started) CHWC  4 p.m.-4:45 p.m. (Get Started) CHWC	1:15 p.m.-2 p.m. (Get Started) CHWC  4:15 p.m.-5 p.m. (Get Started) CHWC
<b>Open Gym</b> Chapel Hill-Carrboro -Gym 2							11 a.m.-6 p.m. (Gym) Staff
<b>Lap Lane: 4 Shared Lanes</b> Chapel Hill-Carrboro -Pool							11 a.m.-1 p.m. (Pool) Staff

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



## Poole Family YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Play Pickleball</b> Poole Family YMCA					9:30 a.m.-11:30 a.m. (Gym) Staff		3:30 p.m.-5:45 p.m. (Gym) Staff
<b>Restore &amp; Core: Barre</b> Poole - Studio 1					10:30 a.m.-11:15 a.m. (Group Fitness) Jaime J.		
<b>Adaptive: Adaptive Fitness</b> Poole - Studio 1					11:30 a.m.-12 p.m. (Group Fitness) Rae J.		
<b>Strength: BODYPUMP™</b> Poole - Studio 1					12:15 p.m.-1 p.m. (Group Fitness) Rae J.	8 a.m.-8:55 a.m. (Group Fitness) Lindsey S.	
<b>Dance: Zumba Toning</b> Poole - Studio 1					6 p.m.-6:45 p.m. (Group Fitness) Sandra H.		
<b>Open Play Pickleball</b> Poole - Gym 1					6 p.m.-7:45 p.m. (Gym) Staff		
<b>YMCA Programs</b> Poole - Gym 1 & 2						7 a.m.-3 p.m. (Gym) Staff	
<b>Conditioning: BODYCOMBAT</b> Poole - Studio 1						9:10 a.m.-10:05 a.m. (Group Fitness) Lindsey S.	
<b>Cycle: Force</b> Poole - Studio 2						9:15 a.m.-10 a.m. (Group Fitness) Paula N.	
<b>Yoga: Power Yoga</b> Poole - Studio 1						10:15 a.m.-11:10 a.m. (Group Fitness) Megan C.	
<b>Strength: Ripped and Strong</b> Poole - Studio 1							1 p.m.-1:55 p.m. (Group Fitness) Juli D.
<b>Dance: WERQ Dance Fitness</b> Poole - Studio 1							2 p.m.-2:55 p.m. (Group Fitness) Elizabeth M.
<b>Yoga: Vinyasa Flow</b> Poole - Studio 1							3:15 p.m.-4:10 p.m. (Group Fitness) Rose B.





## Taylor Family YMCA | April 20th - April 26th

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

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Lap Lane: 6 Circle Swim</b> Taylor - Main Pool					9:30 a.m.-11:30 a.m. (Pool) <i>Staff</i> 11:30 a.m.-1:30 p.m. (Pool) <i>Staff</i> 1:30 p.m.-3:30 p.m. (Pool) <i>Staff</i> 3:30 p.m.-4 p.m. (Pool) <i>Staff</i> 7 p.m.-7:30 p.m. (Pool) <i>Staff</i>	7 a.m.-8 a.m. (Pool) <i>Staff</i> 3:30 p.m.-5:30 p.m. (Pool) <i>Staff</i>	9 a.m.-11 a.m. (Pool) <i>Staff</i> 11 a.m.-12 p.m. (Pool) <i>Staff</i> 3 p.m.-5 p.m. (Pool) <i>Staff</i> 5 p.m.-5:30 p.m. (Pool) <i>Staff</i>
<b>Dance: Dance</b> Taylor - Group Ex Studio					10:30 a.m.-11:30 a.m. (Group Fitness) <i>Sara A.</i> 5:30 p.m.-6:30 p.m. (Group Fitness) <i>Kayla J.</i>		
<b>Reserved for Youth Programs</b> Taylor - Gym 3					10:30 a.m.-5:15 p.m. (Gym) <i>Staff</i>		

