



ALEX W. SPEARS III FAMILY YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball Spears Court 1	5:00AM-3:00PM (Gym)	5:00AM-3:00PM (Gym)	5:00AM-3:00PM (Gym)	5:00AM-3:00PM (Gym)	5:00AM-3:00PM (Gym)		12:00PM-3:00PM (Gym)
Open Gym Spears Court 3	5:00AM-8:30AM (Gym)	5:00AM-9:00AM (Gym)	5:00AM-8:00AM (Gym)		5:00AM-9:00AM (Gym)		
Open Gym Spears Court 4	5:00AM-8:30AM (Gym)	5:00AM-9:00AM (Gym)	5:00AM-8:00AM (Gym)		5:00AM-9:00AM (Gym)		
Pickleball Spears Court 2	5:00AM-3:00PM (Gym)	5:00AM-3:00PM (Gym)	5:00AM-3:00PM (Gym)	5:00AM-3:00PM (Gym)	5:00AM-3:00PM (Gym)		
Open Swim 0 - 3 Feet/Zero Entry Area	5:00AM-8:45PM (Pool)	5:00AM-8:45PM (Pool)	5:00AM-8:45PM (Pool)	5:00AM-8:45PM (Pool)	5:00AM-8:45PM (Pool)	7:00AM-5:45AM (Pool)	12:00PM-5:45PM (Pool)
Open Swim Main Pool	5:00AM-6:30AM (Pool) 1:00PM-4:00PM (Pool) 7:15PM-8:45PM (Pool)	5:00AM-6:00AM (Pool) 12:00PM-4:00PM (Pool) 7:15PM-8:45PM (Pool)	5:00AM-6:30AM (Pool) 1:00PM-4:00PM (Pool) 7:15PM-8:45PM (Pool)	5:00AM-6:00AM (Pool) 12:00PM-4:00PM (Pool) 7:15PM-8:45PM (Pool)	5:00AM-6:30AM (Pool) 1:00PM-7:45PM (Pool)	7:00AM-9:00AM (Pool) 10:45AM-5:45PM (Pool)	12:00PM-5:45PM (Pool)
5 Lanes Open Lap Lanes	5:00AM-6:30AM (Pool) 1:00PM-4:00PM (Pool) 8:00PM-8:45PM (Pool)	5:00AM-6:00AM (Pool) 12:00PM-4:00PM (Pool) 8:00PM-8:45PM (Pool)	5:00AM-6:30AM (Pool) 1:00PM-4:00PM (Pool) 8:00PM-8:45PM (Pool)	5:00AM-6:00AM (Pool) 12:00PM-4:00PM (Pool) 8:00PM-8:45PM (Pool)	5:00AM-6:30AM (Pool) 1:00PM-4:00PM (Pool) 7:00PM-7:45PM (Pool)	7:00AM-10:30AM (Pool) 12:00PM-3:00PM (Pool) 5:00PM-5:45PM (Pool)	12:00PM-3:00PM (Pool) 5:00PM-5:45PM (Pool)
Cycle Cycle Studio	5:05AM-5:50AM (Cycle) <i>Angie S.</i> 8:30AM-9:20AM (Cycle) <i>Nikki W.</i>	6:00PM-6:50PM (Cycle) <i>Bruce Z.</i>	5:05AM-5:50AM (Cycle) <i>Liz R.</i> 8:30AM-9:20AM (Cycle) <i>Jennifer D.</i>	9:30AM-10:20AM (Cycle) <i>Jennifer D.</i>	8:30AM-9:20AM (Cycle) <i>Gretchen W.</i>	8:30AM-9:20AM (Cycle) <i>Lauryl K.</i>	
Cardio Plus Group Exercise Studio	5:30AM-6:30AM (Cardio & Strength) <i>Heather M.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 Lanes Open Lap Lanes	6:30AM-8:00AM (Pool)	6:00AM-8:00AM (Pool)	6:30AM-8:00AM (Pool)	6:00AM-8:00AM (Pool)	6:30AM-8:00AM (Pool) 4:00PM-7:00PM (Pool)	10:30AM-12:00PM (Pool) 3:00PM-5:00PM (Pool)	3:00PM-5:00PM (Pool)
Aquacise Shallow Water	6:45AM-7:30AM (Shallow Water) <i>General I.</i> 7:30AM-8:15AM (Shallow Water) <i>General I.</i>		6:45AM-7:30AM (Shallow Water) <i>General I.</i> 7:30AM-8:15AM (Shallow Water) <i>General I.</i>		6:45AM-7:30AM (Shallow Water) <i>General I.</i> 7:30AM-8:15AM (Shallow Water) <i>General I.</i>		
2 Lanes Open Lap Lanes	8:00AM-1:00PM (Pool) 4:00PM-8:00PM (Pool)	8:00AM-12:00PM (Pool) 4:00PM-8:00PM (Pool)	8:00AM-1:00PM (Pool) 4:00PM-8:00PM (Pool)	8:00AM-12:00PM (Pool) 4:00PM-8:00PM (Pool)	8:00AM-1:00PM (Pool)		
Water Walking Shallow Water	8:15AM-9:00AM (Shallow Water) <i>Cecilia R.</i>	8:15AM-9:00AM (Shallow Water) <i>Sandra S.</i>	8:15AM-9:00AM (Shallow Water) <i>Cecilia R.</i>	8:15AM-9:00AM (Shallow Water) <i>Sandra S.</i>	8:15AM-9:00AM (Shallow Water) <i>Cecilia R.</i>		
Active Adult Fitness Spears 3 & 4	8:30AM-9:25AM (Active Adult) <i>Gretchen W.</i>		8:30AM-9:25AM (Active Adult) <i>Gretchen W.</i>		8:30AM-9:20AM (Active Adult) <i>Sarah C.</i>		
Pain Relief Shallow Water	9:00AM-10:00AM (Shallow Water) <i>General I.</i> 11:30AM-12:15PM (Shallow Water) <i>Jane T.</i>		9:00AM-10:00AM (Shallow Water) <i>General I.</i> 11:30AM-12:15PM (Shallow Water) <i>Jane T.</i>		9:00AM-10:00AM (Shallow Water) <i>General I.</i> 11:30AM-12:15PM (Shallow Water) <i>Jane T.</i>		
