



# Downtown Hartford YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim-Lap Lane 1</b> Lap Pool <a href="#">Sign Up</a>	5:00AM-5:30AM (Lap Swim) Staff	5:00AM-5:30AM (Lap Swim) Staff	5:00AM-5:30AM (Lap Swim) Staff	5:00AM-5:30AM (Lap Swim) Staff	5:00AM-5:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	
	5:30AM-6:00AM (Lap Swim) Staff	5:30AM-6:00AM (Lap Swim) Staff	5:30AM-6:00AM (Lap Swim) Staff	5:30AM-6:00AM (Lap Swim) Staff	5:30AM-6:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	
	6:00AM-6:30AM (Lap Swim) Staff	6:00AM-6:30AM (Lap Swim) Staff	6:00AM-6:30AM (Lap Swim) Staff	6:00AM-6:30AM (Lap Swim) Staff	6:00AM-6:30AM (Lap Swim) Staff	8:00AM-8:30AM (Lap Swim) Staff	
	6:30AM-7:00AM (Lap Swim) Staff	6:30AM-7:00AM (Lap Swim) Staff	6:30AM-7:00AM (Lap Swim) Staff	6:30AM-7:00AM (Lap Swim) Staff	6:30AM-7:00AM (Lap Swim) Staff	8:30AM-9:00AM (Lap Swim) Staff	
	7:00AM-7:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff		
	7:30AM-8:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff		
	8:00AM-8:30AM (Lap Swim) Staff	8:00AM-8:30AM (Lap Swim) Staff	8:00AM-8:30AM (Lap Swim) Staff	9:00AM-9:30AM (Lap Swim) Staff	8:00AM-8:30AM (Lap Swim) Staff		
	8:30AM-9:00AM (Lap Swim) Staff	8:30AM-9:00AM (Lap Swim) Staff	8:30AM-9:00AM (Lap Swim) Staff	9:30AM-10:00AM (Lap Swim) Staff	8:30AM-9:00AM (Lap Swim) Staff		
	9:00AM-9:30AM (Lap Swim) Staff	9:00AM-9:30PM (Lap Swim) Staff	9:00AM-9:30AM (Lap Swim) Staff	10:00AM-10:30AM (Lap Swim) Staff	9:00AM-9:30AM (Lap Swim) Staff		
	9:30AM-10:00AM (Lap Swim) Staff	9:30AM-10:00AM (Lap Swim) Staff	9:30AM-10:00AM (Lap Swim) Staff	10:30AM-11:00AM (Lap Swim) Staff	9:30AM-10:00AM (Lap Swim) Staff		
	10:00AM-10:30AM (Lap Swim) Staff	10:30AM-11:00AM (Lap Swim) Staff	10:30AM-11:00AM (Lap Swim) Staff	11:00AM-11:30AM (Lap Swim) Staff	10:00AM-10:30AM (Lap Swim) Staff		
	10:30AM-11:00AM (Lap Swim) Staff	11:00AM-11:30AM (Lap Swim) Staff	11:00AM-11:30AM (Lap Swim) Staff	11:30AM-12:00PM (Lap Swim) Staff	10:30AM-11:00AM (Lap Swim) Staff		
	11:00AM-11:30AM (Lap Swim) Staff	11:30AM-12:00PM (Lap Swim) Staff	11:30AM-12:00PM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff	11:00AM-11:30AM (Lap Swim) Staff		
	11:30AM-12:00PM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff	12:30PM-1:00PM (Lap Swim) Staff	11:30AM-12:00PM (Lap Swim) Staff		
	12:00PM-12:30PM (Lap Swim) Staff	12:30PM-1:00PM (Lap Swim) Staff	12:30PM-1:00PM (Lap Swim) Staff	1:00PM-1:30PM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff		
	12:30PM-1:00PM (Lap Swim) Staff	1:00PM-1:30PM (Lap Swim) Staff	1:00PM-1:30PM (Lap Swim) Staff	3:30PM-4:00PM (Lap Swim) Staff	12:30PM-1:00PM (Lap Swim) Staff		
	1:00PM-1:30PM (Lap Swim) Staff	3:30PM-4:00PM (Lap Swim) Staff	3:30PM-4:00PM (Lap Swim) Staff	4:00PM-4:30PM (Lap Swim) Staff	1:00PM-1:30PM (Lap Swim) Staff		
	3:30PM-4:00PM (Lap Swim) Staff	4:00PM-4:30PM (Lap Swim) Staff			3:30PM-4:00PM (Lap Swim) Staff		
	4:00PM-4:30PM (Lap Swim) Staff				4:00PM-4:30PM (Lap Swim) Staff		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim-Lap Lane 2</b> Lap Pool <a href="#">Sign Up</a>	5:00AM-5:30AM (Lap Swim) Staff	5:00AM-5:30AM (Lap Swim) Staff	5:00AM-5:30AM (Lap Swim) Staff	5:00AM-5:30AM (Lap Swim) Staff	5:00AM-5:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	
	5:30AM-6:00AM (Lap Swim) Staff	5:30AM-6:00AM (Lap Swim) Staff	5:30AM-6:00AM (Lap Swim) Staff	5:30AM-6:00AM (Lap Swim) Staff	5:30AM-6:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	
	6:00AM-6:30AM (Lap Swim) Staff	6:00AM-6:30AM (Lap Swim) Staff	6:00AM-6:30AM (Lap Swim) Staff	6:00AM-6:30AM (Lap Swim) Staff	6:00AM-6:30AM (Lap Swim) Staff	8:00AM-8:30AM (Lap Swim) Staff	
	6:30AM-7:00AM (Lap Swim) Staff	6:30AM-7:00AM (Lap Swim) Staff	6:30AM-7:00AM (Lap Swim) Staff	6:30AM-7:00AM (Lap Swim) Staff	6:30AM-7:00AM (Lap Swim) Staff	8:30AM-9:00AM (Lap Swim) Staff	
	7:00AM-7:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff		
	7:30AM-8:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff		
	8:00AM-8:30AM (Lap Swim) Staff	8:00AM-8:30AM (Lap Swim) Staff	8:00AM-8:30AM (Lap Swim) Staff	9:00AM-9:30AM (Lap Swim) Staff	8:00AM-8:30AM (Lap Swim) Staff		
	8:30AM-9:00AM (Lap Swim) Staff	9:30AM-10:00AM (Lap Swim) Staff	8:30AM-9:00AM (Lap Swim) Staff	9:30AM-10:00AM (Lap Swim) Staff	8:30AM-9:00AM (Lap Swim) Staff		
	9:00AM-9:30AM (Lap Swim) Staff	10:30AM-11:00AM (Lap Swim) Staff	9:00AM-9:30AM (Lap Swim) Staff	10:00AM-10:30AM (Lap Swim) Staff	9:00AM-9:30AM (Lap Swim) Staff		
	9:30AM-10:00AM (Lap Swim) Staff	11:00AM-11:30AM (Lap Swim) Staff	9:30AM-10:00AM (Lap Swim) Staff	10:30AM-11:00AM (Lap Swim) Staff	10:00AM-10:30AM (Lap Swim) Staff		
	10:00AM-10:30AM (Lap Swim) Staff	11:30AM-12:00PM (Lap Swim) Staff	10:30AM-11:00AM (Lap Swim) Staff	11:00AM-11:30AM (Lap Swim) Staff	10:30AM-11:00AM (Lap Swim) Staff		
	10:30AM-11:00AM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff	11:00AM-11:30AM (Lap Swim) Staff	11:30AM-12:00PM (Lap Swim) Staff	11:00AM-11:30AM (Lap Swim) Staff		
	11:00AM-11:30AM (Lap Swim) Staff	12:30PM-1:00PM (Lap Swim) Staff	11:30AM-12:00PM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff	11:30AM-12:00PM (Lap Swim) Staff		
	11:30AM-12:00PM (Lap Swim) Staff	1:00PM-1:30PM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff	12:30PM-1:00PM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff		
	12:00PM-12:30PM (Lap Swim) Staff	3:00PM-3:30PM (Lap Swim) Staff	12:30PM-1:00PM (Lap Swim) Staff	1:00PM-1:30PM (Lap Swim) Staff	12:30PM-1:00PM (Lap Swim) Staff		
	12:30PM-1:00PM (Lap Swim) Staff	3:30PM-4:00PM (Lap Swim) Staff	1:00PM-1:30PM (Lap Swim) Staff	3:30PM-4:00PM (Lap Swim) Staff	1:00PM-1:30PM (Lap Swim) Staff		
	1:00PM-1:30PM (Lap Swim) Staff	4:00PM-4:30PM (Lap Swim) Staff	3:30PM-4:00PM (Lap Swim) Staff	4:00PM-4:30PM (Lap Swim) Staff	3:30PM-4:00PM (Lap Swim) Staff		
	3:30PM-4:00PM (Lap Swim) Staff				4:00PM-4:30PM (Lap Swim) Staff		
4:00PM-4:30PM (Lap Swim) Staff							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim-Lap Lane 3</b> Lap Pool <a href="#">Sign Up</a>	5:00AM-5:30AM (Lap Swim) Staff	5:00AM-5:30AM (Lap Swim) Staff	5:00AM-5:30AM (Lap Swim) Staff	5:00AM-5:30AM (Lap Swim) Staff	5:00AM-5:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	
