



Donelson-Hermitage | April 6th - April 12th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beginner/Intermediate Pickleball Front Half of Gym	8:00AM-12:00PM (Gym)		8:00AM-12:00PM (Gym)		8:00AM-12:00PM (Gym)		
H2O Cardio Indoor Pool	8:00AM-8:55AM (Aquatics) <i>Mary J.</i> 9:00AM-9:55AM (Aquatics) <i>Mary J.</i> 6:05PM-6:55PM (Aquatics) <i>AnnMarie S.</i>	9:00AM-9:55AM (Aquatics) <i>Mary J.</i> 6:05PM-7:00PM (Aquatics) <i>Konahr E.</i>	8:00AM-8:55AM (Aquatics) <i>Jean C.</i> 9:00AM-9:55AM (Aquatics) <i>Jean C.</i>	9:00AM-9:55AM (Aquatics) <i>Mary M.</i> 6:05PM-6:55PM (Aquatics) <i>Jean C.</i>	9:00AM-9:55AM (Aquatics) <i>Jean C.</i>	8:00AM-9:00AM (Aquatics) <i>AnnMarie S.</i>	
Open Swim Outdoor Pool	8:00AM-6:00PM (Outdoor Pool)	8:00AM-9:00AM (Outdoor Pool) 10:00AM-6:00PM (Outdoor Pool)	8:00AM-9:00AM (Outdoor Pool)	8:00AM-9:00AM (Outdoor Pool)	4:00PM-7:00PM (Outdoor Pool)		10:00AM-5:30PM (Outdoor Pool)
Kickboxing Studio B	8:00AM-9:00AM (Martial Arts) <i>Natalie J.</i>			6:45PM-7:30PM (Martial Arts) <i>Troy C.</i>	8:00AM-8:55AM (Martial Arts) <i>Natalie J.</i>	10:15AM-11:00AM (Martial Arts) <i>AnnMarie S.</i>	
Indoor Cycling Cycling Studio	8:00AM-8:45AM (Cycling) <i>Cheri E.</i> 5:30PM-6:15PM (Cycling) <i>Janie G.</i>	6:00AM-6:45AM (Cycling) <i>Brittany L.</i> 6:30PM-7:15PM (Cycling) <i>Troy C.</i>	8:15AM-9:00AM (Cycling) <i>Laura L.</i> 11:15AM-12:00PM (Cycling) <i>Laura G.</i> 5:30PM-6:15PM (Cycling) <i>Karen K.</i>	6:00AM-6:45AM (Cycling) <i>Cheri E.</i> 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>	
Basic Step Studio A	8:15AM-9:00AM (Cardio) <i>Shelby K.</i>					9:00AM-9:45AM (Cardio) <i>Aubrey D.</i>	
Intermediate/Advanced Pickleball Back Half of Gym	9:00AM-1:00PM (Gym)		9:00AM-1:00PM (Gym)				

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BODYPUMP Studio B	9:15AM-10:15AM (Strength) <i>Cheri E.</i>	9:30AM-10:15AM (Strength) <i>Cheri E.</i>	4:30PM-5:15PM (Strength) <i>Karen K.</i> 6:30PM-7:15PM (Strength) <i>Brenda B.</i>	9:30AM-10:30AM (Strength) <i>Laura G.</i> 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>Laura L.</i>	
Yoga Studio A	9:30AM-10:30AM (Mind & Body) <i>Jan F.</i>	10:00AM-11:00AM (Mind & Body) <i>Jessica O.</i>		6:00PM-7:00PM (Mind & Body) <i>Kimberly D.</i>			
Lap Swim - 4 Lanes Indoor Pool	10:00AM-4:00PM (Lap Pools) 7:00PM-8:30PM (Lap Pools)	7:00AM-9:00AM (Lap Pools) 10:00AM-4:00PM (Lap Pools) 7:00PM-8:30PM (Lap Pools)	7:00AM-8:00AM (Lap Pools) 10:00AM-4:00PM (Lap Pools) 8:00PM-8:30PM (Lap Pools)	7:00AM-9:00AM (Lap Pools) 10:00AM-4:00PM (Lap Pools) 7:00PM-8:30PM (Lap Pools)	7:00AM-8:00AM (Lap Pools) 7:00PM-8:30PM (Lap Pools)	10:00AM-5:30PM (Lap Pools) 2:00PM-5:30PM (Lap Pools)	10:00AM-1:00PM (Lap Pools) 4:00PM-5:30PM (Lap Pools)
Open Swim - 2 Lanes Indoor Pool	10:00AM-6:00PM (Lap Pools)	7:00AM-9:00AM (Lap Pools) 10:00AM-6:00PM (Lap Pools) 7:00PM-8:30PM (Lap Pools)	7:00AM-8:00AM (Lap Pools) 10:00AM-8:30PM (Lap Pools)	7:00AM-9:00AM (Lap Pools) 10:00AM-6:00PM (Lap Pools) 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)
AOA Strength Studio B	10:30AM-11:15AM (Active Older Adults) <i>Natalie J.</i>		10:30AM-11:15AM (Active Older Adults) <i>Natalie J.</i>	10:45AM-11:30AM (Active Older Adults) <i>Kris C.</i>			
AOA Yoga Studio A	11:00AM-11:50AM (Active Older Adults) <i>Kimee S.</i>		11:00AM-11:50AM (Active Older Adults) <i>Kimee S.</i>				
Zumba Gold Studio B	11:30AM-12:15PM (Active Older Adults) <i>Malinda D.</i>		11:30AM-12:15PM (Active Older Adults) <i>Malinda D.</i>				
Open Gym - No Games Front Half of Gym	12:00PM-3:00PM (Gym)	5:00AM-4:00PM (Gym)	12:00PM-3:00PM (Gym)	5:00AM-3:00PM (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)
Cycle/Strength Fusion Cycling Studio	12:00PM-1:00PM (Cycling) <i>Karen K.</i>						3:30PM-4:30PM (Cycling) <i>Karen K.</i>

