



## Bellevue | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Basketball Gym	5:00AM-5:55AM (Gym)  3:00PM-4:45PM (Gym)  6:40PM-9:00PM (Gym)	6:45AM-8:00AM (Gym)  3:00PM-5:20PM (Gym)  6:40PM-9:00PM (Gym)	5:00AM-5:55AM (Gym)  3:00PM-5:20PM (Gym)				
<b>Les Mills SPRINT</b> Cycling Studio	5:15AM-5:45AM (Cycling) <i>Emily H.</i>  9:45AM-10:15AM (Cycling) <i>Jessica S.</i>  5:00PM-5:30PM (Cycling) <i>Meredith R.</i>	7:45AM-8:15AM (Cycling) <i>Shannon B.</i>	5:15AM-5:45AM (Cycling) <i>Angela S.</i>  9:45AM-10:15AM (Cycling) <i>Jessica S.</i>  5:00PM-5:30PM (Cycling) <i>Meredith R.</i>				
<b>Open Swim (Full Rec Pool)</b> Rec Pool	6:00AM-8:00PM (Rec Pools)	6:00AM-8:00PM (Rec Pools)	6:00AM-8:00PM (Rec Pools)				
<b>Pickleball</b> Basketball Gym	6:00AM-8:00AM (Gym)		6:00AM-8:00AM (Gym)				
<b>Open Swim (Full Pool)</b> Lap Pool	6:00AM-8:00PM (Lap Pools)	6:00AM-8:00PM (Lap Pools)	6:00AM-8:00PM (Lap Pools)				
<b>BODYPUMP</b> Studio 1	6:00AM-6:45AM (Strength) <i>Jerry M.</i>  10:35AM-11:35AM (Strength) <i>Becca J.</i>  5:30PM-6:25PM (Strength) <i>Grace M.</i>	5:15AM-6:15AM (Strength) <i>Jerry M.</i>  8:30AM-9:25AM (Strength) <i>Chelsey C.</i>  4:30PM-5:15PM (Strength) <i>Jessica C.</i>  6:35PM-7:05PM (Strength) <i>Melanie K.</i>	6:00AM-6:45AM (Strength) <i>Jerry M.</i>  10:45AM-11:40AM (Strength) <i>Jessica C.</i>  5:30PM-6:25PM (Strength) <i>Laura B.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>AOA Yoga</b> Community Room	7:30AM-8:20AM (Active Older Adults) <i>Gerry M.</i>  11:30AM-12:30PM (Active Older Adults) <i>Jennifer J.</i>	10:30AM-11:25AM (Active Older Adults) <i>Jennifer J.</i>	7:30AM-8:20AM (Active Older Adults) <i>Regina F.</i>  11:40AM-12:25PM (Active Older Adults) <i>Jennifer J.</i>				
<b>Virtual Les Mills RPM</b> Cycling Studio	7:30AM-8:00AM (Virtual)  3:30PM-4:00PM (Virtual)  6:15PM-7:00PM (Virtual)		7:30AM-8:00AM (Virtual)  3:30PM-4:00PM (Virtual)				
<b>Step</b> Studio 1	7:30AM-8:20AM (Cardio) <i>Pam J.</i>		4:30PM-5:20PM (Cardio) <i>Pam J.</i>				
<b>Open Swim - Shallow End Only</b> Rec Pool	8:00AM-10:00AM (Rec Pools)	8:00AM-9:50AM (Rec Pools)					
<b>Les Mills CORE</b> Cycling Studio	8:00AM-8:15AM (Strength) <i>Virtual I.</i>  10:30AM-11:00AM (Strength) <i>Virtual I.</i>  12:35PM-12:50PM (Strength) <i>Virtual I.</i>  5:45PM-6:00PM (Strength) <i>Virtual I.</i>	7:00AM-7:30AM (Strength) <i>Virtual I.</i>  12:50PM-1:20PM (Strength) <i>Virtual I.</i>	8:00AM-8:15AM (Strength) <i>Virtual I.</i>  10:30AM-11:00AM (Strength) <i>Virtual I.</i>  12:35PM-12:50PM (Strength) <i>Virtual I.</i>  2:00PM-2:45PM (Strength) <i>Virtual I.</i>  5:45PM-6:00PM (Strength) <i>Virtual I.</i>				
<b>Group Exercise Class - Gym</b> Basketball Gym	8:15AM-12:00PM (Gym)  4:45PM-6:40PM (Gym)	5:00AM-6:45AM (Gym)  8:15AM-11:45AM (Gym)  5:20PM-6:40PM (Gym)	8:00AM-12:00PM (Gym)  5:20PM-6:40PM (Gym)				
<b>Les Mills Yoga Hatha</b> Studio 2	8:15AM-9:25AM (Mind & Body) <i>Jessica C.</i>						

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>AOA Circuit</b> Community Room	8:30AM-9:20AM (Active Older Adults) <i>LaRae S.</i>	9:30AM-10:20AM (Active Older Adults) <i>Sue H.</i>					
<b>Full Body Strength</b> Studio 1	8:30AM-9:20AM (Strength) <i>Jennifer Y.</i>	10:45AM-11:40AM (Strength) <i>Mary Z.</i>					
<b>BODYCOMBAT</b> Basketball Gym	8:30AM-9:30AM (Martial Arts) <i>Gail M.</i>	5:30PM-6:30PM (Martial Arts) <i>Laura B.</i>					
<b>Indoor Cycling</b> Cycling Studio	8:30AM-9:20AM (Cycling) <i>Rosie Z.</i>	5:30PM-6:20PM (Cycling) <i>Rosie Z.</i>	8:30AM-9:25AM (Cycling) <i>Kelly A.</i>				
<b>H2O Flexibility</b> Rec Pool	9:00AM-9:45AM (Aquatics) <i>Hannah G.</i>						
<b>BODYBALANCE</b> Studio 2	9:30AM-10:30AM (Mind & Body) <i>Pamela W.</i>  12:00PM-1:00PM (Mind & Body) <i>Jennifer Y.</i>	7:30AM-8:30AM (Mind & Body) <i>Jennifer Y.</i>  5:30PM-6:30PM (Mind & Body) <i>LaRae S.</i>	9:35AM-10:35AM (Mind & Body) <i>Jessica C.</i>  12:00PM-1:00PM (Mind & Body) <i>LaRae S.</i>  6:40PM-7:40PM (Mind & Body) <i>Chaley B.</i>				
<b>AOA Strength</b> Community Room	9:30AM-10:20AM (Active Older Adults) <i>Lindsey C.</i>		10:45AM-11:30AM (Active Older Adults) <i>Jennifer J.</i>				
<b>Les Mills SHAPES</b> Studio 1	9:35AM-10:15AM (Mind & Body) <i>Becca J.</i>						
<b>Les Mills GRIT Series</b> Basketball Gym	9:40AM-10:10AM (Circuit Training) <i>Craig B.</i>  5:00PM-5:30PM (Circuit Training) <i>Heather H.</i>		9:40AM-10:10AM (Circuit Training) <i>Chelsey C.</i>				
<b>AOA Cardio</b> Community Room	10:30AM-11:20AM (Active Older Adults) <i>Jennifer Y.</i>		9:30AM-10:20AM (Active Older Adults) <i>Sue H.</i>				
<b>BARRE</b> Studio 2	10:35AM-11:30AM (Mind & Body) <i>Brierra M.</i>  5:30PM-6:25PM (Mind & Body) <i>Chaselynn B.</i>	8:35AM-9:35AM (Mind & Body) <i>Jessica C.</i>	5:30PM-6:30PM (Mind & Body) <i>Chaselynn B.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Tai Chi</b> Studio 1	11:50AM-12:50PM (Mind & Body) <i>Lee A.</i>						
<b>Pickleball - Full Court</b> Basketball Gym	12:00PM-3:00PM (Gym)	12:00PM-3:00PM (Gym)	12:00PM-3:00PM (Gym)				
<b>Virtual Les Mills SPRINT</b> Cycling Studio	12:00PM-12:30PM (Virtual)	9:45AM-10:15AM (Virtual)  7:30PM-8:00PM (Virtual) <i>Virtual I.</i>	12:00PM-12:30PM (Virtual)				
<b>Virtual Les Mills THE TRIP</b> Cycling Studio	1:00PM-1:45PM (Virtual)	12:00PM-12:45PM (Virtual)	1:00PM-1:45PM (Virtual)  6:15PM-7:00PM (Virtual)				
<b>Les Mills THRIVE</b> Studio 1	1:10PM-1:55PM (Strength) <i>LaRae S.</i>		1:10PM-1:55PM (Strength) <i>LaRae S.</i>				
<b>BODYPUMP</b> Cycling Studio	4:00PM-4:30PM (Strength) <i>Virtual I.</i>	2:00PM-2:45PM (Strength) <i>Virtual I.</i>	4:00PM-4:30PM (Strength) <i>Virtual I.</i>				
<b>Basic Yoga</b> Studio 2	4:15PM-5:15PM (Mind & Body) <i>Jennifer J.</i>	6:40PM-7:40PM (Mind & Body) <i>Colleen A.</i>	4:15PM-5:15PM (Mind & Body) <i>Jennifer J.</i>				
<b>Dance Blast</b> Studio 1	4:30PM-5:20PM (Dance) <i>Lucy M.</i>	5:30PM-6:20PM (Dance) <i>Chaselynn B.</i>	9:35AM-10:30AM (Dance) <i>Carly C.</i>				
<b>Lap Swim - 1 Lane</b> Lap Pool	5:00PM-7:15PM (Lap Pools)						
<b>Swim Team - 2 Lanes</b> Lap Pool	5:00PM-7:15PM (Lap Pools)						
<b>BODYATTACK</b> Basketball Gym	5:45PM-6:30PM (Cardio) <i>Amy C.</i>	9:30AM-10:15AM (Cardio) <i>Chelsey C.</i>					
<b>Group Exercise Class - Rec Pool</b> Rec Pool	6:00PM-7:00PM (Rec Pools)		6:15PM-7:00PM (Rec Pools)				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>H2O Circuit</b> Rec Pool	6:15PM-7:15PM (Aquatics) <i>Regina F.</i>		8:05AM-8:50AM (Aquatics) <i>Hannah G.</i>  9:00AM-9:45AM (Aquatics) <i>Hannah G.</i>  6:15PM-7:15PM (Aquatics) <i>Regina F.</i>				
<b>Vinyasa Yoga</b> Studio 2	6:40PM-7:40PM (Mind & Body) <i>Bridget T.</i>	4:15PM-5:15PM (Mind & Body) <i>Jennifer J.</i>					
<b>BODYPUMP Heavy</b> Studio 1	6:40PM-7:40PM (Strength) <i>Grace M.</i>	9:40AM-10:40AM (Strength) <i>Jessica C.</i>					
<b>Boot Camp</b> Basketball Gym		5:15AM-5:55AM (Circuit Training) <i>Renata S.</i>	5:35PM-6:30PM (Circuit Training) <i>Renata S.</i>				
<b>AOA Dance</b> Community Room		7:30AM-8:20AM (Active Older Adults) <i>Joanna M.</i>					
<b>H2O Cardio</b> Rec Pool		8:05AM-8:50AM (Aquatics) <i>Lindsey C.</i>  9:00AM-9:45AM (Aquatics) <i>Lindsey C.</i>					
<b>Les Mills TONE</b> Basketball Gym		8:30AM-9:15AM (Circuit Training) <i>LaRae S.</i>					
<b>Les Mills THRIVE</b> Community Room		8:35AM-9:20AM (Strength) <i>Jennifer Y.</i>					
<b>Les Mills PILATES</b> Studio 2		9:40AM-10:25AM (Mind & Body) <i>Jennifer Y.</i>	8:30AM-9:15AM (Mind & Body) <i>Jennifer Y.</i>				
<b>Stretch &amp; Recover</b> Studio 2		10:35AM-11:25AM (Mind & Body) <i>Julie K.</i>	10:40AM-11:40AM (Mind & Body) <i>Jessica S.</i>				
<b>Tai Chi</b> Studio 2		11:40AM-12:40PM (Mind & Body) <i>Lee A.</i>					
<b>20-20-20</b> Studio 1		12:00PM-1:00PM (Circuit Training) <i>Annika F.</i>					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Practicing Mindfulness</b> Studio 2		1:00PM-1:30PM (Mind & Body) <i>Sharon C.</i>					
<b>BODYBALANCE</b> Cycling Studio		3:30PM-4:15PM (Mind & Body) <i>Virtual I.</i>					
<b>Upper Body Strength</b> Cycling Studio		6:30PM-7:00PM (Strength) <i>Rosie Z.</i>					
<b>Les Mills CORE</b> Studio 1		7:10PM-7:40PM (Strength) <i>Melanie K.</i>					
<b>Line Dancing</b> Studio 1			7:15AM-8:15AM (Dance) <i>Nat H.</i>				
<b>Upper Body Strength</b> Basketball Gym			8:05AM-8:35AM (Strength) <i>Sue H.</i>				
<b>BODYCOMBAT</b> Studio 1			8:30AM-9:25AM (Martial Arts) <i>Gail M.</i>				
<b>Functional Balance</b> Community Room			8:45AM-9:15AM (Active Older Adults) <i>Sue H.</i>				
<b>Les Mills CORE</b> Basketball Gym			8:45AM-9:30AM (Strength) <i>Pamela W.</i>				
<b>H2O Dance</b> Rec Pool			12:00PM-12:55PM (Aquatics) <i>Joanna M.</i>				
<b>Adult Basketball</b> Basketball Gym			6:40PM-9:00PM (Gym)				



