



## Robertson County | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gym		5:00AM-9:00AM (Gym)  11:30AM-3:30PM (Gym)	11:00AM-3:30PM (Gym)	10:00AM-3:30PM (Gym)  8:00PM-9:00PM (Gym)	11:00AM-3:30PM (Gym)		
<b>BODYPUMP</b> Studio A		5:05AM-6:05AM (Strength) <i>Mari T.</i>	8:15AM-9:15AM (Strength) <i>Kelli M.</i>  4:15PM-5:15PM (Strength) <i>Lisa W.</i>	5:05AM-6:05AM (Strength) <i>Mari T.</i>	8:15AM-9:15AM (Strength) <i>Lisa W.</i>	8:05AM-9:05AM (Strength) <i>Mari T.</i>	
<b>Open Swim (Full Pool)</b> Indoor Pool		6:00AM-8:00AM (Lap Pools)  9:00AM-5:30PM (Lap Pools)  7:00PM-8:30PM (Lap Pools)	6:00AM-8:15AM (Lap Pools)  12:00PM-6:00PM (Lap Pools)  7:00PM-8:30PM (Lap Pools)	6:00AM-8:00AM (Lap Pools)  9:00AM-10:00AM (Lap Pools)  11:00AM-8:30PM (Lap Pools)	9:00AM-12:00PM (Lap Pools)  1:00PM-5:30PM (Lap Pools)  7:00PM-7:30PM (Lap Pools)	7:00AM-10:00AM (Lap Pools)  12:45PM-5:30PM (Lap Pools)	12:00PM-1:00PM (Lap Pools)  3:00PM-4:30PM (Lap Pools)
<b>Group Exercise Class - Pool</b> Indoor Pool		8:00AM-9:00AM (Lap Pools)	8:15AM-10:00AM (Lap Pools)  6:00PM-7:00PM (Lap Pools)	8:15AM-9:00AM (Lap Pools)	8:00AM-9:00AM (Lap Pools)		
<b>H2O Cardio</b> Indoor Pool		8:00AM-9:00AM (Aquatics) <i>Lena M.</i>			8:00AM-9:00AM (Aquatics) <i>Juliet H.</i>		
<b>Step</b> Studio A		8:15AM-9:15AM (Cardio) <i>Sonya (.</i>		8:15AM-9:15AM (Cardio) <i>Veronica (.</i>			
<b>BARRE</b> Studio B		8:15AM-9:15AM (Strength) <i>Amanda B.</i>		5:30PM-6:30PM (Strength) <i>Amanda B.</i>			
<b>Open Gym - Half Court</b> Side A (Front Half of Gym)		9:00AM-11:30AM (Gym)					
<b>YMCA Programming (Area Closed)</b> Side B (Back Half of Gym)		9:00AM-11:30AM (Gym)					

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<b>Total Strength Full Body</b> Studio A		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>		9:30AM-10:30AM (Strength) <i>Lisa C.</i>		
<b>AOA Yoga</b> Studio B		10:00AM-11:00AM (Active Older Adults) <i>Wendy W.</i>			10:30AM-11:30AM (Active Older Adults) <i>Leslie B.</i>		
<b>Dance Blast</b> Studio A		10:40AM-11:25AM (Dance) <i>Lisa C.</i>			10:40AM-11:25AM (Dance) <i>Liesa E.</i>		
<b>Centering Practice</b> Studio A		11:35AM-12:05PM (Mind/Body) <i>Emily W.</i>			11:40AM-12:10PM (Mind/Body) <i>Emily W.</i>		
<b>Basketball - Half Court</b> Side A (Front Half of Gym)		3:30PM-9:00PM (Gym)	3:30PM-9:00PM (Gym)	3:30PM-6:00PM (Gym)	3:30PM-8:00PM (Gym)	11:00AM-6:00PM (Gym)	12:00PM-5:00PM (Gym)
<b>Open Gym - Half Court</b> Side B (Back Half of Gym)		3:30PM-5:00PM (Gym)  5:30PM-9:00PM (Gym)	3:30PM-5:00PM (Gym)  5:30PM-9:00PM (Gym)	3:30PM-5:00PM (Gym)  5:30PM-6:00PM (Gym)	3:30PM-5:00PM (Gym)  5:30PM-8:00PM (Gym)	11:00AM-6:00PM (Gym)	12:00PM-5:00PM (Gym)
<b>Yoga</b> Studio A		4:15PM-5:15PM (Mind/Body) <i>Brenda R.</i>				10:20AM-11:20AM (Mind/Body) <i>Leslie B.</i>	
<b>YAC Time</b> Side B (Back Half of Gym)		5:00PM-5:30PM (Gym)	5:00PM-5:30PM (Gym)	5:00PM-5:30PM (Gym)	5:00PM-5:30PM (Gym)		
<b>Kickboxing</b> Studio A		5:30PM-6:30PM (Martial Arts) <i>Brandon B.</i>				9:20AM-10:05AM (Martial Arts) <i>Brandon B.</i>	
<b>Yoga/Pilates Fusion</b> Studio B		5:30PM-6:30PM (Mind/Body) <i>Brenda R.</i>					
<b>Swim Team - 5 Lanes</b> Indoor Pool		5:30PM-7:00PM (Lap Pools)			5:30PM-7:00PM (Lap Pools)		
<b>Pickleball</b> Gym			5:00AM-11:00AM (Gym)	6:00PM-8:00PM (Gym)	5:00AM-11:00AM (Gym)	7:00AM-11:00AM (Gym)	
<b>Boot Camp</b> Studio A			5:05AM-6:05AM (Circuit Training) <i>Stacey S.</i>	4:30PM-5:30PM (Circuit Training) <i>Kara H.</i>			
<b>Intro to Cycling</b> Studio B			7:00AM-7:45AM (Cycling) <i>Janet D.</i>				

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<b>YMCA Programming - 5 Lanes</b> Indoor Pool			10:00AM-12:00PM (Lap Pools)	10:00AM-11:00AM (Lap Pools)	12:00PM-1:00PM (Lap Pools)		
<b>AOA Strength</b> Studio A			10:30AM-11:30AM (Active Older Adults) <i>Michele I.</i>	10:40AM-11:40AM (Active Older Adults) <i>tammie e.</i>			
<b>Basic Yoga</b> Studio B			10:45AM-11:45PM (Mind/Body) <i>Leslie B.</i>				
<b>H2O Circuit</b> Indoor Pool			6:00PM-7:00PM (Aquatics) <i>Lena M.</i>	8:15AM-9:15AM (Aquatics) <i>Juliet H.</i>			
<b>Indoor Cycling</b> Studio B				5:15AM-6:00AM (Cycling) <i>Stacey S.</i>			
<b>Vinyasa Yoga</b> Studio A				9:25AM-10:25AM (Mind/Body) <i>Sissy H.</i>			
<b>Total Strength Full Body</b> Studio B				4:15PM-5:15PM (Strength) <i>Syndi N.</i>			
<b>Line Dancing</b> Studio A				5:45PM-6:45PM (Dance) <i>Lena M.</i>			
<b>Cycle Blast</b> Studio B					5:15AM-6:00AM (Cycling) <i>Brandon B.</i>		
<b>Open Swim (Full Rec Pool)</b> Indoor Pool					6:00AM-8:00AM (Rec Pools)		
<b>Zumba</b> Studio A					5:30PM-6:30PM (Dance) <i>Miriam W.</i>		
<b>Swim Lessons - Pool Open</b> Indoor Pool						10:00AM-12:40PM (Lap Pools)	1:00PM-3:00PM (Lap Pools)