



Sumner County | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim - 5 Lanes Lap Pool					5:00AM-8:00AM (Lap Pools) 9:00AM-7:30PM (Lap Pools)	7:00AM-10:00AM (Lap Pools) 1:00PM-5:30PM (Lap Pools)	10:00AM-3:45PM (Lap Pools)
Group Exercise Class - Gym Basketball Gym					5:00AM-6:00AM (Gym) 8:30AM-11:30AM (Gym)	8:00AM-9:00AM (Gym)	
Open Swim (Full Therapy Pool) Therapy Pool					5:00AM-9:10AM (Therapy And Warm Water Pools) 10:00AM-7:30PM (Therapy And Warm Water Pools)	7:00AM-8:30AM (Therapy And Warm Water Pools) 12:00PM-5:30PM (Therapy And Warm Water Pools)	10:00AM-3:45PM (Therapy And Warm Water Pools)
Boot Camp Basketball Gym					5:00AM-6:00AM (Circuit Training) <i>Melissa B.</i>		
Lap Swim - 3 Lanes Outdoor Pool					6:30AM-7:45AM (Outdoor Pool)		
H2O Cardio Lap Pool					8:00AM-9:00AM (Aquatics) <i>Kelly P.</i>		
H2O Boot Camp Outdoor Pool					8:00AM-9:00AM (Aquatics) <i>Karen B.</i>		
Group Exercise Class - Pool Lap Pool					8:00AM-9:00AM (Lap Pools)		
Lap Swim - 2 Lanes Lap Pool					8:00AM-9:00AM (Lap Pools)		
H2O Aerobics Outdoor Pool					8:00AM-9:00AM (Outdoor Pool)		
Mat Pilates Studio A					8:30AM-9:15AM (Mind & Body) <i>Deb M.</i>	10:40AM-11:30AM (Mind & Body) <i>Breana S.</i>	

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BODYPUMP Basketball Gym					8:30AM-9:30AM (Strength) <i>April P.</i>	8:00AM-9:00AM (Strength) <i>Rotating I.</i>	
AOA Strength Studio B					8:45AM-9:35AM (Active Older Adults) <i>Kris C.</i> 11:00AM-12:00PM (Active Older Adults) <i>Pat S.</i>		
AOA Circuit Studio C					9:00AM-9:45AM (Active Older Adults) <i>Bridget H.</i> 10:00AM-10:45AM (Active Older Adults) <i>Bridget H.</i> 11:00AM-11:45AM (Active Older Adults) <i>Bridget H.</i>		
Group Exercise Class - Therapy Pool Therapy Pool					9:10AM-9:55AM (Therapy And Warm Water Pools)		
H2O Flexibility Therapy Pool					9:10AM-9:55AM (Aquatics) <i>Kelly P.</i>		
Indoor Cycling Cycle Studio					9:30AM-10:15AM (Cycling) <i>Candy O.</i>		
HIIT Studio A					9:30AM-10:30AM (Circuit Training) <i>Deirdre M.</i>		
Zumba Basketball Gym					9:35AM-10:35AM (Dance) <i>Deb M.</i>		
Stretch & Recover Studio B					9:45AM-10:45AM (Mind & Body) <i>April P.</i>		
Open Swim Outdoor Pool					10:00AM-7:00PM (Dolphin Pool)	10:00AM-5:30PM (Dolphin Pool)	12:00PM-5:30PM (Dolphin Pool)
Line Dancing Basketball Gym					10:35AM-11:15AM (Dance) <i>Deb M.</i>		

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Total Strength Full Body Studio A					10:40AM-11:40AM (Strength) <i>Jamie J.</i> 4:30PM-5:30PM (Strength) <i>Samantha P.</i>		2:15PM-3:15PM (Strength) <i>Amy S.</i>
YMCA Programming (Area Closed) Basketball Gym					1:00PM-4:00PM (Gym)		
Swim Lessons - Therapy Pool Closed Therapy Pool						8:30AM-12:00PM (Therapy And Warm Water Pools)	3:45PM-5:00PM (Therapy And Warm Water Pools)
Functional Training Studio B						9:15AM-10:00AM (Circuit Training) <i>Amy S.</i>	
BODYBALANCE Basketball Gym						9:30AM-10:30AM (Mind & Body) <i>Kelly P.</i>	
Zumba Studio A						9:30AM-10:30AM (Dance) <i>Johnna M.</i>	
Lap Swim - 3 Lanes Lap Pool						10:00AM-1:00PM (Lap Pools)	
Swim Lessons/Lap Swim - 1 Lane Lap Pool						10:00AM-1:00PM (Lap Pools)	3:45PM-5:30PM (Lap Pools)
Yoga Studio A						11:40AM-12:40PM (Mind & Body) <i>Suzie P.</i>	
Dance Blast Studio B							2:15PM-2:45PM (Dance) <i>Anna B.</i>
20-20-20 Studio B							3:00PM-4:00PM (Circuit Training) <i>Anna B.</i>
Lap Swim - 4 Lanes Lap Pool							3:45PM-5:30PM (Lap Pools)