



## Green Hills Y | March 30th - April 5th

|   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  | Sunday                 |
|---|---|---|---|---|---|---|------------------------|
| <b>Lap Swim - 5 Lanes</b><br>Indoor Pool            | 5:00AM-7:00AM<br>(Lap Pools)  | 5:00AM-7:00AM<br>(Lap Pools)  | 5:00AM-7:00AM<br>(Lap Pools)  | 5:00AM-7:00AM<br>(Lap Pools)  | 5:00AM-7:00AM<br>(Lap Pools)  |   |                        |
| <b>Open Swim - 1 Lane</b><br>Indoor Pool            | 5:00AM-7:00AM<br>(Lap Pools)  | 5:00AM-7:00AM<br>(Lap Pools)  | 5:00AM-7:00AM<br>(Lap Pools)  | 5:00AM-7:00AM<br>(Lap Pools)  | 5:00AM-7:00AM<br>(Lap Pools)  |   |                        |
| <b>Open Gym</b><br>Basketball Gym                   | 5:00AM-6:00AM<br>(Gym)<br><br>7:00AM-8:30AM<br>(Gym)<br><br>1:00PM-10:00PM<br>(Gym)   | 2:00PM-10:00PM<br>(Gym)   | 5:00AM-6:00AM<br>(Gym)<br><br>7:00AM-8:30AM<br>(Gym)<br><br>1:00PM-10:00PM<br>(Gym)   | 2:00PM-10:00PM<br>(Gym)   | 5:00AM-6:00AM<br>(Gym)<br><br>7:00AM-8:30AM<br>(Gym)<br><br>1:00PM-9:00PM<br>(Gym)                | 7:00AM-10:45AM<br>(Gym)<br><br>12:00PM-7:00PM<br>(Gym)  | 2:00PM-7:00PM<br>(Gym) |
| <b>Indoor Cycling</b><br>Cycle Studio               | 5:45AM-6:45AM<br>(Cycling)<br><i>Meghan M.</i><br><br>6:00PM-7:00PM<br>(Cycling)<br><i>Nick V.</i>  | 8:15AM-9:00AM<br>(Cycling)<br><i>Kate J.</i><br><br>5:00PM-5:45PM<br>(Cycling)<br><i>Carol F.</i><br><br>6:00PM-7:00PM<br>(Cycling)<br><i>Nick V.</i> | 5:45AM-6:45AM<br>(Cycling)<br><i>Kate J.</i><br><br>12:00PM-1:00PM<br>(Cycling)<br><i>Gerry M.</i><br><br>6:00PM-7:00PM<br>(Cycling)<br><i>Rosie Z.</i> |   | 5:45AM-6:45AM<br>(Cycling)<br><i>Kate J.</i><br><br>12:00PM-1:00PM<br>(Cycling)<br><i>Chip F.</i> | 9:30AM-10:30AM<br>(Cycling)<br><i>Tony O.</i>   |                        |
| <b>BODYPUMP</b><br>GX Studio                        | 6:00AM-7:00AM<br>(Strength)<br><i>Jodie W.</i><br><br>12:00PM-1:00PM<br>(Strength)<br><i>Eve A.</i><br><br>5:30PM-6:30PM<br>(Strength)<br><i>Rebecca M.</i> | 5:30PM-6:30PM<br>(Strength)<br><i>Edie K.</i>   | 12:00PM-1:00PM<br>(Strength)<br><i>Eve A.</i>   | 6:00AM-7:00AM<br>(Strength)<br><i>Teresa A.</i><br><br>5:45PM-6:45PM<br>(Strength)<br><i>Jodie W.</i> | 5:30PM-6:30PM<br>(Strength)<br><i>Gabby M.</i>  | 10:00AM-11:00AM<br>(Strength)<br><i>Jodie W.</i><br><br>12:15PM-1:15PM<br>(Strength)<br><i>Rebekah B.</i> |                        |
| <b>Group Exercise Class - Gym</b><br>Basketball Gym | 6:00AM-7:00AM<br>(Gym)<br><br>8:30AM-10:30AM<br>(Gym)   | 8:00AM-9:00AM<br>(Gym)<br><i>Mery S.</i>  | 6:00AM-7:00AM<br>(Gym)<br><br>8:30AM-10:30AM<br>(Gym)   | 8:00AM-9:00AM<br>(Gym)<br><i>Mery S.</i>  | 6:00AM-7:00AM<br>(Gym)<br><br>8:30AM-10:30AM<br>(Gym)   | 11:00AM-12:00PM<br>(Gym)  |                        |

|   | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>   | <b>Saturday</b>  | <b>Sunday</b>  |