Deep Water Deep Water	9:30AM-10:30AM (Deep Water) <i>AK H.</i> 11:00AM-12:00PM (Deep Water) <i>General I.</i> 6:30PM-7:30PM (Deep Water) <i>Beth W.</i>	6:00AM-7:00AM (Deep Water) <i>AK H.</i> 8:00AM-9:00AM (Deep Water) <i>Sandra S.</i> 9:00AM-10:00AM (Deep Water) <i>Meg C.</i> 10:00AM-11:00AM (Deep Water) <i>General I.</i>	9:30AM-10:30AM (Deep Water) <i>AK H.</i> 11:00AM-12:00PM (Deep Water) <i>General I.</i> 6:30PM-7:30PM (Deep Water) <i>Beth W.</i>	6:00AM-7:00AM (Deep Water) <i>AK H.</i> 8:00AM-9:00AM (Deep Water) <i>Sandra S.</i> 9:00AM-10:00AM (Deep Water) <i>Meg C.</i> 10:00AM-11:00AM (Deep Water) <i>General I.</i> 6:30PM-7:30PM (Deep Water) <i>Beth W.</i>	9:30AM-10:30AM (Deep Water) <i>AK H.</i> 11:00AM-12:00PM (Deep Water) <i>General I.</i>		
Zumba® Spears 3 & 4	9:30AM-10:20AM (Cardio) <i>Clarissa N.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills BODYPUMP™ Group Exercise Studio	9:30AM-10:30AM (Cardio & Strength) <i>Nikki W.</i>	8:30AM-9:30AM (Cardio & Strength) <i>Kali D.</i> 12:00PM-1:00PM (Cardio & Strength) <i>Kelly C.</i> 6:35PM-7:35PM (Cardio & Strength) <i>Caleigh W.</i>	5:30PM-6:30PM (Cardio & Strength) <i>Caitlin P.</i>	10:35AM-11:35AM (Cardio & Strength) <i>Jennifer D.</i>	5:30AM-6:30AM (Cardio & Strength) <i>Caroline D.</i>	7:15AM-8:15AM (Cardio & Strength) <i>Bruce Z.</i> 9:30AM-10:30AM (Cardio & Strength) <i>Nikki W.</i>	
Energizers Shallow Water	10:00AM-11:00AM (Shallow Water) <i>General I.</i>		10:00AM-11:00AM (Shallow Water) <i>General I.</i>		10:00AM-11:00AM (Shallow Water) <i>General I.</i>		
Pilates Group Exercise Studio	10:35AM-11:25AM (Mind & Body) <i>Tabitha S.</i>		9:00AM-9:50AM (Mind & Body) <i>Tabitha S.</i>				
Gentle Yoga Group Exercise Studio	11:30AM-12:30PM (Mind & Body) <i>Tabitha S.</i>		10:00AM-10:50AM (Mind & Body) <i>Linda V.</i>	12:00PM-1:00PM (Mind & Body) <i>Tabitha S.</i>			
Aqua-Arthritis Plus Shallow Water	12:15PM-1:00PM (Shallow Water) <i>Jane T.</i>		12:15PM-1:00PM (Shallow Water) <i>Jane T.</i>		12:15PM-1:00PM (Shallow Water) <i>Jane T.</i>		
Chair Yoga Group Exercise Studio	12:45PM-1:40PM (Mind & Body) <i>Jane P.</i>				12:45PM-1:40PM (Mind & Body) <i>Jane P.</i>		
SilverSneakers® Classic Group Exercise Studio	2:00PM-3:00PM (Active Adult) <i>Jane P.</i>	11:00AM-11:50AM (Active Adult) <i>Michele W.</i>	2:00PM-3:00PM (Active Adult) <i>Jane P.</i>	2:00PM-3:00PM (Active Adult) <i>Tabitha S.</i>	11:30AM-12:25PM (Active Adult) <i>Tabitha S.</i>		
Open Gym Spears Court 1	3:00PM-9:00PM (Gym)	3:00PM-9:00PM (Gym)	3:00PM-9:00PM (Gym)	3:00PM-9:00PM (Gym)	3:00PM-8:00PM (Gym)	7:00AM-6:00PM (Gym)	3:00PM-6:00PM (Gym)
Yoga Group Exercise Studio	4:30PM-5:20PM (Mind & Body) <i>Holly P.</i>			8:30AM-9:20AM (Mind & Body) <i>Sarah C.</i>	9:30AM-10:25AM (Mind & Body) <i>Anne H.</i> 5:30PM-6:30PM (Mind & Body) <i>Caitlin P.</i>	10:40AM-11:35AM (Mind & Body) <i>Renee C.</i>	
HIIT Group Exercise Studio	5:30PM-6:25PM (Cardio & Strength) <i>General I.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills THE TRIP (Virtual Instructor) Cycle Studio	6:00PM-6:45PM (Cycle) <i>General I.</i>			6:00PM-6:45PM (Cycle) <i>General I.</i>			
Mixed Level Yoga Yoga Studio	6:30PM-7:30PM (Mind & Body) <i>Caitlin P.</i>	5:30PM-6:20PM (Mind & Body) <i>Renee C.</i>					
Aqua Arthritis Shallow Water		9:00AM-10:00AM (Shallow Water) <i>General I.</i>		9:00AM-10:00AM (Shallow Water) <i>General I.</i>			
Athletic Conditioning Spears 3 & 4		9:30AM-10:25AM (Cardio & Strength) <i>Nikki P.</i>			9:30AM-10:25AM (Cardio & Strength) <i>Jennifer D.</i>		
Barre Group Exercise Studio		9:45AM-10:40AM (Strength) <i>Tabitha S.</i> 4:30PM-5:20PM (Strength) <i>Ashley C.</i>		9:30AM-10:25AM (Strength) <i>Tabitha S.</i>	10:30AM-11:20AM (Strength) <i>Ashley C.</i>		
Water Yoga Shallow Water		11:00AM-11:45AM (Shallow Water) <i>Linda V.</i>		11:00AM-11:45AM (Shallow Water) <i>Linda V.</i>			