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Lane: 4 Circle Swim</b> Taylor - Main Pool					10:30 a.m.-11:30 a.m. (Pool) <i>Staff</i>	7 a.m.-8 a.m. (Pool) <i>Staff</i>	9 a.m.-10 a.m. (Pool) <i>Staff</i>
					11:30 a.m.-12:30 p.m. (Pool) <i>Staff</i>	8 a.m.-9 a.m. (Pool) <i>Staff</i>	10 a.m.-11 a.m. (Pool) <i>Staff</i>
					12:30 p.m.-1:30 p.m. (Pool) <i>Staff</i>	9 a.m.-10 a.m. (Pool) <i>Staff</i>	11 a.m.-12 p.m. (Pool) <i>Staff</i>
					1:30 p.m.-2:30 p.m. (Pool) <i>Staff</i>	10 a.m.-11 a.m. (Pool) <i>Staff</i>	12 p.m.-1 p.m. (Pool) <i>Staff</i>
					2:30 p.m.-3:30 p.m. (Pool) <i>Staff</i>	11 a.m.-12 p.m. (Pool) <i>Staff</i>	1 p.m.-2 p.m. (Pool) <i>Staff</i>
					3:30 p.m.-4 p.m. (Pool) <i>Staff</i>	12 p.m.-1 p.m. (Pool) <i>Staff</i>	2 p.m.-3 p.m. (Pool) <i>Staff</i>
					7 p.m.-7:30 p.m. (Pool) <i>Staff</i>	1 p.m.-2 p.m. (Pool) <i>Staff</i>	3 p.m.-4 p.m. (Pool) <i>Staff</i>
						2 p.m.-3 p.m. (Pool) <i>Staff</i>	4 p.m.-5 p.m. (Pool) <i>Staff</i>
						3 p.m.-4 p.m. (Pool) <i>Staff</i>	5 p.m.-5:30 p.m. (Pool) <i>Staff</i>
						4 p.m.-5 p.m. (Pool) <i>Staff</i>	
						5 p.m.-5:30 p.m. (Pool) <i>Staff</i>	
<b>Family Swim</b> Taylor - Main Pool					10:30 a.m.-7:30 p.m. (Pool) <i>Staff</i>	10:30 a.m.-5:30 p.m. (Pool) <i>Staff</i>	11 a.m.-5:30 p.m. (Pool) <i>Staff</i>
<b>Strength: Lean and Cut</b> Taylor - Group Ex Studio					12 p.m.-12:45 p.m. (Group Fitness) <i>Romain M.</i>		
<b>Adult Pick Up Basketball</b> Taylor - Gyms 1 & 2					12 p.m.-2 p.m. (Gym) <i>Staff</i>	8 a.m.-11 a.m. (Gym) <i>Staff</i>	
<b>Adult Equipment Orientation</b> Taylor Family YMCA					12:15 p.m.-1:15 p.m. (Get Started) <i>Donovan P.</i>		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Virtual In-Studio: Les Mills RPM™</b> Taylor - Cycle Studio					2 p.m.-2:45 p.m. (Group Fitness) <i>Taylor S.</i>		
<b>Virtual In-Studio: Les Mills CORE™</b> Taylor - Group Ex Studio					2 p.m.-2:30 p.m. (Group Fitness) <i>Taylor S.</i>		
<b>Reserved for Youth Programs</b> Taylor - Gym 2					2 p.m.-5:30 p.m. (Gym) <i>Staff</i>		
<b>Virtual In-Studio: Les Mills GRIT™ Cardio</b> Taylor - Group Ex Studio					2:45 p.m.-3:15 p.m. (Group Fitness) <i>Taylor S.</i>		
<b>Virtual In-Studio: Les Mills BODYPUMP™</b> Taylor - Group Ex Studio					4 p.m.-4:45 p.m. (Group Fitness) <i>Taylor S.</i>		
<b>Open Gym</b> Taylor - Gyms 1 & 2					5:30 p.m.-8 p.m. (Gym) <i>Staff</i>		
<b>Lap Lane: 3 Circle Swim</b> Taylor - Main Pool						7 a.m.-8 a.m. (Pool) <i>Staff</i>  8 a.m.-9 a.m. (Pool) <i>Staff</i>	9 a.m.-10 a.m. (Pool) <i>Staff</i>  10 a.m.-11 a.m. (Pool) <i>Staff</i>
<b>Lap Lane: 2 Circle Swim</b> Taylor - Main Pool						7 a.m.-8 a.m. (Pool) <i>Staff</i>  8 a.m.-9 a.m. (Pool) <i>Staff</i>	9 a.m.-10 a.m. (Pool) <i>Staff</i>  10 a.m.-11 a.m. (Pool) <i>Staff</i>
<b>Lap Lane: 1 Circle Swim</b> Taylor - Main Pool						7 a.m.-8 a.m. (Pool) <i>Staff</i>  8 a.m.-9 a.m. (Pool) <i>Staff</i>	9 a.m.-10 a.m. (Pool) <i>Staff</i>  10 a.m.-11 a.m. (Pool) <i>Staff</i>
<b>Conditioning: MetCon</b> Taylor - Gym 3						8:15 a.m.-9 a.m. (Group Fitness) <i>Jasmine P.</i>	
<b>Cycle: Beats</b> Taylor - Cycle Studio						8:15 a.m.-9:15 a.m. (Group Fitness) <i>Keri D.</i>	
<b>Yoga: Vinyasa Flow</b> Taylor - Group Ex Studio						8:15 a.m.-9:15 a.m. (Group Fitness) <i>Marlene D.</i>	3:30 p.m.-4:45 p.m. (Group Fitness) <i>Susan K.</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Conditioning: Kickboxing</b> Taylor - Gym 3						9:15 a.m.-10:15 a.m. (Group Fitness) <i>Maya B.</i>	
<b>Teen Equipment Orientation</b> Taylor Family YMCA						9:30 a.m.-10:30 a.m. (Get Started) <i>Staff</i>  2 p.m.-3 p.m. (Get Started) <i>Staff</i>	2 p.m.-3 p.m. (Get Started) <i>Staff</i>
<b>Aqua Fitness: Aqua Fit</b> Taylor - Main Pool						9:30 a.m.-10:25 a.m. (Group Fitness) <i>Stephanie H.</i>	
<b>Step: Step</b> Taylor - Group Ex Studio						9:30 a.m.-10:30 a.m. (Group Fitness) <i>Jasmine P.</i>	
<b>Strength: Lean and Cut</b> Taylor - Gym 3						10:30 a.m.-11:30 a.m. (Group Fitness) <i>Maya B.</i>	
<b>Yoga: Gentle Hatha</b> Taylor - Group Ex Studio						10:45 a.m.-11:45 a.m. (Group Fitness) <i>Dipendra S.</i>	
<b>Open Gym</b> Taylor - Gym 1						11 a.m.-2 p.m. (Gym) <i>Staff</i>	9 a.m.-2 p.m. (Gym) <i>Staff</i>
<b>Restore &amp; Core: Mat Pilates</b> Taylor - Group Ex Studio						12 p.m.-12:45 p.m. (Group Fitness) <i>Lydia S.</i>	
<b>Reserved</b> Taylor - Gym 3						12:30 p.m.-2:30 p.m. (Gym) <i>Staff</i>	12:45 p.m.-2:15 p.m. (Gym) <i>Staff</i>
<b>Teen Pick Up Basketball</b> Taylor - Gym 1						2 p.m.-4 p.m. (Gym) <i>Staff</i>	2 p.m.-5 p.m. (Gym) <i>Staff</i>
<b>Reserved for Pickleball</b> Taylor - Gym 2						3 p.m.-6 p.m. (Gym) <i>Staff</i>	12 p.m.-2 p.m. (Gym) <i>Staff</i>
<b>Family Open Gym</b> Taylor - Gym 1						4 p.m.-6 p.m. (Gym) <i>Staff</i>	
<b>Family Open Gym</b> Taylor - Gym 2							9 a.m.-12 p.m. (Gym) <i>Staff</i>
<b>Virtual In-Studio: Les Mills BORN TO MOVE™</b> Taylor - Group Ex Studio							11 a.m.-11:30 a.m. (Group Fitness) <i>Staff</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Aqua Fitness: Aqua HIIT</b> Taylor - Main Pool							12 p.m.-12:55 p.m. (Group Fitness) <i>Jessica S.</i>
<b>Conditioning: Cardio Strength</b> Taylor - Gym 3							1 p.m.-2 p.m. (Group Fitness) <i>Maya B.</i>
<b>Dance: Zumba</b> Taylor - Group Ex Studio							1 p.m.-2 p.m. (Group Fitness) <i>Tanja C.</i>
<b>Open Play Volleyball</b> Taylor - Gym 2							2 p.m.-5 p.m. (Gym) <i>Staff</i>
<b>Strength: BODYPUMP™</b> Taylor - Group Ex Studio							2:15 p.m.-3:10 p.m. (Group Fitness) <i>Joanne M.</i>