|---|---|---|---|---|---|--|--|
| <b>HIT (\$)</b><br>Gym                          | 6:00AM-7:00AM<br>(Fee Based Classes)<br><i>Trey P.</i><br><br>8:30AM-9:30AM<br>(Fee Based Classes)<br><i>Jake M.</i><br><br>9:30AM-10:30AM<br>(Fee Based Classes)<br><i>Jake M.</i>           |   | 6:00AM-7:00AM<br>(Fee Based Classes)<br><i>Trey P.</i><br><br>8:30AM-9:30AM<br>(Fee Based Classes)<br><i>Jake M.</i><br><br>9:30AM-10:30AM<br>(Fee Based Classes)<br><i>Jake M.</i>       |   | 6:00AM-7:00AM<br>(Fee Based Classes)<br><i>Trey P.</i><br><br>8:30AM-9:30AM<br>(Fee Based Classes)<br><i>Jake M.</i><br><br>9:30AM-10:30AM<br>(Fee Based Classes)<br><i>Jake M.</i> |  |  |
| <b>Pilates Tower Mat (\$)</b><br>Pilates Studio | 7:00AM-7:50AM<br>(Fee Based Classes)<br><i>Sylvia M.</i><br><br>9:30AM-10:30AM<br>(Fee Based Classes)<br><i>Chelsea R.</i><br><br>12:00PM-12:50PM<br>(Fee Based Classes)<br><i>Chelsea R.</i> | 7:30AM-8:20AM<br>(Fee Based Classes)<br><i>Sylvia M.</i>  | 7:00AM-7:50AM<br>(Fee Based Classes)<br><i>Sylvia M.</i><br><br>8:30AM-9:30AM<br>(Fee Based Classes)<br><i>Julie H.</i><br><br>12:00PM-12:50PM<br>(Fee Based Classes)<br><i>Sylvia M.</i> | 7:30AM-8:20AM<br>(Fee Based Classes)<br><i>Sylvia M.</i><br><br>10:30AM-11:20AM<br>(Fee Based Classes)<br><i>Sylvia M.</i>                | 11:00AM-12:00PM<br>(Fee Based Classes)<br><i>Julie H.</i><br><br>12:00PM-1:00PM<br>(Fee Based Classes)<br><i>Julie H.</i>   |  |  |
| <b>Lap Swim - 4 Lanes</b><br>Indoor Pool        | 7:00AM-8:00AM<br>(Lap Pools)<br><br>10:00AM-4:30PM<br>(Lap Pools)<br><br>7:00PM-9:30PM<br>(Lap Pools)   | 7:00AM-8:00AM<br>(Lap Pools)<br><br>11:00AM-4:30PM<br>(Lap Pools)<br><br>7:00PM-9:30PM<br>(Lap Pools) | 7:00AM-8:00AM<br>(Lap Pools)<br><br>11:00AM-4:30PM<br>(Lap Pools)<br><br>7:00PM-9:30PM<br>(Lap Pools)   | 7:00AM-8:00AM<br>(Lap Pools)<br><br>11:00AM-4:30PM<br>(Lap Pools)<br><br>7:00PM-9:30PM<br>(Lap Pools)                                     | 7:00AM-8:00AM<br>(Lap Pools)<br><br>11:00AM-8:30PM<br>(Lap Pools)   | 7:00AM-8:00AM<br>(Lap Pools)<br><br>1:00PM-6:30PM<br>(Lap Pools) | 9:00AM-2:00PM<br>(Lap Pools)<br><br>3:00PM-6:30PM<br>(Lap Pools) |
| <b>Dance Blast/Strength Fusion</b><br>GX Studio | 7:00AM-8:00AM<br>(Dance)<br><i>Mary C.</i>  |   |   |   |   |  |  |
| <b>Open Swim - 2 Lanes</b><br>Indoor Pool       | 7:00AM-8:00AM<br>(Lap Pools)<br><br>10:00AM-4:30PM<br>(Lap Pools)<br><br>7:00PM-9:30PM<br>(Lap Pools)   | 7:00AM-8:00AM<br>(Lap Pools)<br><br>11:00AM-4:30PM<br>(Lap Pools)<br><br>7:00PM-9:30PM<br>(Lap Pools) | 7:00AM-8:00AM<br>(Lap Pools)<br><br>11:00AM-4:30PM<br>(Lap Pools)<br><br>7:00PM-9:30PM<br>(Lap Pools)   | 7:00AM-8:00AM<br>(Lap Pools)<br><br>11:00AM-1:00PM<br>(Lap Pools)<br><br>3:00PM-4:30PM<br>(Lap Pools)<br><br>7:00PM-9:30PM<br>(Lap Pools) | 7:00AM-8:00AM<br>(Lap Pools)<br><br>11:00AM-8:30PM<br>(Lap Pools)   | 7:00AM-8:00AM<br>(Lap Pools)<br><br>1:00PM-6:30PM<br>(Lap Pools) | 9:00AM-2:00PM<br>(Lap Pools)<br><br>3:00PM-6:30PM<br>(Lap Pools) |