## Donelson-Hermitage | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Basketball - Full Court</b> Gym	5:00AM-8:00AM (Gym)		5:00AM-8:00AM (Gym)  6:00PM-9:00PM (Gym)  6:00PM-8:00PM (Gym)				
<b>Lap Swim - 6 Lanes</b> Indoor Pool	5:00AM-7:00AM (Lap Pools)	5:00AM-7:00AM (Lap Pools)	5:00AM-7:00AM (Lap Pools)				
<b>BODYPUMP</b> Studio B	5:30AM-6:30AM (Strength) <i>Karen K.</i>  9:15AM-10:15AM (Strength) <i>Laura L.</i>	9:30AM-10:15AM (Strength) <i>Cheri E.</i>	4:30PM-5:15PM (Strength) <i>Karen K.</i>  6:30PM-7:15PM (Strength) <i>Brenda B.</i>				
<b>Lap Swim - 4 Lanes</b> Indoor Pool	7:00AM-8:00AM (Lap Pools)  10:00AM-4:00PM (Lap Pools)  7:00PM-8:30PM (Lap Pools)	7:00AM-9:00AM (Lap Pools)  10:00AM-4:00PM (Lap Pools)  7:00PM-8:30PM (Lap Pools)	7:00AM-8:00AM (Lap Pools)  10:00AM-4:00PM (Lap Pools)				
<b>Open Swim - 2 Lanes</b> Indoor Pool	7:00AM-8:00AM (Lap Pools)  10:00AM-6:00PM (Lap Pools)	7:00AM-9:00AM (Lap Pools)  10:00AM-6:00PM (Lap Pools)  7:00PM-8:30PM (Lap Pools)	7:00AM-8:00AM (Lap Pools)  10:00AM-8:30PM (Lap Pools)				
<b>Beginner/Intermediate Pickleball</b> Front Half of Gym	8:00AM-12:00PM (Gym)		8:00AM-12:00PM (Gym)				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>H2O Cardio</b> Indoor Pool	8:00AM-8:55AM (Aquatics) <i>Mary J.</i>  9:00AM-9:55AM (Aquatics) <i>Mary J.</i>  6:05PM-6:55PM (Aquatics) <i>AnnMarie S.</i>	9:00AM-9:55AM (Aquatics) <i>Mary M.</i>  6:05PM-7:00PM (Aquatics) <i>Konahr E.</i>	8:00AM-8:55AM (Aquatics) <i>Jean C.</i>  9:00AM-9:55AM (Aquatics) <i>Jean C.</i>				
<b>Open Swim</b> Outdoor Pool	8:00AM-6:00PM (Outdoor Pool)	8:00AM-9:00AM (Outdoor Pool)  10:00AM-6:00PM (Outdoor Pool)	8:00AM-9:00AM (Outdoor Pool)				
<b>Kickboxing</b> Studio B	8:00AM-9:00AM (Martial Arts) <i>Natalie J.</i>						
<b>Indoor Cycling</b> Cycling Studio	8:00AM-8:45AM (Cycling) <i>Brittany L.</i>  5:30PM-6:15PM (Cycling) <i>Janie G.</i>	6:00AM-6:45AM (Cycling) <i>Brittany L.</i>  6:30PM-7:15PM (Cycling) <i>Troy C.</i>	8:15AM-9:00AM (Cycling) <i>Laura L.</i>  11:15AM-12:00PM (Cycling) <i>Laura G.</i>  5:30PM-6:15PM (Cycling) <i>Karen K.</i>				
<b>Basic Step</b> Studio A	8:15AM-9:00AM (Cardio) <i>Shelby K.</i>						
<b>Intermediate/Advanced Pickleball</b> Back Half of Gym	9:00AM-1:00PM (Gym)		9:00AM-1:00PM (Gym)				
<b>Yoga</b> Studio A	9:30AM-10:30AM (Mind & Body) <i>Jan F.</i>	10:00AM-11:00AM (Mind & Body) <i>Jessica O.</i>					
<b>AOA Strength</b> Studio B	10:30AM-11:15AM (Active Older Adults) <i>Natalie J.</i>		10:30AM-11:15AM (Active Older Adults) <i>Natalie J.</i>				
<b>AOA Yoga</b> Studio A	11:00AM-11:50AM (Active Older Adults) <i>Kimee S.</i>		11:00AM-11:50AM (Active Older Adults) <i>Kimee S.</i>				
<b>Zumba Gold</b> Studio B	11:30AM-12:15PM (Active Older Adults) <i>Malinda D.</i>		11:30AM-12:15PM (Active Older Adults) <i>Malinda D.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym - No Games</b> Front Half of Gym	12:00PM-3:00PM (Gym)	5:00AM-4:00PM (Gym)	12:00PM-3:00PM (Gym)				
<b>Cycle/Strength Fusion</b> Cycling Studio	12:00PM-1:00PM (Cycling) <i>Karen K.</i>						
<b>Pickleball</b> Back Half of Gym	1:00PM-3:00PM (Gym)	5:00AM-1:00PM (Gym)	1:00PM-3:00PM (Gym)				
<b>Open Gym - No Games</b> Back Half of Gym	3:00PM-9:00PM (Gym)	3:00PM-5:00PM (Gym)	8:00AM-9:00AM (Gym)  3:00PM-6:00PM (Gym)				
<b>Open Gym</b> Front Half of Gym	3:00PM-9:00PM (Gym)	3:00PM-9:00PM (Gym)	3:00PM-6:00PM (Gym)				
<b>Lap Swim - 2 Lanes</b> Indoor Pool	4:00PM-6:00PM (Lap Pools)	1:00PM-3:00PM (Lap Pools)  4:00PM-6:00PM (Lap Pools)					
<b>Swim Lessons/Lap Swim - 2 Lanes</b> Indoor Pool	4:00PM-6:00PM (Lap Pools)	4:00PM-7:00PM (Lap Pools)	4:00PM-5:00PM (Lap Pools)				
<b>BODYPUMP Heavy</b> Studio B	4:00PM-5:00PM (Strength) <i>Stephanie H.</i>  6:30PM-7:30PM (Strength) <i>Troy C.</i>		7:00AM-7:50AM (Strength) <i>Stephanie H.</i>				
<b>Vinyasa Yoga</b> Studio A	5:00PM-6:00PM (Mind & Body) <i>Kimee S.</i>	6:00AM-6:45AM (Mind & Body) <i>BJ K.</i>  6:30PM-7:30PM (Mind & Body) <i>Gina S.</i>	9:30AM-10:30AM (Mind & Body) <i>Laura G.</i>				
<b>Boot Camp</b> Studio B	5:05PM-6:05PM (Circuit Training) <i>Brittany L.</i>		5:30AM-6:30AM (Circuit Training) <i>Nancy T.</i>				
<b>H2O Group Exercise: Cardio</b> Indoor Pool	6:00PM-7:00PM (Lap Pools)	6:00PM-7:00PM (Lap Pools)	8:00AM-10:00AM (Lap Pools)				
<b>Swim Team - 2 Lanes</b> Indoor Pool	6:00PM-8:00PM (Lap Pools)						
<b>Dance Blast</b> Studio A	6:15PM-7:05PM (Dance) <i>Allie H.</i>		8:15AM-9:15AM (Dance) <i>Natalie J.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Mat Pilates</b> Studio A		8:00AM-8:50AM (Mind & Body) <i>Eve A.</i>  9:00AM-9:50AM (Mind & Body) <i>Eve A.</i>					
<b>R.I.P.P.E.D.</b> Studio B		8:00AM-9:00AM (Circuit Training) <i>Natalie J.</i>  4:30PM-5:30PM (Circuit Training) <i>Shelby K.</i>					
<b>Open Swim - 2 Lanes (Deep Only)</b> Indoor Pool		10:00AM-12:35PM (Lap Pools)					
<b>Zumba</b> Studio B		10:30AM-11:30AM (Dance) <i>Svetlana A.</i>					
<b>Tai Chi</b> Studio A		11:30AM-12:45PM (Mind & Body) <i>Anthony S.</i>					
<b>Beginner Pickleball</b> Back Half of Gym		1:00PM-3:00PM (Gym)					
<b>Yin Yoga</b> Studio A		5:15PM-6:15PM (Mind & Body) <i>Svetlana A.</i>					
<b>Step/Strength Fusion</b> Studio B		5:45PM-6:45PM (Circuit Training) <i>Stacy T.</i>	8:00AM-9:00AM (Circuit Training) <i>Cara L.</i>				
<b>Mat Pilates</b> Studio B		7:00PM-8:00PM (Mind & Body) <i>Gwen M.</i>					
<b>BARRE</b> Studio B			9:15AM-10:15AM (Mind & Body) <i>Dallas D.</i>				
<b>Lap Swim - 1 Lane</b> Indoor Pool			5:00PM-8:00PM (Lap Pools)				
<b>BARRE</b> Studio A			5:15PM-6:15PM (Mind & Body) <i>Dallas D.</i>				
<b>Dance Blast</b> Studio B			5:30PM-6:25PM (Dance) <i>Maritza H.</i>				
<b>Swim Team - 3 Lanes</b> Indoor Pool			6:00PM-8:00PM (Lap Pools)				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Basic Yoga</b> Studio A			6:30PM-7:30PM (Mind & Body) <i>Kirsten H.</i>				