## Ingram Family YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Racquetball Open Play</b> Ingram Family YMCA					10 a.m.-4 p.m. (Court) Staff		
<b>Lap Lane: 4 Shared Lanes</b> Ingram Family YMCA					10 a.m.-11:30 a.m. (Pool) Staff  4 p.m.-6 p.m. (Pool) Staff  6 p.m.-7 p.m. (Pool) Staff	8 a.m.-10 a.m. (Pool) Staff  11 a.m.-1 p.m. (Pool) Staff  1:15 p.m.-2:30 p.m. (Pool) Staff	1 p.m.-3 p.m. (Pool) Staff  3 p.m.-4:30 p.m. (Pool) Staff
<b>Family Swim</b> Ingram - Pool					10 a.m.-1 p.m. (Pool) Staff  4 p.m.-7 p.m. (Pool) Staff		
<b>Virtual In-Studio: Les Mills BODYATTACK™</b> Ingram - Studio 1					1:30 p.m.-2:25 p.m. (Group Fitness) Staff		
<b>Lap Lane: 4 Shared Lanes</b> Ingram - Pool					4 p.m.-5:30 p.m. (Pool) Staff  5:30 p.m.-7 p.m. (Pool) Staff		
<b>Family Swim</b> Ingram Family YMCA					4 p.m.-6 p.m. (Pool) Staff  6 p.m.-7 p.m. (Pool) Staff	8 a.m.-10 a.m. (Pool) Staff  11 a.m.-1 p.m. (Pool) Staff  1:15 p.m.-2:30 p.m. (Pool) Staff	1 p.m.-3 p.m. (Pool) Staff  3 p.m.-4:30 p.m. (Pool) Staff

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Racquetball Open Play</b> Ingram - Racquetball					6 p.m.-8 p.m. (Court) <i>Staff</i>	8 a.m.-3 p.m. (Court) <i>Staff</i>	1 p.m.-5 p.m. (Court) <i>Staff</i>
<b>Virtual In-Studio: Les Mills BODYCOMBAT</b> Ingram - Studio 1						8:05 a.m.-9 a.m. (Group Fitness) <i>Staff</i>	
<b>Strength: Lean and Cut</b> Ingram - Studio 1						9 a.m.-9:55 a.m. (Group Fitness) <i>Beverly T.</i>	
<b>Yoga: Slow Flow</b> Ingram - Studio 2						9 a.m.-10 a.m. (Group Fitness) <i>Gretchen W.</i>	
<b>Strength: Ripped and Strong</b> Ingram - Studio 1							1:30 p.m.-2:25 p.m. (Group Fitness) <i>Amber H.</i>
<b>Yoga: Sculpt</b> Ingram - Studio 1							2:30 p.m.-3:30 p.m. (Group Fitness) <i>Jan S.</i>



