



Sumner County | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim (Full Therapy Pool) Therapy Pool			5:00AM-8:10AM (Therapy And Warm Water Pools) 1:00PM-4:30PM (Therapy And Warm Water Pools) 6:30PM-8:30PM (Therapy And Warm Water Pools)	5:00AM-9:10AM (Therapy And Warm Water Pools) 1:00PM-4:30PM (Therapy And Warm Water Pools) 6:30PM-8:30PM (Therapy And Warm Water Pools)	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)
Lap Swim - 5 Lanes Lap Pool			5:00AM-8:00AM (Lap Pools) 9:00AM-10:00AM (Lap Pools) 1:00PM-4:30PM (Lap Pools) 6:30PM-8:30PM (Lap Pools)	5:00AM-8:00AM (Lap Pools) 9:00AM-10:00AM (Lap Pools) 1:00PM-4:30PM (Lap Pools) 6:30PM-8:30PM (Lap Pools)	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) 9:15AM-11:30AM (Gym) 4:30PM-6:30PM (Gym)	9:15AM-12:30PM (Gym) 5:00PM-6:00PM (Gym)	5:00AM-6:00AM (Gym) 8:30AM-11:30AM (Gym)	8:00AM-9:00AM (Gym)	
Boot Camp Basketball Gym			5:00AM-6:00AM (Circuit Training) <i>Karen B.</i>	9:15AM-10:00AM (Circuit Training) <i>Valerie F.</i>	5:00AM-6:00AM (Circuit Training) <i>Melissa B.</i>		
Walk/Run Group Outside			5:10AM-5:55AM (Cardio) <i>Oliver B.</i>				
Lap Swim - 3 Lanes Outdoor Pool			6:30AM-7:45AM (Outdoor Pool)	6:30AM-7:45AM (Outdoor Pool)	6:30AM-7:45AM (Outdoor Pool)		
BODYBALANCE Studio A			7:00AM-8:00AM (Mind & Body) <i>Chrystal W.</i>				

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H2O Cardio Lap Pool			8:00AM-9:00AM (Aquatics) <i>Kelly P.</i>		8:00AM-9:00AM (Aquatics) <i>Kelley T.</i>		
H2O Boot Camp Outdoor Pool			8:00AM-9:00AM (Aquatics) <i>Karen B.</i>		8:00AM-9:00AM (Aquatics) <i>Chrystal W.</i>		
H2O Aerobics Outdoor Pool			8:00AM-9:00AM (Outdoor Pool)	8:00AM-9:00AM (Outdoor Pool) 6:00PM-7:00PM (Outdoor Pool)	8:00AM-9:00AM (Outdoor Pool)		
Lap Swim - 2 Lanes Lap Pool			8:00AM-9:00AM (Lap Pools)	8:00AM-9:00AM (Lap Pools)	8:00AM-9:00AM (Lap Pools)		
Group Exercise Class - Pool Lap Pool			8:00AM-9:00AM (Lap Pools)		8:00AM-9:00AM (Lap Pools)		
Group Exercise Class - Therapy Pool Therapy Pool			8:10AM-9:55AM (Therapy And Warm Water Pools)	9:10AM-9:55AM (Therapy And Warm Water Pools)	9:10AM-9:55AM (Therapy And Warm Water Pools)		
AOA Circuit Studio C			8:10AM-8:55AM (Active Older Adults) <i>Tara W.</i> 9:00AM-9:45AM (Active Older Adults) <i>Tara W.</i> 10:00AM-10:45AM (Active Older Adults) <i>Jessy W.</i>	9:00AM-9:45AM (Active Older Adults) <i>Charlotte Z.</i> 10:00AM-10:45AM (Active Older Adults) <i>Tara W.</i>	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>		
H2O Flexibility Therapy Pool			8:10AM-8:55AM (Aquatics) <i>Duffy B.</i> 9:10AM-9:55AM (Aquatics) <i>Kelly P.</i>	9:10AM-9:55AM (Aquatics) <i>Kelly P.</i>	9:10AM-9:55AM (Aquatics) <i>Tara W.</i>		
Mat Pilates Studio A			8:30AM-9:15AM (Mind & Body) <i>Deb M.</i>		8:30AM-9:15AM (Mind & Body) <i>Deb M.</i>	10:40AM-11:30AM (Mind & Body) <i>Breana S.</i>	
Zumba Gold Studio B			8:45AM-9:30AM (Active Older Adults) <i>Johnna M.</i>				
Dance Blast Basketball Gym			9:15AM-10:15AM (Dance) <i>Jamie J.</i>	10:30AM-11:30AM (Dance) <i>Annie N.</i>			