	5:30AM-6:00AM (Lap Swim) Staff	5:30AM-6:00AM (Lap Swim) Staff	5:30AM-6:00AM (Lap Swim) Staff	5:30AM-6:00AM (Lap Swim) Staff	5:30AM-6:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	
	6:00AM-6:30AM (Lap Swim) Staff	6:00AM-6:30AM (Lap Swim) Staff	6:00AM-6:30AM (Lap Swim) Staff	6:00AM-6:30AM (Lap Swim) Staff	6:00AM-6:30AM (Lap Swim) Staff	8:00AM-8:30AM (Lap Swim) Staff	
	6:30AM-7:00AM (Lap Swim) Staff	6:30AM-7:00AM (Lap Swim) Staff	6:30AM-7:00AM (Lap Swim) Staff	6:30AM-7:00AM (Lap Swim) Staff	6:30AM-7:00AM (Lap Swim) Staff	8:30AM-9:00AM (Lap Swim) Staff	
	7:00AM-7:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	9:00AM-9:30AM (Lap Swim) Staff	
	7:30AM-8:00AM (Lap Swim) Staff	7:30AM-8:30AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	9:30AM-10:00AM (Lap Swim) Staff	
	8:00AM-8:30AM (Lap Swim) Staff	8:00AM-8:30AM (Lap Swim) Staff	8:00AM-8:30AM (Lap Swim) Staff	9:00AM-9:30AM (Lap Swim) Staff	8:00AM-8:30AM (Lap Swim) Staff	10:00AM-10:30AM (Lap Swim) Staff	
	8:30AM-9:00AM (Lap Swim) Staff	9:30AM-10:00AM (Lap Swim) Staff	8:30AM-9:00AM (Lap Swim) Staff	9:30AM-10:00AM (Lap Swim) Staff	8:30AM-9:00AM (Lap Swim) Staff	10:30AM-11:00AM (Lap Swim) Staff	
	9:00AM-9:30AM (Lap Swim) Staff	10:00AM-10:30AM (Lap Swim) Staff	9:00AM-9:30AM (Lap Swim) Staff	10:00AM-10:30AM (Lap Swim) Staff	9:00AM-9:30AM (Lap Swim) Staff	11:00AM-11:30AM (Lap Swim) Staff	
	9:30AM-10:00AM (Lap Swim) Staff	10:30AM-11:00AM (Lap Swim) Staff	9:30AM-10:00AM (Lap Swim) Staff	11:30AM-12:00PM (Lap Swim) Staff	10:00AM-10:30AM (Lap Swim) Staff	11:30AM-12:00PM (Lap Swim) Staff	
	10:00AM-10:30AM (Lap Swim) Staff	11:00AM-11:30AM (Lap Swim) Staff	10:00AM-10:30AM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff	
	11:00AM-11:30AM (Lap Swim) Staff	11:30AM-12:00PM (Lap Swim) Staff	10:30AM-11:00AM (Lap Swim) Staff	12:30PM-1:00PM (Lap Swim) Staff	12:30PM-1:00PM (Lap Swim) Staff		
	11:30AM-12:00PM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff	11:00AM-11:30AM (Lap Swim) Staff	1:00PM-1:30PM (Lap Swim) Staff	1:00PM-1:30PM (Lap Swim) Staff		
	12:00PM-12:30PM (Lap Swim) Staff	12:30PM-1:00PM (Lap Swim) Staff	11:30AM-12:00PM (Lap Swim) Staff	3:30PM-4:00PM (Lap Swim) Staff	3:30PM-4:00PM (Lap Swim) Staff		
	12:30PM-1:00PM (Lap Swim) Staff	1:00PM-1:30PM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff	4:00PM-4:30PM (Lap Swim) Staff	4:00PM-4:30PM (Lap Swim) Staff		
	1:00PM-1:30PM (Lap Swim) Staff	3:30PM-4:00PM (Lap Swim) Staff	12:30PM-1:00PM (Lap Swim) Staff	4:30PM-5:00PM (Lap Swim) Staff	4:30PM-5:00PM (Open Swim) Staff		
	3:30PM-4:00PM (Lap Swim) Staff	4:00PM-4:30PM (Lap Swim) Staff	3:30PM-4:05PM (Lap Swim) Staff	5:00PM-5:30PM (Lap Swim) Staff	5:00PM-5:30PM (Open Swim) Staff		
4:00PM-4:30PM (Lap Swim) Staff	4:30PM-5:00PM (Lap Swim) Staff	4:30PM-5:00PM (Lap Swim) Staff	5:30PM-6:00PM (Lap Swim) Staff	5:30PM-6:00PM (Open Swim) Staff			
4:30PM-5:00PM (Lap Swim) Staff	5:30PM-6:00PM (Lap Swim) Staff	5:00PM-5:30PM (Lap Swim) Staff	6:00PM-6:30PM (Lap Swim) Staff	6:00PM-6:30PM (Open Swim) Staff			
5:00PM-5:30PM (Lap Swim) Staff	6:00PM-6:30PM (Lap Swim) Staff	5:30PM-6:00PM (Lap Swim) Staff					
5:30PM-6:00PM (Lap Swim) Staff		6:00PM-6:30PM (Lap Swim) Staff					
6:00PM-6:30PM (Lap Swim) Staff							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim-Lap Lane 4</b> Lap Pool <a href="#">Sign Up</a>	5:00AM-5:30AM (Lap Swim) Staff	5:00AM-5:30AM (Lap Swim) Staff	5:00AM-5:30AM (Lap Swim) Staff	5:00AM-5:30AM (Lap Swim) Staff	5:00AM-5:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	
	5:30AM-6:00AM (Lap Swim) Staff	5:30AM-6:00AM (Lap Swim) Staff	5:30AM-6:00AM (Lap Swim) Staff	5:30AM-6:00AM (Lap Swim) Staff	5:30AM-6:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	
	6:00AM-6:30AM (Lap Swim) Staff	6:00AM-6:30AM (Lap Swim) Staff	6:00AM-6:30AM (Lap Swim) Staff	6:00AM-6:30AM (Lap Swim) Staff	6:00AM-6:30AM (Lap Swim) Staff	8:00AM-8:30AM (Lap Swim) Staff	
	6:30AM-7:00AM (Lap Swim) Staff	6:30AM-7:00AM (Lap Swim) Staff	6:30AM-7:00AM (Lap Swim) Staff	6:30AM-7:00AM (Lap Swim) Staff	6:30AM-7:00AM (Lap Swim) Staff	8:30AM-9:00AM (Lap Swim) Staff	
	7:00AM-7:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	7:00AM-7:30AM (Lap Swim) Staff	9:00AM-9:30AM (Lap Swim) Staff	
	7:30AM-8:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	7:30AM-8:00AM (Lap Swim) Staff	9:30AM-10:00AM (Lap Swim) Staff	
	8:00AM-8:30AM (Lap Swim) Staff	8:00AM-8:30AM (Lap Swim) Staff	8:00AM-8:30AM (Lap Swim) Staff	9:00AM-9:30AM (Lap Swim) Staff	8:00AM-8:30AM (Lap Swim) Staff	10:00AM-10:30AM (Lap Swim) Staff	
	8:30AM-9:00AM (Lap Swim) Staff	8:30AM-9:00AM (Lap Swim) Staff	8:30AM-9:00AM (Lap Swim) Staff	9:30AM-10:00AM (Lap Swim) Staff	8:30AM-9:00AM (Lap Swim) Staff	10:30AM-11:00AM (Lap Swim) Staff	
	9:00AM-9:30AM (Lap Swim) Staff	9:30AM-10:00AM (Lap Swim) Staff	9:00AM-9:30AM (Lap Swim) Staff	10:00AM-10:30AM (Lap Swim) Staff	9:00AM-9:30AM (Lap Swim) Staff	11:00AM-11:30AM (Lap Swim) Staff	
	9:30AM-10:00AM (Lap Swim) Staff	10:00AM-10:30AM (Lap Swim) Staff	9:30AM-10:00AM (Lap Swim) Staff	11:30AM-12:00PM (Lap Swim) Staff	9:30AM-10:00AM (Lap Swim) Staff	11:30AM-12:00PM (Lap Swim) Staff	
	10:00AM-10:30AM (Lap Swim) Staff	10:30AM-11:00AM (Lap Swim) Staff	10:00AM-10:30AM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff	10:00AM-10:30AM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff	
	10:30AM-11:00AM (Lap Swim) Staff	11:00AM-11:30AM (Lap Swim) Staff	10:30AM-11:00AM (Lap Swim) Staff	12:30PM-1:00PM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff		
	11:00AM-11:30AM (Lap Swim) Staff	11:30AM-12:00PM (Lap Swim) Staff	11:00AM-11:30AM (Lap Swim) Staff	1:00PM-1:30PM (Lap Swim) Staff	12:30PM-1:00PM (Lap Swim) Staff		
	11:30AM-12:00PM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff	11:30AM-12:00PM (Lap Swim) Staff	3:30PM-4:00PM (Lap Swim) Staff	1:00PM-1:30PM (Lap Swim) Staff		
	12:00PM-12:30PM (Lap Swim) Staff	12:30PM-1:00PM (Lap Swim) Staff	12:00PM-12:30PM (Lap Swim) Staff	4:00PM-4:30PM (Lap Swim) Staff	3:30PM-4:00PM (Lap Swim) Staff		