## A.E. Finley YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Women's Pick Up Basketball</b> AE Finley - Courts 1 & 2					10 a.m.-12 p.m. (Gym) Staff		
<b>Aqua Fitness: Aqua Fit</b> AE Finley - Indoor Pool					10:15 a.m.-11:10 a.m. (Group Fitness) Cheryl O.		11:15 a.m.-12:10 p.m. (Group Fitness) Cheryl O.
<b>Dance: Zumba</b> AE Finley - Studio 2					10:15 a.m.-11:10 a.m. (Group Fitness) Christina C.		
<b>Restore &amp; Core: Mat Pilates</b> AE Finley - Studio 1					10:45 a.m.-11:40 a.m. (Group Fitness) Jody K.	10:45 a.m.-11:40 a.m. (Group Fitness) Brenda D.	
<b>Lap Lane: 8 Shared Lanes</b> AE Finley - Indoor Pool					11 a.m.-12 p.m. (Pool) Staff  12 p.m.-2 p.m. (Pool) Staff  2 p.m.-4 p.m. (Pool) Staff  7 p.m.-7:45 p.m. (Pool) Staff	3 p.m.-5 p.m. (Pool) Staff  5 p.m.-5:45 p.m. (Pool) Staff	12 p.m.-2 p.m. (Pool) Staff
<b>Yoga: Yin</b> AE Finley - Studio 2					11:30 a.m.-12:25 p.m. (Group Fitness) Julie R.		
<b>Thrive: Chair Yoga</b> AE Finley - Studio 1					11:50 a.m.-12:45 p.m. (Group Fitness) Jody K.		
<b>Thrive: Cardio Strength</b> AE Finley - Studio 1					1 p.m.-1:45 p.m. (Group Fitness) Sherry I.  2 p.m.-2:45 p.m. (Group Fitness) Sherry I.		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Teen Equipment Orientation</b> AE Finley - Wellness Floor					3 p.m.-4 p.m. (Get Started) Staff	1 p.m.-2 p.m. (Get Started) Staff	
<b>Lap Lane: 3 Shared Lanes</b> AE Finley - Indoor Pool					4 p.m.-7 p.m. (Pool) Staff	9 a.m.-11 a.m. (Pool) Staff  11 a.m.-1 p.m. (Pool) Staff	2 p.m.-4 p.m. (Pool) Staff  4 p.m.-5 p.m. (Pool) Staff
<b>Strength: Lean and Cut</b> AE Finley - Studio 1					4:30 p.m.-5:25 p.m. (Group Fitness) Brenda D.		11:30 a.m.-12:30 p.m. (Group Fitness) Marianne B.
<b>Yoga: Gentle Hatha</b> AE Finley - Studio 1					5:45 p.m.-6:45 p.m. (Group Fitness) Sarah H.		
<b>Lap Lane: 5 Shared Lanes</b> AE Finley - Indoor Pool						7 a.m.-9 a.m. (Pool) Staff	
<b>Conditioning: Cardio Strength</b> AE Finley - Studio 1						7:30 a.m.-8:15 a.m. (Group Fitness) Joy M.	
<b>Cycle: Beats</b> AE Finley - Cycle Studio						8 a.m.-8:45 a.m. (Group Fitness) Ashley G.	
<b>Strength: BODYPUMP™</b> AE Finley - Studio 1						8:30 a.m.-9:25 a.m. (Group Fitness) Kristin J.	
<b>Cycle: Les Mills Sprint</b> AE Finley - Cycle Studio						9 a.m.-9:30 a.m. (Group Fitness) Marianne B.	
<b>Restore &amp; Core: Core and Stretch</b> AE Finley - Studio 2						9:15 a.m.-10 a.m. (Group Fitness) Nichole C.	
<b>Conditioning: Kickboxing</b> AE Finley - Studio 1						9:40 a.m.-10:35 a.m. (Group Fitness) Melissa C.	
<b>Aqua Fitness: Aqua Fit</b> AE Finley - Outdoor Pool						10 a.m.-10:55 a.m. (Group Fitness) Kelly C.	
<b>Restore &amp; Core: Barre</b> AE Finley - Studio 2						10:15 a.m.-11:10 a.m. (Group Fitness) Nichole C.	
<b>Lap Lane: 3 Shared Lanes</b> AE Finley - Outdoor Pool						11 a.m.-1 p.m. (Pool) Staff	11 a.m.-1 p.m. (Pool) Staff

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Family Swim</b> AE Finley - Outdoor Pool						11 a.m.-1 p.m. (Pool) <i>Staff</i>  1 p.m.-3 p.m. (Pool) <i>Staff</i>	11 a.m.-1 p.m. (Pool) <i>Staff</i>  1 p.m.-3 p.m. (Pool) <i>Staff</i>
<b>Dance: Zumba</b> AE Finley - Studio 1						11:45 a.m.-12:45 p.m. (Group Fitness) <i>Julietha K.</i>	
<b>Yoga: Vinyasa Flow</b> AE Finley - Studio 2						12 p.m.-12:55 p.m. (Group Fitness) <i>Cate M.</i>	
<b>Family Swim</b> AE Finley - Indoor Pool						12 p.m.-3 p.m. (Pool) <i>Staff</i>  3 p.m.-5 p.m. (Pool) <i>Staff</i>	12 p.m.-2 p.m. (Pool) <i>Staff</i>  2 p.m.-5 p.m. (Pool) <i>Staff</i>
<b>Lap Lane: 5 Shared Lanes</b> AE Finley - Outdoor Pool						1 p.m.-3 p.m. (Pool) <i>Staff</i>	1 p.m.-3 p.m. (Pool) <i>Staff</i>
<b>Lap Lane: 4 Shared Lanes</b> AE Finley - Indoor Pool						1 p.m.-3 p.m. (Pool) <i>Staff</i>	
<b>Lap Lane: 7 Shared Lanes</b> AE Finley - Indoor Pool							9 a.m.-11 a.m. (Pool) <i>Staff</i>
<b>Step: Step</b> AE Finley - Studio 1							9:30 a.m.-10:25 a.m. (Group Fitness) <i>Robyn S.</i>
<b>Lap Lane: 6 Shared Lanes</b> AE Finley - Indoor Pool							11 a.m.-12 p.m. (Pool) <i>Staff</i>
<b>Conditioning: PiYo</b> AE Finley - Studio 2							11:15 a.m.-12:10 p.m. (Group Fitness) <i>Angela E.</i>
<b>Adult Equipment Orientation</b> AE Finley - Wellness Floor							12 p.m.-1 p.m. (Get Started) <i>Staff</i>
<b>Conditioning: MetCon</b> AE Finley - Studio 1							12:45 p.m.-1:40 p.m. (Group Fitness) <i>Brenda D.</i>
<b>Adult Pick Up Basketball</b> AE Finley - Courts 1 & 2							1 p.m.-2:30 p.m. (Gym) <i>Staff</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Yoga: Slow Flow</b> AE Finley - Studio 1							2 p.m.-3 p.m. (Group Fitness) <i>Jody K.</i>
<b>Lap Lane: 10 Shared Lanes</b> AE Finley - Indoor Pool							5 p.m.-5:45 p.m. (Pool) <i>Staff</i>