## Green Hills Y | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Basketball Gym	5:00AM-6:00AM (Gym)  7:00AM-8:30AM (Gym)  1:00PM-10:00PM (Gym)	2:00PM-10:00PM (Gym)	5:00AM-6:00AM (Gym)  7:00AM-8:30AM (Gym)  1:00PM-10:00PM (Gym)				
<b>Lap Swim - 5 Lanes</b> Indoor Pool	5:00AM-7:00AM (Lap Pools)	5:00AM-7:00AM (Lap Pools)	5:00AM-7:00AM (Lap Pools)				
<b>Open Swim - 1 Lane</b> Indoor Pool	5:00AM-7:00AM (Lap Pools)	5:00AM-7:00AM (Lap Pools)	5:00AM-7:00AM (Lap Pools)				
<b>Indoor Cycling</b> Cycle Studio	5:45AM-6:45AM (Cycling) <i>Meghan M.</i>  6:00PM-7:00PM (Cycling) <i>Nick V.</i>	8:15AM-9:00AM (Cycling) <i>Maura S.</i>  5:00PM-5:45PM (Cycling) <i>Carol F.</i>  6:00PM-7:00PM (Cycling) <i>Nick V.</i>	5:45AM-6:45AM (Cycling) <i>Kate J.</i>  12:00PM-1:00PM (Cycling) <i>Gerry M.</i>  6:00PM-7:00PM (Cycling) <i>Rosie Z.</i>				
<b>BODYPUMP</b> GX Studio	6:00AM-7:00AM (Strength) <i>Jodie W.</i>  12:00PM-1:00PM (Strength) <i>Eve A.</i>  5:30PM-6:30PM (Strength) <i>Rebecca M.</i>	5:30PM-6:30PM (Strength) <i>Edie K.</i>	12:00PM-1:00PM (Strength) <i>Eve A.</i>  4:00PM-5:00PM (Strength) <i>Teresa A.</i>				
<b>Group Exercise Class - Gym</b> Basketball Gym	6:00AM-7:00AM (Gym)  8:30AM-10:30AM (Gym)	8:00AM-9:00AM (Gym) <i>Mery S.</i>	6:00AM-7:00AM (Gym)  8:30AM-10:30AM (Gym)				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>HIT (\$)</b> Gym	6:00AM-7:00AM (Fee Based Classes) <i>Trey P.</i>  8:30AM-9:30AM (Fee Based Classes) <i>Jake M.</i>  9:30AM-10:30AM (Fee Based Classes) <i>Jake M.</i>		6:00AM-7:00AM (Fee Based Classes) <i>Trey P.</i>  8:30AM-9:30AM (Fee Based Classes) <i>Jake M.</i>  9:30AM-10:30AM (Fee Based Classes) <i>Jake M.</i>				
<b>Lap Swim - 4 Lanes</b> Indoor Pool	7:00AM-8:00AM (Lap Pools)  10:00AM-4:30PM (Lap Pools)  7:00PM-9:30PM (Lap Pools)	7:00AM-8:00AM (Lap Pools)  11:00AM-4:30PM (Lap Pools)  7:00PM-9:30PM (Lap Pools)	7:00AM-8:00AM (Lap Pools)  11:00AM-4:30PM (Lap Pools)				
<b>Pilates Tower Mat (\$)</b> Pilates Studio	7:00AM-7:50AM (Fee Based Classes) <i>Sylvia M.</i>  9:30AM-10:30AM (Fee Based Classes) <i>Chelsea R.</i>  10:40AM-11:50AM (Fee Based Classes) <i>Luci C.</i>  12:00PM-12:50PM (Fee Based Classes) <i>Chelsea R.</i>	7:30AM-8:20AM (Fee Based Classes) <i>Sylvia M.</i>  12:30PM-1:20PM (Fee Based Classes) <i>Sylvia M.</i>	7:00AM-7:50AM (Fee Based Classes) <i>Sylvia M.</i>  8:30AM-9:30AM (Fee Based Classes) <i>Julie H.</i>  12:00PM-12:50PM (Fee Based Classes) <i>Sylvia M.</i>				
<b>Dance Blast/Strength Fusion</b> GX Studio	7:00AM-8:00AM (Dance) <i>Mary C.</i>						
<b>Open Swim - 2 Lanes</b> Indoor Pool	7:00AM-8:00AM (Lap Pools)  10:00AM-4:30PM (Lap Pools)  7:00PM-9:30PM (Lap Pools)	7:00AM-8:00AM (Lap Pools)  11:00AM-4:30PM (Lap Pools)  7:00PM-9:30PM (Lap Pools)	7:00AM-8:00AM (Lap Pools)  11:00AM-4:30PM (Lap Pools)				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>H2O Cardio</b> Indoor Pool	8:00AM-9:00AM (Aquatics) <i>Regina F.</i>  9:00AM-10:00AM (Aquatics) <i>Regina F.</i>		8:00AM-9:00AM (Aquatics) <i>Sandy R.</i>  9:00AM-10:00AM (Aquatics) <i>Sandy R.</i>  6:00PM-7:00PM (Aquatics) <i>Linda D.</i>				
<b>AOA Circuit</b> GX Studio	8:00AM-8:45AM (Active Older Adults) <i>Mary C.</i>		8:00AM-9:00AM (Active Older Adults) <i>Debora B.</i>				
<b>Group Exercise Class - Pool</b> Indoor Pool	8:00AM-10:00AM (Lap Pools)  6:00PM-7:00PM (Lap Pools)	8:00AM-11:00AM (Lap Pools)  6:00PM-7:00PM (Lap Pools)	8:00AM-10:00AM (Lap Pools)  6:00PM-7:00PM (Lap Pools)				
<b>Lap Swim - 3 Lanes</b> Indoor Pool	8:00AM-10:00AM (Lap Pools)  4:30PM-7:00PM (Lap Pools)	4:30PM-7:00PM (Lap Pools)	8:00AM-11:00AM (Lap Pools)  4:30PM-7:00PM (Lap Pools)				
<b>Vinyasa Yoga</b> Yoga Studio	9:00AM-10:00AM (Mind & Body) <i>Jenni C.</i>  6:35PM-7:35PM (Mind & Body) <i>Montyne B.</i>		6:35PM-7:35PM (Mind & Body) <i>Montyne B.</i>				
<b>BARRE</b> GX Studio	9:00AM-10:00AM (Mind & Body) <i>Debora B.</i>		9:30AM-10:30AM (Mind & Body) <i>Mery S.</i>				
<b>Rowing</b> Cycle Studio	9:00AM-10:00AM (Cardio) <i>Jenn C.</i>		8:00AM-9:00AM (Cardio) <i>Rachel T.</i>				
<b>Les Mills BORN TO MOVE</b> Y-Play	9:15AM-9:45AM (Youth & Family) <i>Alberto M.</i>	12:00PM-12:15PM (Youth & Family) <i>Alberto M.</i>					
<b>Zumba</b> GX Studio	10:00AM-11:00AM (Dance) <i>Alberto M.</i>  4:30PM-5:30PM (Dance) <i>Carrie G.</i>	4:15PM-5:15PM (Dance) <i>Javin B.</i>  6:35PM-7:35PM (Dance) <i>Alina E.</i>					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Yoga/Pilates Fusion</b> Yoga Studio	10:15AM-11:15AM (Mind & Body) <i>Jenni C.</i>	7:00AM-8:00AM (Mind & Body) <i>Joan P.</i>  3:45PM-4:45PM (Mind & Body) <i>Carol F.</i>  6:15PM-7:15PM (Mind & Body) <i>Montyne B.</i>	10:15AM-11:15AM (Mind & Body) <i>Jenni C.</i>				
<b>Pickleball</b> Basketball Gym - Court 1	10:30AM-1:00PM (Gym)	9:00AM-11:00AM (Gym)	10:30AM-1:00PM (Gym)				
<b>Open Gym</b> Basketball Gym - Court 2	10:30AM-1:00PM (Gym)		10:30AM-1:00PM (Gym)				
<b>Core Strength</b> GX Studio	11:00AM-11:30AM (Strength) <i>Alberto M.</i>  6:30PM-7:00PM (Strength) <i>Rebecca M.</i>	11:00AM-11:30AM (Strength) <i>Mery S.</i>	9:00AM-9:30AM (Strength) <i>Mery S.</i>				
<b>Cycle/Strength Fusion</b> Cycle Studio	11:00AM-11:45AM (Cycling) <i>Eve A.</i>	5:45AM-6:45AM (Cycling) <i>Meghan M.</i>					
<b>Iyengar Yoga</b> Yoga Studio	11:30AM-12:30PM (Mind & Body) <i>Natalya C.</i>						
<b>Meditation</b> Yoga Studio	12:30PM-1:00PM (Mind & Body) <i>Natalya C.</i>						
<b>AOA Dance</b> GX Studio	1:15PM-2:15PM (Active Older Adults) <i>Hannah H.</i>		1:15PM-2:15PM (Active Older Adults) <i>Hannah H.</i>				
<b>Swim Lessons - Pool Open</b> Indoor Pool	4:30PM-6:00PM (Lap Pools)	4:30PM-6:00PM (Lap Pools)	10:00AM-11:00AM (Lap Pools)  4:30PM-6:00PM (Lap Pools)				
<b>Stretch &amp; Recover</b> Yoga Studio	4:30PM-5:30PM (Mind & Body) <i>Debora B.</i>	10:15AM-11:15AM (Mind & Body) <i>Jenni C.</i>  7:15PM-8:00PM (Mind & Body) <i>Sandy R.</i>	11:15AM-12:15PM (Mind & Body) <i>Debora B.</i>				
<b>BARRE</b> Yoga Studio	5:30PM-6:30PM (Mind & Body) <i>Debora B.</i>	9:00AM-10:00AM (Mind & Body) <i>TIFFANY W.</i>	7:00AM-8:00AM (Mind & Body) <i>Sandy R.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>H2O Circuit</b> Indoor Pool	6:00PM-7:00PM (Aquatics) <i>Julie H.</i>	8:00AM-9:00AM (Aquatics) <i>Rachel T.</i>  9:00AM-10:00AM (Aquatics) <i>Rachel T.</i>  6:00PM-7:00PM (Aquatics) <i>Sandy R.</i>					
<b>20-20-20</b> GX Studio	7:00PM-8:00PM (Circuit Training) <i>Blanca W.</i>						
<b>Adult Basketball</b> Basketball Gym		5:00AM-8:00AM (Gym)					
<b>Full Body Strength</b> GX Studio		6:30AM-7:00AM (Strength) <i>Joan P.</i>  10:00AM-11:00AM (Strength) <i>Mery S.</i>	6:00AM-7:00AM (Strength) <i>Carol F.</i>  6:00PM-7:00PM (Strength) <i>Patricia T.</i>				
<b>Les Mills CORE</b> GX Studio		7:00AM-7:45AM (Strength) <i>Lisa C.</i>	11:15AM-11:45AM (Strength) <i>Eve A.</i>				
<b>Kickboxing</b> Gym		8:00AM-9:00AM (Martial Arts) <i>Mery S.</i>					
<b>Functional Balance</b> Yoga Studio		8:00AM-8:45AM (Active Older Adults) <i>Hannah H.</i>					
<b>Lap Swim - 2 Lanes</b> Indoor Pool		8:00AM-10:00AM (Lap Pools)					
<b>Functional Training</b> GX Studio		8:00AM-9:00AM (Circuit Training) <i>Julie H.</i>					
<b>Boot Camp</b> Gym		8:00AM-9:00AM (Circuit Training) <i>Mery S.</i>					
<b>Pickleball</b> Basketball Gym - Court 2		9:00AM-11:00AM (Gym)					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Boot Camp</b> GX Studio		9:00AM-10:00AM (Circuit Training) <i>Mery S.</i>  12:15PM-1:00PM (Circuit Training) <i>Jake M.</i>	7:15AM-8:00AM (Circuit Training) <i>Jake M.</i>				
<b>H2O Lap Circuit</b> Indoor Pool		10:00AM-11:00AM (Aquatics) <i>Rachel T.</i>					
<b>Lap Swim - 1 Lane</b> Indoor Pool		10:00AM-11:00AM (Lap Pools)					
<b>Adult Basketball 30+</b> Basketball Gym - Court 2		11:00AM-2:00PM (Gym)					
<b>Basic Yoga</b> Yoga Studio		11:15AM-12:15PM (Mind & Body) <i>Jenni C.</i>					
<b>AOA Cardio</b> Yoga Studio		12:30PM-1:15PM (Active Older Adults) <i>Alberto M.</i>					
<b>AOA Yoga</b> Yoga Studio		1:15PM-2:00PM (Active Older Adults) <i>Alberto M.</i>					
<b>Youth Dance Blast</b> Y-Play		3:45PM-4:00PM (Youth & Family) <i>Javin B.</i>  5:30PM-5:45PM (Youth & Family) <i>Javin B.</i>					
<b>Restorative Yoga</b> Yoga Studio		4:45PM-5:45PM (Mind & Body) <i>Jenni C.</i>	9:15AM-10:15AM (Mind & Body) <i>Jenni C.</i>				
<b>HIT (\$)</b> Community Room - Teen Center		4:45PM-5:45PM (Fee Based Classes) <i>Jake M.</i>					
<b>Strength/Stretch Fusion</b> Yoga Studio			8:00AM-9:00AM (Strength) <i>TIFFANY W.</i>				
<b>Impact Cardio</b> GX Studio			10:45AM-11:15AM (Cardio) <i>Eve A.</i>				
<b>AOA Strength</b> Yoga Studio			12:30PM-1:15PM (Active Older Adults) <i>Debora B.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>POUND</b> GX Studio			5:00PM-6:00PM (Circuit Training) <i>McKenzie M.</i>				
<b>Yoga</b> Yoga Studio			5:30PM-6:30PM (Mind & Body) <i>Jenni C.</i>				



## Clarksville | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim - 4 Lanes</b> Pool	5:00AM-4:30PM (Lap Pools)	5:00AM-4:30PM (Lap Pools)	5:00AM-4:30PM (Lap Pools)				
<b>H2O Circuit</b> Therapy Pool	5:30AM-6:15AM (Aquatics) <i>Susie B.</i>  8:30AM-9:15AM (Aquatics) <i>Marla V.</i>	9:30AM-10:15AM (Aquatics) <i>Marla V.</i>					
<b>BODYPUMP</b> Main Studio	5:30AM-6:25AM (Strength) <i>Megan C.</i>	8:30AM-9:25AM (Strength) <i>Taina T.</i>  5:30PM-6:25PM (Strength) <i>Autumn A.</i>	5:30AM-6:25AM (Strength) <i>Megan C.</i>				
<b>Mat Pilates</b> Main Studio	7:30AM-8:15AM (Mind & Body) <i>Susan N.</i>		7:30AM-8:15AM (Mind & Body) <i>Susan N.</i>				
<b>Step</b> Main Studio	8:30AM-9:15AM (Cardio) <i>Susan N.</i>  5:30PM-6:15PM (Cardio) <i>Angie R.</i>		8:30AM-9:15AM (Cardio) <i>Susan N.</i>				
<b>Boot Camp</b> Half Court Studio	8:30AM-9:15AM (Circuit Training) <i>Keya G.</i>	9:30AM-10:15AM (Circuit Training) <i>Cassie F.</i>  4:30PM-5:15PM (Circuit Training) <i>Jason L.</i>	8:30AM-9:15AM (Circuit Training) <i>Keya G.</i>  5:30PM-6:15PM (Circuit Training) <i>Erika C.</i>				
<b>H2O Cardio</b> Therapy Pool	9:30AM-10:15AM (Aquatics) <i>Trudy S.</i>	5:30PM-6:15PM (Aquatics) <i>Jennifer S.</i>	9:30AM-10:15AM (Aquatics) <i>Trudy S.</i>				
<b>Plates &amp; Weights</b> Half Court Studio	9:30AM-10:00AM (Strength) <i>Cassie F.</i>		9:30AM-10:00AM (Strength) <i>Cassie F.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Zumba</b> Main Studio	9:30AM-10:15AM (Dance) <i>Lisa K.</i>  6:30PM-7:15PM (Dance) <i>Jose A.</i>	9:30AM-10:15AM (Dance) <i>Taina T.</i>  6:30PM-7:15PM (Dance) <i>Eden S.</i>	9:30AM-10:15AM (Dance) <i>Liz R.</i>  5:30PM-6:15PM (Dance) <i>Michelle C.</i>				
<b>Strength/Stretch Fusion</b> Activity Room	9:30AM-10:15AM (Strength) <i>Natalie B.</i>						
<b>AOA Circuit</b> Main Studio	10:30AM-11:15AM (Active Older Adults) <i>Angie R.</i>						
<b>Yoga</b> Activity Room	10:30AM-11:15AM (Mind & Body) <i>Natalie B.</i>	8:30AM-9:15AM (Mind & Body) <i>April K.</i>					
<b>AOA Yoga</b> Activity Room	11:30AM-12:15PM (Active Older Adults) <i>April K.</i>						
<b>Swim Lessons - Pool Open</b> Therapy Pool	4:00PM-7:00PM (Lap Pools)	4:00PM-7:00PM (Lap Pools)	4:00PM-7:00PM (Lap Pools)				
<b>Les Mills SPRINT</b> Cycle Studio	4:30PM-5:00PM (Cycling) <i>Dana R.</i>						
<b>Swim Team - 4 Lanes</b> Pool	4:45PM-7:00PM (Lap Pools)	4:45PM-7:00PM (Lap Pools)	4:45PM-7:00PM (Lap Pools)				
<b>Les Mills CORE</b> Main Studio	5:00PM-5:30PM (Strength) <i>Megan C.</i>						
<b>Aqua Zumba</b> Therapy Pool	6:30PM-7:15PM (Aquatics) <i>Eden S.</i>		6:30PM-7:15PM (Aquatics) <i>Erica T.</i>				
<b>Indoor Cycling</b> Cycle Studio		5:30AM-6:15AM (Cycling) <i>Megan C.</i>					
<b>Pickleball</b> Gym		7:00AM-11:00AM (Gym)					
<b>Pickleball: General</b> Gym		7:00AM-11:00AM (General)					
<b>Yoga</b> Main Studio		7:30AM-8:15AM (Mind & Body) <i>April K.</i>  4:30PM-5:15PM (Mind & Body) <i>Natalie B.</i>					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>AOA Circuit</b> Activity Room		9:30AM-10:15AM (Active Older Adults) <i>Amy W.</i>					
<b>H2O Cardio (Deep Water)</b> Pool		10:30AM-11:15AM (Aquatics) <i>Marla V.</i>					
<b>BARRE</b> Main Studio		10:30AM-11:15AM (Mind & Body) <i>Natalie B.</i>					
<b>Tai Chi</b> Main Studio		12:30PM-1:15PM (Mind & Body) <i>Stuart B.</i>					
<b>Pickleball: Family/Beginner</b> Gym		5:00PM-7:00PM (General)					
<b>H2O Flexibility</b> Therapy Pool			8:30AM-9:15AM (Aquatics) <i>Marla V.</i>				
<b>Les Mills SHAPES</b> Main Studio			10:30AM-11:15AM (Mind & Body) <i>Maura C.</i>				
<b>AOA Yoga</b> Main Studio			10:30AM-11:15AM (Active Older Adults) <i>Alissa N.</i>				
<b>AOA Strength</b> Main Studio			11:30AM-12:15PM (Active Older Adults) <i>Gina A.</i>				
<b>Hip Hop Step</b> Main Studio			4:30PM-5:15PM (Cardio) <i>Reva C.</i>				