	12:30PM-1:00PM (Lap Swim) Staff	1:00PM-1:30PM (Lap Swim) Staff	12:30PM-1:00PM (Lap Swim) Staff	4:30PM-5:00PM (Lap Swim) Staff	4:00PM-4:30PM (Lap Swim) Staff		
	1:00PM-1:30PM (Lap Swim) Staff	3:30PM-4:00PM (Lap Swim) Staff	1:00PM-1:30PM (Lap Swim) Staff	5:00PM-5:30PM (Lap Swim) Staff			
	3:30PM-4:00PM (Lap Swim) Staff	4:00PM-4:30PM (Lap Swim) Staff	3:30PM-4:00PM (Lap Swim) Staff	5:30PM-6:00PM (Lap Swim) Staff			
4:00PM-4:30PM (Lap Swim) Staff	4:30PM-5:00PM (Lap Swim) Staff	4:00PM-4:30PM (Lap Swim) Staff	6:00PM-6:30PM (Lap Swim) Staff				
4:30PM-5:00PM (Lap Swim) Staff	5:00PM-5:30PM (Lap Swim) Staff	4:30PM-5:00PM (Lap Swim) Staff					
5:00PM-5:30PM (Lap Swim) Staff	5:30PM-6:00PM (Lap Swim) Staff	5:00PM-5:30PM (Lap Swim) Staff					
5:30PM-6:00PM (Lap Swim) Staff	6:00PM-6:30PM (Lap Swim) Staff	5:30PM-6:00PM (Lap Swim) Staff					
6:00PM-6:30PM (Lap Swim) Staff		6:00PM-6:30PM (Lap Swim) Staff					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Virtual BodyPump 60 min</b> Studio 1 <a href="#">Sign Up</a>	6:00AM-7:00AM (Strength Training) <i>Les M.</i>		6:00AM-7:00AM (Strength Training) <i>Les M.</i>		6:00AM-7:00AM (Strength Training) <i>Les M.</i>	11:30AM-12:30PM (Strength Training) <i>Les M.</i>	
<b>Virtual CORE 15 min</b> Studio 1 <a href="#">Sign Up</a>	7:05AM-7:20AM (Strength Training) <i>Les M.</i>	7:05AM-7:20AM (Strength Training) <i>Les M.</i>	7:05AM-7:20AM (Strength Training) <i>Les M.</i>	7:05AM-7:20AM (Strength Training) <i>Les M.</i>	7:05AM-7:20AM (Strength Training) <i>Les M.</i>		
<b>Virtual BodyBalance 45 min</b> Studio 1 <a href="#">Sign Up</a>	7:45AM-8:30AM (Mind-Body, Yoga, & Pilates) <i>Les M.</i>  2:45PM-3:45PM (Cardio ) <i>Les M.</i>	7:45AM-8:30AM (Mind-Body, Yoga, & Pilates) <i>Les M.</i>	7:45AM-8:30AM (Mind-Body, Yoga, & Pilates) <i>Les M.</i>	7:45AM-8:30AM (Mind-Body, Yoga, & Pilates) <i>Les M.</i>	7:45AM-8:30AM (Mind-Body, Yoga, & Pilates) <i>Les M.</i>	1:00PM-2:00PM (Mind-Body, Yoga, & Pilates) <i>Les M.</i>	
<b>Virtual RPM 50 min</b> Studio 1 <a href="#">Sign Up</a>	11:00AM-11:50AM (Group Cycle ) <i>Les M.</i>			3:00PM-3:50PM (Cardio ) <i>Les M.</i>	3:00PM-3:50PM (Cardio ) <i>Les M.</i>	8:00AM-8:50AM (Strength Training) <i>Les M.</i>	
<b>Virtual BodyCombat 60 min</b> Studio 1 <a href="#">Sign Up</a>	1:30PM-2:30PM (Cardio ) <i>Les M.</i>	6:00PM-6:45PM (Cardio ) <i>Les M.</i>	12:30PM-1:30PM (Cardio ) <i>Les M.</i>	6:00PM-6:45PM (Cardio ) <i>Les M.</i>			
<b>Virtual CORE 30 min</b> Studio 1 <a href="#">Sign Up</a>	4:15PM-4:45PM (Strength Training) <i>Les M.</i>	2:30PM-3:00PM (Strength Training) <i>Les M.</i>	4:15PM-4:45PM (Strength Training) <i>Les M.</i>	2:30PM-3:00PM (Strength Training) <i>Les M.</i>			
<b>Group Cycle</b> Cycle Studio <a href="#">Sign Up</a>	5:45PM-6:45PM (Group Cycle ) <i>Irina S.</i>	12:15PM-1:00PM (Group Cycle ) <i>Natalie Z.</i>					
<b>Zumba</b> Studio 1 <a href="#">Sign Up</a>	5:45PM-6:45PM (Dance Exercise) <i>Adrianna T.</i>	5:00PM-5:45PM (Dance Exercise) <i>Adrianna S.</i>	5:45PM-6:45PM (Dance Exercise) <i>Jessica B.</i>	5:00PM-5:45PM (Dance Exercise) <i>Adrianna S.</i>	5:30PM-6:30PM (Dance Exercise) <i>Adrianna S.</i>	10:00AM-11:00AM (Dance Exercise) <i>Adrianna T.</i>	
<b>Virtual BodyCombat 45 min</b> Studio 1 <a href="#">Sign Up</a>		6:00AM-6:45AM (Cardio ) <i>Les M.</i>		6:00AM-6:45AM (Cardio ) <i>Les M.</i>  11:00AM-11:45AM (Cardio ) <i>Les M.</i>	4:30PM-5:15PM (Cardio ) <i>Les M.</i>	9:00AM-9:45AM (Cardio ) <i>Les M.</i>	
<b>Silver Sneakers Classic</b> VIRTUAL <a href="#">Sign Up</a>		11:00AM-11:45AM (Virtual Classes ) <i>Glenn C.</i>					
<b>Virtual Core 45 min</b> Studio 1 <a href="#">Sign Up</a>		11:00AM-11:45AM (Strength Training) <i>Les M.</i>  1:30PM-2:15PM (Virtual Classes ) <i>Les M.</i>		10:00AM-10:45AM (Strength Training) <i>Les M.</i>  1:30PM-2:15PM (Strength Training) <i>Les M.</i>	2:15PM-3:00PM (Strength Training) <i>Les M.</i>		
<b>Virtual Les Mills SH'BAM</b> Studio 1 <a href="#">Sign Up</a>		12:00PM-1:00PM (Dance Exercise) <i>Les M.</i>		12:00PM-1:00PM (Dance Exercise) <i>Les M.</i>	12:00PM-1:00PM (Dance Exercise) <i>Les M.</i>		
<b>Firm Action</b> Studio 1 <a href="#">Sign Up</a>			11:30AM-12:15PM (Strength Training) <i>Jeanne M.</i>				
<b>Aqua Fitness</b> Lap Pool <a href="#">Sign Up</a>				10:30AM-11:15AM (Water Exercise) <i>Kyle J.</i>	10:30AM-11:15AM (Water Exercise) <i>Kyle J.</i>		
<b>Virtual BodyPump 45 min</b> Studio 1 <a href="#">Sign Up</a>					11:00AM-11:45AM (Strength Training) <i>Les M.</i>		
<b>Open Swim</b> Lap Pool <a href="#">Sign Up</a>					4:30PM-5:00PM (Open Swim) <i>Staff</i>  5:00PM-5:30PM (Open Swim) <i>Staff</i>  5:30PM-6:00PM (Open Swim) <i>Staff</i>  6:00PM-6:30PM (Open Swim) <i>Staff</i>		



## Hale YMCA Youth & Family Center | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim 5 Lanes-Open Lap Swim</b> Lap Pool	5:00AM-7:00AM (Lap Swim) Staff		5:00AM-7:00AM (Lap Swim) Staff		5:00AM-7:00AM (Lap Swim) Staff		
<b>Open Gym</b> Gymnasium - Full	5:00AM-8:00AM (Open Gym) Staff  2:00PM-5:00PM (Open Gym) Staff  7:00PM-8:45PM (Open Gym) Staff	6:00AM-10:30AM (Open Gym) Staff  2:30PM-5:30PM (Open Gym) Staff  6:30PM-7:45PM (Open Gym) Staff	5:00AM-8:00AM (Open Gym) Staff  2:00PM-5:30PM (Open Gym) Staff	6:00AM-9:00AM (Open Gym) Staff  12:00PM-5:00PM (Open Gym) Staff  7:00PM-7:45PM (Open Gym) Staff	5:00AM-8:00AM (Open Gym) Staff  2:00PM-6:45PM (Open Gym) Staff		
<b>Group Cycle</b> Studio B <a href="#">Sign Up</a>	5:15AM-6:00AM (Group Cycle ) Earl R.  5:30PM-6:15PM (Cardio ) Christina V.	8:30AM-9:00AM (Group Cycle ) Jennifer L.	5:30PM-6:15PM (Group Cycle ) Kelhan L.		5:15AM-6:00AM (Group Cycle ) Jennifer L.		
<b>BodyPump</b> Studio A <a href="#">Sign Up</a>	6:00AM-6:30AM (Strength Training) Agnes U.  10:00AM-10:45AM (Strength Training) Lacey L.  5:30PM-6:15PM (Strength Training) Melissa L.	8:00AM-8:30AM (Strength Training) Jennifer L.	10:30AM-11:15AM (Strength Training) Natalie G.  5:30PM-6:15PM (Strength Training) Jaimee T.	9:15AM-10:00AM (Strength Training) Julie F.  5:30PM-6:15PM (Strength Training) Melissa L.  5:30PM-6:30PM (Strength Training) Lacey L.			8:30AM-9:30AM (Strength Training) Autumn F.