## Alexander Family YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Lane: 4 Shared Lanes</b> Alexander - Pool					10 a.m.-4 p.m. (Pool) <i>Staff</i>  6:30 p.m.-9:45 p.m. (Pool) <i>Staff</i>	7 a.m.-7:30 a.m. (Pool) <i>Staff</i>  8:30 a.m.-11:30 a.m. (Pool) <i>Staff</i>  3:10 p.m.-5:45 p.m. (Pool) <i>Staff</i>	9 a.m.-4:30 p.m. (Pool) <i>Staff</i>
<b>Family Swim</b> Alexander - Pool					10 a.m.-1:15 p.m. (Pool) <i>Staff</i>  5 p.m.-7:45 p.m. (Pool) <i>Staff</i>	7 a.m.-7:30 a.m. (Pool) <i>Staff</i>  8:30 a.m.-12:30 p.m. (Pool) <i>Staff</i>  4 p.m.-5:45 p.m. (Pool) <i>Staff</i>	9 a.m.-4:30 p.m. (Pool) <i>Staff</i>
<b>Strength: Lean and Cut</b> Alexander - Downstairs Studio					10:45 a.m.-11:30 a.m. (Group Fitness) <i>Melissa M.</i>	11 a.m.-11:45 a.m. (Group Fitness) <i>Cheri A.</i>	
<b>Thrive: Chair Stretch</b> Alexander - Upstairs Studio					10:45 a.m.-11:45 a.m. (Group Fitness) <i>Kathryn C.</i>		
<b>Adult Equipment Orientation</b> Alexander Family YMCA					11:30 a.m.-12:30 p.m. (Get Started) <i>Alexander S.</i>  12:30 p.m.-1:30 p.m. (Get Started) <i>Alexander S.</i>	8:30 a.m.-9:30 a.m. (Get Started) <i>Alexander S.</i>  9:30 a.m.-10:30 a.m. (Get Started) <i>Alexander S.</i>  2 p.m.-3 p.m. (Get Started) <i>Alexander S.</i>	11:30 a.m.-12:30 p.m. (Get Started) <i>Alexander S.</i>  2:30 p.m.-3:30 p.m. (Get Started) <i>Alexander S.</i>
<b>Cycle: Beats</b> Alexander - Studio 3					12 p.m.-12:45 p.m. (Group Fitness) <i>Jay C.</i>		2:45 p.m.-3:30 p.m. (Group Fitness) <i>Jay C.</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Restore &amp; Core: Barre</b> Alexander - Downstairs Studio					12 p.m.-12:45 p.m. (Group Fitness) <i>Alaina V.</i>		
<b>Yoga: Vinyasa Flow</b> Alexander - Upstairs Studio					12 p.m.-12:45 p.m. (Group Fitness) <i>Alison S.</i>	10:30 a.m.-12 p.m. (Group Fitness) <i>Holly F.</i>	1:15 p.m.-2:30 p.m. (Group Fitness) <i>Shwetha R.</i>
<b>Reserved for School Swim Lessons</b> Alexander - Pool					1:15 p.m.-2:45 p.m. (Pool) <i>Staff</i>  4 p.m.-5 p.m. (Pool) <i>Staff</i>		
<b>Teen Equipment Orientation</b> Alexander Family YMCA					1:30 p.m.-2:30 p.m. (Get Started) <i>Alexander S.</i>  2:30 p.m.-3:30 p.m. (Get Started) <i>Alexander S.</i>	11:30 a.m.-12:30 p.m. (Get Started) <i>Alexander S.</i>  3 p.m.-4 p.m. (Get Started) <i>Alexander S.</i>	12:30 p.m.-1:30 p.m. (Get Started) <i>Alexander S.</i>  2:30 p.m.-3:30 p.m. (Get Started) <i>Alexander S.</i>
<b>Teen Pick Up Basketball</b> Alexander Family YMCA					3:15 p.m.-5:15 p.m. (Gym) <i>Staff</i>		
<b>Lap Lane: 1 Shared Lane</b> Alexander Family YMCA					4 p.m.-5 p.m. (Pool) <i>Staff</i>		
<b>Reserved for YOTA Swim Team</b> Alexander - Pool					4 p.m.-6:30 p.m. (Pool) <i>Staff</i>		4:30 p.m.-5:45 p.m. (Pool) <i>Staff</i>
<b>Conditioning: Cardio Strength</b> Alexander - Downstairs Studio					4:30 p.m.-5:15 p.m. (Group Fitness) <i>Cheri A.</i>		
<b>Lap Lane: 2 Shared Lanes</b> Alexander - Pool					5 p.m.-6:30 p.m. (Pool) <i>Staff</i>	11:30 a.m.-12 p.m. (Pool) <i>Staff</i>	
<b>Lap Lane: 3 Shared Lanes</b> Alexander - Pool						7:30 a.m.-8:45 a.m. (Pool) <i>Staff</i>  12:30 p.m.-3:10 p.m. (Pool) <i>Staff</i>	4:30 p.m.-5:45 p.m. (Pool) <i>Staff</i>
<b>Reserved for YMCA Aquatics Program</b> Alexander - Pool						7:30 a.m.-8:45 a.m. (Pool) <i>Staff</i>	
<b>Aqua Fitness: Aqua Fit</b> Alexander- Pool Group Fitness						7:45 a.m.-8:30 a.m. (Group Fitness) <i>Sharon S.</i>	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Cycle: Force</b> Alexander - Studio 3						8 a.m.-8:45 a.m. (Group Fitness) Stacey A.  9:45 a.m.-10:30 a.m. (Group Fitness) Josh W.	
<b>Restore &amp; Core: Mat Pilates</b> Alexander - Upstairs Studio						8:15 a.m.-9 a.m. (Group Fitness) Tatyana S.	
<b>Strength: BODYPUMP™</b> Alexander - Downstairs Studio						8:30 a.m.-9:15 a.m. (Group Fitness) Matt M.	
<b>Family: Family Fitness</b> Alexander - AJW Youth Building						9 a.m.-9:45 a.m. (Group Fitness) Traci R.	
<b>Yoga: Gentle Hatha</b> Alexander - Upstairs Studio						9:15 a.m.-10:15 a.m. (Group Fitness) Tatyana S.	
<b>Conditioning: Cardio Strength</b> Alexander - AJW Youth Building						10 a.m.-10:45 a.m. (Group Fitness) Emily B.	
<b>Restore &amp; Core: Barre</b> Alexander - AJW Youth Building						11 a.m.-11:45 a.m. (Group Fitness) Emily B.	
<b>Swim Lessons</b> Alexander Family YMCA						11:30 a.m.-4 p.m. (Pool) Staff	
<b>Event: Family Dance Party</b> Alexander - AJW Youth Building						12:15 p.m.-1:15 p.m. (Group Fitness) Byron J.	
<b>Adult Pick Up Basketball</b> Alexander - Court 1						3 p.m.-5 p.m. (Gym) Staff	
<b>Yoga: Power Yoga</b> Alexander - Upstairs Studio							11:30 a.m.-12:30 p.m. (Group Fitness) Alison S.
<b>Open Play Pickleball</b> Alexander - Court 1 & 2							12 p.m.-3 p.m. (Gym) Staff
<b>Strength: Ripped and Strong</b> Alexander - Downstairs Studio							1:30 p.m.-2:30 p.m. (Group Fitness) Christine R.
<b>Dance: Zumba</b> Alexander - Downstairs Studio							2:45 p.m.-3:45 p.m. (Group Fitness) Taylor W.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Yoga: Yin</b> Alexander - Upstairs Studio							4 p.m.-5 p.m. (Group Fitness) <i>Clayton B.</i>