Les Mills BodyBalance™ Group Exercise Studio		1:05PM-2:05PM (Mind & Body) <i>Kelly C.</i>	5:30AM-6:30AM (Mind & Body) <i>Bruce Z.</i> 12:00PM-1:00PM (Mind & Body) <i>Kelly C.</i>				
Pick-Up Basketball Spears Court 2		5:00PM-9:00PM (Gym)		5:00PM-9:00PM (Gym)			
Zumba® Group Exercise Studio		5:30PM-6:30PM (Cardio) <i>Christy O.</i>	6:35PM-7:35PM (Cardio) <i>Chad L.</i>	6:45PM-7:45PM (Cardio) <i>Karen W.</i>			3:00PM-3:50PM (Cardio) <i>Karen W.</i>
HIIT Spears 3 & 4			9:30AM-10:25AM (Cardio & Strength) <i>Arlene B.</i>				
Zumba Gold® Group Exercise Studio			11:00AM-11:50AM (Cardio) <i>Lenna S.</i>				
Flexibility & Balance Group Exercise Studio			1:05PM-1:50PM (Mind & Body) <i>Jane P.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills BODYCOMBAT™ Group Exercise Studio			4:30PM-5:20PM (Cardio) <i>Ashley C.</i>			8:30AM-9:30AM (Cardio) <i>Ashley C.</i>	
Les Mills RPM™ (Virtual Instructor) Cycle Studio			6:00PM-6:50PM (Cycle) <i>General I.</i>		5:30AM-6:20AM (Cycle) <i>General I.</i>		
Yoga Yoga Studio			6:00PM-6:50PM (Mind & Body) <i>Renee C.</i>				
Athletic Conditioning Group Exercise Studio				5:30AM-6:25AM (Cardio & Strength) <i>Caroline D.</i>			
Parkinson's Cycle Cycle Studio				12:00PM-1:00PM (Cycle) <i>Cassandra S.</i>			
Les Mills BODYPUMP™ Express Group Exercise Studio					8:30AM-9:20AM (Cardio & Strength) <i>Kali D.</i> 4:30PM-5:20PM (Cardio & Strength) <i>Caitlin P.</i>		
Zumba®Lift Group Exercise Studio						11:45AM-12:40PM (Cardio & Strength) <i>Clarissa N.</i>	
Open Gym Spears Court 2							12:00PM-6:00PM (Gym)
Les Mills BODYPUMP™ (Virtual Instructor) Group Exercise Studio							1:00PM-1:45PM (Cardio & Strength) <i>General I.</i>
Mixed Level Yoga Group Exercise Studio							2:00PM-2:55PM (Mind & Body) <i>Heidi E.</i>



EDEN FAMILY YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Main Gym	5:00AM-8:00PM (Gym)	5:00AM-8:00PM (Gym)	5:00AM-8:00PM (Gym)	5:00AM-8:00PM (Gym)	5:00AM-7:00PM (Gym)	8:00AM-2:00PM (Gym)	
2 Lanes Open Lap Lanes	7:00AM-7:50PM (Pool)	7:00AM-7:50PM (Pool)	7:00AM-7:50PM (Pool)	7:00AM-7:50PM (Pool)	7:00AM-6:50PM (Pool)	8:00AM-12:00PM (Pool)	
Functional Strength Group Exercise Studio	8:00AM-8:45AM (Strength) <i>Gina C.</i>		8:00AM-8:45AM (Strength) <i>Gina C.</i>				
Aqua Aerobics Family Pool	8:00AM-9:00AM (Shallow Water) <i>General I.</i>	8:00AM-9:00AM (Shallow Water) <i>General I.</i>	8:00AM-9:00AM (Shallow Water) <i>General I.</i> 4:00PM-5:00PM (Shallow Water) <i>General I.</i>	8:00AM-8:00AM (Shallow Water) <i>General I.</i>	8:00AM-9:00AM (Shallow Water) <i>General I.</i> 5:00PM-6:00PM (Shallow Water) <i>General I.</i>		
Active Adult Fitness Group Exercise Studio	9:00AM-9:45AM (Active Adult) <i>Gina C.</i>	10:00AM-10:45AM (Active Adult) <i>Morgan L.</i>	9:00AM-9:45AM (Active Adult) <i>Jessica D.</i>	10:00AM-10:50AM (Active Adult) <i>Morgan L.</i>	9:00AM-9:50AM (Active Adult) <i>Morgan L.</i>		
SilverSneakers® Classic Group Exercise Studio	10:00AM-10:45AM (Active Adult) <i>Emma K.</i>		10:00AM-10:45AM (Active Adult) <i>Emma K.</i>		10:00AM-10:45AM (Active Adult) <i>Emma K.</i>		
Cycle Group Exercise Studio	5:30PM-6:15PM (Cycle) <i>Gina R.</i>		6:00PM-6:30PM (Cycle) <i>Morgan L.</i>	9:00AM-9:50AM (Cycle) <i>Morgan L.</i> 5:30PM-6:30PM (Cycle) <i>Gina R.</i>		8:15AM-9:15AM (Cycle) <i>Gina R.</i>	
Yoga Group Exercise Studio		8:00AM-9:15AM (Mind & Body) <i>Gina C.</i>					
Cycle Strength Group Exercise Studio		5:30PM-6:30PM (Cycle) <i>Morgan L.</i>					
SilverSneakers® EnerChi Group Exercise Studio			11:00AM-11:30AM (Active Adult) <i>Emma K.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barre Group Exercise Studio				8:00AM-9:00AM (Strength) <i>Gina C.</i>			