<b>Lap Swim 8 Lanes-Open Lap Swim</b> Lap Pool	7:00AM-7:45AM (Lap Swim) Staff  10:00AM-4:30PM (Lap Swim) Staff  7:00PM-8:30PM (Lap Swim) Staff	5:00AM-7:45AM (Lap Swim) Staff  10:00AM-5:00PM (Lap Swim) Staff	7:00AM-7:45AM (Lap Swim) Staff  10:00AM-4:30PM (Lap Swim) Staff  7:00PM-8:30PM (Lap Swim) Staff	5:00AM-7:45AM (Lap Swim) Staff  10:00AM-4:30PM (Lap Swim) Staff  7:00PM-8:30PM (Lap Swim) Staff	7:00AM-7:45AM (Lap Swim) Staff  10:00AM-5:00PM (Lap Swim) Staff	7:00AM-8:45AM (Lap Swim) Staff  12:30PM-3:30PM (Lap Swim) Staff	7:00AM-3:30PM (Lap Swim) Staff

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Lap Swim 3 Lanes-Open Lap Swim</b> Lap Pool	7:45AM-10:00AM (Lap Swim) <i>Staff</i>	7:45AM-10:00AM (Lap Swim) <i>Staff</i>  5:00PM-5:30PM (Lap Swim) <i>Staff</i>  6:15PM-7:00PM (Lap Swim) <i>Staff</i>	7:45AM-10:00AM (Lap Swim) <i>Staff</i>	7:45AM-10:00AM (Lap Swim) <i>Staff</i>  6:15PM-7:00PM (Lap Swim) <i>Staff</i>	7:45AM-10:00AM (Lap Swim) <i>Staff</i>  5:00PM-6:30PM (Lap Swim) <i>Staff</i>		
<b>Les Mills CORE</b> Studio A <a href="#">Sign Up</a>	8:00AM-8:45AM (Strength Training) <i>Jennifer L.</i>	5:45PM-6:15PM (Strength Training) <i>Autumn F.</i>		6:00AM-6:30AM (Strength Training) <i>Autumn F.</i>			
<b>TRX</b> Studio B <a href="#">Sign Up</a>	8:15AM-9:00AM (Strength Training) <i>Brianna F.</i>		5:15AM-6:00AM (Strength Training) <i>Earl R.</i>	8:30AM-9:15AM (Strength Training) <i>Brianna F.</i>			
<b>Aqua Fitness</b> Lap Pool <a href="#">Sign Up</a>	8:15AM-9:00AM (Water Exercise) <i>Julie F.</i>  9:15AM-10:00AM (Water Exercise) <i>Irma A.</i>	8:15AM-9:00AM (Water Exercise) <i>Stacie S.</i>  9:15AM-10:00AM (Water Exercise) <i>Stacie S.</i>  5:30PM-6:15PM (Water Exercise) <i>Agnes U.</i>	8:15AM-9:00AM (Water Exercise) <i>Barbara L.</i>  9:15AM-10:00AM (Water Exercise) <i>Barbara L.</i>	8:15AM-9:00AM (Water Exercise) <i>Cindy N.</i>  9:15AM-10:00AM (Water Exercise) <i>Stacie S.</i>  5:30PM-6:15PM (Water Exercise) <i>Stacie S.</i>	8:15AM-9:00AM (Water Exercise) <i>Cindy N.</i>  9:15AM-10:00AM (Water Exercise) <i>Cindy N.</i>		
<b>Pickleball</b> Gymnasium - Full <a href="#">Sign Up</a>	8:30AM-10:00AM (Pickleball) <i>Brianna F.</i>  12:00PM-2:00PM (Pickleball) <i>William W.</i>	12:30PM-2:30PM (Pickleball) <i>William W.</i>	8:30AM-10:00AM (Pickleball) <i>Brianna F.</i>  12:00PM-2:00PM (Pickleball) <i>William W.</i>		8:30AM-10:00AM (Pickleball) <i>Laure L.</i>  12:00PM-2:00PM (Pickleball) <i>William W.</i>	7:15AM-9:00AM (Pickleball) <i>Connor H.</i>	7:15AM-9:00AM (Pickleball) <i>Staff</i>
<b>Open Swim</b> Warm Water Pool	9:00AM-10:30PM (Open Swim) <i>Staff</i>  11:15AM-4:30PM (Open Swim) <i>Staff</i>  6:30PM-8:00PM (Open Swim) <i>Staff</i>	9:00AM-10:30AM (Open Swim) <i>Staff</i>  11:15AM-4:30PM (Open Swim) <i>Staff</i>  4:30PM-8:00PM (Open Swim) <i>Staff</i>	9:00AM-10:30AM (Open Swim) <i>Staff</i>  11:15AM-4:30PM (Open Swim) <i>Staff</i>  6:30PM-8:00PM (Open Swim) <i>Staff</i>	9:00AM-10:30AM (Open Swim) <i>Staff</i>  11:15AM-5:30PM (Open Swim) <i>Staff</i>  6:30PM-8:00PM (Open Swim) <i>Staff</i>	9:00AM-6:30PM (Open Swim) <i>Staff</i>		9:00AM-3:30PM (Open Swim) <i>Staff</i>
<b>Zumba</b> Studio A <a href="#">Sign Up</a>	9:00AM-9:45AM (Cardio ) <i>Jamie F.</i>  4:30PM-5:15PM (Cardio ) <i>Jaimee T.</i>			7:00PM-7:45PM (Cardio ) <i>Melanie S.</i>		8:30AM-9:15AM (Dance Exercise) <i>Jaimee T.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Water Walking</b> Warm Water Pool Deep End <a href="#">Sign Up</a>	10:30AM-11:15AM (Water Exercise) <i>Salina D.</i>						
<b>Senior Strength &amp; Cardio</b> Gymnasium - Full <a href="#">Sign Up</a>	10:30AM-11:15AM (Senior Fitness) <i>Cindy N.</i>				10:30AM-11:15AM (Senior Fitness) <i>Melanie S.</i>		
<b>Lap Swim 7 Lanes-Open Lap Swim</b> Lap Pool	4:30PM-5:00PM (Lap Swim) <i>Staff</i>		4:30PM-5:00PM (Lap Swim) <i>Staff</i>	4:30PM-5:00PM (Lap Swim) <i>Staff</i>			
<b>Open Swim</b> Warm Water Pool Shallow End	4:30PM-6:30PM (Open Swim) <i>Staff</i>		4:30PM-6:30PM (Open Swim) <i>Staff</i>	5:30PM-6:30PM (Open Swim) <i>Staff</i>		9:00AM-12:00PM (Open Swim) <i>Staff</i>	
<b>Lap Swim 2 Lanes-Open Lap Swim</b> Lap Pool	5:00PM-7:00PM (Lap Swim) <i>Staff</i>		5:00PM-7:00PM (Lap Swim) <i>Staff</i>	5:00PM-5:30PM (Lap Swim) <i>Staff</i>			
<b>Men's 5x5 Basketball</b> Gymnasium - Full	5:00PM-7:00PM (Basketball) <i>Staff</i>			6:30PM-8:30PM (Sports) <i>Staff</i>			
<b>BodyCombat</b> Studio A <a href="#">Sign Up</a>	6:30PM-7:15PM (Cardio ) <i>Samantha M.</i>		9:45AM-10:15AM (Cardio ) <i>Natalie G.</i>  4:30PM-5:20PM (Cardio ) <i>Jaimee T.</i>	6:30PM-7:00PM (Cardio ) <i>Lacey L.</i>			
<b>LIFT</b> Gymnasium - Full <a href="#">Sign Up</a>		5:15AM-6:00AM (Strength Training) <i>Brianna F.</i>					
<b>Zumba Tone</b> Studio A <a href="#">Sign Up</a>		7:00AM-7:45AM (Cardio ) <i>Sarah G.</i>				8:30AM-9:15AM (Dance Exercise) <i>Sarah G.</i>	
<b>Stretch</b> Studio A <a href="#">Sign Up</a>		9:00AM-9:45AM (Mind-Body, Yoga, & Pilates) <i>Lauri N.</i>  6:30PM-7:15PM (Mind-Body, Yoga, & Pilates) <i>Autumn F.</i>					9:30AM-10:15AM (Mind-Body, Yoga, & Pilates) <i>Autumn F.</i>
<b>Pilates</b> Studio A <a href="#">Sign Up</a>		9:45AM-10:30AM (Mind-Body, Yoga, & Pilates) <i>Salina D.</i>					
<b>Gentle Joints</b> Warm Water Pool Deep End <a href="#">Sign Up</a>		10:30AM-11:15AM (Water Exercise) <i>Stacie S.</i>	10:30AM-11:15AM (Water Exercise) <i>Barbara L.</i>				



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Chair Yoga</b> Studio A <a href="#">Sign Up</a>		10:45AM-11:30AM (Mind-Body, Yoga, & Pilates) <i>Erin S.</i>		11:15AM-12:00PM (Mind-Body, Yoga, & Pilates) <i>Michelle S.</i>			
<b>Yoga</b> Studio A <a href="#">Sign Up</a>		12:15PM-1:30PM (Mind-Body, Yoga, & Pilates) <i>Michelle S.</i>		12:15PM-1:30PM (Mind-Body, Yoga, & Pilates) <i>Michelle S.</i>			
<b>Gentle Yoga</b> Studio A <a href="#">Sign Up</a>		4:15PM-5:30PM (Mind-Body, Yoga, & Pilates) <i>Bonita W.</i>					
<b>Lap Swim 1 Lane-Open Lap Swim</b> Lap Pool		5:30PM-6:15PM (Lap Swim) <i>Staff</i>		5:30PM-6:15PM (Lap Swim) <i>Staff</i>			
<b>TRX - Advanced</b> Studio B <a href="#">Sign Up</a>		5:30PM-6:15PM (Strength Training) <i>Lauri N.</i>					
<b>Les Mills Sprint</b> Studio B <a href="#">Sign Up</a>			6:00AM-6:30AM (Cardio ) <i>Jennifer B.</i>  6:00AM-6:30AM (Group Cycle ) <i>Autumn F.</i>				
<b>BodyStep</b> Studio A <a href="#">Sign Up</a>			8:00AM-8:40AM (Cardio ) <i>Jennifer L.</i>	6:15PM-6:45PM (Cardio ) <i>Melissa L.</i>		7:30AM-8:15AM (Cardio ) <i>Melissa L.</i>	
<b>BOSU</b> Studio A <a href="#">Sign Up</a>			8:45AM-9:30AM (Strength Training) <i>Brianna F.</i>				
<b>Senior Strength &amp; Balance</b> Gymnasium - Full <a href="#">Sign Up</a>			10:30AM-11:15AM (Senior Fitness) <i>Salina D.</i>				
<b>Open Gym</b> Gymnasium - Back			1:00PM-2:00PM (General) <i>Staff</i>			9:00AM-1:00PM (General) <i>Staff</i>  1:00PM-2:00PM (General) <i>Staff</i>	2:00PM-4:00PM (General) <i>Staff</i>