| <b>AOA Circuit</b><br>GX Studio                 | 8:00AM-8:45AM<br>(Active Older Adults)<br><i>Mary C.</i>  |   | 8:00AM-9:00AM<br>(Active Older Adults)<br><i>Mary C.</i>  |   | 2:00PM-3:00PM<br>(Active Older Adults)<br><i>Valerie F.</i>   |  |  |

|   | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>   | <b>Saturday</b>   | <b>Sunday</b>                |
|---|---|---|---|---|---|---|------------------------------|
| <b>H2O Cardio</b><br>Indoor Pool                  | 8:00AM-9:00AM<br>(Aquatics)<br><i>Regina F.</i><br><br>9:00AM-10:00AM<br>(Aquatics)<br><i>Regina F.</i>       |   | 8:00AM-9:00AM<br>(Aquatics)<br><i>Sandy R.</i><br><br>9:00AM-10:00AM<br>(Aquatics)<br><i>Sandy R.</i><br><br>6:00PM-7:00PM<br>(Aquatics)<br><i>Linda D.</i> |   | 8:00AM-9:00AM<br>(Aquatics)<br><i>Laurel D.</i><br><br>9:00AM-10:00AM<br>(Aquatics)<br><i>Laurel D.</i> | 8:00AM-9:00AM<br>(Aquatics)<br><i>Julie H.</i><br><br>9:00AM-10:00AM<br>(Aquatics)<br><i>Julie H.</i> |                              |
| <b>Group Exercise Class - Pool</b><br>Indoor Pool | 8:00AM-10:00AM<br>(Lap Pools)<br><br>6:00PM-7:00PM<br>(Lap Pools)   | 8:00AM-11:00AM<br>(Lap Pools)<br><br>6:00PM-7:00PM<br>(Lap Pools)                                 | 8:00AM-10:00AM<br>(Lap Pools)<br><br>6:00PM-7:00PM<br>(Lap Pools)   | 8:00AM-11:00AM<br>(Lap Pools)<br><br>6:00PM-7:00PM<br>(Lap Pools)                                 | 8:00AM-11:00AM<br>(Lap Pools)   | 8:00AM-10:00AM<br>(Lap Pools)   | 1:00PM-2:00PM<br>(Lap Pools) |
| <b>Lap Swim - 3 Lanes</b><br>Indoor Pool          | 8:00AM-10:00AM<br>(Lap Pools)<br><br>4:30PM-7:00PM<br>(Lap Pools)   | 4:30PM-7:00PM<br>(Lap Pools)  | 8:00AM-11:00AM<br>(Lap Pools)<br><br>4:30PM-7:00PM<br>(Lap Pools)   | 4:30PM-7:00PM<br>(Lap Pools)  |   |   | 2:00PM-3:00PM<br>(Lap Pools) |
| <b>Vinyasa Yoga</b><br>Yoga Studio                | 9:00AM-10:00AM<br>(Mind & Body)<br><i>Jenni C.</i><br><br>6:35PM-7:35PM<br>(Mind & Body)<br><i>Montyne B.</i> |   | 6:35PM-7:35PM<br>(Mind & Body)<br><i>Montyne B.</i>   | 6:00AM-7:00AM<br>(Mind & Body)<br><i>Jenni C.</i>   | 8:00AM-9:00AM<br>(Mind & Body)<br><i>Sara B.</i>  |   |                              |
| <b>Rowing</b><br>Cycle Studio                     | 9:00AM-10:00AM<br>(Cardio)<br><i>Jenn C.</i>  |   | 8:00AM-9:00AM<br>(Cardio)<br><i>Rachel T.</i>   |   | 9:00AM-10:00AM<br>(Cardio)<br><i>Jenn C.</i>  |   |                              |
| <b>BARRE</b><br>GX Studio                         | 9:00AM-10:00AM<br>(Mind & Body)<br><i>Mary C.</i>   |   | 9:30AM-10:30AM<br>(Mind & Body)<br><i>Mery S.</i>   |   |   | 9:00AM-10:00AM<br>(Mind & Body)<br><i>Rebecca M.</i>  |                              |