REIDSVILLE FAMILY YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Aerobics Room	5:00AM-6:00AM (Mind & Body) <i>Cheri B.</i>		5:00AM-6:00AM (Mind & Body) <i>Cheri B.</i>				
3 Lanes Open Lap Lanes	5:30AM-8:30PM (Pool)	5:30AM-8:30PM (Pool)	5:30AM-8:30PM (Pool)	5:30AM-8:30PM (Pool)	5:30AM-2:00PM (Pool) 4:00PM-7:30PM (Pool)	8:00AM-4:30PM (Pool)	
Energizers Family Pool	6:00AM-7:00AM (Shallow Water) <i>Carisha J.</i>		6:00AM-7:00AM (Shallow Water) <i>Carisha J.</i>		6:00AM-7:00AM (Shallow Water) <i>Carisha J.</i>		
Les Mills SPRINT™ (Virtual Instructor) Aerobics Room	6:05AM-6:35AM (Cycle) <i>General I.</i>						
Open Swim Family Pool	7:00AM-9:00AM (Pool) 12:10PM-8:30PM (Pool)	5:30AM-8:30PM (Pool)	7:00AM-9:00AM (Pool) 12:10PM-8:30PM (Pool)	5:30AM-8:30PM (Pool)	7:00AM-9:00AM (Pool) 12:10PM-2:00PM (Pool) 5:00PM-7:30PM (Pool)	8:00AM-4:30PM (Pool)	
Les Mills BODYPUMP™ BB&T Room	8:00AM-9:00AM (Cardio & Strength) <i>Meredith K.</i>	5:00AM-6:00AM (Cardio & Strength) <i>Rachel M.</i>	5:45PM-6:45PM (Cardio & Strength) <i>Kelly C.</i>	5:00AM-6:00AM (Cardio & Strength) <i>Rachel M.</i> 8:30AM-9:30AM (Cardio & Strength) <i>Meredith K.</i>			
Aquacise Family Pool	9:00AM-10:00AM (Shallow Water) <i>General I.</i>		9:00AM-10:00AM (Shallow Water) <i>General I.</i>		9:00AM-10:00AM (Shallow Water) <i>General I.</i>		
Barre Aerobics Room	9:15AM-10:15AM (Strength) <i>Meredith K.</i>				7:30AM-8:30AM (Strength) <i>Meredith K.</i>		
Zumba Gold® BB&T Room	9:30AM-10:15AM (Cardio) <i>Melinda "</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pain Relief Family Pool	11:00AM-12:00PM (Shallow Water) <i>General I.</i>		11:00AM-12:00PM (Shallow Water) <i>General I.</i>		11:00AM-12:00PM (Shallow Water) <i>General I.</i>		
SilverSneakers® Classic Aerobics Room	3:30PM-4:15PM (Active Adult) <i>Emily D.</i>	8:30AM-9:15AM (Active Adult) <i>Emma K.</i> 9:30AM-10:15AM (Active Adult) <i>Emma K.</i>	7:45AM-8:30AM (Active Adult) <i>Emma K.</i>	8:30AM-9:15AM (Active Adult) <i>Emma K.</i> 9:30AM-10:15AM (Active Adult) <i>Emma K.</i>	3:30PM-4:15PM (Active Adult) <i>Emily D.</i>		
Les Mills Dance™ (Virtual Instructor) Aerobics Room	4:45PM-5:30PM (Cardio) <i>General I.</i>		12:00PM-1:00PM (Cardio) <i>General I.</i> 6:00PM-6:45PM (Cardio) <i>General I.</i>				
Les Mills BODYPUMP™ Express BB&T Room	5:45PM-6:15PM (Cardio & Strength) <i>Rachel M.</i>						
Yoga Outdoor	6:30PM-7:30PM (Mind & Body) <i>Rachel M.</i>						
STRONG Nation™ BB&T Room		8:30AM-9:30AM (Cardio) <i>Meredith K.</i>					
Yoga BB&T Room		9:35AM-10:35AM (Mind & Body) <i>Meredith K.</i>					
SilverSneakers® EnerChi Aerobics Room		10:30AM-11:15AM (Active Adult) <i>Emma K.</i>					
Les Mills Core™ (Virtual Instructor) Aerobics Room		12:00PM-12:45PM (Cardio & Strength) <i>General I.</i>			6:15PM-7:00PM (Cardio & Strength) <i>General I.</i>		
Les Mills BODYCOMBAT™ (Virtual Instructor) Aerobics Room		4:45PM-5:30PM (Cardio) <i>General I.</i>		12:00PM-1:00PM (Cardio) <i>General I.</i> 4:45PM-5:30PM (Cardio) <i>General I.</i>		9:45AM-10:30AM (Cardio) <i>General I.</i>	
POUND® BB&T Room		5:30PM-6:30PM (Cardio) <i>Emily D.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills THE TRIP (Virtual Instructor) Aerobics Room			6:05AM-6:50AM (Cycle) <i>General I.</i>				
HIIT BB&T Room			9:15AM-9:45AM (Cardio & Strength) <i>Melinda "</i> .				
Les Mills CORE™ BB&T Room			9:45AM-10:15AM (Cardio & Strength) <i>Melinda "</i> .				
Les Mills BodyBalance™ BB&T Room				9:35AM-10:35AM (Mind & Body) <i>Meredith K.</i>			
SilverSneakers® Yoga Aerobics Room				10:30AM-11:15AM (Active Adult) <i>Emma K.</i>			
Cardio Dance BB&T Room				6:00PM-7:00PM (Cardio) <i>Amber T.</i>			
POUND® Unplugged BB&T Room					8:45AM-9:15AM (Cardio) <i>Emily D.</i>		
Step & Tone BB&T Room					9:30AM-10:15AM (Cardio & Strength) <i>Melinda "</i> .		
