



ALEX W. SPEARS III FAMILY YMCA | May 4th - May 10th

| | 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) | | |
| Cycle Cycle Studio | 5:05AM-5:50AM (Cycle) <i>Angie S.</i> 8:30AM-9:20AM (Cycle) <i>Jennifer D.</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>General I.</i> | 9:30AM-10:20AM (Cycle) <i>Jennifer D.</i> 6:00PM-7:00PM (Cycle) <i>Nikki W.</i> | 8:30AM-9:20AM (Cycle) <i>Gretchen W.</i> | 8:30AM-9:20AM (Cycle) <i>General I.</i> | |
| Cardio Plus Group Exercise Studio | 5:30AM-6:30AM (Cardio & Strength) <i>Heather M.</i> | | | | | | |
| Open Swim Main Pool | 5:30AM-6:30AM (Pool) 1:00PM-4:00PM (Pool) 7:15PM-8:45PM (Pool) | 5:30AM-6:00AM (Pool) 12:00PM-4:00PM (Pool) 7:15PM-8:45PM (Pool) | 5:30AM-6:30AM (Pool) 1:00PM-4:00PM (Pool) 7:15PM-8:45PM (Pool) | 5:30AM-6:00AM (Pool) 12:00PM-4:00PM (Pool) 7:15PM-8:45PM (Pool) | 5:30AM-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 | 5:30AM-6:30AM (Pool) 1:00PM-4:00PM (Pool) 8:00PM-8:45PM (Pool) | 5:30AM-6:00AM (Pool) 12:00PM-4:00PM (Pool) 8:00PM-8:45PM (Pool) | 5:30AM-6:30AM (Pool) 1:00PM-4:00PM (Pool) 8:00PM-8:45PM (Pool) | 5:30AM-6:00AM (Pool) 12:00PM-4:00PM (Pool) 8:00PM-8:45PM (Pool) | 5:30AM-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) |
| Open Swim 0 - 3 Feet/Zero Entry Area | 5:30AM-8:45PM (Pool) | 5:30AM-8:45PM (Pool) | 5:30AM-8:45PM (Pool) | 5:30AM-8:45PM (Pool) | 5:30AM-8:45PM (Pool) | 7:00AM-5:45AM (Pool) | 12:00PM-5:45PM (Pool) |

| | 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>Jennifer D.</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>Bruce Z.</i> | 7:15AM-8:15AM (Cardio & Strength) <i>Caroline D.</i> 9:30AM-10:30AM (Cardio & Strength) <i>Caitlin P.</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> | | | | | | |
| 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>General I.</i> | 9:30AM-10:25AM (Mind & Body) <i>General I.</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> | | | | | | |
| 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> | 9:00AM-9:50AM (Strength) <i>Tabitha S.</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>Margaret H.</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>Betsy L.</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 4th - May 10th

| | 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 |
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| Barre Group Exercise Studio | | | | 8:00AM-9:00AM (Strength) <i>Gina C.</i> | | | |



REIDSVILLE FAMILY YMCA | May 4th - May 10th

| | 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-6:30PM (Pool) 7:30PM-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-5:00PM (Pool) 7:00PM-8:30PM (Pool) | 5:30AM-11:00AM (Pool) 12:10PM-5:00PM (Pool) 7:00PM-8:30PM (Pool) | 7:00AM-9:00AM (Pool) 2:30PM-5:00PM (Pool) 7:00PM-8:30PM (Pool) | 5:30AM-11:00AM (Pool) 12:10PM-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> | | 7:30AM-8:30AM (Cardio & Strength) <i>Stacie J.</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> | | | | |
| 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> | | | | | |
| Les Mills THE TRIP (Virtual Instructor) Aerobics Room | | | 6:05AM-6:50AM (Cycle) <i>General I.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|---|---|---|---|--------|
| 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> | | | |
| 2 Lanes Open Lap Lanes | | | | 6:30PM-7:30PM (Pool) | | | |
| 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> | | |
| 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 4th - May 10th

| | 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>Melissa B.</i> | | | 6:30PM-7:30PM (Cardio & Strength) <i>Melissa B.</i> | | 9:30AM-10:30AM (Cardio & Strength) <i>John M.</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>Dani J.</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> | |
| Cardio Plus Group Exercise Room 1 | 12:00PM-12:50PM (Cardio & Strength) <i>Erika D.</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> | | |
| 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>Lisa B.</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>Tina B.</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> | | | | |
| Zumba® Greenway Trailhead | | 6:00PM-6:45PM (Cardio) <i>Chad L.</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> | | | | |

| | 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>Alex K.</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>Cee D.</i> | | |
| Les Mills Pilates Group Exercise Room 1 | | | | | 9:00AM-9:45AM (Strength) <i>Barbara P.</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 4th - May 10th