| <b>Les Mills BORN TO MOVE</b><br>Y-Play           | 9:15AM-9:45AM<br>(Youth & Family)<br><i>Alberto M.</i>  | 12:00PM-12:15PM<br>(Youth & Family)<br><i>Alberto M.</i>  |   |   | 9:00AM-9:30AM<br>(Youth & Family)<br><i>Hannah H.</i>   |   |                              |
| <b>Zumba</b><br>GX Studio                         | 10:00AM-11:00AM<br>(Dance)<br><i>Alberto M.</i><br><br>4:30PM-5:30PM<br>(Dance)<br><i>Carrie G.</i>           | 4:15PM-5:15PM<br>(Dance)<br><i>Javin B.</i><br><br>6:35PM-7:35PM<br>(Dance)<br><i>Madeline P.</i> |   | 4:45PM-5:45PM<br>(Dance)<br><i>Leigh H.</i><br><br>6:50PM-7:50PM<br>(Dance)<br><i>Madeline P.</i> | 9:00AM-10:00AM<br>(Dance)<br><i>Alina E.</i><br><br>4:30PM-5:30PM<br>(Dance)<br><i>Carrie G.</i>        | 11:05AM-12:05PM<br>(Dance)<br><i>Sybil D.</i>   |                              |

|  | <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>   | <b>Thursday</b>                                    | <b>Friday</b>   | <b>Saturday</b>                                | <b>Sunday</b>          |
|--|--|--|--|--|---|--|------------------------|
| <b>Yoga/Pilates Fusion</b><br>Yoga Studio      | 10:15AM-11:15AM<br>(Mind & Body)<br><i>Jenni C.</i>  | 7:00AM-8:00AM<br>(Mind & Body)<br><i>Joan P.</i><br><br>3:45PM-4:45PM<br>(Mind & Body)<br><i>Carol F.</i><br><br>6:15PM-7:15PM<br>(Mind & Body)<br><i>Montyne B.</i> | 10:15AM-11:15AM<br>(Mind & Body)<br><i>Jenni C.</i>                |  |   |  |                        |
| <b>Pickleball</b><br>Basketball Gym - Court 1  | 10:30AM-1:00PM<br>(Gym)  | 9:00AM-11:00AM<br>(Gym)  | 10:30AM-1:00PM<br>(Gym)  | 9:00AM-11:00AM<br>(Gym)                            |   |  | 9:00AM-1:00PM<br>(Gym) |
| <b>Open Gym</b><br>Basketball Gym - Court 2    | 10:30AM-1:00PM<br>(Gym)  |  | 10:30AM-1:00PM<br>(Gym)  |  |   |  | 9:00AM-1:00PM<br>(Gym) |
| <b>Core Strength</b><br>GX Studio              | 11:00AM-11:30AM<br>(Strength)<br><i>Alberto M.</i><br><br>6:30PM-7:00PM<br>(Strength)<br><i>Rebecca M.</i> | 11:00AM-11:30AM<br>(Strength)<br><i>Mery S.</i>  | 9:00AM-9:30AM<br>(Strength)<br><i>Mery S.</i>                      |  |   |  |                        |
| <b>Cycle/Strength Fusion</b><br>Cycle Studio   | 11:00AM-11:45AM<br>(Cycling)<br><i>Eve A.</i>  | 5:45AM-6:45AM<br>(Cycling)<br><i>Laurel D.</i>   |  | 5:45AM-6:30AM<br>(Cycling)<br><i>Christine S.</i>  | 7:00AM-8:00AM<br>(Cycling)<br><i>Laurel D.</i>        | 7:15AM-8:15AM<br>(Cycling)<br><i>Laurel D.</i> |                        |
| <b>Iyengar Yoga</b><br>Yoga Studio             | 11:30AM-12:30PM<br>(Mind & Body)<br><i>Natalya C.</i>  |  |  |  | 10:15AM-11:15AM<br>(Mind & Body)<br><i>Natalya C.</i> |  |                        |
| <b>Meditation</b><br>Yoga Studio               | 12:30PM-1:00PM<br>(Mind & Body)<br><i>Natalya C.</i>   |  |  |  |   |  |                        |