Les Mills BODYATTACK™ (Virtual Instructor) Aerobics Room					5:30PM-6:15PM (Cardio & Strength) <i>General I.</i>		
Functional Strength BB&T Room						7:30AM-8:30AM (Strength) <i>Emily D.</i>	
Les Mills RPM™ (Virtual Instructor) Aerobics Room						8:45AM-9:30AM (Cycle) <i>General I.</i>	
Les Mills BodyBalance™ (Virtual Instructor) Aerobics Room						10:45AM-11:30AM (Mind & Body) <i>General I.</i>	



KATHLEEN PRICE BRYAN FAMILY YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Main Court	5:30AM-5:45PM (Gym)	5:30AM-10:40AM (Gym) 3:00PM-5:45PM (Gym)	5:30AM-5:45PM (Gym)	5:30AM-10:40AM (Gym) 3:00PM-5:45PM (Gym)	5:30AM-8:00PM (Gym)		
Open Swim Family Pool	5:30AM-8:00AM (Pool) 10:00AM-5:30PM (Pool) 7:30PM-8:00PM (Pool)	5:30AM-8:00AM (Pool) 10:00AM-5:30PM (Pool) 7:30PM-8:00PM (Pool)	10:00AM-5:30PM (Pool) 7:30PM-8:00PM (Pool)	5:30AM-8:00AM (Pool) 10:00AM-5:30PM (Pool) 7:30PM-8:00PM (Pool)	10:00AM-7:00PM (Pool)	7:30AM-8:00AM (Pool) 1:00PM-3:30PM (Pool)	1:30PM-4:30PM (Pool)
Les Mills RPM™ (Virtual Instructor) Cycle Studio	6:00AM-6:50AM (Cycle) <i>General I.</i>	12:00PM-12:50PM (Cycle) <i>General I.</i>	6:00AM-6:50AM (Cycle) <i>General I.</i>	12:00PM-12:50PM (Cycle) <i>General I.</i>		12:00PM-12:45PM (Cycle) <i>General I.</i>	2:00PM-2:45PM (Cycle) <i>General I.</i>
Les Mills BODYPUMP™ Group Exercise Room 1	6:00AM-6:50AM (Cardio & Strength) <i>General I.</i>			6:30PM-7:30PM (Cardio & Strength) <i>Melissa B.</i>		9:30AM-10:30AM (Cardio & Strength) <i>Tina B.</i>	
8 Lanes Open Lap Lanes	7:00AM-1:00PM (Pool) 2:00PM-4:30PM (Pool) 6:30PM-8:00PM (Pool)	7:00AM-4:30PM (Pool)	7:00AM-12:00PM (Pool) 2:00PM-4:30PM (Pool) 6:30PM-8:00PM (Pool)	7:00AM-4:30PM (Pool) 6:30PM-8:00PM (Pool)	7:00AM-12:00PM (Pool) 2:00PM-4:30PM (Pool) 6:00PM-7:00PM (Pool)	10:00AM-3:30PM (Pool)	1:30PM-4:30PM (Pool)
Deep End Only Open Family Pool	8:00AM-10:00AM (Pool) 5:30PM-7:30PM (Pool)	8:00AM-10:00AM (Pool) 5:30PM-7:30PM (Pool)	8:00AM-10:00AM (Pool) 5:30PM-7:30PM (Pool)	5:30PM-7:30PM (Pool)	8:00AM-10:00AM (Pool)	8:00AM-1:00PM (Pool)	
Aqua Aerobics Family Pool	8:00AM-9:00AM (Shallow Water) <i>Kimetha K.</i> 9:00AM-10:00AM (Shallow Water) <i>Kimetha K.</i>	8:00AM-9:00AM (Shallow Water) <i>General I.</i> 9:00AM-10:00AM (Shallow Water) <i>General I.</i>	8:00AM-9:00AM (Shallow Water) <i>Kimetha K.</i> 9:00AM-10:00AM (Shallow Water) <i>General I.</i>	8:00AM-9:00AM (Shallow Water) <i>General I.</i> 9:00AM-10:00AM (Shallow Water) <i>General I.</i>	8:00AM-9:00AM (Shallow Water) <i>General I.</i> 9:00AM-10:00AM (Shallow Water) <i>Kimetha K.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers® Cardio Fit Group Exercise Room 1	8:00AM-8:50AM (Active Adult) <i>Cee D.</i>						
Chair Yoga Group Exercise Room 2	9:00AM-9:50AM (Mind & Body) <i>Richard B.</i>						
Line Dancing Group Exercise Room 1	9:00AM-9:50AM (Cardio) <i>Brenda R.</i>				5:00PM-5:50PM (Cardio) <i>Phylathia M.</i>		
Yoga Community Room	10:00AM-10:50AM (Mind & Body) <i>Richard B.</i>		10:00AM-10:50AM (Mind & Body) <i>Chris M.</i>			9:30AM-10:20AM (Mind & Body) <i>Diane C.</i>	
Les Mills THE TRIP (Virtual Instructor) Cycle Studio	12:00PM-12:45PM (Cycle) <i>General I.</i>				12:00PM-12:45PM (Cycle) <i>General I.</i>		
Cardio Plus Group Exercise Room 1	12:00PM-12:50PM (Cardio & Strength) <i>Sonia K.</i>						
4 Lanes Open Lap Lanes	1:00PM-2:00PM (Pool) 4:30PM-5:30PM (Pool)	4:30PM-5:30PM (Pool)	12:00PM-2:00PM (Pool) 4:30PM-5:30PM (Pool)	4:30PM-5:30PM (Pool)	12:00PM-2:00PM (Pool)		
Les Mills BODYCOMBAT™ (Virtual Instructor) Group Exercise Room 1	2:00PM-2:45PM (Cardio) <i>General I.</i>		2:00PM-2:45PM (Cardio) <i>General I.</i>				9:30AM-10:20AM (Cardio) <i>General I.</i>
Yoga Group Exercise Room 2	4:30PM-5:20PM (Mind & Body) <i>Jo W.</i>	6:00PM-6:50PM (Mind & Body) <i>Midge S.</i>		5:30PM-6:30PM (Mind & Body) <i>Jessica A.</i>			
3 Lanes Open Lap Lanes	5:30PM-6:30PM (Pool)	5:30PM-6:30PM (Pool)	5:30PM-6:30PM (Pool)	5:30PM-6:30PM (Pool)			
Cycle Cycle Studio	5:30PM-6:20PM (Cycle) <i>Lauryn K.</i>	6:00AM-6:50AM (Cycle) <i>Sally M.</i>	5:30PM-6:20PM (Cycle) <i>Laura R.</i>	5:30PM-6:20PM (Cycle) <i>Lauryn K.</i>	6:00AM-6:50AM (Cycle) <i>Caroline D.</i>	8:30AM-9:20AM (Cycle) <i>Chryssy C.</i>	