## Southeast Raleigh YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength: BODYPUMP™</b> Southeast Raleigh - Studio 1					11 a.m.-11:45 a.m. (Group Fitness) <i>Juli D.</i>		
<b>Open Gym</b> Southeast Raleigh - Court 1					11 a.m.-12 p.m. (Gym) <i>Staff</i>  12 p.m.-1 p.m. (Gym) <i>Staff</i>  1 p.m.-2 p.m. (Gym) <i>Staff</i>  2 p.m.-3 p.m. (Gym) <i>Staff</i>  2 p.m.-3 p.m. (Gym) <i>Staff</i>  3 p.m.-4 p.m. (Gym) <i>Staff</i>  4 p.m.-5 p.m. (Gym) <i>Staff</i>  5 p.m.-6 p.m. (Gym) <i>Staff</i>		
<b>Step: Xtreme Hip-Hop Step</b> Southeast Raleigh - Studio 1					12 p.m.-12:45 p.m. (Group Fitness) <i>Briana P.</i>		
<b>Yoga: Yin</b> Southeast Raleigh - Studio 2					12 p.m.-1 p.m. (Group Fitness) <i>Aliyah M.</i>		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Lap Lane: 4 Shared Lanes</b> Southeast Raleigh - Outdoor Pool					3 p.m.-4 p.m. (Pool) <i>Staff</i>  5 p.m.-6 p.m. (Pool) <i>Staff</i>	8 a.m.-9 a.m. (Pool) <i>Staff</i>	
<b>Family Swim</b> Southeast Raleigh YMCA					3 p.m.-4 p.m. (Pool) <i>Staff</i>  4 p.m.-5 p.m. (Pool) <i>Staff</i>  5 p.m.-6 p.m. (Pool) <i>Staff</i>		
<b>Lap Lane: 4 Shared Lanes</b> Southeast Raleigh YMCA					4 p.m.-5 p.m. (Pool) <i>Staff</i>	9 a.m.-10 a.m. (Pool) <i>Staff</i>  10 a.m.-10:45 a.m. (Pool) <i>Staff</i>	
<b>Dance: Line Dance</b> Southeast Raleigh YMCA					6 p.m.-6:55 p.m. (Group Fitness) <i>Charise D.</i>		