| <b>AOA Dance</b><br>GX Studio                  | 1:15PM-2:15PM<br>(Active Older Adults)<br><i>Hannah H.</i>   |  | 1:15PM-2:15PM<br>(Active Older Adults)<br><i>Hannah H.</i>         |  |   |  |                        |
| <b>Swim Lessons - Pool Open</b><br>Indoor Pool | 4:30PM-6:00PM<br>(Lap Pools)   | 4:30PM-6:00PM<br>(Lap Pools)   | 10:00AM-11:00AM<br>(Lap Pools)<br><br>4:30PM-6:00PM<br>(Lap Pools) | 4:30PM-6:00PM<br>(Lap Pools)                       |   | 10:00AM-1:00PM<br>(Lap Pools)                  |                        |
| <b>Stretch &amp; Recover</b><br>Yoga Studio    | 4:30PM-5:30PM<br>(Mind & Body)<br><i>Debora B.</i>   | 10:15AM-11:15AM<br>(Mind & Body)<br><i>Jenni C.</i><br><br>7:15PM-8:00PM<br>(Mind & Body)<br><i>Sandy R.</i>   | 11:15AM-12:15PM<br>(Mind & Body)<br><i>Debora B.</i>               | 10:15AM-11:00AM<br>(Mind & Body)<br><i>Lori C.</i> | 9:15AM-10:15AM<br>(Mind & Body)<br><i>Natalya C.</i>  |  |                        |

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|---|---|---|---|---|---|------------------------------|---------------|
| <b>BARRE</b><br>Yoga Studio               | 5:30PM-6:30PM<br>(Mind & Body)<br><i>Debora B.</i>      | 9:00AM-10:00AM<br>(Mind & Body)<br><i>TIFFANY W.</i>  | 7:00AM-8:00AM<br>(Mind & Body)<br><i>Mary C.</i>  | 9:00AM-10:00AM<br>(Mind & Body)<br><i>Carol F.</i><br><br>5:30PM-6:30PM<br>(Mind & Body)<br><i>Madeline P.</i>  | 7:00AM-8:00AM<br>(Mind & Body)<br><i>Mary C.</i><br><br>11:30AM-12:30PM<br>(Mind & Body)<br><i>Natalya C.</i> |                              |               |
| <b>H2O Circuit</b><br>Indoor Pool         | 6:00PM-7:00PM<br>(Aquatics)<br><i>Julie H.</i>          | 8:00AM-9:00AM<br>(Aquatics)<br><i>Rachel T.</i><br><br>9:00AM-10:00AM<br>(Aquatics)<br><i>Rachel T.</i><br><br>6:00PM-7:00PM<br>(Aquatics)<br><i>Sandy R.</i> |   | 8:00AM-9:00AM<br>(Aquatics)<br><i>Rachel T.</i><br><br>9:00AM-10:00AM<br>(Aquatics)<br><i>Rachel T.</i><br><br>6:00PM-7:00PM<br>(Aquatics)<br><i>Julie H.</i> |   |                              |               |
| <b>20-20-20</b><br>GX Studio              | 7:00PM-8:00PM<br>(Circuit Training)<br><i>Blanca W.</i> |   |   |   |   |                              |               |
| <b>Adult Basketball</b><br>Basketball Gym |   | 5:00AM-8:00AM<br>(Gym)  |   | 5:00AM-8:00AM<br>(Gym)  |   |                              |               |
| <b>Full Body Strength</b><br>GX Studio    |   | 6:30AM-7:00AM<br>(Strength)<br><i>Joan P.</i><br><br>10:00AM-11:00AM<br>(Strength)<br><i>Mery S.</i>  | 6:00AM-7:00AM<br>(Strength)<br><i>Carol F.</i><br><br>4:00PM-5:00PM<br>(Strength)<br><i>Sandy R.</i><br><br>6:00PM-7:00PM<br>(Strength)<br><i>Patricia T.</i> | 9:00AM-10:00AM<br>(Strength)<br><i>Mery S.</i>  | 6:00AM-7:00AM<br>(Strength)<br><i>Carol F.</i>  |                              |               |
