



Green Hills Y | August 11th - August 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AOA Yoga Yoga Studio				1:15PM-2:00PM (Active Older Adults) <i>Lori C.</i>		2:00PM-2:45PM (Active Older Adults) <i>Alberto M.</i>	
Open Gym Basketball Gym				2:00PM-10:00PM (Gym)	5:00AM-6:00AM (Gym) 7:00AM-8:30AM (Gym) 1:00PM-9:00PM (Gym)	7:00AM-10:45AM (Gym) 12:00PM-7:00PM (Gym)	2:00PM-7:00PM (Gym)
POUND GX Studio				3:45PM-4:45PM (Circuit Training) <i>Erin M.</i>		8:00AM-9:00AM (Circuit Training) <i>David M.</i>	
Swim Lessons - Pool Open Indoor Pool				4:30PM-6:00PM (Lap Pools)		10:00AM-1:00PM (Lap Pools)	
HIT (\$) Community Room - Teen Center				4:45PM-5:45PM (Fee Based Classes) <i>Jake M.</i>			
Zumba GX Studio				4:45PM-5:45PM (Dance) <i>Katie T.</i>	9:00AM-10:00AM (Dance) <i>Alina E.</i> 4:30PM-5:30PM (Dance) <i>Jennifer H.</i>	11:05AM-12:05PM (Dance) <i>Javin B.</i>	10:30AM-11:30AM (Dance) <i>Alex R.</i>
Cycle HIIT Cycle Studio				5:00PM-5:30PM (Cycling) <i>Janie G.</i>			
BARRE Yoga Studio				5:30PM-6:30PM (Strength) <i>Debbie M.</i>	7:00AM-8:00AM (Strength) <i>Mary C.</i> 11:30AM-12:30PM (Strength) <i>Natalya C.</i>		10:30AM-11:30AM (Strength) <i>Madeline P.</i>

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BODYPUMP GX Studio				5:45PM-6:45PM (Strength) <i>Jodie W.</i>	6:00AM-7:00AM (Strength) <i>Teresa A.</i> 5:30PM-6:30PM (Strength) <i>Emily S.</i>	10:00AM-11:00AM (Strength) <i>Teresa A.</i> 12:15PM-1:15PM (Strength) <i>Rebekah B.</i>	9:15AM-10:15AM (Strength) <i>Gerry M.</i> 1:00PM-2:00PM (Strength) <i>Edie K.</i> 4:15PM-5:15PM (Strength) <i>Gabby P.</i>
Cycle Blast Cycle Studio				6:00PM-7:00PM (Cycling) <i>Janie G.</i>			
H2O Circuit Outdoor Pool				6:00PM-7:00PM (Aquatics) <i>Lisa C.</i>			
Group Exercise Class Outdoor Pool				6:00PM-7:00PM (Outdoor Pool) <i>Julie H.</i>	8:00AM-9:00AM (Outdoor Pool) <i>Laurel D.</i> 9:00AM-10:00AM (Outdoor Pool) <i>Laurel D.</i>	8:00AM-9:00AM (Outdoor Pool) <i>Julie H.</i> 9:00AM-10:00AM (Outdoor Pool) <i>Julie H.</i>	
Restorative Yoga Yoga Studio				6:30PM-7:30PM (Mind & Body) <i>Patricia T.</i>	12:45PM-1:45PM (Mind & Body) <i>Natalya C.</i>		
Lap Swim - 5 Lanes Indoor Pool					5:00AM-7:00AM (Lap Pools)		
Open Swim - 1 Lane Indoor Pool					5:00AM-7:00AM (Lap Pools)		
Indoor Cycling Cycle Studio					5:45AM-6:45AM (Cycling) <i>Kate J.</i> 12:00PM-1:00PM (Cycling) <i>Chip F.</i>	9:30AM-10:30AM (Cycling) <i>Christine S.</i>	3:00PM-4:00PM (Cycling) <i>Christine S.</i>
Group Exercise Class - Gym Basketball Gym					6:00AM-7:00AM (Gym) 8:30AM-10:30AM (Gym)	11:00AM-12:00PM (Gym)	