Les Mills BODYCOMBAT™ Group Exercise Room 1	6:30PM-7:20PM (Cardio) <i>Mehi B.</i>					12:00PM-12:50PM (Cardio) <i>Mehi B.</i>	
2 Lanes Open Lap Lanes		5:30AM-7:00AM (Pool)		5:30AM-7:00AM (Pool)	4:30PM-6:00PM (Pool)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Group Exercise Room 1		6:00AM-7:00AM (Mind & Body) <i>Puja V.</i>		6:00AM-7:00AM (Mind & Body) <i>Puja V.</i>	11:00AM-11:50AM (Mind & Body) <i>Diane C.</i>		
TRX Group Exercise Room 1		8:00AM-8:50AM (Strength) <i>Tina B.</i>					
Core Balance & Mobility Group Exercise Room 1		9:00AM-9:50AM (Strength) <i>General I.</i>					
Active Adult Fitness Group Exercise Room 1		10:00AM-10:50AM (Active Adult) <i>Dani J.</i>			10:00AM-10:50AM (Active Adult) <i>Diane C.</i>		
Pickleball Main Court		11:00AM-3:00PM (Gym)		11:00AM-3:00PM (Gym)			
Gentle Yoga Group Exercise Room 2		12:00PM-12:50PM (Mind & Body) <i>Richard B.</i>		8:30AM-9:20AM (Mind & Body) <i>Midge S.</i>			
Les Mills BODYPUMP™ Express Group Exercise Room 1		12:00PM-12:50PM (Cardio & Strength) <i>Caroline D.</i>	6:00AM-6:50AM (Cardio & Strength) <i>Melissa B.</i>				
Les Mills BODYPUMP™ (Virtual Instructor) Group Exercise Room 1		2:00PM-2:45PM (Cardio & Strength) <i>General I.</i>		12:00PM-12:50PM (Cardio & Strength) <i>General I.</i>	2:30PM-3:15PM (Cardio & Strength) <i>General I.</i>		3:00PM-4:00PM (Cardio & Strength) <i>General I.</i>
HIIT Group Exercise Room 1		5:30PM-6:20PM (Cardio & Strength) <i>Kim S.</i>	12:00PM-12:50PM (Cardio & Strength) <i>Sonia K.</i>				
Circuit Training Greenway Trailhead		6:00PM-6:45PM (Cardio & Strength) <i>Kristi W.</i>					
Cardio Dance Group Exercise Room 1		6:30PM-7:20PM (Cardio) <i>Kim S.</i>					
SilverSneakers® Classic Group Exercise Room 1			8:00AM-8:50AM (Active Adult) <i>Midge S.</i> 1:00PM-1:50PM (Active Adult) <i>General I.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba® Group Exercise Room 1			9:00AM-9:50AM (Cardio) <i>Kimetha K.</i> 6:30PM-7:20PM (Cardio) <i>Kay N.</i>	10:00AM-10:50AM (Cardio) <i>Kimetha K.</i>	6:00PM-6:50PM (Cardio) <i>Kay N.</i>	10:45AM-11:35AM (Cardio) <i>April J.</i>	
Les Mills SPRINT™ (Virtual Instructor) Cycle Studio			12:00PM-12:30PM (Cycle) <i>General I.</i>	6:00AM-6:30AM (Cycle) <i>General I.</i>	5:30PM-6:00PM (Cycle) <i>General I.</i>		
Les Mills Core™ (Virtual Instructor) Group Exercise Room 1				2:00PM-2:45PM (Cardio & Strength) <i>General I.</i>			
Kickboxing Group Exercise Room 1				4:30PM-5:20PM (Cardio) <i>Angela T.</i>			
Hip-Hop Step Group Exercise Room 1				5:30PM-6:15PM (Cardio) <i>Angela T.</i>			
Les Mills BodyBalance™ (Virtual Instructor) Group Exercise Room 1					6:00AM-7:00AM (Mind & Body) <i>General I.</i>		
Strength and Stretch Group Exercise Room 1					8:00AM-8:50AM (Strength) <i>Chryssy C.</i>		
Pilates Group Exercise Room 1					9:00AM-9:45AM (Mind & Body) <i>General I.</i>		
Open Gym Court 2					10:45AM-1:00PM (Gym)		
Track Attack Track					12:00PM-12:50PM (Cardio & Strength) <i>Amanda B.</i>		



MARY PERRY RAGSDALE FAMILY YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pick-Up Basketball Gym-court 1	5:30AM-8:00AM (Gym)						
5 Lanes Open Lap Lanes	5:30AM-4:30PM (Pool) 7:30PM-8:45PM (Pool)	5:30AM-4:30PM (Pool) 7:30PM-8:45PM (Pool)	5:30AM-10:00AM (Pool) 11:00AM-4:00PM (Pool) 7:45PM-8:45PM (Pool)	5:30AM-4:30PM (Pool) 7:30PM-8:45PM (Pool)	5:30AM-7:45PM (Pool)	1:30PM-4:45PM (Pool)	1:00PM-4:45PM (Pool)
Shallow (3.5 to 5 feet) Open Swim - Deep	5:30AM-8:00AM (Pool) <i>General I.</i>						1:00PM-4:45PM (Pool) <i>General I.</i>
Les Mills BODYPUMP™ (Virtual Instructor) Group Exercise Studio	5:35AM-6:35AM (Cardio & Strength) <i>General I.</i>						
Les Mills BODYCOMBAT™ (Virtual Instructor) Group Exercise Studio	6:45AM-7:45AM (Cardio) <i>General I.</i>		6:45AM-7:45AM (Cardio) <i>General I.</i>				
Les Mills Core™ (Virtual Instructor) Group Exercise Studio	8:00AM-8:45AM (Cardio & Strength) <i>General I.</i>	12:10PM-1:10PM (Cardio & Strength) <i>General I.</i>	8:00AM-8:45AM (Cardio & Strength) <i>General I.</i>				