| <b>Les Mills CORE</b><br>GX Studio        |   | 7:00AM-7:45AM<br>(Strength)<br><i>Lisa C.</i>   | 11:15AM-11:45AM<br>(Strength)<br><i>Eve A.</i>  |   | 11:15AM-11:45AM<br>(Strength)<br><i>Alberto M.</i>  |                              |               |
| <b>Functional Balance</b><br>Yoga Studio  |   | 8:00AM-8:45AM<br>(Active Older Adults)<br><i>Hannah H.</i>  |   | 8:00AM-8:45AM<br>(Mind & Body)<br><i>Hannah H.</i>  |   |                              |               |
| <b>Kickboxing</b><br>Gym                  |   | 8:00AM-9:00AM<br>(Martial Arts)<br><i>Mery S.</i>   |   | 8:00AM-9:00AM<br>(Martial Arts)<br><i>Mery S.</i>   |   |                              |               |
| <b>Lap Swim - 2 Lanes</b><br>Indoor Pool  |   | 8:00AM-10:00AM<br>(Lap Pools)   |   | 8:00AM-11:00AM<br>(Lap Pools)   | 8:00AM-11:00AM<br>(Lap Pools)   | 8:00AM-1:00PM<br>(Lap Pools) |               |
| <b>Functional Training</b><br>GX Studio   |   | 8:00AM-9:00AM<br>(Circuit Training)<br><i>Julie H.</i>  |   | 8:00AM-9:00AM<br>(Circuit Training)<br><i>Julie H.</i>  | 8:00AM-9:00AM<br>(Circuit Training)<br><i>Mery S.</i>   |                              |               |

|   | <b>Monday</b> | <b>Tuesday</b>   | <b>Wednesday</b>                                      | <b>Thursday</b>   | <b>Friday</b>   | <b>Saturday</b> | <b>Sunday</b> |
|---|---------------|--|---|---|---|-----------------|---------------|
| <b>Pickleball</b><br>Basketball Gym - Court 2           |               | 9:00AM-11:00AM<br>(Gym)  |   |   | 10:30AM-12:30PM<br>(Gym)<br><br>12:30PM-2:30PM<br>(Gym) |                 |               |
| <b>Boot Camp</b><br>GX Studio                           |               | 9:00AM-10:00AM<br>(Circuit Training)<br><i>Mery S.</i><br><br>12:15PM-1:00PM<br>(Circuit Training)<br><i>Jake M.</i> | 7:15AM-8:00AM<br>(Circuit Training)<br><i>Jake M.</i> | 7:00AM-8:00AM<br>(Circuit Training)<br><i>Mery S.</i><br><br>10:00AM-11:00AM<br>(Circuit Training)<br><i>Linda D.</i><br><br>12:15PM-1:00PM<br>(Circuit Training)<br><i>Jake M.</i> | 10:00AM-11:00AM<br>(Circuit Training)<br><i>Mery S.</i> |                 |               |
| <b>H2O Lap Circuit</b><br>Indoor Pool                   |               | 10:00AM-11:00AM<br>(Aquatics)<br><i>Rachel T.</i>  |   |   | 10:00AM-11:00AM<br>(Aquatics)<br><i>Hannah H.</i>       |                 |               |
| <b>Lap Swim - 1 Lane</b><br>Indoor Pool                 |               | 10:00AM-11:00AM<br>(Lap Pools)   |   |   |   |                 |               |
| <b>Adult Basketball 30+</b><br>Basketball Gym - Court 2 |               | 11:00AM-2:00PM<br>(Gym)  |   | 11:00AM-2:00PM<br>(Gym)   |   |                 |               |
| <b>Basic Yoga</b><br>Yoga Studio                        |               | 11:15AM-12:15PM<br>(Mind & Body)<br><i>Jenni C.</i>  |   | 11:15AM-12:15PM<br>(Mind & Body)<br><i>Lori C.</i>  |   |                 |               |