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HIT (\$) 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>		
AOA Strength GX Studio					7:00AM-8:00AM (Active Older Adults) <i>Mery S.</i> 1:00PM-1:45PM (Active Older Adults) <i>Alberto M.</i>		
Cycle/Strength Fusion Cycle Studio					7:00AM-8:00AM (Cycling) <i>Laurel D.</i>	7:15AM-8:15AM (Cycling) <i>Laurel D.</i>	
Lap Swim - 4 Lanes Indoor Pool					7:00AM-10:00AM (Lap Pools) 11:00AM-8:30PM (Lap Pools)	7:00AM-10:00AM (Lap Pools) 1:00PM-6:30PM (Lap Pools)	9:00AM-4:45PM (Lap Pools) 5:45PM-6:30PM (Lap Pools)
Open Swim - 2 Lanes Indoor Pool					7:00AM-10:00AM (Lap Pools) 11:00AM-8:30PM (Lap Pools)	7:00AM-10:00AM (Lap Pools) 1:00PM-6:30PM (Lap Pools)	9:00AM-3:00PM (Lap Pools) 4:00PM-6:30PM (Lap Pools)
H2O Cardio Outdoor Pool					8:00AM-9:00AM (Aquatics) <i>Laurel D.</i> 9:00AM-10:00AM (Aquatics) <i>Laurel D.</i>	8:00AM-9:00AM (Aquatics) <i>Julie H.</i> 9:00AM-10:00AM (Aquatics) <i>Julie H.</i>	
Functional Training GX Studio					8:00AM-9:00AM (Circuit Training) <i>Mery S.</i>		
Vinyasa Yoga Yoga Studio					8:00AM-9:00AM (Mind & Body) <i>Sara B.</i>		2:15PM-3:15PM (Mind & Body) <i>Patricia T.</i>
Rowing Cycle Studio					9:00AM-10:00AM (Cardio) <i>Jenn C.</i>		
Les Mills BORN TO MOVE Y-Play					9:00AM-9:30AM (Youth & Family) <i>Hannah H.</i>		

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Stretch & Recover Yoga Studio					9:15AM-10:15AM (Mind & Body) <i>Natalya C.</i>		
Boot Camp GX Studio					10:00AM-11:00AM (Circuit Training) <i>Mery S.</i>		11:35AM-12:35PM (Circuit Training) <i>Madeline P.</i>
Group Exercise Class - Pool Indoor Pool					10:00AM-11:00AM (Lap Pools)		3:00PM-4:00PM (Lap Pools)
Lap Swim - 2 Lanes Indoor Pool					10:00AM-11:00AM (Lap Pools)	8:00AM-1:00PM (Lap Pools)	
H2O Lap Circuit Indoor Pool					10:00AM-11:00AM (Aquatics) <i>Hannah H.</i>		
Swim Lessons & Open Swim Outdoor Pool					10:00AM-7:00PM (Outdoor Pool)	10:00AM-6:00PM (Outdoor Pool)	11:00AM-6:00PM (Outdoor Pool)
Open Swim Outdoor Pool					10:00AM-7:00PM (Outdoor Pool)	10:00AM-5:30PM (Outdoor Pool)	11:00AM-5:30PM (Outdoor Pool)
Iyengar Yoga Yoga Studio					10:15AM-11:15AM (Mind & Body) <i>Natalya C.</i>	7:45AM-8:45AM (Mind & Body) <i>Natalya C.</i>	
Pickleball Basketball Gym - Court 2					10:30AM-12:30PM (Gym) 12:30PM-2:30PM (Gym)		
Pilates Tower Mat (\$) Pilates Studio					11:00AM-12:00PM (Fee Based Classes) <i>Julie H.</i> 12:00PM-1:00PM (Fee Based Classes) <i>Julie H.</i>		
Les Mills CORE GX Studio					11:15AM-11:45AM (Strength) <i>Alberto M.</i>		
Bounce House Basketball Gym - Court 1					11:30AM-1:00PM (Gym)		
Plates & Weights GX Studio					12:00PM-12:45PM (Strength) <i>Alberto M.</i>		
AOA Dance GX Studio					2:00PM-3:00PM (Active Older Adults) <i>Hannah H.</i>		

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Yoga Yoga Studio					5:30PM-6:30PM (Mind & Body) <i>Jenni C.</i>	12:00PM-1:00PM (Mind & Body) <i>Edie K.</i>	12:00PM-1:00PM (Mind & Body) <i>Jenni C.</i>
BARRE GX Studio						9:00AM-10:00AM (Strength) <i>Rebecca M.</i>	
Tai Chi Yoga Studio						9:00AM-10:30AM (Martial Arts) <i>Zion H.</i>	9:05AM-10:30AM (Mind & Body) <i>harry k.</i>
Basic Yoga Yoga Studio						10:45AM-11:45AM (Mind & Body) <i>Patricia T.</i>	
Boot Camp Gym						11:00AM-12:00PM (Circuit Training) <i>Mery S.</i>	
AOA Circuit Yoga Studio						1:15PM-2:00PM (Active Older Adults) <i>Alberto M.</i>	
Pickleball Basketball Gym - Court 1							9:00AM-1:00PM (Gym)
Open Gym Basketball Gym - Court 2							9:00AM-1:00PM (Gym)
H2O Cardio Indoor Pool							2:00PM-3:00PM (Aquatics) <i>Valerie F.</i>
Step/Strength Fusion GX Studio							2:05PM-3:00PM (Circuit Training) <i>Teresa A.</i>
Dance Blast GX Studio							3:00PM-4:00PM (Dance) <i>Ashley K.</i>
Lap Swim - 3 Lanes Indoor Pool							3:00PM-4:00PM (Lap Pools)
Barre/Pilates Fusion Yoga Studio							3:30PM-4:30PM (Mind & Body) <i>Valerie F.</i>