## Margaret Maddox | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Basketball Gym	5:00AM-5:45AM (Gym)  10:30AM-11:15AM (Gym)  3:00PM-5:15PM (Gym)	5:00AM-5:45AM (Gym)  10:15AM-5:45PM (Gym)  7:15PM-9:00PM (Gym)	5:00AM-5:45AM (Gym)  10:45AM-11:15AM (Gym)  12:45PM-5:15PM (Gym)				
<b>Lap Swim - 4 Lanes</b> Indoor Pool	5:00AM-8:00AM (Lap Pools)	5:00AM-8:00AM (Lap Pools)	5:00AM-8:00AM (Lap Pools)				
<b>Indoor Cycling</b> Cycling Studio	5:30AM-6:15AM (Cycling) <i>Andy I.</i>  5:15PM-5:45PM (Cycling) <i>Megan S.</i>	5:30PM-6:15PM (Cycling) <i>Angela V.</i>					
<b>Boot Camp</b> Basketball Gym	6:00AM-7:00AM (Gym) <i>William F.</i>  6:00AM-7:00AM (Circuit Training) <i>William F.</i>  9:00AM-10:00AM (Gym) <i>William F.</i>  9:00AM-10:00AM (Circuit Training) <i>William F.</i>	6:00AM-7:00AM (Gym) <i>Kelsey W.</i>  6:00AM-7:00AM (Circuit Training) <i>Rhonda T.</i>	6:00AM-7:00AM (Circuit Training) <i>Rhonda T.</i>  6:00AM-7:00AM (Gym) <i>Rhonda T.</i>  9:30AM-10:30AM (Circuit Training) <i>Kelly M.</i>				
<b>Heated Yoga Flow</b> Mind/Body Studio	7:05AM-8:05AM (Mind & Body) <i>William F.</i>  5:30PM-6:30PM (Mind & Body) <i>William F.</i>	11:30AM-12:30PM (Mind & Body) <i>William F.</i>	7:05AM-8:05AM (Mind & Body) <i>William F.</i>  11:30AM-12:30PM (Mind & Body) <i>William F.</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 - Half Court</b> Basketball Gym	7:15AM-8:45AM (Gym)  12:45PM-3:00PM (Gym)  6:45PM-9:00PM (Gym)	7:15AM-8:45AM (Gym)	7:15AM-9:15AM (Gym)				
<b>Pickleball - Half Court</b> Basketball Gym	7:15AM-8:45AM (Gym)	7:15AM-8:45AM (Gym)	7:15AM-9:00AM (Gym)				
<b>Water Aerobics</b> Indoor Pool	8:00AM-9:10AM (Lap Pools)  9:15AM-10:00AM (Lap Pools)	8:00AM-9:10AM (Lap Pools)  9:15AM-10:00AM (Lap Pools)	8:00AM-9:10AM (Lap Pools)				
<b>Cycle/Strength Fusion</b> Cycling Studio	8:00AM-9:00AM (Cycling) <i>Pat S.</i>						
<b>H2O Cardio</b> Indoor Pool	8:15AM-9:00AM (Aquatics) <i>Jenny A.</i>  9:10AM-9:55AM (Aquatics) <i>Jenny A.</i>  5:45PM-6:30PM (Aquatics) <i>Phyllis T.</i>	8:15AM-9:00AM (Aquatics) <i>Jenny A.</i>  9:10AM-9:55AM (Aquatics) <i>Jenny A.</i>	8:15AM-9:00AM (Aquatics) <i>Sarah D.</i>  6:00PM-6:45PM (Aquatics) <i>Phyllis T.</i>				
<b>BODYPUMP</b> Family Fitness Studio	9:15AM-10:15AM (Strength) <i>Kara H.</i>  5:00PM-6:00PM (Strength) <i>Grace C.</i>  5:00PM-6:00PM (Strength) <i>Sara A.</i>  9:15PM-10:15PM (Strength) <i>Kara H.</i>	9:15AM-10:15AM (Strength) <i>Aprille D.</i>	7:00AM-8:00AM (Strength) <i>Sarah C.</i>				
<b>Advanced Vinyasa Yoga</b> Mind/Body Studio	9:30AM-10:45AM (Mind & Body) <i>Danny W.</i>						
<b>Lap Swim - 3 Lanes</b> Indoor Pool	10:00AM-5:30PM (Lap Pools)  6:30PM-8:00PM (Lap Pools)	10:00AM-5:00PM (Lap Pools)  6:55PM-8:00PM (Lap Pools)	9:15AM-3:55PM (Lap Pools)  6:45PM-8:00PM (Lap Pools)				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Youth Half Court</b> Basketball Gym	10:15AM-11:15AM (Gym) <i>Fake A.</i>	10:15AM-12:00PM (Gym) <i>Fake A.</i>	10:45AM-11:15AM (Gym) <i>Fake A.</i>				
<b>BARRE</b> Family Fitness Studio	10:30AM-11:30AM (Mind & Body) <i>Jenny L.</i>		10:30AM-12:00PM (Mind & Body) <i>Skylar G.</i>  5:30PM-6:45PM (Mind & Body) <i>Sarah D.</i>				
<b>AOA Yoga</b> Basketball Gym	11:30AM-12:30PM (Active Older Adults) <i>Maria C.</i>		11:30AM-12:30PM (Active Older Adults) <i>Maria C.</i>				
<b>BODYBALANCE</b> Mind/Body Studio	11:30AM-12:30PM (Mind & Body) <i>Nikki B.</i>						
<b>Core Strength</b> Family Fitness Studio	11:30AM-12:00PM (Strength) <i>Jenny L.</i>	12:00PM-12:30PM (Strength) <i>Jenny L.</i>					
<b>Restorative Yoga</b> Mind/Body Studio	4:00PM-5:00PM (Mind & Body) <i>William F.</i>	5:15PM-6:15PM (Mind & Body) <i>Sarah N.</i>					
<b>Dance Blast</b> Basketball Gym	5:30PM-6:30PM (Dance) <i>Cedric B.</i>	6:00PM-7:00PM (Dance) <i>Samantha V.</i>					
<b>Water Aerobics/Lap Swim - 1 Lane</b> Indoor Pool	5:30PM-6:30PM (Lap Pools)		6:00PM-6:45PM (Lap Pools)				
<b>Group Exercise Class - Gym</b> Basketball Gym	5:30PM-6:30PM (Gym) <i>Cedric B.</i>	6:00PM-7:00PM (Gym) <i>Samantha V.</i>					
<b>Cycle Blast</b> Cycling Studio	6:00PM-6:45PM (Cycling) <i>Kaitlyn R.</i>	5:30AM-6:15AM (Cycling) <i>Allison B.</i>	5:30AM-6:30AM (Cycling) <i>Tina M.</i>  7:00AM-7:45AM (Cycling) <i>Megan S.</i>				
<b>Full Body Strength</b> Family Fitness Studio	6:30PM-7:30PM (Strength) <i>Charturah S.</i>		4:30PM-5:15PM (Strength) <i>Angela V.</i>				
<b>Kickboxing</b> Basketball Gym	6:40PM-7:40PM (Martial Arts) <i>Nita F.</i>						
<b>Basic Yoga</b> Mind/Body Studio	6:45PM-7:45PM (Mind & Body) <i>Sarah N.</i>	9:30AM-10:30AM (Mind & Body) <i>Christine P.</i>	9:30AM-10:30AM (Mind & Body) <i>Christine P.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Hip Hop Step</b> Family Fitness Studio		5:30AM-6:30AM (Cardio) <i>Tina M.</i>					
<b>Vinyasa Yoga</b> Mind/Body Studio		6:00AM-7:00AM (Mind & Body) <i>Danny W.</i>					
<b>Meditation</b> Mind/Body Studio		7:30AM-8:30AM (Mind & Body) <i>William F.</i>					
<b>Les Mills SPRINT</b> Cycling Studio		8:15AM-8:45AM (Cycling) <i>Kara H.</i>	12:00PM-12:30PM (Cycling) <i>Bernie H.</i>  5:00PM-5:30PM (Cycling) <i>Sara A.</i>				
<b>AOA Dance</b> Basketball Gym		9:00AM-10:00AM (Active Older Adults) <i>Tina M.</i>					
<b>AOA Cardio</b> Family Fitness Studio		11:00AM-11:45AM (Active Older Adults) <i>Jenny A.</i>					
<b>Swim Club &amp; Lap Swim</b> Indoor Pool		5:00PM-6:00PM (Lap Pools)					
<b>BODYPUMP Heavy</b> Family Fitness Studio		5:00PM-6:00PM (Strength) <i>Sara A.</i>					
<b>Swim Lessons/Lap Swim - 2 Lanes</b> Indoor Pool		6:15PM-6:55PM (Lap Pools)	4:10PM-5:45PM (Lap Pools)				
<b>Iyengar Yoga</b> Mind/Body Studio		6:30PM-7:30PM (Mind & Body) <i>Chris C.</i>					
<b>Step/Strength Fusion</b> Family Fitness Studio			8:30AM-9:30AM (Circuit Training) <i>Pat S.</i>				
<b>Yin Yoga</b> Mind/Body Studio			4:00PM-5:00PM (Mind & Body) <i>Danny W.</i>				
<b>Karate - Full Gym</b> Basketball Gym			6:15PM-7:30PM (Gym)				



## Brentwood | April 27th - May 3rd

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Pickleball</b> Gym - South Side	5:00AM-8:00AM (Gym)  12:30PM-4:30PM (Gym)	5:00AM-7:45AM (Gym)  11:45AM-4:30PM (Gym)	5:00AM-8:00AM (Gym)  2:00PM-4:30PM (Gym)				
<b>Basketball - Full Court</b> Gym - North Side	5:00AM-8:00AM (Gym)  12:30PM-4:30PM (Gym)	5:00AM-7:45AM (Gym)  11:45AM-4:30PM (Gym)	5:00AM-8:00AM (Gym)  2:00PM-4:30PM (Gym)				
<b>Indoor Cycling</b> Cycle/B	5:10AM-6:10AM (Cycling) <i>Julie B.</i>  8:30AM-9:15AM (Cycling) <i>Glenda F.</i>  9:30AM-10:30AM (Cycling) <i>Glenda F.</i>  5:30PM-6:15PM (Cycling) <i>Amie J.</i>	6:15AM-7:15AM (Cycling) <i>Vicki U.</i>  8:30AM-9:30AM (Cycling) <i>Melissa C.</i>  9:45AM-10:45AM (Cycling) <i>Audrea W.</i>  5:30PM-6:30PM (Cycling) <i>Elizabeth T.</i>	5:15AM-6:15AM (Cycling) <i>Catie C.</i>  8:30AM-9:15AM (Cycling) <i>Jeff C.</i>  9:30AM-10:30AM (Cycling) <i>Emily C.</i>  5:30PM-6:15PM (Cycling) <i>Amie J.</i>				
<b>Boot Camp</b> Studio C	5:15AM-6:15AM (Circuit Training) <i>Sarah B.</i>	5:15AM-6:15AM (Circuit Training) <i>Sarah B.</i>					
<b>Boot Camp</b> Studio A	5:45AM-6:45AM (Circuit Training) <i>Lori A.</i>  5:30PM-6:30PM (Circuit Training) <i>Angela T.</i>		5:45AM-6:45AM (Circuit Training) <i>Lori A.</i>  5:30PM-6:30PM (Circuit Training) <i>Angela T.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Full Body Strength</b> Studio A	7:00AM-8:00AM (Strength) <i>Oliva F.</i>  8:15AM-9:15AM (Strength) <i>Melissa C.</i>  4:30PM-5:15PM (Strength) <i>DeeAnn S.</i>	10:30AM-11:45AM (Strength) <i>Manci G.</i>  4:30PM-5:25PM (Strength) <i>Ruth A.</i>	7:00AM-8:00AM (Strength) <i>Oliva F.</i>  8:15AM-9:15AM (Strength) <i>Connie W.</i>  4:30PM-5:15PM (Strength) <i>DeeAnn S.</i>				
<b>Advanced Step</b> Studio D	7:45AM-8:45AM (Cardio) <i>Manci G.</i>		7:45AM-8:45AM (Cardio) <i>Manci G.</i>				
<b>H2O Circuit</b> Indoor Pool	8:00AM-8:45AM (Aquatics) <i>Kay M.</i>  9:00AM-9:45AM (Aquatics) <i>Kay M.</i>	8:00AM-8:45AM (Aquatics) <i>Smarnunt M.</i>  9:00AM-9:45AM (Aquatics) <i>Smarnunt M.</i>	8:00AM-8:45AM (Aquatics) <i>Sheri B.</i>				
<b>Water Aerobics</b> Indoor Pool	8:00AM-9:00AM (Lap Pools) <i>Kay M.</i>  9:00AM-10:00AM (Lap Pools) <i>Carlene S.</i>	8:00AM-9:00AM (Lap Pools) <i>Smarnunt M.</i>  9:00AM-10:00AM (Lap Pools) <i>Smarnunt M.</i>	8:00AM-9:00AM (Lap Pools) <i>Sheri B.</i>  9:00AM-10:00AM (Lap Pools) <i>Sheri B.</i>				
<b>Strength/Stretch Fusion</b> Studio C	8:10AM-9:15AM (Strength) <i>Connie W.</i>						
<b>Boot Camp</b> Gym (Both Sides)	8:15AM-9:30AM (Gym)  8:30AM-9:30AM (Circuit Training) <i>Lori A.</i>  9:30AM-11:00AM (Gym)		8:15AM-9:30AM (Gym)  9:30AM-11:00AM (Gym)				
<b>BARRE</b> Studio E	8:30AM-9:30AM (Mind & Body) <i>Nancy O.</i>  12:15PM-1:15PM (Mind & Body) <i>Renee B.</i>						
<b>Bodyweight Boot Camp</b> Studio D	9:00AM-10:00AM (Circuit Training) <i>Manci G.</i>		12:35PM-1:30PM (Circuit Training) <i>Sarah T.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Pilates Reformer (\$)</b> Pilates Reformer Studio	9:30AM-10:20AM (Fee Based Classes) <i>Allyson B.</i>  10:30AM-11:20AM (Fee Based Classes) <i>Allyson B.</i>  5:00PM-5:50PM (Fee Based Classes) <i>Evan L.</i>  6:00PM-6:50PM (Fee Based Classes) <i>Evan L.</i>	9:00AM-9:50AM (Fee Based Classes) <i>Jan F.</i>  10:00AM-10:50AM (Fee Based Classes) <i>Jan F.</i>	9:00AM-9:50AM (Fee Based Classes) <i>Gail H.</i>  10:00AM-10:50AM (Fee Based Classes) <i>Gail H.</i>  12:00PM-12:50PM (Fee Based Classes) <i>Allyson B.</i>  5:00PM-5:50PM (Fee Based Classes) <i>Evan L.</i>  6:00PM-6:50PM (Fee Based Classes) <i>Evan L.</i>				
<b>Step/Strength Fusion</b> Studio C	9:30AM-10:30AM (Circuit Training) <i>Connie W.</i>	7:00AM-7:45AM (Circuit Training) <i>Katherine P.</i>					
<b>BODYPUMP</b> Studio A	9:30AM-10:30AM (Strength) <i>Anna L.</i>  12:15PM-1:15PM (Strength) <i>Kari A.</i>		12:15PM-1:15PM (Strength) <i>Anna L.</i>				
<b>Boot Camp</b> Gym - South Side	9:35AM-10:35AM (Circuit Training) <i>Melissa C.</i>		8:30AM-9:30AM (Circuit Training) <i>Lori A.</i>  9:35AM-10:35AM (Circuit Training) <i>Kellie R.</i>				
<b>Vinyasa Yoga</b> Studio E	9:45AM-10:45AM (Mind & Body) <i>Kellie D.</i>  5:30PM-6:30PM (Mind & Body) <i>Jimmy S.</i>	12:15PM-1:15PM (Mind & Body) <i>Kellie R.</i>	8:15AM-9:15AM (Mind & Body) <i>Sally K.</i>  5:30PM-6:30PM (Mind & Body) <i>Jimmy S.</i>				
<b>Mat Pilates</b> Studio D	10:15AM-11:15AM (Mind & Body) <i>Patty R.</i>						
<b>Stretch &amp; Recover</b> Studio C	10:30AM-11:00AM (Mind & Body) <i>Connie W.</i>						
<b>20-20-20</b> Studio A	10:45AM-11:45AM (Circuit Training) <i>Renee B.</i>						