| <b>AOA Cardio</b><br>Yoga Studio                        |               | 12:30PM-1:15PM<br>(Active Older Adults)<br><i>Alberto M.</i>   |   |   |   |                 |               |
| <b>AOA Yoga</b><br>Yoga Studio                          |               | 1:15PM-2:00PM<br>(Active Older Adults)<br><i>Alberto M.</i>  |   | 1:15PM-2:00PM<br>(Active Older Adults)<br><i>Lori C.</i>  |   |                 |               |
| <b>Youth Dance Blast</b><br>Y-Play                      |               | 3:45PM-4:00PM<br>(Youth & Family)<br><i>Javin B.</i><br><br>5:30PM-5:45PM<br>(Youth & Family)<br><i>Javin B.</i>     |   |   |   |                 |               |
| <b>Restorative Yoga</b><br>Yoga Studio                  |               | 4:45PM-5:45PM<br>(Mind & Body)<br><i>Jenni C.</i>  | 9:15AM-10:15AM<br>(Mind & Body)<br><i>Jenni C.</i>    | 6:30PM-7:30PM<br>(Mind & Body)<br><i>Patricia T.</i>  |   |                 |               |
| <b>HIT (\$)</b><br>Community Room - Teen<br>Center      |               | 4:45PM-5:45PM<br>(Fee Based Classes)<br><i>Jake M.</i>   |   | 4:45PM-5:45PM<br>(Fee Based Classes)<br><i>Jake M.</i>  |   |                 |               |
| <b>Strength/Stretch Fusion</b><br>Yoga Studio           |               |  | 8:00AM-9:00AM<br>(Strength)<br><i>TIFFANY W.</i>      |   |   |                 |               |

|  | Monday | Tuesday | Wednesday   | Thursday  | Friday  | Saturday   | Sunday |
|--|--------|---------|---|---|---|--|--------|
| <b>Impact Cardio</b><br>GX Studio                |        |         | 10:45AM-11:15AM<br>(Cardio)<br><i>Eve A.</i>                |   |   |  |        |
| <b>AOA Strength</b><br>Yoga Studio               |        |         | 12:30PM-1:15PM<br>(Active Older Adults)<br><i>Debora B.</i> | 12:30PM-1:15PM<br>(Active Older Adults)<br><i>Lori C.</i> |   |  |        |
| <b>POUND</b><br>GX Studio                        |        |         | 5:00PM-6:00PM<br>(Circuit Training)<br><i>Erin M.</i>       | 3:45PM-4:45PM<br>(Circuit Training)<br><i>Erin M.</i>     |   | 8:00AM-9:00AM<br>(Circuit Training)<br><i>David M.</i> |        |
| <b>Yoga</b><br>Yoga Studio                       |        |         | 5:30PM-6:30PM<br>(Mind & Body)<br><i>Jenni C.</i>           |   |   |  |        |
| <b>Boot Camp</b><br>Outdoor Wellness             |        |         |   | 7:00AM-8:00AM<br>(Circuit Training)<br><i>Joan P.</i>     |   |  |        |
| <b>H2O Cardio (Deep Water)</b><br>Indoor Pool    |        |         |   | 10:00AM-11:00AM<br>(Aquatics)<br><i>Rachel T.</i>         |   |  |        |
| <b>Open Gym</b><br>Basketball Gym - Court 1      |        |         |   | 11:00AM-2:00PM<br>(Gym)                                   |   |  |        |