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Indoor Cycling Cycle Studio			9:15AM-10:00AM (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> 9:15AM-10:00AM (Cycling) <i>Charlene A.</i>	9:30AM-10:15AM (Cycling) <i>Candy O.</i>		
Kickboxing Studio A			9:30AM-10:30AM (Martial Arts) <i>Deb M.</i>				
Lap Swim - 4 Lanes Lap Pool			10:00AM-1:00PM (Lap Pools) 4:30PM-6:30PM (Lap Pools)	10:00AM-1:00PM (Lap Pools) 5:30PM-6:30PM (Lap Pools)			3:45PM-5:30PM (Lap Pools)
Swim Lessons/Lap Swim - 1 Lane Lap Pool			10:00AM-1:00PM (Lap Pools) 4:30PM-6:30PM (Lap Pools)	10:00AM-1:00PM (Lap Pools) 4:30PM-6:30PM (Lap Pools)		10:00AM-1:00PM (Lap Pools)	3:45PM-5:30PM (Lap Pools)
Swim Lessons - Therapy Pool Closed Therapy Pool			10:00AM-1:00PM (Therapy And Warm Water Pools) 4:30PM-6:30PM (Therapy And Warm Water Pools)	10:00AM-1:00PM (Therapy And Warm Water Pools) 4:30PM-6:30PM (Therapy And Warm Water Pools)		8:30AM-12:00PM (Therapy And Warm Water Pools)	3:45PM-5:00PM (Therapy And Warm Water Pools)
Open Swim Outdoor Pool			10:00AM-7:00PM (Dolphin Pool)	10:00AM-7:00PM (Dolphin Pool)	10:00AM-7:00PM (Dolphin Pool)	10:00AM-5:30PM (Dolphin Pool)	12:00PM-5:30PM (Dolphin Pool)
Yoga/Pilates Fusion Studio B			10:00AM-10:45AM (Mind & Body) <i>Tara W.</i>	4:30PM-5:30PM (Mind & Body) <i>Kris C.</i>			
Total Strength Full Body Basketball Gym			10:30AM-11:30AM (Strength) <i>Virtual I.</i> 4:30PM-5:30PM (Strength) <i>Samantha P.</i> 5:30PM-6:30PM (Strength) <i>Samantha P.</i>	5:00PM-6:00PM (Strength) <i>Amy S.</i>			

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Vinyasa Yoga Studio A			10:40AM-11:40AM (Mind & Body) <i>Mo L.</i>				
AOA Strength Studio B			11:00AM-12:00PM (Active Older Adults) <i>Pat S.</i>	10:30AM-11:30AM (Active Older Adults) <i>Charlotte Z.</i>	8:45AM-9:35AM (Active Older Adults) <i>Kris C.</i> 11:00AM-12:00PM (Active Older Adults) <i>Pat S.</i>		
Total Strength Full Body Studio A			12:00PM-12:45PM (Strength) <i>Lori B.</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-11:40AM (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)	1:00PM-4:00PM (Gym)	1:00PM-4:00PM (Gym)		
Dance Blast Studio B			4:30PM-5:30PM (Dance) <i>Anna B.</i>				2:15PM-2:45PM (Dance) <i>Anna B.</i>
H2O Cardio Outdoor Pool				8:00AM-9:00AM (Aquatics) <i>Karen B.</i>			
Swim Team - 3 Lanes Lap Pool				8:00AM-9:00AM (Lap Pools) 4:30PM-5:30PM (Lap Pools)			
Step Studio A				8:20AM-9:05AM (Cardio) <i>Dana M.</i>			
Yoga Studio A				9:15AM-10:15AM (Mind & Body) <i>Deirdre M.</i>		11:40AM-12:40PM (Mind & Body) <i>Suzie P.</i>	
Zumba Studio B				9:15AM-10:15AM (Dance) <i>Johnna M.</i>			
Low Impact HIIT Basketball Gym				11:45AM-12:30PM (Circuit Training) <i>Lori B.</i>			

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Restorative Yoga Studio A				12:00PM-1:15PM (Mind & Body) <i>April P.</i>			
Lap Swim - 1 Lane Lap Pool				4:30PM-5:30PM (Lap Pools)			
Dance Blast Studio A				5:00PM-6:00PM (Dance) <i>Vivian P.</i>			
BARRE Studio B				5:30PM-6:15PM (Strength) <i>Kris C.</i>			
H2O Cardio Outdoor Pool - Side B				6:00PM-7:00PM (Aquatics) <i>Pat S.</i>			
BODYPUMP Studio A				6:00PM-7:00PM (Strength) <i>Jessica C.</i>			
BODYPUMP Basketball Gym					8:30AM-9:30AM (Strength) <i>April P.</i>	8:00AM-9:00AM (Strength) <i>Rotating I.</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>		
Line Dancing Basketball Gym					10:35AM-11:15AM (Dance) <i>Deb M.</i>		
Functional Training Studio B						9:15AM-10:00AM (Circuit Training) <i>Anna B.</i>	
Zumba Studio A						9:30AM-10:30AM (Dance) <i>Johnna M.</i>	
BODYBALANCE Basketball Gym						9:30AM-10:30AM (Mind & Body) <i>Chrystal W.</i>	
Lap Swim - 3 Lanes Lap Pool						10:00AM-1:00PM (Lap Pools)	

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20-20-20 Studio B							3:00PM-4:00PM (Circuit Training) <i>Anna B.</i>