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>AOA Strength</b> Gym (Both Sides)	11:00AM-12:00PM (Active Older Adults) <i>Melissa C.</i>	8:15AM-9:15AM (Active Older Adults) <i>Renee B.</i>	11:00AM-12:00PM (Active Older Adults) <i>Ruth A.</i>				
<b>Group Exercise Class - Gym</b> Gym (Both Sides)	11:00AM-12:30PM (Gym) <i>Melissa C.</i>	7:45AM-9:30AM (Gym) <i>Renee B.</i>  9:30AM-11:45AM (Gym) <i>Carlene S.</i>	11:00AM-12:30PM (Gym) <i>Ruth A.</i>				
<b>Basic Yoga</b> Studio E	11:00AM-12:00PM (Mind & Body) <i>Kellie D.</i>	5:55AM-6:55AM (Mind & Body) <i>Lou A.</i>					
<b>Dance Blast</b> Studio C	11:10AM-12:05PM (Dance) <i>Melissa R.</i>		10:45AM-11:45AM (Dance) <i>Leslie D.</i>				
<b>Strength/Stretch Fusion</b> Studio D	11:20AM-12:20PM (Strength) <i>Krystal D.</i>						
<b>Zumba</b> Studio C	12:20PM-1:15PM (Dance) <i>Sarah S.</i>		5:30PM-6:30PM (Dance) <i>Sarah S.</i>				
<b>AOA Yoga</b> Studio D	12:35PM-1:35PM (Active Older Adults) <i>Anna W.</i>						
<b>Bodyweight Boot Camp</b> Studio C	1:30PM-2:30PM (Circuit Training) <i>Sarah T.</i>						
<b>Swim Lessons/Lap Swim - 1 Lane</b> Indoor Pool	4:00PM-7:00PM (Lap Pools)	4:00PM-7:00PM (Lap Pools)	4:00PM-7:00PM (Lap Pools)				
<b>Yoga</b> Studio E	4:00PM-5:00PM (Mind & Body) <i>Anna W.</i>	6:00PM-7:15PM (Mind & Body) <i>Felicia C.</i>					
<b>Basketball - Full Court</b> Gym (Both Sides)	4:30PM-9:45PM (Gym)	4:30PM-9:45PM (Gym)	4:30PM-9:45PM (Gym)				
<b>Kickboxing</b> Studio D	5:30PM-6:45PM (Martial Arts) <i>Morgan M.</i>	8:30AM-9:30AM (Martial Arts) <i>Lori A.</i>	5:30PM-6:45PM (Martial Arts) <i>Morgan M.</i>				
<b>Mat Pilates</b> Studio C	5:30PM-6:30PM (Mind & Body) <i>Barbara J.</i>						
<b>Intro to Cycling</b> Cycle/B	6:15PM-6:45PM (Cycling) <i>Amie J.</i>						

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Zumba</b> Studio A	6:45PM-7:45PM (Dance) <i>Alex R.</i>						
<b>Open Swim &amp; Lap Swim - 2 Lanes</b> Indoor Pool	7:00PM-9:30PM (Lap Pools)	7:00PM-9:30PM (Lap Pools)					
<b>Boot Camp</b> Studio D		5:45AM-6:45AM (Circuit Training) <i>Lori A.</i>					
<b>Full Body Strength</b> Studio E		7:00AM-8:00AM (Strength) <i>Lou A.</i>	5:45AM-6:45AM (Strength) <i>Lou A.</i>				
<b>Basic Weights</b> Studio C		8:00AM-8:50AM (Strength) <i>Manci G.</i>					
<b>Plates &amp; Weights</b> Studio A		8:20AM-9:20AM (Strength) <i>Audrea W.</i>					
<b>Full Body Strength</b> Studio C		9:00AM-10:00AM (Strength) <i>Deena S.</i>	9:30AM-10:30AM (Strength) <i>Kari A.</i>				
<b>20-20-20</b> Studio E		9:15AM-10:15AM (Circuit Training) <i>Elizabeth T.</i>					
<b>Strength/Cardio Fusion</b> Studio A		9:25AM-10:25AM (Circuit Training) <i>Renee B.</i>					
<b>AOA Circuit</b> Gym (Both Sides)		9:30AM-10:30AM (Active Older Adults) <i>Barbara J.</i>					
<b>BOSU</b> Studio D		9:35AM-10:05AM (Strength) <i>Lori A.</i>					
<b>BARRE</b> Studio C		10:15AM-11:15AM (Mind & Body) <i>Deena S.</i>  5:25PM-6:30PM (Mind & Body) <i>Barbara J.</i>					
<b>Mat Pilates</b> Studio E		10:30AM-11:30AM (Mind & Body) <i>Patty R.</i>	9:30AM-10:30AM (Mind & Body) <i>Deena S.</i>				
<b>AOA Yoga</b> Gym (Both Sides)		10:30AM-11:30AM (Active Older Adults) <i>Smarnunt M.</i>					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Core Strength</b> Studio D		11:00AM-11:45AM (Strength) <i>Audrea W.</i>					
<b>Les Mills BORN TO MOVE</b> Studio C		11:30AM-12:00PM (Youth & Family) <i>Rotating I.</i>					
<b>Cycle/Strength Fusion</b> Cycle/B		12:00PM-1:00PM (Cycling) <i>Oliva F.</i>					
<b>Strength/Stretch Fusion</b> Studio A		12:15PM-1:15PM (Strength) <i>Connie W.</i>					
<b>Tai Chi</b> Studio C		12:15PM-12:30PM (Mind & Body) <i>Anna W.</i>					
<b>Tai Chi</b> Studio D		12:30PM-1:30PM (Mind & Body) <i>Anna W.</i>					
<b>Restorative Yoga</b> Studio E		4:00PM-5:00PM (Mind & Body) <i>Anna W.</i>	12:15PM-1:15PM (Mind & Body) <i>Kellie R.</i>  4:30PM-5:25PM (Mind & Body) <i>Sally K.</i>				
<b>Advanced Step</b> Studio A		5:35PM-6:20PM (Cardio) <i>Tim T.</i>					
<b>Strength/Cardio Fusion</b> Studio C			5:15AM-6:15AM (Circuit Training) <i>Julie C.</i>				
<b>Stretch &amp; Recover</b> Studio E			7:00AM-8:00AM (Mind & Body) <i>Connie W.</i>				
<b>BARRE</b> Trailhead			8:15AM-9:15AM (Mind & Body) <i>Renee B.</i>				
<b>H2O Cardio (Deep Water)</b> Indoor Pool			9:00AM-9:50AM (Aquatics) <i>Sheri B.</i>				
<b>Kickboxing/Strength Fusion</b> Studio A			9:30AM-10:30AM (Circuit Training) <i>ManciRenee</i>				
<b>20-20-20</b> Studio D			9:30AM-10:30AM (Circuit Training) <i>Barbara J.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Pilates Reformer Jump Board/Tower (\$)</b> Pilates Reformer Studio			11:00AM-11:50AM (Fee Based Classes) <i>Gail H.</i>				
<b>BODYPUMP Heavy</b> Studio A			11:00AM-12:00PM (Strength) <i>Anna L.</i>				
<b>AOA Programming (Area Closed)</b> Gym (Both Sides)			12:00PM-2:00PM (Gym)				
<b>20-20-20</b> Studio C			12:00PM-1:00PM (Circuit Training) <i>Krystal D.</i>				
<b>Line Dancing</b> Studio C			1:15PM-2:00PM (Dance) <i>Michelle J.</i>  2:00PM-2:45PM (Dance) <i>Michelle J.</i>				