<b>Tai Chi</b> Studio A <a href="#">Sign Up</a>			1:10PM-2:40PM (Mind-Body, Yoga, & Pilates) <i>Dan S.</i>		1:10PM-2:40PM (Mind-Body, Yoga, & Pilates) <i>Dan S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BodyBalance</b> Studio A <a href="#">Sign Up</a>			6:45PM-7:30PM (Mind-Body, Yoga, & Pilates) <i>Martha G.</i>	10:15AM-11:00AM (Mind-Body, Yoga, & Pilates) <i>Lauri N.</i>			
<b>Mix Fit</b> Gymnasium - Full <a href="#">Sign Up</a>				5:15AM-6:00AM (Cardio ) <i>Brianna F.</i>			
<b>Step &amp; Sculpt</b> Studio A <a href="#">Sign Up</a>				8:15AM-9:00AM (Strength Training) <i>Stacie S.</i>			
<b>Les Mills CORE</b> Studio B <a href="#">Sign Up</a>				10:00AM-10:30AM (Strength Training) <i>Natalie G.</i>			
<b>Water Walking</b> Warm Water Pool <a href="#">Sign Up</a>				10:30AM-11:15AM (Water Exercise) <i>Salina D.</i>			
<b>Teen Basketball</b> Gymnasium - Full				3:30PM-6:15PM (Open Gym) <i>Staff</i>			
<b>LIFT</b> Studio A <a href="#">Sign Up</a>					6:00AM-6:45AM (Strength Training) <i>Autumn F.</i>		8:30AM-9:15AM (Strength Training) <i>Christina V.</i>
<b>Cardio Dance</b> Studio A <a href="#">Sign Up</a>					8:00AM-8:45AM (Dance Exercise) <i>Sarah G.</i>		
<b>HIIT Cycle</b> Studio B <a href="#">Sign Up</a>					8:00AM-8:45AM (Cardio ) <i>Christina V.</i>	8:30AM-9:00AM (Group Cycle ) <i>Dominique A.</i>	
<b>Barre Unhitched</b> Studio A <a href="#">Sign Up</a>					9:00AM-9:45AM (Strength Training) <i>Jennifer S.</i>		
<b>HIIT</b> Studio A <a href="#">Sign Up</a>					10:00AM-10:35AM (Cardio ) <i>William W.</i>		
<b>Lap Swim 4 Lanes-Open Lap Swim</b> Lap Pool						8:45AM-10:00AM (Lap Swim) <i>Staff</i>	
<b>P90X</b> Studio A <a href="#">Sign Up</a>						9:30AM-10:15AM (Strength Training) <i>Sarah H.</i>	
<b>Lap Swim 6 Lanes-Open Lap Swim</b> Lap Pool						10:00AM-12:30PM (Lap Swim) <i>Staff</i>	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Youth Programs</b> Gymnasium - Front						10:00AM-12:00PM (Open Gym) <i>Staff</i>  1:00PM-2:00PM (General) <i>Staff</i>	1:00PM-2:00PM (General) <i>Staff</i>
<b>Pool Event</b> Warm Water Pool						12:00PM-3:30PM (Open Swim) <i>Staff</i>	
<b>Area Closed</b> Gymnasium - Front						1:00PM-2:00PM (Open Gym) <i>Staff</i>	1:00PM-2:00PM (Open Gym) <i>Staff</i>
<b>Area Closed</b> Warm Water Pool						1:00PM-2:00PM (Open Swim) <i>Staff</i>	1:00PM-2:00PM (Open Swim) <i>Staff</i>
<b>Teen &amp; Adult Basketball</b> Gymnasium - Full						2:15PM-3:45PM (Basketball) <i>Staff</i>	
<b>Open Gym</b> Gymnasium - Front							9:00AM-1:00PM (General) <i>Staff</i>  2:00PM-4:00PM (General) <i>Staff</i>
<b>Youth Basketball</b> Gymnasium - Back							10:00AM-12:00PM (Open Gym) <i>Staff</i>
<b>Women\'s 5x5 Basketball</b> Gymnasium - Back							12:00PM-2:00PM (Basketball) <i>Staff</i>



## Wheeler Regional Family YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim 1 Lane-Open Lap Swim</b> Lap Pool	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff		
<b>Lap Swim 2 Lanes-Open Lap Swim</b> Lap Pool	5:00AM-4:30PM (Lap Swim) Staff  5:30PM-6:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff  5:30PM-6:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	7:00AM-9:00AM (Lap Swim) Staff	
<b>Open Swim</b> Multipurpose Pool Zero Entry	5:00AM-9:25AM (Open Swim) Staff	5:00AM-8:55AM (Open Swim) Staff	5:00AM-9:25AM (Open Swim) Staff	5:00AM-8:55AM (Open Swim) Staff	4:00PM-6:45PM (Open Swim) Staff		
<b>Open Swim</b> Spa	5:00AM-9:25AM (Open Swim) Staff	5:00AM-12:00PM (Open Swim) Staff	5:00AM-9:25AM (Open Swim) Staff	5:00AM-12:00PM (Open Swim) Staff	5:00AM-9:25AM (Open Swim) Staff  5:00AM-12:00PM (Open Swim) Staff  4:00PM-6:45PM (Open Swim) Staff	7:00AM-8:00AM (Open Swim) Staff  1:00PM-1:45PM (Open Swim) Staff	7:00AM-1:45PM (Open Swim) Staff
<b>Open Gym</b> Gymnasium	5:00AM-9:00AM (Open Gym) Staff  1:30PM-7:45PM (Open Gym) Staff	5:00AM-8:15AM (Basketball) Staff  11:30AM-4:00PM (Open Gym) Staff	5:00AM-9:00AM (Basketball) Staff  1:30PM-4:30PM (Basketball) Staff	5:00AM-8:15AM (Open Gym) Staff  11:30AM-4:00PM (Open Gym) Staff	5:00AM-8:15AM (Basketball) Staff  1:30PM-4:30PM (Basketball) Staff		10:15AM-1:45PM (Basketball) Staff
<b>Lap Swim 4 Lanes-Open Lap Swim</b> Lap Pool	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff		7:00AM-1:45PM (Lap Swim) Staff
<b>Lap Swim 3 Lanes-Open Lap Swim</b> Lap Pool	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	5:00AM-4:30PM (Lap Swim) Staff	9:00AM-1:45PM (Lap Swim) Staff	
<b>Group Cycle</b> Studio A <a href="#">Sign Up</a>	5:30AM-6:30AM (Group Cycle ) Mira P.	6:00PM-7:00PM (Group Cycle ) Heidi R.	5:30AM-6:30AM (Group Cycle ) Scott P.	6:00PM-7:00PM (Group Cycle ) Heidi R.	5:30AM-6:30AM (Group Cycle ) Mira P.	8:15AM-9:15AM (Group Cycle ) Heidi R.	8:30AM-10:00AM (Group Cycle ) Heidi R.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Shallow Water Fitness</b> Multipurpose Pool Primary Area <a href="#">Sign Up</a>	6:00AM-6:45AM (Water Exercise) Staff		6:00AM-6:45AM (Water Exercise) Staff			7:15AM-8:00AM (Water Exercise) Staff	
<b>Senior Strength &amp; Cardio</b> Gymnasium <a href="#">Sign Up</a>	8:15AM-9:15AM (Senior Fitness) Carol D.				8:00AM-9:00AM (Senior Fitness) Charles B.		
<b>Childcare</b> Gymnasium	9:00AM-11:30AM (General) Staff	9:30AM-11:30AM (General) Staff	9:00AM-11:30AM (General) Staff	9:30AM-11:30AM (General) Staff	9:30AM-11:30AM (General) Staff		
<b>Pilates</b> Studio B/C <a href="#">Sign Up</a>	9:30AM-10:30AM (Strength Training) Carol D.		9:30AM-10:30AM (Strength Training) Carol D.				
<b>Open Swim</b> Multipurpose Pool Primary Area	10:35AM-12:00PM (Open Swim) Staff	5:00AM-8:55AM (Open Swim) Staff	11:05AM-12:00PM (Open Swim) Staff	5:00AM-8:55AM (Open Swim) Staff		10:20AM-1:45PM (Open Swim) Staff	7:00AM-10:00AM (Open Swim) Staff
<b>Pickleball</b> Gymnasium	11:30AM-1:30PM (Pickleball) Staff		11:30AM-1:30PM (Pickleball) Staff		11:30AM-1:30PM (Pickleball) Staff		
<b>Open Swim Families</b> Multipurpose Pool Primary Area	4:00PM-7:45PM (Open Swim) Staff	7:05PM-7:45PM (Open Swim) Staff	4:00PM-7:45PM (Open Swim) Staff	7:05PM-7:45PM (Open Swim) Staff	4:00PM-6:45PM (Open Swim) Staff		10:00AM-1:45PM (Open Swim) Staff
<b>Lap Swim - NO LANES AVAILABLE</b> Lap Pool	4:30PM-5:30PM (Lap Swim) Staff	4:30PM-7:45PM (Lap Swim) Staff	4:30PM-5:30PM (Lap Swim) Staff	4:30PM-7:45PM (Lap Swim) Staff	4:30PM-7:45PM (Lap Swim) Staff		
<b>Zumba</b> Studio B/C <a href="#">Sign Up</a>	4:30PM-5:30PM (Dance Exercise) Carla H.		6:00PM-7:00PM (Dance Exercise) Carla H.	5:30PM-6:30PM (Dance Exercise) Abigail K.		8:15AM-9:15AM (Dance Exercise) Abigail K.	
<b>LIFT</b> Studio B/C <a href="#">Sign Up</a>	6:00PM-7:00PM (Strength Training) Scott P.	5:30AM-6:30AM (Strength Training) Scott P.		5:30AM-6:30AM (Strength Training) Scott P.		9:30AM-10:30AM (Strength Training) Tanya C.	
<b>Senior Strength &amp; Balance</b> Gymnasium <a href="#">Sign Up</a>		8:30AM-9:00AM (Senior Fitness) Christy B.					