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Pickleball Back Half of Gym	1:00PM-3:00PM (Gym)	5:00AM-1:00PM (Gym)	1:00PM-3:00PM (Gym)	5:00AM-1:00PM (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 Back Half of Gym	3:00PM-9:00PM (Gym)	3:00PM-5:00PM (Gym)	8:00AM-9:00AM (Gym) 3:00PM-6:00PM (Gym) 8:00PM-9:00PM (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-9:00PM (Gym)	3:00PM-9:00PM (Gym)	3:00PM-6:00PM (Gym) 8:00PM-9:00PM (Gym)	3:00PM-7:00PM (Gym)	1:00PM-3:00PM (Gym)	12:00PM-3:00PM (Gym)	3:00PM-6:00PM (Gym)
Lap Swim - 2 Lanes Indoor Pool	4:00PM-6:00PM (Lap Pools)	1:00PM-3:00PM (Lap Pools) 4:00PM-6:00PM (Lap Pools)		4:00PM-6:00PM (Lap Pools)	4:00PM-7:00PM (Lap Pools)		3:00PM-4:00PM (Lap Pools)
Swim Lessons/Lap Swim - 2 Lanes Indoor Pool	4:00PM-6:00PM (Lap Pools)	4:00PM-7:00PM (Lap Pools)	4:00PM-5:00PM (Lap Pools)	4:00PM-7:00PM (Lap Pools)			3:00PM-4:00PM (Lap Pools)
BODYPUMP Heavy Studio B	4:00PM-5:00PM (Strength) <i>Stephanie H.</i> 6:30PM-7:30PM (Strength) <i>Troy C.</i>		7:00AM-7:50AM (Strength) <i>Cheri E.</i>		7:00AM-7:50AM (Strength) <i>Laura G.</i>	12:30PM-1:30PM (Strength) <i>Stephanie H.</i>	
Vinyasa Yoga Studio A	5:00PM-6:00PM (Mind & Body) <i>Kimee S.</i>	6:00AM-6:45AM (Mind & Body) <i>Kimberly D.</i> 6:30PM-7:30PM (Mind & Body) <i>Gina S.</i>	9:30AM-10:30AM (Mind & Body) <i>Laura G.</i>	6:00AM-6:45AM (Mind & Body) <i>Bj K.</i> 10:00AM-11:00AM (Mind & Body) <i>Jessalynn H.</i>	9:30AM-10:30AM (Mind & Body) <i>Laura G.</i>	10:00AM-11:00AM (Mind & Body) <i>Christine P.</i>	
Boot Camp Studio B	5:05PM-6:05PM (Circuit Training) <i>Brittany L.</i>		5:30AM-6:30AM (Circuit Training) <i>Nancy T.</i>				
H2O Group Exercise: Cardio Indoor Pool	6:00PM-7:00PM (Lap Pools)	6:00PM-7:00PM (Lap Pools)	8:00AM-10:00AM (Lap Pools)	9:00AM-9:55AM (Lap Pools) 6:00PM-7:00PM (Lap Pools)	8:00AM-10:00AM (Lap Pools)	8:00AM-9:00AM (Lap Pools)	
Swim Team - 2 Lanes Indoor Pool	6:00PM-8:00PM (Lap Pools)						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance Blast Studio A	6:15PM-7:05PM (Dance) <i>Allie H.</i>		8:15AM-9:15AM (Dance) <i>Natalie J.</i>				
Lap Swim - 6 Lanes Indoor Pool		5:00AM-7:00AM (Lap Pools)	5:00AM-7:00AM (Lap Pools)	5:00AM-7:00AM (Lap Pools)	5:00AM-7:00AM (Lap Pools)		
Mat Pilates Studio A		8:00AM-8:50AM (Mind & Body) <i>Mary M.</i> 9:00AM-9:50AM (Mind & Body) <i>Eve A.</i>		7:30AM-8:30AM (Mind & Body) <i>Greta H.</i> 8:45AM-9:45AM (Mind & Body) <i>Eve A.</i>		8:00AM-8:50AM (Mind & Body) <i>Kim W.</i>	
R.I.P.P.E.D. Studio B		8:00AM-9:00AM (Circuit Training) <i>Cheri E.</i> 4:30PM-5:30PM (Circuit Training) <i>Shelby K.</i>		8:00AM-9:00AM (Circuit Training) <i>Cheri E.</i>			
Open Swim - 2 Lanes (Deep Only) Indoor Pool		10:00AM-12:35PM (Lap Pools)		10:00AM-12:35PM (Lap Pools)		9:00AM-12:00PM (Lap Pools)	
Zumba Studio B		10:30AM-11:30AM (Dance) <i>Svetlana A.</i>			11:30AM-12:15PM (Dance) <i>Malinda D.</i>	11:15AM-12:15PM (Dance) <i>Lucinda V.</i>	
Tai Chi Studio A		11:30AM-12:45PM (Mind & Body) <i>Anthony S.</i>		11:30AM-12:45PM (Mind & Body) <i>Anthony S.</i>			
Beginner Pickleball Back Half of Gym		1:00PM-3:00PM (Gym)		1:00PM-3:00PM (Gym)			
Yin Yoga Studio A		5:15PM-6:15PM (Mind & Body) <i>Svetlana A.</i>					
Step/Strength Fusion Studio B		5:45PM-6:45PM (Circuit Training) <i>Stacy T.</i>	8:00AM-9:00AM (Circuit Training) <i>Cheri E.</i>				
Mat Pilates Studio B		7:00PM-8:00PM (Mind & Body) <i>Gwen M.</i>					
Basketball - Full Court Gym			5:00AM-8:00AM (Gym) 6:00PM-9:00PM (Gym) 6:00PM-8:00PM (Gym)		5:00AM-8:00AM (Gym)	6:00AM-9:00AM (Gym)	