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Intro: Intro to Xtreme Hip Hop Step Breakdown</b> Southeast Raleigh - School Side Gym Court 3						8:50 a.m.-9:10 a.m. (Group Fitness) <i>Briana P.</i>	
<b>Event: BODYCOMBAT Launch</b> Southeast Raleigh - Studio 1						9 a.m.-9:30 a.m. (Group Fitness) <i>SER S.</i>	
<b>Strength: TRX</b> Southeast Raleigh - Studio 2						9 a.m.-9:45 a.m. (Group Fitness) <i>Reuben S.</i>  10 a.m.-10:45 a.m. (Group Fitness) <i>Anna H.</i>	
<b>Intro: Xtreme Hip Hop Step Beginner Class</b> Southeast Raleigh - School Side Gym Court 3						9:15 a.m.-9:45 a.m. (Group Fitness) <i>Briana P.</i>	
<b>Event: BODYPUMP Launch</b> Southeast Raleigh - Studio 1						9:45 a.m.-10:15 a.m. (Group Fitness) <i>Juli D.</i>	12:10 a.m.-1:05 a.m. (Group Fitness) <i>Anna H.</i>
<b>Dance: Dance</b> Southeast Raleigh - School Side Gym Court 3						10 a.m.-10:55 a.m. (Group Fitness) <i>Byron J.</i>	
<b>Event: BODYBALANCE Launch</b> Southeast Raleigh - Studio 1						10:30 a.m.-11 a.m. (Group Fitness) <i>Teri M.</i>	1:30 p.m.-2:25 p.m. (Group Fitness) <i>Teri M.</i>
<b>Restore &amp; Core: Mobility</b> Southeast Raleigh - Studio 2						11 a.m.-11:45 a.m. (Group Fitness) <i>Reuben S.</i>	
<b>Step: Xtreme Hip-Hop Step</b> Southeast Raleigh - School Side Gym Court 3						11:05 a.m.-12 p.m. (Group Fitness) <i>Brianne G.</i>	
<b>Yoga: Trap Yoga</b> Southeast Raleigh - Studio 1						11:15 a.m.-12 p.m. (Group Fitness) <i>Chushenna E.</i>	
<b>Event: Bro Flow</b> Southeast Raleigh - Studio 2						12 p.m.-12:55 p.m. (Group Fitness) <i>Mike W.</i>	
<b>Dance: Line Dance</b> Southeast Raleigh - School Side Gym Court 3							12:15 p.m.-1 p.m. (Group Fitness) <i>Teresa G.</i>
<b>Cycle: RPM™</b> Southeast Raleigh - Studio 2							2 p.m.-2:55 p.m. (Group Fitness) <i>Nicole M.</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Yoga: Gentle Hatha</b> Southeast Raleigh - Studio 1							2:40 p.m.-3:45 p.m. (Group Fitness) <i>Reuben S.</i>
<b>Series: Prenatal Yoga 6 Week Series</b> Southeast Raleigh - Studio 2							3:30 p.m.-5 p.m. (Group Fitness) <i>Sydney M.</i>



## East Triangle YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Thrive: Chair Yoga</b> East Triangle - Studio Flex					11:15 a.m.-12 p.m. (Group Fitness) <i>Chushenna E.</i>		
<b>Teen Equipment Orientation</b> East Triangle -Wellness Floor					4:30 p.m.-5 p.m. (Get Started) <i>Staff</i>		
<b>Adult Equipment Orientation</b> East Triangle -Wellness Floor					5:30 p.m.-6 p.m. (Get Started) <i>Staff</i>		
<b>Cycle: Fusion</b> East Triangle - The Cave						8 a.m.-8:50 a.m. (Group Fitness) <i>John K.</i>	
<b>Yoga: Sculpt</b> East Triangle - Studio Flex						9 a.m.-9:45 a.m. (Group Fitness) <i>John K.</i>	
<b>Conditioning: MetCon</b> East Triangle - Studio Flex						10 a.m.-10:45 a.m. (Group Fitness) <i>John K.</i>	
<b>Dance: Zumba</b> East Triangle - Studio Flex						11 a.m.-11:45 a.m. (Group Fitness) <i>Courtney B.</i>	
<b>Restore &amp; Core: Barre</b> East Triangle - Studio Flex							12:15 p.m.-1 p.m. (Group Fitness) <i>Suki A.</i>
<b>Strength: BODYPUMP™</b> East Triangle - Studio Flex							1:15 p.m.-2 p.m. (Group Fitness) <i>Lindsey S.</i>
<b>Yoga: Slow Flow</b> East Triangle - Studio Flex							2:15 p.m.-3 p.m. (Group Fitness) <i>Suki A.</i>