<b>Aqua Fitness</b> Multipurpose Pool Primary Area <a href="#">Sign Up</a>		9:00AM-9:45AM (Water Exercise) Staff		9:00AM-9:45AM (Water Exercise) Staff			
<b>Bootcamp</b> Studio B/C <a href="#">Sign Up</a>		9:30AM-10:30AM (Cardio ) B W.		9:30AM-10:30AM (Cardio ) B W.	9:30AM-10:30AM (Strength Training) Charles B.		
<b>Poolates</b> Multipurpose Pool Primary Area <a href="#">Sign Up</a>		9:55AM-10:40AM (Water Exercise) Staff		9:55AM-10:40AM (Water Exercise) Staff			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Swim</b> Multi Purpose Pool		10:45AM-12:00PM (Open Swim) Staff		10:45AM-12:00PM (Open Swim) Staff	10:35AM-12:00PM (Open Swim) Staff	7:00AM-8:00AM (Open Swim) Staff	
<b>Chair Strength &amp; Sculpt 30</b> Studio B/C <a href="#">Sign Up</a>		11:15AM-11:45AM (Senior Fitness) Christy B.		11:15AM-11:45AM (Senior Fitness) Christy B.			
<b>Open Gym - 1/2 Court</b> Gymnasium		4:00PM-7:45PM (Open Gym) Staff		4:00PM-7:45PM (Open Gym) Staff			
<b>Open Gym Families</b> Gymnasium		4:00PM-7:45PM (Open Gym) Staff		4:00PM-7:45PM (Open Gym) Staff			
<b>Rumble</b> Wellness <a href="#">Sign Up</a>		6:00PM-7:00PM (Cardio ) Sarah K.		6:00PM-7:00PM (Cardio ) Sarah K.			
<b>Yoga - Vinyasa Core Strength</b> Studio B/C <a href="#">Sign Up</a>		7:00PM-7:45PM (Mind-Body, Yoga, & Pilates) Brandi K.					
<b>Senior Strength &amp; Cardio</b> Studio B/C <a href="#">Sign Up</a>			8:15AM-9:15AM (Senior Fitness) Carol D.				
<b>Badminton</b> Gymnasium			4:45PM-7:45PM (Sports) Staff		4:45PM-6:45PM (Sports) Staff	7:00AM-8:45AM (Sports) Staff	7:00AM-10:00AM (Sports) Staff
<b>Yoga - Restorative</b> Studio B/C <a href="#">Sign Up</a>				7:00PM-7:45PM (Mind-Body, Yoga, & Pilates) Brandi K.			
<b>Core &amp; More</b> Wellness <a href="#">Sign Up</a>					5:45PM-6:45PM (Cardio ) Sarah K.		
<b>Youth Programs</b> Gymnasium						8:45AM-1:45PM (General) Staff	
<b>Barre Fit</b> Studio B/C <a href="#">Sign Up</a>						10:45AM-11:45AM (Mind-Body, Yoga, & Pilates) Tanya C.	
<b>Open Swim Families</b> Multi Purpose Pool						1:00PM-1:45PM (Open Swim) Staff	



## Farmington Valley YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gymnasium Side B	5:00AM-11:15AM (Open Gym) <i>Staff</i>  2:30PM-8:45PM (Open Gym) <i>Staff</i>	1:30PM-8:45PM (Open Gym) <i>Staff</i>	5:00AM-11:15PM (Open Gym) <i>Staff</i>  2:30PM-6:00PM (Open Gym) <i>Staff</i>	5:00AM-10:15AM (Open Gym) <i>Staff</i>  1:30PM-5:15PM (Open Gym) <i>Staff</i>	5:00AM-6:45PM (Open Gym) <i>Staff</i>	10:00AM-4:45PM (Open Gym) <i>Staff</i>	7:00AM-4:45PM (Open Gym) <i>Staff</i>
<b>Open Gym</b> Gymnasium Side A	5:00AM-11:15AM (Open Gym) <i>Staff</i>  2:30PM-4:45PM (Open Gym) <i>Staff</i>  6:00PM-8:45PM (Open Gym) <i>Staff</i>	1:30PM-4:00PM (Open Gym) <i>Staff</i>	5:00AM-9:00AM (Open Gym) <i>Staff</i>  2:30PM-6:00PM (Open Gym) <i>Staff</i>	5:00AM-9:15AM (Open Gym) <i>Staff</i>  1:30PM-4:00PM (Open Gym) <i>Staff</i>	5:00AM-11:00AM (Open Gym) <i>Staff</i>  12:00PM-6:45PM (Open Gym) <i>Staff</i>	7:00AM-4:45PM (Open Gym) <i>Staff</i>	7:00AM-4:45PM (Open Gym) <i>Staff</i>
<b>Lap Swim 8 Lanes-Open Lap Swim</b> Lap Pool	5:15AM-11:00AM (Lap Swim) <i>Staff</i>  8:00AM-10:00AM (Open Swim) <i>Staff</i>	5:15AM-4:45PM (Lap Swim) <i>Staff</i>  11:00AM-1:15PM (Lap Swim) <i>Staff</i>	5:15AM-4:45PM (Lap Swim) <i>Staff</i>	5:15AM-4:45PM (Lap Swim) <i>Staff</i>	5:15AM-11:00AM (Lap Swim) <i>Staff</i>  11:00AM-1:15PM (Lap Swim) <i>Staff</i>  2:45PM-4:45PM (Lap Swim) <i>Staff</i>	7:15AM-8:00AM (Lap Swim) <i>Staff</i>  11:30AM-4:45PM (Lap Swim) <i>Staff</i>	7:15AM-8:00AM (Lap Swim) <i>Staff</i>
<b>Group Cycle</b> Studio 1 <a href="#">Sign Up</a>	5:45AM-6:45AM (Group Cycle ) <i>Jane B.</i>  5:30PM-6:15PM (Group Cycle ) <i>David R.</i>		8:45AM-9:15AM (Group Cycle ) <i>Suzanne M.</i>	4:30PM-5:15PM (Cardio ) <i>Samantha L.</i>	5:45AM-6:45AM (Group Cycle ) <i>Jennifer L.</i>	8:15AM-9:15AM (Group Cycle ) <i>Staff</i>	7:45AM-8:45AM (Group Cycle ) <i>Samantha L.</i>
<b>Gentle Yoga</b> Activity Center <a href="#">Sign Up</a>	8:00AM-9:00AM (Mind-Body, Yoga, & Pilates) <i>Kathleen D.</i>						

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Aqua Fitness</b> Multi Purpose Pool <a href="#">Sign Up</a>	8:15AM-9:00AM (Water Exercise) <i>Stephanie S.</i>  9:00AM-9:45AM (Water Exercise) <i>Jennifer L.</i>	10:00AM-11:00AM (Water Exercise) <i>Kim E.</i>  11:00AM-12:00PM (Water Exercise) <i>Kim E.</i>	8:15AM-9:00AM (Water Exercise) <i>Stephanie S.</i>  9:00AM-9:45AM (Water Exercise) <i>Jennifer L.</i>	10:00AM-11:00AM (Water Exercise) <i>Stephanie S.</i>  11:00AM-12:00PM (Water Exercise) <i>Stephanie S.</i>	9:00AM-9:45AM (Water Exercise) <i>Jennifer L.</i>		
<b>LIFT</b> Studio 1 <a href="#">Sign Up</a>	9:00AM-10:00AM (Strength Training) <i>Suzanne M.</i>	5:30PM-6:15PM (Strength Training) <i>Mellissa H.</i>	9:30AM-10:30AM (Strength Training) <i>Suzanne M.</i>  6:00PM-7:00PM (Strength Training) <i>Mellissa H.</i>		5:00PM-6:00PM (Strength Training) <i>Terri Z.</i>		
<b>Open Swim</b> Multi Purpose Pool	9:45AM-12:30PM (Open Swim) <i>Staff</i>  7:45PM-8:45PM (General) <i>Staff</i>	9:00AM-10:00AM (Open Swim) <i>Staff</i>  12:00PM-12:30PM (Open Swim) <i>Staff</i>  4:00PM-8:45PM (Open Swim) <i>Staff</i>	10:45AM-12:30PM (Open Swim) <i>Staff</i>  7:45PM-8:45PM (General) <i>Staff</i>	9:00AM-10:00AM (Open Swim) <i>Staff</i>  12:00PM-12:30PM (Open Swim) <i>Staff</i>  4:00PM-8:45PM (Open Swim) <i>Staff</i>	11:00AM-12:30PM (Open Swim) <i>Staff</i>  4:00PM-4:30PM (Open Swim) <i>Staff</i>	7:15AM-9:00AM (Open Swim) <i>Staff</i>  1:00PM-4:45PM (Open Swim) <i>Staff</i>	7:15AM-9:00AM (Open Swim) <i>Staff</i>  1:00PM-4:45PM (Open Swim) <i>Staff</i>
<b>Mat Pilates</b> Studio 1 <a href="#">Sign Up</a>	10:15AM-11:00AM (Mind-Body, Yoga, & Pilates) <i>Jill R.</i>						
<b>Lap Swim 5 Lanes-Open</b> <b>Lap Swim</b> Lap Pool	11:00AM-1:15PM (Lap Swim) <i>Staff</i>		11:00AM-1:15PM (Lap Swim) <i>Staff</i>	11:00AM-1:15PM (Lap Swim) <i>Staff</i>			
<b>Pickleball</b> Gymnasium Side B	11:30AM-2:30PM (Pickleball) <i>Staff</i>	10:30AM-1:30PM (Pickleball) <i>Staff</i>	11:30AM-2:30PM (Pickleball) <i>Staff</i>	10:30AM-1:30PM (Pickleball) <i>Staff</i>  5:30PM-8:30PM (Pickleball) <i>Staff</i>			
<b>Pickleball</b> Gymnasium Side A	11:30AM-2:30PM (Pickleball) <i>Staff</i>		11:30AM-2:30PM (Pickleball) <i>Staff</i>	10:30AM-1:30PM (Pickleball) <i>Staff</i>			