## North Rutherford | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Swim (Full Rec Pool)</b> Rec Pool	5:00AM-8:00AM (Rec Pools)  10:00AM-4:30PM (Rec Pools)  7:10PM-9:30PM (Rec Pools)	5:00AM-8:00AM (Rec Pools)  9:00AM-4:30PM (Rec Pools)  7:10PM-9:30PM (Rec Pools)	5:00AM-8:00AM (Rec Pools)  10:00AM-4:30PM (Rec Pools)				
<b>Lap Swim - 3 Lanes</b> Lap Pool	5:00AM-4:15PM (Lap Pools)  5:15PM-9:30PM (Lap Pools)	5:00AM-9:00AM (Lap Pools)  10:00AM-4:15PM (Lap Pools)  7:30PM-9:30PM (Lap Pools)	5:00AM-4:15PM (Lap Pools)  5:15PM-9:30PM (Lap Pools)				
<b>Indoor Cycling</b> Cycling Studio	5:15AM-6:05AM (Cycling) <i>Michael H.</i>  8:30AM-9:20AM (Cycling) <i>Jen T.</i>	5:15AM-6:05AM (Cycling) <i>Michael H.</i>  8:00AM-8:50AM (Cycling) <i>Jessica C.</i>	8:35AM-9:20AM (Cycling) <i>Cristina M.</i>  9:30AM-10:20AM (Cycling) <i>Stacy W.</i>  5:30PM-6:20PM (Cycling) <i>Hope B.</i>				
<b>Open Swim - Shallow End Only</b> Rec Pool	8:00AM-10:00AM (Rec Pools)  4:30PM-7:10PM (Rec Pools)	8:00AM-9:00AM (Rec Pools)  4:30PM-7:10PM (Rec Pools)	8:00AM-10:00AM (Rec Pools)  4:30PM-7:10PM (Rec Pools)				
<b>Group Exercise Class - Rec Pool</b> Rec Pool	8:00AM-10:00AM (Rec Pools)	8:00AM-9:00AM (Rec Pools)	8:00AM-10:00AM (Rec Pools)				
<b>Boot Camp</b> Group Ex Studio	8:00AM-8:50AM (Circuit Training) <i>Karen A.</i>		5:15AM-6:05AM (Circuit Training) <i>Janet C.</i>  8:05AM-8:55AM (Circuit Training) <i>Jessica C.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>H2O Cardio</b> Recreation Pool	8:00AM-8:50AM (Aquatics) <i>Jessica C.</i>  9:00AM-9:50AM (Aquatics) <i>Avis P.</i>						
<b>Pickleball: General</b> Basketball court-outside	8:00AM-9:00AM (General) <i>Michael H.</i>  5:30PM-6:30PM (General) <i>Michael H.</i>	8:00AM-9:00AM (General) <i>Michael H.</i>	9:00AM-10:00AM (General) <i>Jessica C.</i>  5:30PM-6:30PM (General) <i>Michael H.</i>				
<b>Mat Pilates</b> Multi-Purpose Room	9:00AM-9:50AM (Mind & Body) <i>Lianna S.</i>						
<b>BODYPUMP</b> Group Ex Studio	9:30AM-10:20AM (Strength) <i>Jen T.</i>  4:00PM-4:50PM (Strength) <i>Zenobia F.</i>						
<b>Yoga</b> Multi-Purpose Room	10:00AM-10:50AM (Mind & Body) <i>Joshua A.</i>		5:00PM-5:50PM (Mind & Body) <i>Hunter M.</i>				
<b>Dance Blast</b> Group Ex Studio	10:30AM-11:20AM (Dance) <i>Debora W.</i>  7:00PM-7:50PM (Dance) <i>Carol G.</i>	9:00AM-9:50AM (Dance) <i>Melissa R.</i>  7:30PM-8:20PM (Dance) <i>Carol G.</i>					
<b>Centering Practice</b> Multi-Purpose Room	11:00AM-11:30AM (Mind & Body) <i>Joshua A.</i>						
<b>AOA Circuit</b> Group Ex Studio	11:30AM-12:20PM (Active Older Adults) <i>Sarah W.</i>	7:00AM-7:50AM (Active Older Adults) <i>Stacy W.</i>  11:00AM-11:50AM (Active Older Adults) <i>Sarah W.</i>					
<b>Line Dancing</b> Group Ex Studio	12:30PM-1:20PM (Dance) <i>Abbey K.</i>		11:05AM-11:55AM (Dance) <i>Anna R.</i>				
<b>BARRE</b> Multi-Purpose Room	4:00PM-4:50PM (Mind & Body) <i>Jacy P.</i>		9:45AM-10:35AM (Mind & Body) <i>Anna R.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Swim Lessons/Lap Swim - 2 Lanes</b> Lap Pool	4:15PM-5:15PM (Lap Pools)	4:15PM-5:15PM (Lap Pools)	4:15PM-5:15PM (Lap Pools)				
<b>Swim Lessons - Pool Open</b> Rec Pool	4:30PM-7:10PM (Lap Pools)						
<b>Basic Yoga</b> Multi-Purpose Room	5:00PM-5:50PM (Mind & Body) <i>Jacy P.</i>						
<b>Full Body Strength</b> Group Ex Studio	5:00PM-5:50PM (Strength) <i>Robert W.</i>		6:15AM-7:05AM (Strength) <i>Karen A.</i>  5:00PM-5:50PM (Strength) <i>Sonya S.</i>				
<b>Zumba</b> Group Ex Studio	6:00PM-6:50PM (Dance) <i>Kathy S.</i>	6:30PM-7:20PM (Dance) <i>Taronda W.</i>	10:15AM-11:00AM (Dance) <i>Lorena M.</i>  6:00PM-6:50PM (Dance) <i>Taronda W.</i>				
<b>Yoga</b> Group Ex Studio		6:00AM-6:50AM (Mind & Body) <i>Hunter M.</i>  8:05AM-8:55AM (Mind & Body) <i>Joshua A.</i>					
<b>H2O Flexibility</b> Rec Pool		8:00AM-8:50AM (Aquatics) <i>Beth B.</i>					
<b>Walk/Run Group</b> Outside		8:15AM-9:05AM (Cardio) <i>Stacy W.</i>					
<b>Group Exercise Class - Pool</b> Lap Pool		9:00AM-10:00AM (Lap Pools)					
<b>Lap Swim - 1 Lane</b> Lap Pool		9:00AM-10:00AM (Lap Pools)					
<b>H2O Cardio (Deep Water)</b> Lap Pool		9:00AM-9:50AM (Aquatics) <i>Beth B.</i>					
<b>POUND</b> Multi-Purpose Room		9:30AM-10:20AM (Circuit Training) <i>Stacy W.</i>					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>AOA Cardio</b> Group Ex Studio		10:00AM-10:50AM (Active Older Adults) <i>Anne K.</i>					
<b>Strength/Stretch Fusion</b> Multi-Purpose Room		11:00AM-11:50AM (Strength) <i>Anne K.</i>					
<b>Swim Lessons - Rec Pool Open</b> Rec Pool		4:30PM-7:10PM (Rec Pools)	4:30PM-7:10PM (Rec Pools)				
<b>Swim Team - 2 Lanes</b> Lap Pool		5:15PM-6:30PM (Lap Pools)					
<b>Plates &amp; Weights</b> Group Ex Studio		5:30PM-6:20PM (Strength) <i>Natasha M.</i>					
<b>Swim Team - 1 Lane</b> Lap Pool		6:30PM-7:30PM (Lap Pools)					
<b>Core Strength</b> Group Ex Studio			7:15AM-8:05AM (Strength) <i>Karen A.</i>				
<b>Restorative Yoga</b> Multi-Purpose Room			8:00AM-8:50AM (Mind & Body) <i>Jacy P.</i>				
<b>WATERinMOTION Strength</b> Recreation Pool			8:00AM-9:00AM (Aquatics) <i>Stacy W.</i>				
<b>H2O Flexibility</b> Recreation Pool			9:00AM-9:50AM (Aquatics) <i>Avis P.</i>				
<b>Beginner Tai Chi</b> Group Ex Studio			9:15AM-10:00AM (Mind & Body) <i>Charles N.</i>				



## Franklin | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gym	5:00AM-9:00PM (Gym)	5:00AM-11:00AM (Gym)  1:00PM-9:00PM (Gym)	5:00AM-9:00AM (Gym)  9:30AM-11:00AM (Gym)  11:30AM-1:00PM (Gym)  2:00PM-9:00PM (Gym)				
<b>Indoor Cycling</b> Cycle Studio	5:30AM-6:30AM (Cycling) <i>Emily D.</i>  9:45AM-10:45AM (Cycling) <i>Audrea W.</i>	9:15AM-10:00AM (Cycling) <i>Emily C.</i>	5:15AM-6:00AM (Cycling) <i>Nikki S.</i>  9:00AM-10:00AM (Cycling) <i>Audrea W.</i>				
<b>Open Swim (Full Therapy Pool)</b> Therapy Pool	6:00AM-7:30AM (Therapy And Warm Water Pools)  11:30AM-5:25PM (Therapy And Warm Water Pools)  6:45PM-8:00PM (Therapy And Warm Water Pools)	5:00AM-7:30PM (Therapy And Warm Water Pools)  9:35AM-8:30PM (Therapy And Warm Water Pools)	5:00AM-7:30AM (Therapy And Warm Water Pools)  11:35AM-8:30PM (Therapy And Warm Water Pools)  6:45PM-9:45PM (Therapy And Warm Water Pools)				
<b>Lap Swim - 3 Lanes</b> Pool	6:00AM-8:30PM (Lap Pools)	6:00AM-8:30PM (Lap Pools)	6:00AM-8:30PM (Lap Pools)				
<b>Strength/Stretch Fusion</b> Studio 2	6:45AM-7:30AM (Strength) <i>Maggie S.</i>						
<b>FIT Women (\$)</b> Studio 1	6:50AM-7:50AM (Fee Based Classes) <i>Josh L.</i>		6:50AM-7:50AM (Fee Based Classes) <i>Beth P.</i>				
<b>Group Exercise Class - Therapy Pool</b> Therapy Pool	7:30AM-11:30AM (Therapy And Warm Water Pools)	8:30AM-9:30AM (Therapy And Warm Water Pools)	6:00AM-11:30AM (Therapy And Warm Water Pools)				
<b>H2O Circuit</b> Pool	7:30AM-8:25AM (Aquatics) <i>Mickie C.</i>	8:30AM-9:30AM (Aquatics) <i>Amy M.</i>	7:30AM-8:25AM (Aquatics) <i>Lynn L.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Kickboxing</b> Studio 1	8:15AM-9:15AM (Martial Arts) <i>Andrea B.</i>  5:30PM-6:15PM (Martial Arts) <i>Heidi P.</i>						
<b>Zumba</b> Studio 2	8:30AM-9:25AM (Dance) <i>Leslie D.</i>		5:30PM-6:30PM (Dance) <i>Elizabeth P.</i>				
<b>Mat Pilates</b> Studio 3	8:30AM-9:15AM (Mind & Body) <i>Renee L.</i>		11:00AM-12:00PM (Mind & Body) <i>Leslie F.</i>				
<b>Cycle/Strength Fusion</b> Cycle Studio	8:30AM-9:30AM (Cycling) <i>Audrea W.</i>						
<b>Hydrorider</b> Pool	8:30AM-9:20AM (Aquatics) <i>Smarnunt M.</i>		8:30AM-9:25AM (Aquatics) <i>Lynn L.</i>				
<b>BODYPUMP</b> Studio 1	9:30AM-10:30AM (Strength) <i>Andrea B.</i>	7:00AM-8:00AM (Strength) <i>Sarah T.</i>  8:15AM-9:15AM (Strength) <i>Renee L.</i>  4:15PM-5:15PM (Strength) <i>Shannon M.</i>	9:15AM-10:15AM (Strength) <i>Amanda B.</i>				
<b>BODYBALANCE</b> Studio 2	9:30AM-10:25AM (Mind & Body) <i>Shannon M.</i>		10:05AM-10:35AM (Mind & Body) <i>Elizabeth P.</i>				
<b>H2O Flexibility</b> Pool	9:30AM-10:25AM (Aquatics) <i>Smarnunt M.</i>		9:30AM-10:25AM (Aquatics) <i>Smarnunt M.</i>				
<b>AOA Circuit</b> Studio 3/Track	9:30AM-10:30AM (Active Older Adults) <i>Renee L.</i>	9:30AM-10:30AM (Active Older Adults) <i>Cheryl S.</i>	9:35AM-10:35AM (Active Older Adults) <i>Beth P.</i>				
<b>Open Swim</b> Outdoor Pool	10:00AM-7:00PM (Outdoor Pool)  7:00PM-10:00AM (Outdoor Pool)	10:00AM-7:00PM (Outdoor Pool)	10:00AM-7:00PM (Outdoor Pool)				
<b>Water Volleyball</b> Pool	10:30AM-11:30AM (Aquatics) <i>Smarnunt M.</i>						

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Core Strength</b> Studio 2	10:35AM-10:55AM (Strength) <i>Emily C.</i>		8:15AM-8:45AM (Strength) <i>Audrea W.</i>				
<b>Line Dancing</b> Studio 3	10:45AM-11:45AM (Dance) <i>Cheryl S.</i>						
<b>Dance Blast</b> Studio 1	10:45AM-11:45AM (Dance) <i>Nataliya S.</i>						
<b>BARRE</b> Studio 2	11:00AM-12:00PM (Mind & Body) <i>Emily C.</i>  4:15PM-5:15PM (Mind & Body) <i>Tara B.</i>	8:00AM-9:00AM (Mind & Body) <i>Emily C.</i>  5:30PM-6:30PM (Mind & Body) <i>Colleen D.</i>	10:45AM-11:45AM (Mind & Body) <i>Elizabeth P.</i>				
<b>Yoga</b> Studio 3	12:00PM-1:00PM (Mind & Body) <i>Renee L.</i>	8:15AM-9:15AM (Mind & Body) <i>Tracey R.</i>					
<b>AOA Circuit</b> Studio 1	12:00PM-1:00PM (Active Older Adults) <i>Molly M.</i>						
<b>ABC Program</b> Studio 2	12:05PM-1:00PM (General) <i>Elizabeth P.</i>						
<b>Cardio Drumming</b> Studio 1	1:10PM-2:00PM (Cardio) <i>Jazz J.</i>						
<b>Full Body Strength</b> Studio 1	4:15PM-5:15PM (Strength) <i>Julie B.</i>	10:30AM-11:30AM (Strength) <i>Beth P.</i>  6:35PM-7:30PM (Strength) <i>Carissa L.</i>					
<b>Karate (\$)</b> Studio 3	5:00PM-7:00PM (Fee Based Classes) <i>Mark B.</i>		5:00PM-7:00PM (Fee Based Classes) <i>Mark B.</i>				
<b>Vinyasa Yoga</b> Studio 2	5:30PM-6:30PM (Mind & Body) <i>Pat W.</i>	9:30AM-10:30AM (Mind & Body) <i>Pat W.</i>	6:45AM-7:45AM (Mind & Body) <i>Julie B.</i>				
<b>Les Mills RPM</b> Cycle Studio	5:30PM-6:15PM (Cycling) <i>Laura B.</i>						
<b>BODYPUMP Heavy</b> Studio 1	6:30PM-7:30PM (Strength) <i>Liz W.</i>		4:30PM-5:30PM (Strength) <i>Wynedka P.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Les Mills GRIT Series</b> Studio 1		5:30AM-6:00AM (Circuit Training) <i>Rachel A.</i>					
<b>Les Mills PILATES</b> Studio 1		6:05AM-6:50AM (Mind & Body) <i>Rachel A.</i>					
<b>BODYATTACK</b> Studio 1		9:30AM-10:15AM (Cardio) <i>Kathleen F.</i>					
<b>Restorative Yoga</b> Studio 3		10:45AM-11:45AM (Mind & Body) <i>Lou A.</i>					
<b>Dance Blast/Strength Fusion</b> Studio 2		10:45AM-11:45AM (Dance) <i>Nataliya S.</i>					
<b>Pickleball</b> Gym		11:00AM-1:00PM (Gym)					
<b>AOA Strength</b> Studio 1		12:00PM-1:00PM (Active Older Adults) <i>Renee L.</i>					
<b>Stretch &amp; Recover</b> Studio 3		12:00PM-12:45PM (Mind & Body) <i>Lori C.</i>					
<b>Foam Rolling</b> Studio 3		12:45PM-1:15PM (Mind & Body) <i>Lori C.</i>					
<b>Basic Yoga</b> Studio 2		1:15PM-2:15PM (Mind & Body) <i>Renee L.</i>					
<b>Boot Camp</b> Studio 2		4:15PM-5:15PM (Circuit Training) <i>Colleen D.</i>					
<b>Advanced Vinyasa Yoga</b> Studio 3		4:30PM-5:15PM (Mind & Body) <i>Tracey R.</i>					
<b>BODYBALANCE</b> Studio 3		5:30PM-6:30PM (Mind & Body) <i>Elizabeth P.</i>					
<b>Les Mills SPRINT</b> Cycle Studio		5:30PM-6:00PM (Cycling) <i>Wynedka P.</i>					
<b>BODYCOMBAT</b> Studio 1		5:30PM-6:30PM (Martial Arts) <i>Kim E.</i>					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Les Mills CORE</b> Studio 2		6:35PM-7:05PM (Strength) <i>Wynedka P.</i>					
<b>Zumba</b> Studio 3		6:35PM-7:35PM (Dance) <i>Monse S.</i>					
<b>Boot Camp</b> Studio 1			5:30AM-6:30AM (Circuit Training) <i>Julie B.</i>				
<b>Cycle Blast</b> Cycle Studio			7:15AM-8:10AM (Cycling) <i>Audrea W.</i>				
<b>Step</b> Studio 1			8:00AM-8:45AM (Cardio) <i>Beth P.</i>				
<b>AOA Dance</b> Studio 3			8:50AM-9:35AM (Active Older Adults) <i>Beth P.</i>				
<b>Born to Move</b> Gym			9:00AM-9:30AM (Gym)  11:00AM-11:30AM (Gym)				
<b>Dance Blast</b> Studio 2			9:00AM-10:00AM (Dance) <i>Laura B.</i>				
<b>Les Mills BORN TO MOVE</b> Gym			9:30AM-10:00AM (Youth & Family) <i>Jazz J.</i>				
<b>Water Volleyball</b> Therapy Pool			10:30AM-11:30AM (Aquatics) <i>Smarnunt M.</i>				
<b>Kickboxing/Strength Fusion</b> Studio 1			10:30AM-11:30AM (Circuit Training) <i>Kathleen F.</i>				
<b>Yoga</b> Studio 2			12:00PM-1:00PM (Mind & Body) <i>Renee L.</i>				
<b>AOA Yoga</b> Studio 1			12:00PM-1:00PM (Active Older Adults) <i>Smarnunt M.</i>				
<b>BrightStone</b> Gym			1:00PM-2:00PM (Gym)				
<b>Functional Balance</b> Studio 1			1:15PM-2:15PM (Active Older Adults) <i>Renee L.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Les Mills TONE</b> Studio 1			5:35PM-6:20PM (Circuit Training) <i>Grace M.</i>				