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BARRE Studio B			9:15AM-10:15AM (Mind & Body) <i>Dallas D.</i>				
Lap Swim - 1 Lane Indoor Pool			5:00PM-8:00PM (Lap Pools)			9:00AM-2:00PM (Lap Pools)	1:00PM-3:00PM (Lap Pools)
BARRE Studio A			5:15PM-6:15PM (Mind & Body) <i>Dallas D.</i>	4:30PM-5:30PM (Mind & Body) <i>Dallas D.</i>	8:15AM-9:00AM (Mind & Body) <i>Megan M.</i>		
Dance Blast Studio B			5:30PM-6:25PM (Dance) <i>Maritza H.</i>				1:30PM-2:30PM (Dance) <i>Maritza H.</i>
Swim Team - 3 Lanes Indoor Pool			6:00PM-8:00PM (Lap Pools)				1:00PM-3:00PM (Lap Pools)
Basic Yoga Studio A			6:30PM-7:30PM (Mind & Body) <i>Kirsten H.</i>			11:15AM-12:15PM (Mind & Body) <i>Christine P.</i>	
Step Studio B				4:30PM-5:15PM (Cardio) <i>Cara L.</i>		8:00AM-8:45AM (Cardio) <i>Cara L.</i>	
H2O Aerobics Outdoor Pool					8:00AM-9:00AM (Outdoor Pool)		
H2O Circuit Indoor Pool					8:00AM-8:55AM (Aquatics) <i>Jean C.</i>		
AOA Circuit Studio B					10:30AM-11:15AM (Active Older Adults) <i>Brittany L.</i>		
Restorative Yoga Studio A					11:00AM-12:15PM (Mind & Body) <i>Kimee S.</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)		
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>Stacy T.</i>		11:15AM-12:00PM (Cardio) <i>Stacy T.</i>

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Plates & Weights Studio B							12:15PM-1:15PM (Strength) <i>Stacy T.</i>
R.I.P.E.D. Studio A							12:15PM-1:15PM (Circuit Training) <i>Natalie J.</i>
Christ-Centered Yoga Studio A							2:30PM-3:45PM (Mind & Body) <i>Kimee S.</i>