| | 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 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> | 12:10PM-12:55PM (Cardio & Strength) <i>General I.</i> | 7:30AM-8:15AM (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>Shira K.</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> | | | | |
| 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> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|---|---|---|
| Mommy & Me Fitness Class Country Park | 10:00AM-11:00AM (Y In The Community) <i>Priscilla N.</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> | 6:00PM-7:00PM (Cardio & Strength) <i>Jen K.</i> | 9:00AM-9:55AM (Cardio & Strength) <i>Bridget N.</i> | | 9:00AM-9:50AM (Cardio & Strength) <i>Jen K.</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> | | 5:45AM-6:30AM (Strength) <i>Marion J.</i> | | | |
| Les Mills BodyBalance™ (Virtual Instructor) Group Exercise Studio | | 7:05AM-7:50AM (Mind & Body) <i>General I.</i> | | 7:05AM-7:50AM (Mind & Body) <i>General I.</i> | 5:35AM-6:35AM (Mind & Body) <i>General I.</i> | | |
| | | 1:10PM-2:10PM (Mind & Body) <i>General I.</i> | | 1:00PM-2:00PM (Mind & Body) <i>General I.</i> | | | |
| Yoga Group Exercise Studio | | 8:00AM-8:50AM (Mind & Body) <i>Rebecca J.</i> | 5:45AM-6:30AM (Mind & Body) <i>Tim G.</i> | 8:00AM-8:50AM (Mind & Body) <i>Caren S.</i> | | 8:05AM-8:50AM (Mind & Body) <i>Connie M.</i> | 2:30PM-3:30PM (Mind & Body) <i>Jessica A.</i> |
| | | 7:00PM-7:50PM (Mind & Body) <i>Connie M.</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 |
|--|--------|--|---|---|---|------------------------|------------------------|
| 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>Nancy C.</i> | | | |
| Parkinson's Cycle Gym-court 1 | | 10:15AM-11:00AM (Cycle) <i>Bridget N.</i> | | 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> | | | |
| Kickboxing Group Exercise Studio | | 6:00PM-6:50PM (Cardio) <i>Jen 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) |
| 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) |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|--|---|---|--|---|
| Yoga Wrenn Miller Park | | | 6:30PM-7:30PM (Mind & Body) <i>Marion J.</i> | | | | |
| SilverSneakers® Yoga Community Room | | | | 9:00AM-9:50AM (Active Adult) <i>Jessica A.</i> | | | |
| Gentle Yoga Group Exercise Studio | | | | 10:05AM-11:05AM (Mind & Body) <i>Jessica A.</i> | 10:10AM-10:55AM (Mind & Body) <i>Rebecca J.</i> | | |
| Parkinson's Cycle Zoom | | | | 3:00PM-4:00PM (Cycle) <i>Betsy L.</i> | | | |
| Barre Group Exercise Studio | | | | 6:00PM-6:50PM (Strength) <i>Kim S.</i> | | | |
| Cardio Dance Group Exercise Studio | | | | 7:00PM-7:50PM (Cardio) <i>Kim S.</i> | 9:00AM-9:50AM (Cardio) <i>Sharon K.</i> | | |
| Core Group Exercise Studio | | | | | 8:30AM-8:55AM (Mind & Body) <i>Leah G.</i> | | |
| Trek N Tread Wellness Center | | | | | 9:00AM-9:50AM (Cardio & Strength) <i>Kim B.</i> | | |
| Les Mills GRIT (Virtual Instructor) Group Exercise Studio | | | | | 6:00PM-6:30PM (Cardio & Strength) <i>General I.</i> | | 1:30PM-2:00PM (Cardio & Strength) <i>General I.</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 4th - May 10th

| | 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 4th - May 10th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|---|---|----------|--------|
| Zumba® Group Exercise Studio | 7:00AM-7:45AM (Cardio) <i>Sarah 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>Chryssy C.</i> | 8:00AM-8:45AM (Active Adult) <i>Jeanette C.</i> | 8:00AM-8:45AM (Active Adult) <i>Jeanette C.</i> | | | |
| Core Group Exercise Studio | 5:30PM-6:00PM (Mind & Body) <i>Chryssy C.</i> | | | | | | |
| Yoga Group Exercise Studio | 6:30PM-7:15PM (Mind & Body) <i>Robin B.</i> | | | | | | |
| Trek N Tread Wellness Center (Treadmills) | | 5:30PM-6:00PM (Cardio & Strength) <i>General I.</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> | | | | |
| Gentle Yoga Group Exercise Studio | | | 6:30PM-7:15PM (Mind & Body) <i>Robin B.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|---|--|---|--------|
| Cardio Plus Group Exercise Studio | | | | 5:30PM-6:15PM (Cardio & Strength) <i>Chryssy C.</i> | | | |
| Active Adult Fitness (Virtual Instructor) Group Exercise Studio | | | | | 8:00AM-8:45AM (Active Adult) <i>General I.</i> | | |
| Yoga (Virtual Instructor) Group Exercise Studio | | | | | | 9:00AM-9:50AM (Mind & Body) <i>General I.</i> | |