## Sumner County | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim - 5 Lanes</b> Lap Pool	5:00AM-8:00AM (Lap Pools)  10:00AM-4:30PM (Lap Pools)  5:15PM-6:00PM (Lap Pools)  7:00PM-8:30PM (Lap Pools)	5:00AM-8:00AM (Lap Pools)  9:00AM-4:30PM (Lap Pools)  5:30PM-6:00PM (Lap Pools)  7:00PM-8:30PM (Lap Pools)	5:00AM-8:00AM (Lap Pools)  10:00AM-8:30PM (Lap Pools)				
<b>Group Exercise Class - Gym</b> Basketball Gym	5:00AM-6:00AM (Gym)  8:30AM-11:20AM (Gym)  4:30PM-6:30PM (Gym)	9:15AM-10:15AM (Gym)  4:00PM-6:00PM (Gym)	5:00AM-6:00AM (Gym)  9:15AM-11:30AM (Gym)  4:30PM-6:30PM (Gym)				
<b>Open Swim (Full Therapy Pool)</b> Therapy Pool	5:00AM-8:15AM (Therapy And Warm Water Pools)  10:00AM-4:30PM (Therapy And Warm Water Pools)  5:15PM-8:30PM (Therapy And Warm Water Pools)	5:00AM-9:15AM (Therapy And Warm Water Pools)  10:00AM-8:30PM (Therapy And Warm Water Pools)	5:00AM-8:15AM (Therapy And Warm Water Pools)  10:00AM-8:30PM (Therapy And Warm Water Pools)				
<b>Boot Camp</b> Studio D	5:00AM-6:00AM (Circuit Training) <i>Rich M.</i>		5:00AM-6:00AM (Circuit Training) <i>Megan K.</i>				
<b>Cycle/Strength Fusion</b> Studio A	5:00AM-6:00AM (Cycling) <i>Melissa B.</i>						
<b>BODYBALANCE</b> Studio A	7:00AM-8:00AM (Mind & Body) <i>Chrystal W.</i>  4:00PM-5:00PM (Mind & Body) <i>Leigh A.</i>		7:00AM-8:00AM (Mind & Body) <i>Chrystal W.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>H2O Cardio</b> Lap Pool	8:00AM-9:00AM (Aquatics) <i>Kelly P.</i>	8:00AM-9:00AM (Aquatics) <i>Karen B.</i>	8:00AM-9:00AM (Aquatics) <i>Kelly P.</i>				
<b>Lap Swim - 2 Lanes</b> Lap Pool	8:00AM-10:00AM (Lap Pools)	8:00AM-9:00AM (Lap Pools)  4:30PM-5:30PM (Lap Pools)	8:00AM-10:00AM (Lap Pools)				
<b>Group Exercise Class - Pool</b> Lap Pool	8:00AM-10:00AM (Lap Pools)  6:00PM-7:00PM (Lap Pools)	8:00AM-9:00AM (Lap Pools)	8:00AM-10:00AM (Lap Pools)				
<b>Group Exercise Class - Therapy Pool</b> Therapy Pool	8:15AM-10:00AM (Therapy And Warm Water Pools)	9:15AM-10:00AM (Therapy And Warm Water Pools)	8:15AM-10:00AM (Therapy And Warm Water Pools)				
<b>H2O Flexibility</b> Therapy Pool	8:15AM-9:00AM (Aquatics) <i>Duffy B.</i>  9:15AM-10:00AM (Aquatics) <i>Kelly P.</i>	9:15AM-10:00AM (Aquatics) <i>Karen B.</i>	8:15AM-9:00AM (Aquatics) <i>Duffy B.</i>  9:15AM-10:00AM (Aquatics) <i>Kelly P.</i>				
<b>Mat Pilates</b> Studio A	8:30AM-9:15AM (Mind & Body) <i>Deb M.</i>	4:30PM-5:20PM (Mind & Body) <i>Kris C.</i>	8:30AM-9:15AM (Mind & Body) <i>Deb M.</i>				
<b>BODYPUMP</b> Studio D	8:30AM-9:30AM (Strength) <i>Marissa L.</i>						
<b>AOA Circuit</b> Studio C	9:00AM-9:45AM (Active Older Adults) <i>Charlene A.</i>  10:00AM-10:45AM (Active Older Adults) <i>Charlene A.</i>	9:00AM-9:45AM (Active Older Adults) <i>Jessy W.</i>  10:00AM-10:45AM (Active Older Adults) <i>Jessy W.</i>	9:15AM-10:00AM (Active Older Adults) <i>Jessy W.</i>  10:15AM-11:00AM (Active Older Adults) <i>Jessy W.</i>				
<b>HIIT</b> Studio B	9:00AM-10:00AM (Circuit Training) <i>Caitlin A.</i>						
<b>H2O Boot Camp</b> Lap Pool	9:00AM-10:00AM (Aquatics) <i>Laura D.</i>		9:00AM-10:00AM (Aquatics) <i>Chrystal W.</i>				
<b>Step/Strength Fusion</b> Studio A	9:15AM-10:15AM (Circuit Training) <i>Deirdre M.</i>						
<b>Zumba</b> Studio D	9:30AM-10:30AM (Dance) <i>Deb M.</i>						

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Indoor Cycling</b> Cycle Studio	9:30AM-10:15AM (Cycling) <i>Candy O.</i>  4:30PM-5:15PM (Cycling) <i>Charlene A.</i>	5:10AM-5:55AM (Cycling) <i>Oliver B.</i>  6:00AM-6:45AM (Cycling) <i>Oliver B.</i>  8:15AM-9:00AM (Cycling) <i>Becca H.</i>  5:30PM-6:15PM (Cycling) <i>Charlene A.</i>	9:30AM-10:15AM (Cycling) <i>Denise T.</i>				
<b>AOA Strength</b> Studio B	10:15AM-11:15AM (Active Older Adults) <i>Pat S.</i>  11:15AM-12:15PM (Active Older Adults) <i>Pat S.</i>	10:15AM-11:00AM (Active Older Adults) <i>April P.</i>	11:00AM-12:00PM (Active Older Adults) <i>Pat S.</i>				
<b>Full Body Strength</b> Studio A	10:40AM-11:10AM (Strength) <i>Candy O.</i>  11:45AM-12:45PM (Strength) <i>Sonnet P.</i>	5:00AM-6:00AM (Strength) <i>Karen B.</i>  7:00AM-7:45AM (Strength) <i>Karen B.</i>  10:30AM-11:30AM (Strength) <i>Deirdre M.</i>	10:40AM-11:25AM (Strength) <i>Jamie J.</i>  12:00PM-12:45PM (Strength) <i>Lori B.</i>				
<b>Vinyasa Yoga</b> Studio D	10:40AM-11:40AM (Mind & Body)		10:40AM-11:40AM (Mind & Body) <i>Mo L.</i>				
<b>Full Body Strength</b> Studio D	4:30PM-5:30PM (Strength) <i>Samantha P.</i>  5:30PM-6:30PM (Strength) <i>Samantha P.</i>		4:30PM-5:30PM (Strength) <i>Samantha P.</i>  5:30PM-6:30PM (Strength) <i>Samantha P.</i>				
<b>Swim Lessons/Lap Swim - 3 Lanes</b> Lap Pool	4:30PM-5:15PM (Lap Pools)						
<b>Swim Lessons - Therapy Pool Closed</b> Therapy Pool	4:30PM-5:15PM (Therapy And Warm Water Pools)						
<b>Zumba</b> Studio A	5:15PM-6:15PM (Dance) <i>Raelene R.</i>						

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>20-20-20</b> Studio B	5:30PM-6:30PM (Circuit Training) <i>Anna B.</i>						
<b>Lap Swim - 3 Lanes</b> Lap Pool	6:00PM-7:00PM (Lap Pools)	6:00PM-7:00PM (Lap Pools)					
<b>H2O Cardio</b> Therapy Pool	6:00PM-7:00PM (Aquatics) <i>Pat S.</i>	6:00PM-7:00PM (Aquatics) <i>Pat S.</i>					
<b>Yoga</b> Studio A	6:30PM-7:30PM (Mind & Body) <i>Jim R.</i>	11:30AM-12:30PM (Mind & Body) <i>Virtual I.</i>					
<b>BARRE</b> Studio A		8:05AM-9:05AM (Mind & Body) <i>Suzanne M.</i>					
<b>Boot Camp</b> Outside		9:00AM-10:00AM (Circuit Training) <i>Tonya R.</i>	9:15AM-10:15AM (Circuit Training) <i>Marissa W.</i>				
<b>Yoga</b> Studio B		9:00AM-10:00AM (Mind & Body) <i>Annie N.</i>					
<b>Dance Blast</b> Studio D		9:15AM-10:15AM (Dance) <i>Jamie J.</i>	9:30AM-10:30AM (Dance) <i>Jamie J.</i>				
<b>Step</b> Studio A		9:15AM-10:15AM (Cardio) <i>Deirdre M.</i>					
<b>Cycle Blast</b> Cycle Studio		9:30AM-10:00AM (Cycling) <i>Lori B.</i>					
<b>Cycle/Strength Fusion</b> Cycle Studio		10:15AM-11:00AM (Cycling) <i>Lori B.</i>					
<b>Stretch &amp; Recover</b> Studio D		11:15AM-12:15PM (Mind & Body) <i>April P.</i>					
<b>Restorative Yoga</b> Studio A		11:45AM-12:45PM (Mind & Body) <i>Jessica S.</i>					
<b>20-20-20</b> Studio D		4:00PM-5:00PM (Circuit Training) <i>Anna B.</i>					
<b>Swim Team - 3 Lanes</b> Lap Pool		4:30PM-5:30PM (Lap Pools)					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Zumba</b> Studio B		5:00PM-6:00PM (Dance) <i>Laura D.</i>					
<b>BODYPUMP</b> Studio A		5:30PM-6:30PM (Strength) <i>Vivian P.</i>					
<b>Walk/Run Group</b> Outside			5:10AM-5:55AM (Cardio) <i>Oliver B.</i>				
<b>Zumba Gold</b> Studio B			8:45AM-9:30AM (Active Older Adults) <i>Johnna M.</i>				
<b>Kickboxing</b> Studio A			9:30AM-10:30AM (Martial Arts) <i>Deb M.</i>				
<b>Yoga/Pilates Fusion</b> Studio B			10:00AM-10:45AM (Mind & Body) <i>Breana S.</i>				
<b>Barre/Pilates Fusion</b> Studio A			4:00PM-4:50PM (Mind & Body) <i>Anna B.</i>				



## Downtown | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Basketball - Full Court</b> Gym	5:00AM-9:00AM (Gym)  5:00AM-9:00AM (Gym)  11:00AM-2:00PM (Gym)  5:00PM-8:00PM (Gym)	5:00AM-9:00AM (Gym)  11:00AM-2:00PM (Gym)  5:00PM-8:00PM (Gym)	5:00AM-9:00AM (Gym)  11:00AM-2:00PM (Gym)  5:00PM-8:00PM (Gym)				
<b>Downtown Strength &amp; Conditioning Circuit</b> Studio D	5:10AM-5:55AM (Circuit Training) <i>Janell B.</i>  5:45PM-6:30PM (Circuit Training) <i>Renata S.</i>	5:10AM-5:55AM (Circuit Training) <i>Shay C.</i>  6:15AM-7:00AM (Circuit Training) <i>Shay C.</i>	5:45PM-6:30PM (Circuit Training) <i>Kristi W.</i>				
<b>Les Mills SPRINT</b> Studio C	5:30AM-6:00AM (Cycling) <i>Gina E.</i>		11:30AM-12:00PM (Cycling) <i>Gina E.</i>				
<b>Mat Pilates</b> Studio A	6:00AM-6:45AM (Mind & Body) <i>Knoxie K.</i>  11:15AM-12:00PM (Mind & Body) <i>Shay C.</i>	5:30PM-6:15PM (Mind & Body) <i>Dawn C.</i>	6:00AM-6:45AM (Mind & Body) <i>Janelle M.</i>  11:15AM-12:00PM (Mind & Body) <i>Shay C.</i>				
<b>Pickleball</b> Gym	9:00AM-11:00AM (Gym)		9:00AM-11:00AM (Gym)				
<b>Restorative Yoga</b> Studio A	10:00AM-11:00AM (Mind & Body) <i>Kathy S.</i>						
<b>Full Body Strength</b> Studio B	11:15AM-12:15PM (Strength) <i>Rotating I.</i>		11:15AM-12:00PM (Strength) <i>Kelly M.</i>				
<b>BODYPUMP</b> Studio B	11:15AM-12:15PM (Strength) <i>Rebekah B.</i>  5:15PM-6:15PM (Strength) <i>Gerry M.</i>						