| <b>Dance Blast</b><br>GX Studio                  |        |         |   | 11:00AM-12:00PM<br>(Dance)<br><i>Megan M.</i>             |   |  |        |
| <b>YMCA Programming - 2 Lanes</b><br>Indoor Pool |        |         |   | 1:00PM-3:00PM<br>(Lap Pools)                              |   |  |        |
| <b>Cycle HIIT</b><br>Cycle Studio                |        |         |   | 5:00PM-5:30PM<br>(Cycling)<br><i>Janie G.</i>             |   |  |        |
| <b>Cycle Blast</b><br>Cycle Studio               |        |         |   | 6:00PM-7:00PM<br>(Cycling)<br><i>Janie G.</i>             |   |  |        |
| <b>AOA Strength</b><br>GX Studio                 |        |         |   |   | 7:00AM-8:00AM<br>(Active Older Adults)<br><i>Mery S.</i><br><br>1:00PM-1:45PM<br>(Active Older Adults)<br><i>Alberto M.</i> |  |        |
| <b>Bounce House</b><br>Basketball Gym - Court 1  |        |         |   |   | 11:30AM-1:00PM<br>(Gym)   |  |        |
| <b>Plates &amp; Weights</b><br>GX Studio         |        |         |   |   | 12:00PM-12:45PM<br>(Strength)<br><i>Alberto M.</i>  |  |        |

|   | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b> | <b>Thursday</b> | <b>Friday</b>                                     | <b>Saturday</b>   | <b>Sunday</b> |
|---|---------------|----------------|------------------|-----------------|---|---|---------------|
| <b>Yoga</b><br>Community Room - Teen Center         |               |                |                  |                 | 5:30PM-6:30PM<br>(Mind & Body)<br><i>Jenni C.</i> | 12:00PM-1:00PM<br>(Mind & Body)<br><i>Edie K.</i>           |               |
| <b>Iyengar Yoga</b><br>Community Room - Teen Center |               |                |                  |                 |   | 7:45AM-8:45AM<br>(Mind & Body)<br><i>Natalya C.</i>         |               |
| <b>Tai Chi</b><br>Community Room - Teen Center      |               |                |                  |                 |   | 9:00AM-10:30AM<br>(Mind & Body)<br><i>Zion H.</i>           |               |
| <b>Basic Yoga</b><br>Community Room - Teen Center   |               |                |                  |                 |   | 10:45AM-11:45AM<br>(Mind & Body)<br><i>Stephen J.</i>       |               |
| <b>Boot Camp</b><br>Gym                             |               |                |                  |                 |   | 11:00AM-12:00PM<br>(Circuit Training)<br><i>Mery S.</i>     |               |
| <b>AOA Circuit</b><br>Community Room - Teen Center  |               |                |                  |                 |   | 1:15PM-2:00PM<br>(Active Older Adults)<br><i>Alberto M.</i> |               |
| <b>AOA Yoga</b><br>Community Room - Teen Center     |               |                |                  |                 |   | 2:00PM-2:45PM<br>(Active Older Adults)<br><i>Alberto M.</i> |               |