



Donelson-Hermitage | August 25th - August 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym - No Games Back Half of Gym				3:00PM-7:00PM (Gym)	8:00AM-9:00AM (Gym) 1:00PM-3:00PM (Gym)	12:00PM-3:00PM (Gym)	3:00PM-6:00PM (Gym)
Open Gym Front Half of Gym				3:00PM-7:00PM (Gym)	1:00PM-3:00PM (Gym)	12:00PM-3:00PM (Gym)	3:00PM-6:00PM (Gym)
Swim Lessons/Lap Swim - 2 Lanes Indoor Pool				4:00PM-7:00PM (Lap Pools)			
Lap Swim - 2 Lanes Indoor Pool				4:00PM-6:00PM (Lap Pools)	4:00PM-7:00PM (Lap Pools)		
Open Swim and Lap Swim - 3 Lanes Outdoor Pool				4:00PM-6:00PM (Outdoor Pool)		7:00AM-8:00AM (Outdoor Pool) 10:00AM-5:30PM (Outdoor Pool)	10:00AM-5:30PM (Outdoor Pool)
BARRE Studio A				4:30PM-5:30PM (Strength) <i>Kim W.</i>	8:15AM-9:00AM (Strength) <i>Megan M.</i>		
Step Studio B				4:30PM-5:15PM (Cardio) <i>Cara L.</i>		8:00AM-8:45AM (Cardio) <i>Cheri E.</i>	
BODYPUMP Studio B				5:30PM-6:30PM (Strength) <i>Shelby K.</i>	5:30AM-6:30AM (Strength) <i>Shelby K.</i> 9:15AM-10:15AM (Strength) <i>Laura L.</i> 5:00PM-5:45PM (Strength) <i>Stacy T.</i>	9:00AM-10:00AM (Strength) <i>Cheri E.</i>	
Indoor Cycling Cycling Studio				5:30PM-6:15PM (Cycling) <i>Stacy T.</i>	8:00AM-8:45AM (Cycling) <i>Cheri E.</i>	8:30AM-9:15AM (Cycling) <i>Karen K.</i>	
H2O Group Exercise: Cardio Indoor Pool				6:00PM-7:00PM (Lap Pools)	8:00AM-10:00AM (Lap Pools)	8:00AM-9:00AM (Lap Pools)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Studio A				6:00PM-7:00PM (Mind & Body) <i>Kimberly D.</i>			
H2O Aerobics Outdoor Pool				6:00PM-7:00PM (Outdoor Pool)		8:00AM-9:00AM (Outdoor Pool)	
H2O Cardio Outdoor Pool				6:05PM-6:55PM (Aquatics) <i>Jean C.</i>		8:00AM-9:00AM (Aquatics) <i>AnnMarie S.</i>	
Lap Swim - 4 Lanes Indoor Pool				7:00PM-8:30PM (Lap Pools)	7:00AM-8:00AM (Lap Pools) 7:00PM-8:30PM (Lap Pools)	6:00AM-8:00AM (Lap Pools) 10:00AM-5:30PM (Lap Pools) 2:00PM-5:30PM (Lap Pools)	10:00AM-1:00PM (Lap Pools) 3:00PM-5:30PM (Lap Pools)
Open Swim - 2 Lanes Indoor Pool				7:00PM-8:30PM (Lap Pools)	7:00AM-8:00AM (Lap Pools) 10:00AM-8:30PM (Lap Pools)	6:00AM-8:00AM (Lap Pools) 12:00PM-5:30PM (Lap Pools)	10:00AM-5:30PM (Lap Pools)
Pickleball Back Half of Gym				7:00PM-9:00PM (Gym)	9:00AM-1:00PM (Gym) 3:00PM-8:45PM (Gym)	9:00AM-12:00PM (Gym) 3:00PM-6:00PM (Gym)	10:00AM-3:00PM (Gym)
Open Gym - No Games Front Half of Gym				7:00PM-9:00PM (Gym)	3:00PM-9:00PM (Gym)	9:00AM-12:00PM (Gym) 3:00PM-6:00PM (Gym)	10:00AM-3:00PM (Gym)
Basketball - Full Court Gym					5:00AM-8:00AM (Gym)	6:00AM-9:00AM (Gym)	
Lap Swim - 6 Lanes Indoor Pool					5:00AM-7:00AM (Lap Pools)		
H2O Circuit Indoor Pool					8:00AM-8:55AM (Aquatics) <i>Jean C.</i>		
Kickboxing Studio B					8:00AM-8:55AM (Martial Arts) <i>Natalie J.</i>	10:15AM-11:00AM (Martial Arts) <i>Troy C.</i>	
Beginner/Intermediate Pickleball Front Half of Gym					8:00AM-12:00PM (Gym)		
H2O Cardio Indoor Pool					9:00AM-9:55AM (Aquatics) <i>Jean C.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vinyasa Yoga Studio A					9:30AM-10:30AM (Mind & Body) <i>Laura G.</i>	10:00AM-11:00AM (Mind & Body) <i>Christine P.</i>	
AOA Circuit Studio B					10:30AM-11:15AM (Active Older Adults) <i>Cheri E.</i>		
Restorative Yoga Studio A					11:00AM-12:15PM (Mind & Body) <i>Kimee S.</i>		
Zumba Studio B					11:30AM-12:15PM (Dance) <i>Malinda D.</i>	11:15AM-12:15PM (Dance) <i>Lucinda V.</i>	
Centering Practice Studio A					12:30PM-1:00PM (Mind & Body) <i>Kimee S.</i>		
Full Circle Swim Indoor Pool					4:00PM-7:00PM (Lap Pools)		
Open Swim Outdoor Pool					4:00PM-7:00PM (Outdoor Pool)		10:00AM-5:30PM (Outdoor Pool)
Youth Cardio Blast Studio A					5:00PM-5:30PM (Youth & Family) <i>Svetlana A.</i>		
Zumba Studio A					5:45PM-6:45PM (Dance) <i>Svetlana A.</i>		
Advanced Step Studio B					6:00PM-7:00PM (Cardio) <i>Shelby K.</i>		11:15AM-12:00PM (Cardio) <i>Stacy T.</i>
Mat Pilates Studio A						8:00AM-8:50AM (Mind & Body) <i>Kim W.</i>	
Lap Swim - 1 Lane Indoor Pool						9:00AM-2:00PM (Lap Pools)	1:00PM-3:00PM (Lap Pools)
Open Swim - 2 Lanes (Deep Only) Indoor Pool						9:00AM-12:00PM (Lap Pools)	
Basic Step Studio A						9:00AM-9:45AM (Cardio) <i>Aubrey D.</i>	
Open Swim Dolphin Pool						10:00AM-5:30PM (Dolphin Pool)	10:00AM-5:30PM (Dolphin Pool)
Basic Yoga Studio A						11:15AM-12:15PM (Mind & Body) <i>Christine P.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
R.I.P.P.E.D. Studio A							12:15PM-1:15PM (Circuit Training) <i>Shelby K.</i>
Plates & Weights Studio B							12:15PM-1:15PM (Strength) <i>Stacy T.</i>
Swim Team - 3 Lanes Indoor Pool							1:00PM-3:00PM (Lap Pools)
Dance Blast Studio B							1:30PM-2:30PM (Dance) <i>Deb B.</i>
Christ-Centered Yoga Studio A							2:30PM-3:45PM (Mind & Body) <i>Kimee S.</i>
Cycle/Strength Fusion Cycling Studio							3:30PM-4:30PM (Cycling) <i>Karen K.</i>
Breath Work Studio A							4:00PM-5:15PM (Mind & Body) <i>Steven R.</i>