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Cycle/Strength Fusion</b> Studio C	11:30AM-12:30PM (Cycling) <i>Janet K.</i>						
<b>Vinyasa Yoga</b> Studio A	12:15PM-1:00PM (Mind & Body) <i>Danny W.</i>						
<b>Basketball - Half Court</b> Gym	2:00PM-5:00PM (Gym)  8:00PM-9:00PM (Gym)	9:00AM-11:00AM (Gym)  2:00PM-5:00PM (Gym)  8:00PM-9:00PM (Gym)	2:00PM-5:00PM (Gym)				
<b>Advanced Vinyasa Yoga</b> Studio A	5:30PM-6:45PM (Mind & Body) <i>Danny W.</i>	12:15PM-1:00PM (Mind & Body) <i>Danny W.</i>					
<b>20-20-20</b> Studio C		6:00AM-7:00AM (Circuit Training) <i>Ramona W.</i>					
<b>AOA Cardio</b> Studio B		9:00AM-9:45AM (Active Older Adults) <i>Alberto M.</i>					
<b>AOA Yoga</b> Studio B		10:00AM-10:45AM (Active Older Adults) <i>Alberto M.</i>	9:00AM-9:45AM (Active Older Adults) <i>Alberto M.</i>				
<b>Tai Chi</b> Studio A		11:00AM-12:00PM (Mind & Body) <i>Billy S.</i>					
<b>Indoor Cycling</b> Studio C		11:30AM-12:00PM (Cycling) <i>Stephanie C.</i>					
<b>Cycle Blast</b> Studio C		5:30PM-6:30PM (Cycling) <i>Tonya H.</i>	5:30AM-6:15AM (Cycling) <i>Janell B.</i>				
<b>Dance Blast</b> Studio B		6:00PM-6:45PM (Dance) <i>Megan J.</i>					
<b>BARRE</b> Studio A		6:30PM-7:30PM (Mind & Body) <i>Rebecca M.</i>	4:45PM-5:45PM (Mind & Body) <i>Rebecca M.</i>				
<b>Advanced Swim</b> Indoor Pool		7:00PM-8:00PM (Lap Pools) <i>Rotating I.</i>					
<b>Plates &amp; Weights</b> Studio B			6:15AM-7:15AM (Strength) <i>Alberto M.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Core Strength</b> Studio B			7:15AM-7:45AM (Strength) <i>Alberto M.</i>				
<b>AOA Strength</b> Studio B			8:00AM-8:45AM (Active Older Adults) <i>Alberto M.</i>				
<b>Yin Yoga</b> Studio A			12:15PM-1:00PM (Mind & Body) <i>Danny W.</i>  6:00PM-7:00PM (Mind & Body) <i>Danny W.</i>				
<b>Boot Camp</b> Studio B			6:00PM-6:45PM (Circuit Training) <i>Troy C.</i>				



## Robertson County | April 27th - May 3rd

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Pickleball</b> Gym	5:00AM-11:00AM (Gym)	5:00AM-8:00AM (Gym)	5:00AM-11:00AM (Gym)				
<b>Full Body Strength</b> Studio A	5:05AM-6:05AM (Strength) <i>Stacey S.</i>  9:30AM-10:15AM (Strength) <i>Michele I.</i>  6:30PM-7:30PM (Strength) <i>Amanda B.</i>	9:30AM-10:30AM (Strength) <i>Lisa C.</i>	9:30AM-10:15AM (Strength) <i>Michele I.</i>  6:00PM-7:00PM (Strength) <i>Amanda B.</i>				
<b>Open Swim (Full Pool)</b> Indoor Pool	6:00AM-8:15AM (Lap Pools)  10:00AM-6:00PM (Lap Pools)  7:00PM-8:30PM (Lap Pools)	6:00AM-8:00AM (Lap Pools)  9:00AM-5:30PM (Lap Pools)  7:00PM-8:30PM (Lap Pools)	6:00AM-8:00AM (Lap Pools)  10:00AM-11:00AM (Lap Pools)  12:00PM-6:00PM (Lap Pools)				
<b>H2O Cardio</b> Indoor Pool	8:15AM-9:00AM (Aquatics) <i>Ericka G.</i>	8:00AM-9:00AM (Aquatics) <i>Mandy F.</i>	8:15AM-9:00AM (Aquatics) <i>Ericka G.</i>				
<b>BODYPUMP</b> Studio A	8:15AM-9:15AM (Strength) <i>Kelli M.</i>	5:05AM-6:05AM (Strength) <i>Mari T.</i>	8:15AM-9:15AM (Strength) <i>Lisa W.</i>				
<b>Group Exercise Class - Pool</b> Indoor Pool	8:15AM-10:00AM (Lap Pools)  6:00PM-7:00PM (Lap Pools)	8:00AM-9:00AM (Lap Pools)	8:15AM-10:00AM (Lap Pools)  6:00PM-7:00PM (Lap Pools)				
<b>H2O Circuit</b> Indoor Pool	9:15AM-10:00AM (Aquatics) <i>Ericka G.</i>  6:00PM-7:00PM (Aquatics) <i>Lena M.</i>		9:15AM-10:00AM (Aquatics) <i>Ericka G.</i>  6:00PM-7:00PM (Aquatics) <i>Lena M.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Indoor Cycling</b> Studio B	9:30AM-10:15AM (Cycling) <i>tammie e.</i>  5:30PM-6:15PM (Cycling) <i>Amanda J.</i>						
<b>AOA Strength</b> Studio A	10:30AM-11:30AM (Active Older Adults) <i>Michele I.</i>		10:30AM-11:30AM (Active Older Adults) <i>Michele I.</i>				
<b>AOA Strength</b> Studio B	10:45AM-11:45AM (Active Older Adults) <i>Miriam W.</i>						
<b>Open Gym</b> Gym	11:00AM-3:30PM (Gym)	8:00AM-8:45PM (Gym)	11:00AM-3:30PM (Gym)				
<b>Basketball - Half Court</b> Side A (Front Half of Gym)	3:30PM-9:00PM (Gym)		3:30PM-9:00PM (Gym)				
<b>Open Gym - Half Court</b> Side B (Back Half of Gym)	3:30PM-5:00PM (Gym)  6:00PM-9:00PM (Gym)		3:30PM-5:00PM (Gym)  6:00PM-9:00PM (Gym)				
<b>Full Body Strength</b> Studio B	4:30PM-5:00PM (Strength) <i>Katy H.</i>						
<b>YAC Time</b> Side B (Back Half of Gym)	5:00PM-6:00PM (Gym)		5:00PM-6:00PM (Gym)				
<b>Dance Blast</b> Studio A	5:30PM-6:15PM (Dance) <i>Liesa E.</i>	10:40AM-11:25AM (Dance) <i>Lisa C.</i>					
<b>BARRE</b> Studio B		8:15AM-9:15AM (Mind & Body) <i>Amanda B.</i>					
<b>Step</b> Studio A		8:30AM-9:15AM (Cardio) <i>Veronica (.)</i>					
<b>YMCA Programming (Area Closed)</b> Side B (Back Half of Gym)		8:45AM-12:00PM (Gym)					
<b>Open Gym - Half Court</b> Side A (Front Half of Gym)		8:45AM-12:00PM (Gym)					
<b>AOA Yoga</b> Studio B		10:00AM-11:00AM (Active Older Adults) <i>Wendy W.</i>					

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>ABC Program</b> Studio A		11:30AM-12:30PM (General) <i>Mandy F.</i>					
<b>YMCA Programming (Area Closed)</b> Gym		12:00PM-9:00PM (Gym)					
<b>Les Mills PILATES</b> Studio A		4:30PM-5:15PM (Mind & Body) <i>Katy H.</i>					
<b>Yoga</b> Studio B		5:15PM-6:15PM (Mind & Body) <i>Leslie B.</i>					
<b>Kickboxing</b> Studio A		5:30PM-6:30PM (Martial Arts) <i>Brandon B.</i>					
<b>Swim Team - All Lanes</b> Indoor Pool		5:30PM-7:00PM (Lap Pools)					
<b>Boot Camp</b> Studio A			5:05AM-6:05AM (Circuit Training) <i>Stacey S.</i>				
<b>Intro to Cycling</b> Studio B			7:00AM-7:45AM (Cycling) <i>Janet D.</i>				
<b>Basic Yoga</b> Studio B			10:45AM-11:45PM (Mind & Body) <i>Leslie B.</i>				
<b>YMCA Programming - 2 Lanes</b> Indoor Pool			11:00AM-12:00PM (Lap Pools)				
<b>Zumba</b> Studio A			5:00PM-5:45PM (Dance) <i>Lani R.</i>				



## Northwest (N. Nashville) | April 27th - May 3rd

	<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> Gym	5:10AM-8:45AM (Gym)  10:45AM-8:45PM (Gym)	10:45AM-9:00PM (Gym) <i>Virtual I.</i>	5:10AM-8:45PM (Gym)  10:45AM-8:45PM (Gym)				
<b>Boot Camp</b> Group Fitness Studio	5:10AM-6:00AM (Circuit Training) <i>Jennifer Y.</i>  6:45PM-7:45PM (Circuit Training) <i>Michael J.</i>		5:10AM-6:00AM (Circuit Training) <i>Jennifer Y.</i>  6:45PM-7:45PM (Circuit Training) <i>Michael J.</i>				
<b>Walk/Run Group</b> Outdoor BCBS Fitness Zone	6:05AM-7:00AM (Cardio) <i>Jennifer Y.</i>						
<b>BODYPUMP</b> Group Fitness Studio	6:10AM-7:00AM (Strength) <i>Sarah C.</i>	10:00AM-10:30AM (Strength) <i>Jennifer Y.</i>  6:45PM-7:45PM (Strength) <i>Charturah S.</i>					
<b>AOA Circuit</b> Group Fitness Studio	7:05AM-8:00AM (Active Older Adults) <i>Tina M.</i>						
<b>H2O Cardio</b> Indoor Pool	8:30AM-9:30AM (Aquatics) <i>Ken T.</i>		8:30AM-9:30AM (Aquatics) <i>Cassandra L.</i>  5:30PM-6:30PM (Aquatics) <i>Myron G.</i>				
<b>Pickleball: General</b> Outdoor Court	9:00AM-10:00AM (General) <i>Virtual I.</i>		8:30AM-9:30AM (General) <i>Virtual I.</i>				
<b>AOA Strength</b> John Wright Room	9:00AM-10:00AM (Active Older Adults) <i>Jennifer Y.</i>						
<b>Pickleball</b> Gym	9:00AM-10:30AM (Gym) <i>Virtual I.</i>	9:00AM-10:30AM (Gym) <i>Virtual I.</i>	9:00AM-10:30AM (Gym) <i>Virtual I.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Tai Chi</b> Group Fitness Studio	10:00AM-11:00AM (Mind & Body) <i>Billy S.</i>  11:00AM-12:00PM (Mind & Body) <i>Billy S.</i>						
<b>Mat Pilates</b> Group Fitness Studio	12:00PM-12:45PM (Mind & Body) <i>Knoxie K.</i>		11:00AM-12:00PM (Mind & Body) <i>Rotating I.</i>				
<b>Hydrorider</b> Indoor Pool	5:30PM-6:30PM (Aquatics) <i>Norma A.</i>						
<b>Dance Blast</b> Group Fitness Studio	5:30PM-6:30PM (Dance) <i>Brandi H.</i>	5:30PM-6:30PM (Dance) <i>Cedric B.</i>	6:05AM-7:00AM (Dance) <i>Jennifer Y.</i>  5:30PM-6:30PM (Dance) <i>Evelyn W.</i>				
<b>Basic Yoga</b> John Wright Room	5:30PM-6:30PM (Mind & Body) <i>Jordan W.</i>		5:30PM-6:30PM (Mind & Body) <i>Caitlin C.</i>				
<b>Basketball - Full Court</b> Gym		5:10AM-8:45AM (Gym)					
<b>Cycle Blast</b> Cycle Studio		5:10AM-6:00AM (Cycling) <i>Jennifer Y.</i>	5:30PM-6:30PM (Cycling) <i>Jennifer Y.</i>				
<b>Indoor Cycling</b> Cycle Studio		8:00AM-9:00AM (Cycling) <i>Delores M.</i>					
<b>AOA Cardio</b> Group Fitness Studio		9:00AM-10:00AM (Active Older Adults) <i>Delores M.</i>					
<b>Stretch &amp; Recover</b> Group Fitness Studio		10:30AM-11:00AM (Mind & Body) <i>Jennifer Y.</i>	4:30PM-5:30PM (Mind & Body) <i>Ramona W.</i>				
<b>Youth Sports (Gym Closed)</b> Gym		3:15PM-4:30PM (Gym) <i>Andre T.</i>					
<b>H2O Boot Camp</b> Indoor Pool		5:45PM-6:45PM (Aquatics) <i>Charturah S.</i>					
<b>Line Dancing</b> Group Fitness Studio			8:30AM-9:30AM (Dance) <i>Jennifer Y.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Yoga</b> Group Fitness Studio			10:00AM-11:00AM (Mind & Body) <i>Rotating I.</i>				