Les Mills RPM™ Express Small Cycle Room	8:15AM-8:45AM (Cycle) <i>Bridget N.</i>		8:15AM-8:45AM (Cycle) <i>Bridget N.</i>				
Step Group Exercise Studio	9:00AM-9:50AM (Cardio) <i>Sharon K.</i>						
Les Mills BodyBalance™ Group Exercise Studio	10:00AM-10:50AM (Mind & Body) <i>Sharon K.</i>		10:00AM-10:50AM (Mind & Body) <i>Sharon K.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Faith, Fitness and Fellowship Community Room	10:00AM-11:00AM (Active Adult) <i>Linda S.</i>				10:00AM-11:00AM (Active Adult) <i>Linda S.</i>		
SilverSneakers® Yoga Group Exercise Studio	1:00PM-2:00PM (Active Adult) <i>Jessica A.</i>		1:00PM-2:00PM (Active Adult) <i>Jessica A.</i>				
QuickFit Powered by Myzone Wellness Center	4:30PM-5:00PM (Cardio & Strength) <i>Marlee R.</i>		4:30PM-5:00PM (Cardio & Strength) <i>Marlee R.</i>				
2 Lanes Open Lap Lanes	4:30PM-7:30PM (Pool)	4:30PM-7:30PM (Pool)		4:30PM-7:30PM (Pool)		8:00AM-1:30PM (Pool)	
Open Gym Gym-court 1	6:00PM-9:00PM (Gym)		5:30AM-6:00PM (Gym)				
Les Mills BODYPUMP™ Group Exercise Studio	6:00PM-7:00PM (Cardio & Strength) <i>Kim B.</i>	9:00AM-9:55AM (Cardio & Strength) <i>Bridget N.</i>					
Zumba® Group Exercise Studio	7:00PM-7:50PM (Cardio) <i>Chad L.</i>		7:00PM-7:50PM (Cardio) <i>Yukiko H.</i>				
Open Gym Gym-court 2		5:30AM-2:00PM (Gym)	5:30AM-2:00PM (Gym)		5:30AM-2:00PM (Gym)		
Strength and Stretch Group Exercise Studio		5:45AM-6:30AM (Strength) <i>Marion J.</i> 10:05AM-10:50AM (Strength) <i>Caren S.</i>					
Les Mills BodyBalance™ (Virtual Instructor) Group Exercise Studio		7:05AM-7:50AM (Mind & Body) <i>General I.</i> 1:10PM-2:10PM (Mind & Body) <i>General I.</i>					
Yoga Group Exercise Studio		8:00AM-8:50AM (Mind & Body) <i>Kim D.</i> 7:00PM-7:50PM (Mind & Body) <i>Connie M.</i>	5:45AM-6:30AM (Mind & Body) <i>Tim G.</i>				
Deep Water Lap Lanes		8:15AM-9:00AM (Deep Water) <i>General I.</i>	8:15AM-9:00AM (Deep Water) <i>General I.</i>	8:15AM-9:00AM (Deep Water) <i>General I.</i>	8:15AM-9:00AM (Deep Water) <i>General I.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers® Yoga Community Room		9:00AM-9:50AM (Active Adult) <i>Caren S.</i>		9:00AM-9:50AM (Active Adult) <i>Jessica A.</i>			
Flex, Stretch, Flow Lap Lanes		9:15AM-10:00AM (Shallow Water) <i>General I.</i>	9:15AM-10:00AM (Shallow Water) <i>General I.</i>	9:15AM-10:00AM (Shallow Water) <i>General I.</i>	9:15AM-10:00AM (Shallow Water) <i>General I.</i>		
SilverSneakers® Classic Community Room		10:00AM-10:50AM (Active Adult) <i>Phylathia M.</i>		10:00AM-10:50AM (Active Adult) <i>Julie R.</i>			
Parkinson's Cycle Gym-court 1		10:15AM-11:00AM (Cycle) <i>Bridget N.</i>					
Shallow Power Lap Lanes		10:15AM-11:00AM (Shallow Water) <i>General I.</i>		10:15AM-11:00AM (Shallow Water) <i>General I.</i>	10:15AM-11:00AM (Shallow Water) <i>General I.</i>		
Beginner Line Dance Community Room		11:00AM-11:50AM (Cardio) <i>Phylathia M.</i>					
Aqua Blast Lap Lanes		5:30PM-6:15PM (Deep Water) <i>General I.</i>		5:30PM-6:15PM (Deep Water) <i>General I.</i>			
HIIT Group Exercise Studio		6:00PM-6:50PM (Cardio & Strength) <i>Sharon K.</i>					
Open Gym Gym-court 3			5:30AM-2:00PM (Gym) 6:00PM-9:00PM (Gym)		5:30AM-2:00PM (Gym)	8:00AM-5:00PM (Gym)	1:00PM-5:00PM (Gym)
Active Adult Fitness Group Exercise Studio			9:00AM-9:50AM (Active Adult) <i>Sharon K.</i>				
4 Lanes Open Lap Lanes			10:00AM-11:00AM (Pool)				
SilverSneakers® Splash Lap Lanes			10:15AM-11:00AM (Shallow Water) <i>General I.</i>				
3 Lanes Open Lap Lanes			4:00PM-7:45PM (Pool)				
Pickleball Gym-court 1			6:00PM-8:00PM (Gym)				1:00PM-3:00PM (Gym)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym-court 4			6:00PM-9:00PM (Gym)		5:30AM-2:00PM (Gym) 6:00PM-8:00PM (Gym)	8:00AM-5:00PM (Gym)	1:00PM-5:00PM (Gym)
Circuit Training Group Exercise Studio			6:00PM-6:50PM (Cardio & Strength) <i>Kim B.</i>				
Yoga Wrenn Miller Park			6:30PM-7:30PM (Mind & Body) <i>Kristi W.</i>				
Parkinson's Cycle Zoom				3:00PM-4:00PM (Cycle) <i>Betsy L.</i>			
Trek N Tread Wellness Center					9:00AM-9:50AM (Cardio & Strength) <i>Priscilla N.</i>		