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim 2 Lanes-Open Lap Swim</b> Lap Pool	2:45PM-4:45PM (Lap Swim) <i>Staff</i>	4:45PM-6:15PM (Lap Swim) <i>Staff</i>	2:45PM-4:45PM (Lap Swim) <i>Staff</i>	2:45PM-4:45PM (Lap Swim) <i>Staff</i>	4:45PM-6:45PM (Lap Swim) <i>Staff</i>	8:00AM-12:30PM (Lap Swim) <i>Staff</i>	
	4:45PM-6:15PM (Lap Swim) <i>Staff</i>	6:15PM-8:45PM (Lap Swim) <i>Staff</i>	4:45PM-6:15PM (Lap Swim) <i>Staff</i>	4:45PM-6:15PM (Lap Swim) <i>Staff</i>			
	6:15PM-8:45PM (Lap Swim) <i>Staff</i>		6:15PM-8:45PM (Lap Swim) <i>Staff</i>	6:15PM-8:45PM (Lap Swim) <i>Staff</i>			
<b>Area Closed</b> Multipurpose Pool Shallow End	4:00PM-7:45PM (Open Swim) <i>Staff</i>		4:00PM-7:45PM (Open Swim) <i>Staff</i>		5:00PM-6:45PM (Open Swim) <i>Staff</i>	9:00AM-1:00PM (Open Swim) <i>Staff</i>	9:00AM-1:00PM (Open Swim) <i>Staff</i>
<b>Zumba</b> Studio 1 <a href="#">Sign Up</a>	4:30PM-5:15PM (Dance Exercise) <i>Laura T.</i>	6:30PM-7:15PM (Dance Exercise) <i>Stephanie E.</i>			10:15AM-11:00AM (Dance Exercise) <i>Elizabeth L.</i>	9:30AM-10:30AM (Dance Exercise) <i>Laura T.</i>	
<b>Sports of All Sorts (age 3-6)</b> Gymnasium Side A	5:00PM-5:45PM (General) <i>Staff</i>						
<b>BodyPump</b> Studio 1 <a href="#">Sign Up</a>	6:30PM-7:30PM (Strength Training) <i>Kerri B.</i>	5:30AM-6:30AM (Strength Training) <i>Rosa M.</i>		5:30AM-6:30AM (Strength Training) <i>Willaminah R.</i>		10:45AM-11:30AM (Strength Training) <i>Willaminah R.</i>	
<b>Open Gym</b> Gymnasium Full		5:00AM-8:45AM (Open Gym) <i>Staff</i>					
<b>On The Ball</b> Studio 1 <a href="#">Sign Up</a>		8:00AM-8:50AM (Cardio ) <i>Jill R.</i>					
<b>Chair Yoga</b> Activity Center <a href="#">Sign Up</a>		8:30AM-9:15AM (Senior Fitness) <i>Diane R.</i>					
<b>Core &amp; More</b> Studio 1 <a href="#">Sign Up</a>		9:00AM-9:45AM (Strength Training) <i>Jennifer L.</i>		5:30PM-6:15PM (Strength Training) <i>Michele F.</i>		7:15AM-8:00AM (Strength Training) <i>Staff</i>	
<b>Senior Strength &amp; Balance</b> Gymnasium Side A <a href="#">Sign Up</a>		9:20AM-10:05AM (Senior Fitness) <i>Jill R.</i>	9:00AM-9:30AM (Senior Fitness) <i>Kim E.</i>	9:20AM-10:05AM (Senior Fitness) <i>Samantha L.</i>			
<b>HIIT</b> Studio 1 <a href="#">Sign Up</a>		10:20AM-10:50AM (HIIT) <i>Samantha L.</i>		10:20AM-10:50AM (HIIT) <i>Samantha L.</i>			
<b>Open Climb</b> Rock Wall		4:00PM-5:00PM (Rock Climbing) <i>Staff</i>		4:00PM-7:00PM (Rock Climbing) <i>Staff</i>		11:00AM-1:00PM (Rock Climbing) <i>Staff</i>	1:00PM-4:00PM (Rock Climbing) <i>Staff</i>
<b>HIIT Cycle</b> Studio 1 <a href="#">Sign Up</a>		4:45PM-5:15PM (Cardio ) <i>Willaminah R.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Teen &amp; Adult Basketball</b> Gymnasium Side A		5:30PM-8:45PM (Basketball) <i>Staff</i>			6:30PM-8:45PM (Basketball) <i>Staff</i>		
<b>Yoga</b> Activity Center <a href="#">Sign Up</a>		5:30PM-6:30PM (Mind-Body, Yoga, & Pilates) <i>Shariyah J.</i>			9:00AM-10:00AM (Mind-Body, Yoga, & Pilates) <i>Aubrey S.</i>	8:30AM-9:30AM (Mind-Body, Yoga, & Pilates) <i>Terence S.</i>	9:00AM-10:00AM (Mind-Body, Yoga, & Pilates) <i>Rebecca P.</i>
<b>Group Cycle &amp; Core</b> Studio 1 <a href="#">Sign Up</a>			5:45AM-6:45AM (Group Cycle ) <i>Jennifer L.</i>	9:00AM-10:00AM (Group Cycle ) <i>Jennifer L.</i>			
<b>Cardio Dance</b> Gymnasium Side A <a href="#">Sign Up</a>			9:30AM-10:15AM (Senior Fitness) <i>Patti C.</i>				
<b>Open Gym Families</b> Gymnasium Side A			4:00PM-5:30PM (Open Gym) <i>Staff</i>	4:00PM-6:30PM (Open Gym) <i>Staff</i>	11:00AM-12:00PM (Open Gym) <i>Staff</i>		
<b>Pound</b> Studio 1 <a href="#">Sign Up</a>			5:00PM-5:45PM (Cardio ) <i>Laura T.</i>				
<b>Adult Volleyball</b> Gymnasium Side B			6:00PM-8:45PM (Sports) <i>Staff</i>			7:00AM-9:45AM (Open Gym) <i>Staff</i>	
<b>Adult Volleyball</b> Gymnasium Side A			6:00PM-8:45PM (Sports) <i>Staff</i>				
<b>Yoga - Restorative</b> Activity Center <a href="#">Sign Up</a>			7:00PM-7:45PM (Mind-Body, Yoga, & Pilates) <i>Chloe S.</i>				
<b>Throw Down Dance Fitness</b> Studio 1 <a href="#">Sign Up</a>			7:15PM-8:00PM (Dance Exercise) <i>Mellissa H.</i>		6:00PM-6:45PM (Dance Exercise) <i>Mellissa H.</i>		
<b>Chair Yoga Tone</b> Activity Center <a href="#">Sign Up</a>				8:30AM-9:15AM (Mind-Body, Yoga, & Pilates) <i>Diane R.</i>			
<b>Pilates</b> Studio 2 <a href="#">Sign Up</a>				6:00PM-7:00PM (Mind-Body, Yoga, & Pilates) <i>Diana M.</i>			
<b>BodyCombat</b> Studio 1 <a href="#">Sign Up</a>				6:30PM-7:15PM (Cardio ) <i>Michele F.</i>			9:00AM-9:45AM (Strength Training) <i>Michele F.</i>
<b>Area Closed</b> Gymnasium Side B					9:00AM-10:00AM (General) <i>Staff</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mix Fit</b> Studio 1 <a href="#">Sign Up</a>					9:00AM-10:00AM (Strength Training) <i>Suzanne M.</i>		
<b>Kid Climbers (Grades 1-4)</b> Rock Wall						9:00AM-10:00AM (Rock Climbing) <i>Staff</i>  10:00AM-11:00AM (Rock Climbing) <i>Staff</i>	
<b>Lap Swim 4 Lanes-Open Lap Swim</b> Lap Pool							8:00AM-11:00AM (Lap Swim) <i>Staff</i>
<b>Power Yoga</b> Activity Center <a href="#">Sign Up</a>							9:00AM-10:00AM (Mind-Body, Yoga, & Pilates) <i>Chloe S.</i>
<b>BodyBalance</b> Studio 1 <a href="#">Sign Up</a>							10:00AM-10:45AM (Mind-Body, Yoga, & Pilates) <i>Michele F.</i>
<b>Open Swim</b> Lap Pool							11:30AM-4:45PM (Lap Swim) <i>Staff</i>



## Indian Valley Family YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim 8 Lanes-Open Lap Swim</b> Lap Pool	5:00AM-8:45AM (Lap Swim) <i>Staff</i>  10:15AM-2:45PM (Lap Swim) <i>Staff</i>	5:00AM-8:45AM (Lap Swim) <i>Staff</i>  10:15AM-2:45PM (Lap Swim) <i>Staff</i>	5:00AM-8:45AM (Lap Swim) <i>Staff</i>  10:15AM-2:45PM (Lap Swim) <i>Staff</i>	5:00AM-8:45AM (Lap Swim) <i>Staff</i>  10:15AM-2:45PM (Lap Swim) <i>Staff</i>	5:00AM-8:45AM (Lap Swim) <i>Staff</i>  10:15AM-2:45PM (Lap Swim) <i>Staff</i>	7:00AM-7:45AM (Lap Swim) <i>Staff</i>	9:00AM-12:00PM (Lap Swim) <i>Staff</i>
<b>Group Cycle</b> Group Cycle Studio <a href="#">Sign Up</a>	5:15AM-6:00AM (Group Cycle ) <i>Frederick O.</i>  5:30PM-6:15PM (Group Cycle ) <i>Emily W.</i>	7:00AM-7:45AM (Cardio ) <i>Andrea E.</i>  6:00PM-6:45PM (Group Cycle ) <i>Kendra S.</i>	5:15AM-6:00AM (Group Cycle ) <i>Frederick O.</i>	6:00PM-6:45PM (Group Cycle ) <i>Lisa G.</i>		8:30AM-9:15AM (Group Cycle ) <i>Staff</i>	8:30AM-9:15AM (Group Cycle ) <i>Andrea E.</i>