## Downtown Durham YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Restore &amp; Core: Stretch</b> Downtown Durham - Group Fitness Studio					11:30 a.m.-12:15 p.m. (Group Fitness) <i>Gayla T.</i>		
<b>Lap Lane: 5 Shared Lanes</b> Downtown Durham YMCA					11:30 a.m.-1:30 p.m. (Pool) <i>Staff</i>  1:30 p.m.-3:45 p.m. (Pool) <i>Staff</i>	7 a.m.-9 a.m. (Pool) <i>Staff</i>  9 a.m.-11 a.m. (Pool) <i>Staff</i>  11 a.m.-12 p.m. (Pool) <i>Staff</i>  12 p.m.-2 p.m. (Pool) <i>Staff</i>  2 p.m.-3 p.m. (Pool) <i>Staff</i>  3 p.m.-5:30 p.m. (Pool) <i>Staff</i>	12 p.m.-2 p.m. (Pool) <i>Staff</i>  3 p.m.-5:30 p.m. (Pool) <i>Staff</i>
<b>Lap Lane: 3 Shared Lanes</b> Downtown Durham YMCA					5:30 p.m.-7 p.m. (Pool) <i>Staff</i>		2 p.m.-3 p.m. (Pool) <i>Staff</i>
<b>Dance: Zumba</b> Downtown Durham - Group Fitness Studio					6 p.m.-7 p.m. (Group Fitness) <i>Willa R.</i>		
<b>Cycle: Beats</b> Downtown Durham - Cycle Studio						8:30 a.m.-9:15 a.m. (Group Fitness) <i>Cori C.</i>	
<b>Event: BODYPUMP Launch</b> Downtown Durham YMCA						9 a.m.-9:45 a.m. (Group Fitness) <i>Jessica M.</i>	
<b>Event: BODYCOMBAT Pop Up</b> Downtown Durham - Court 2						10:15 a.m.-11:10 a.m. (Group Fitness) <i>Joyce K.</i>	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Dance: Zumba</b> Downtown Durham - Court 2						11:15 a.m.-12:15 p.m. (Group Fitness) <i>Shirley Y.</i>	
<b>Dance: Line Dance</b> Downtown Durham - Court 2						12:15 p.m.-1 p.m. (Group Fitness) <i>Meladie C.</i>	
<b>Adult Equipment Orientation</b> Downtown Durham YMCA						1 p.m.-2 p.m. (Get Started) <i>Staff</i>	
<b>Teen Equipment Orientation</b> Downtown Durham YMCA						2:30 p.m.-3:30 p.m. (Get Started) <i>Staff</i>	
<b>Family Open Gym</b> Downtown Durham YMCA							12 p.m.-3 p.m. (Gym) <i>Staff</i>
<b>Aqua Fitness: Aqua Fit</b> Downtown Durham - Main Pool							2 p.m.-2:59 p.m. (Group Fitness) <i>Melissa R.</i>
<b>Yoga: Yin</b> Downtown Durham YMCA							2 p.m.-3 p.m. (Group Fitness) <i>Dorothy C.</i>
<b>Conditioning: BODYCOMBAT</b> Downtown Durham - Group Fitness Studio							4 p.m.-4:30 p.m. (Group Fitness) <i>Jessica M.</i>
<b>Strength: BODYPUMP™</b> Downtown Durham - Group Fitness Studio							4:40 p.m.-5:35 p.m. (Group Fitness) <i>Jessica M.</i>



## Poyner YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga: Pilates Fusion (Hot)</b> Poyner - Studio 2					12 p.m.-12:45 p.m. (Group Fitness) <i>Scott M.</i>		
<b>Yoga: Power Sculpt (Hot)</b> Poyner - Studio 2					5:15 p.m.-6 p.m. (Group Fitness) <i>Amanda R.</i>	9:30 a.m.-10:30 a.m. (Group Fitness) <i>Patrick R.</i>	
<b>Cycle: Force</b> Poyner - Studio 3						8:15 a.m.-9 a.m. (Group Fitness) <i>Erin G.</i>	
<b>Yoga: Y Flow (Hot)</b> Poyner - Studio 2						8:15 a.m.-9:15 a.m. (Group Fitness) <i>Scott M.</i>	
<b>Yoga: Yin (Warm)</b> Poyner - Studio 2						10:45 a.m.-11:45 a.m. (Group Fitness) <i>Tiffany M.</i>	12:30 p.m.-1:30 p.m. (Group Fitness) <i>Dana H.</i>
<b>Yoga: Y Slow Flow (Hot)</b> Poyner - Studio 2							11:15 a.m.-12:15 p.m. (Group Fitness) <i>Madison H.</i>
<b>Restore &amp; Core: Mindfulness Meditation</b> Poyner - Studio 2							1:40 p.m.-1:55 p.m. (Group Fitness) <i>Dana H.</i>



## Hope Valley Farms YMCA | April 20th - April 26th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Step:Step Strength</b> Hope Valley Farms - Group Fitness Studio						8:15 a.m.-9:15 a.m. (Group Fitness) <i>Nancy S.</i>	
<b>Yoga: Vinyasa Flow</b> Hope Valley Farms YMCA						9:30 a.m.-10:30 a.m. (Group Fitness) <i>Jessica H.</i>	



## Lakewood YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Restore &amp; Core: Pilates Fusion</b> Lakewood YMCA						9:30 a.m.-10:15 a.m. (Group Fitness) <i>Clayton B.</i>	
<b>Adult Equipment Orientation</b> Lakewood YMCA						10 a.m.-11 a.m. (Get Started) <i>Staff</i>	
<b>Teen Equipment Orientation</b> Lakewood YMCA						11:30 a.m.-12:30 p.m. (Get Started) <i>Staff</i>	
<b>Yoga: Gentle Hatha</b> Lakewood - Group Exercise Studio							3 p.m.-4 p.m. (Group Fitness) <i>Brook H.</i>



## YMCA at American Tobacco | April 20th - April 26th

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