Deep (5 to 9ft) Non Lap Lane Area Open Swim - Deep						8:00AM-9:00AM (Pool) <i>General I.</i> 2:00PM-4:45PM (Pool) <i>General I.</i>	



HAYES-TAYLOR MEMORIAL YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Family Pool	7:00AM-7:30PM (Pool)	7:00AM-7:30PM (Pool)	7:00AM-7:30PM (Pool)	7:00AM-7:30PM (Pool)	7:00AM-7:30PM (Pool)		
Active Adult Fitness Group Exercise Room 2	9:00AM-9:45AM (Active Adult) <i>Jessica F.</i>	9:00AM-10:00AM (Active Adult) <i>General I.</i>	9:00AM-9:45AM (Active Adult) <i>Thelma S.</i>	9:00AM-9:45AM (Active Adult) <i>General I.</i>	9:00AM-9:45AM (Active Adult) <i>Jessica F.</i>		
Les Mills BodyBalance™ Group Exercise Room 1	10:00AM-11:00AM (Mind & Body) <i>Cee D.</i>		10:00AM-11:00AM (Mind & Body) <i>Cee D.</i>				
Line Dancing Group Exercise Room 2	5:30PM-6:30PM (Cardio) <i>Phylathia M.</i>				11:45AM-12:30PM (Cardio) <i>Phylathia M.</i>		
Cardio Dance Group Exercise Room 2	6:45PM-7:45PM (Cardio) <i>sharetha M.</i>		6:30PM-7:15PM (Cardio) <i>sharetha M.</i>				
Cycle Strength Group Exercise Room 1		5:45AM-6:30AM (Cycle) <i>Dacia J.</i>					
Chair Yoga Group Exercise Room 2		10:00AM-10:45AM (Mind & Body) <i>Dawn B.</i>		10:00AM-10:45AM (Mind & Body) <i>Dawn B.</i>			
Cardio Dance Group Exercise Room 1		10:00AM-10:45AM (Cardio) <i>Thelma S.</i> 5:45PM-6:30PM (Cardio) <i>Amber T.</i>					
Les Mills BODYPUMP™ Fundamentals Group Exercise Room 1		11:15AM-12:15PM (Cardio & Strength) <i>Cee D.</i>					
Les Mills BODYPUMP™ (Virtual Instructor) Group Exercise Room 2		11:15AM-12:15PM (Cardio & Strength) <i>General I.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength and Stretch Group Exercise Room 2		12:15PM-1:15PM (Strength) <i>Jeanette C.</i>					
Mixedfit Family Pool		6:30PM-7:15PM (Cardio & Strength) <i>Tanisha A.</i>					
Strength and Stretch Group Exercise Room 1			5:45AM-6:30AM (Strength) <i>Dacia J.</i>	10:00AM-11:00AM (Strength) <i>Jeanette C.</i>			
Line Dancing Group Exercise Room 1			11:45AM-12:30PM (Cardio) <i>Phylathia M.</i>		6:30PM-7:30PM (Cardio) <i>Phylathia M.</i>		
Chair Volleyball Group Exercise Room 2			2:15PM-3:15PM (Active Adult) <i>Dawn B.</i>				
Kickboxing Group Exercise Room 1			5:45PM-6:30PM (Cardio) <i>Amber T.</i>				
Cycle Group Exercise Room 1				5:45AM-6:45AM (Cycle) <i>Dacia J.</i>			
Les Mills BodyBalance™ (Virtual Instructor) Group Exercise Room 2				3:00PM-4:00PM (Mind & Body)			
Step & Tone Group Exercise Room 1				6:30PM-7:15PM (Cardio & Strength) <i>General I.</i>			
Les Mills BODYPUMP™ (Virtual Instructor) Group Exercise Room 1					10:00AM-11:00AM (Cardio & Strength) <i>General I.</i>		
Les Mills Dance™ (Virtual Instructor) Group Exercise Room 1					4:30PM-5:15PM (Cardio) <i>General I.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Group Exercise Room 1						8:15AM-9:00AM (Cardio) <i>General I.</i>	
Zumba® Group Exercise Room 1						9:15AM-10:00AM (Cardio) <i>Yzetta B.</i>	



Stoney Creek Express YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba® Group Exercise Studio	7:00AM-7:45AM (Cardio) <i>Sarah C.</i>						
Active Adult Fitness (Virtual Instructor) Group Exercise Studio	8:00AM-8:45AM (Active Adult) <i>General I.</i>						
Core Group Exercise Studio	5:30PM-6:00PM (Mind & Body) <i>Chryssy C.</i>						
Active Adult Fitness Group Exercise Studio		8:00AM-8:45AM (Active Adult) <i>Chryssy C.</i>	8:00AM-8:45AM (Active Adult) <i>Jeanette C.</i>	8:00AM-8:45AM (Active Adult) <i>Jeanette C.</i>	8:00AM-8:45AM (Active Adult) <i>Jeanette C.</i>		
Trek N Tread Wellness Center (Treadmills)		5:30PM-6:00PM (Cardio & Strength) <i>General I.</i>					
Yoga Group Exercise Studio		6:00PM-6:45PM (Mind & Body) <i>Kisha D.</i>					
Strength and Stretch Group Exercise Studio			9:00AM-9:45AM (Strength) <i>Jeanette C.</i>		9:00AM-9:45AM (Strength) <i>Jeanette C.</i>		
QuickFit Group Exercise Studio			5:30PM-6:00PM (Cardio & Strength) <i>Kisha D.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Plus Group Exercise Studio				5:30PM-6:15PM (Cardio & Strength) <i>Chryssy C.</i>			
Yoga (Virtual Instructor) Group Exercise Studio						9:00AM-9:50AM (Mind & Body) <i>General I.</i>	