<b>Open Swim</b> Warm Water Pool	8:00AM-7:00PM (Open Swim) <i>Staff</i>	8:00AM-7:00PM (Open Swim) <i>Staff</i>	8:00AM-7:00PM (Open Swim) <i>Staff</i>	8:00AM-7:00PM (Open Swim) <i>Staff</i>	8:00AM-6:30PM (Open Swim) <i>Staff</i>	8:00AM-8:45AM (Open Swim) <i>Staff</i>  9:45AM-3:30PM (Open Swim) <i>Staff</i>	8:00AM-3:30PM (Open Swim) <i>Staff</i>
<b>Lap Swim 3 Lanes-Open Lap Swim</b> Water Walking Lane	8:00AM-8:45AM (Lap Swim) <i>Staff</i>	8:00AM-8:45AM (Lap Swim) <i>Staff</i>	8:00AM-8:45AM (Lap Swim) <i>Staff</i>	8:00AM-8:45AM (Lap Swim) <i>Staff</i>	8:00AM-8:45AM (Lap Swim) <i>Staff</i>	8:00AM-8:45AM (Lap Swim) <i>Staff</i>	8:00AM-12:00PM (Lap Swim) <i>Staff</i>
<b>Lap Swim 2 Lanes-Open Lap Swim</b> Water Walking Lane	9:00AM-3:45PM (Lap Swim) <i>Staff</i>	9:00AM-3:45PM (Lap Swim) <i>Staff</i>	9:00AM-3:45PM (Lap Swim) <i>Staff</i>	9:00AM-3:45PM (Lap Swim) <i>Staff</i>	9:00AM-3:45PM (Lap Swim) <i>Staff</i>	1:30PM-3:30PM (Lap Swim) <i>Staff</i>	12:00PM-3:30PM (Lap Swim) <i>Staff</i>
<b>Aqua Zumba</b> Lap Pool <a href="#">Sign Up</a>	9:00AM-10:00AM (Water Exercise) <i>Marie R.</i>	9:00AM-10:00AM (Water Exercise) <i>Marie R.</i>				8:00AM-8:45AM (Water Exercise) <i>Laura M.</i>	
<b>Step</b> Group Ex Studio <a href="#">Sign Up</a>	9:00AM-10:00AM (Cardio ) <i>Maria G.</i>						
<b>Pickleball</b> Outdoor Basketball Court <a href="#">Sign Up</a>	10:00AM-12:00PM (Pickleball) <i>Sean M.</i>	10:00AM-12:00PM (Pickleball) <i>Sean M.</i>	10:00AM-12:00PM (Pickleball) <i>Sean M.</i>	10:00AM-12:00PM (Pickleball) <i>Sean M.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Silver Sneakers Classic</b> Group Ex Studio <a href="#">Sign Up</a>	10:15AM-11:00AM (Senior Fitness) <i>Maria G.</i>  12:15PM-1:00PM (Senior Fitness) <i>Mae C.</i>	11:15AM-12:00PM (Senior Fitness) <i>Marilyn P.</i>	10:00AM-10:45AM (Senior Fitness) <i>Marilyn P.</i>	9:00AM-9:45AM (Senior Fitness) <i>Mavourneen C.</i>	11:15AM-12:00PM (Senior Fitness) <i>Mae C.</i>		
<b>Kickboxing</b> Group Ex Studio <a href="#">Sign Up</a>	11:00AM-12:00PM (Senior Fitness) <i>Ginny H.</i>	8:00AM-8:45AM (Cardio ) <i>Samantha H.</i>		8:00AM-8:45AM (Cardio ) <i>Jesse F.</i>			
<b>Lap Swim 1 Lane-Open Lap Swim</b> Water Walking Lane	4:00PM-7:00PM (Lap Swim) <i>Staff</i>	4:00PM-7:00PM (Lap Swim) <i>Staff</i>	4:00PM-7:00PM (Lap Swim) <i>Staff</i>	4:00PM-7:00PM (Lap Swim) <i>Staff</i>	4:00PM-6:30PM (Lap Swim) <i>Staff</i>	9:45AM-1:30PM (Lap Swim) <i>Staff</i>	
<b>Pilates</b> Group Ex Studio <a href="#">Sign Up</a>	4:30PM-5:20PM (Mind-Body, Yoga, & Pilates) <i>Emily W.</i>				8:45AM-9:30AM (Mind-Body, Yoga, & Pilates) <i>Samantha H.</i>		
<b>Vinyasa Yoga</b> Group Ex Studio <a href="#">Sign Up</a>	7:00PM-7:45PM (Mind-Body, Yoga, & Pilates) <i>Erin T.</i>			5:30PM-6:30PM (Mind-Body, Yoga, & Pilates) <i>Stephanie K.</i>			
<b>BodyPump</b> Group Ex Studio <a href="#">Sign Up</a>		5:15AM-6:15AM (Strength Training) <i>Heidi H.</i>					
<b>Senior Strength &amp; Cardio</b> Group Ex Studio <a href="#">Sign Up</a>		8:45AM-9:30AM (Senior Fitness) <i>Ginny H.</i>		11:15AM-12:00PM (Strength Training) <i>Ginny H.</i>			
<b>Yoga</b> Group Ex Studio <a href="#">Sign Up</a>		9:45AM-10:45AM (Mind-Body, Yoga, & Pilates) <i>Erin T.</i>					
<b>Senior Dance</b> Group Ex Studio <a href="#">Sign Up</a>		12:05PM-12:50PM (Dance Exercise) <i>Marilyn P.</i>					
<b>Lap Swim 1 Lane-Open Lap Swim</b> Lap Pool		4:30PM-7:30PM (Lap Swim) <i>Staff</i>		4:30PM-7:30PM (Lap Swim) <i>Staff</i>			
<b>BodyStep</b> Group Ex Studio <a href="#">Sign Up</a>		5:00PM-5:45PM (Cardio ) <i>Maria G.</i>					
<b>All Levels Yoga</b> Group Ex Studio <a href="#">Sign Up</a>		6:00PM-7:00PM (Mind-Body, Yoga, & Pilates) <i>Erin T.</i>				10:15AM-11:15AM (Mind-Body, Yoga, & Pilates) <i>Erin T.</i>	
<b>Yoga for Athletes</b> Group Ex Studio <a href="#">Sign Up</a>			6:15AM-7:00AM (Mind-Body, Yoga, & Pilates) <i>Kelli P.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Power Hour</b> Group Ex Studio <a href="#">Sign Up</a>			9:00AM-9:45AM (Strength Training) <i>Jesse F.</i>				
<b>Water in Motion</b> Lap Pool <a href="#">Sign Up</a>			9:00AM-10:00AM (Water Exercise) <i>Maria G.</i>	9:00AM-10:00AM (Water Exercise) <i>Maria G.</i>	9:00AM-10:00AM (Water Exercise) <i>Maria G.</i>		
<b>S.E.A.T.</b> Group Ex Studio <a href="#">Sign Up</a>			11:00AM-12:00PM (Senior Fitness) <i>Maria G.</i>				
<b>Core &amp; More</b> Group Ex Studio <a href="#">Sign Up</a>			12:15PM-1:00PM (Mind-Body, Yoga, & Pilates) <i>Ginny H.</i>				
<b>Gentle Yoga</b> Group Ex Studio <a href="#">Sign Up</a>			4:15PM-5:15PM (Mind-Body, Yoga, & Pilates) <i>Sarita N.</i>				
<b>Senior Strength &amp; Balance</b> Group Ex Studio <a href="#">Sign Up</a>				10:00AM-10:45AM (Senior Fitness) <i>Marilyn P.</i>	12:15PM-1:00PM (Senior Fitness) <i>Tony D.</i>		
<b>Bootcamp</b> Group Ex Studio <a href="#">Sign Up</a>					7:45AM-8:30AM (Strength Training) <i>Jesse F.</i>		
<b>Yoga for Better Balance</b> Group Ex Studio <a href="#">Sign Up</a>					10:00AM-11:00AM (Mind-Body, Yoga, & Pilates) <i>Sarita N.</i>		
<b>BodyPump</b> Group Cycle Studio <a href="#">Sign Up</a>						7:15AM-8:15AM (Strength Training) <i>Heidi H.</i>	
<b>Lap Swim 4 Lanes-Open Lap Swim</b> Lap Pool						8:00AM-12:00PM (Lap Swim) <i>Staff</i>	
<b>Zumba</b> Group Ex Studio <a href="#">Sign Up</a>						9:00AM-10:00AM (Dance Exercise) <i>Laura M.</i>	8:15AM-9:15AM (Dance Exercise) <i>Tressa G.</i>
<b>Lap Swim 6 Lanes-Open Lap Swim</b> Lap Pool						12:00PM-3:30PM (Lap Swim) <i>Staff</i>	12:00PM-3:30PM (Lap Swim) <i>Staff</i>
<b>Open Swim</b> Lap Pool						12:00PM-3:30PM (Open Swim) <i>Staff</i>	12:00PM-3:30PM (Open Swim) <i>Staff</i>
<b>Born to Move - Age 4 - 6</b> Community Room <a href="#">Sign Up</a>							9:30AM-10:30AM (General) <i>Sage A.</i>





## Wilson-Gray YMCA Youth & Family Center | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gymnasium	7:00AM-11:00AM (Basketball) <i>Staff</i>	7:00AM-11:00AM (Basketball) <i>Staff</i>  2:30PM-6:30PM (Sports) <i>Staff</i>	7:00AM-11:00AM (Basketball) <i>Staff</i>  2:00PM-5:00PM (Sports) <i>Staff</i>	7:00AM-11:00AM (Basketball) <i>Staff</i>  2:30PM-5:00PM (Sports) <i>Staff</i>	7:00AM-11:00AM (Basketball) <i>Staff</i>  2:00PM-6:00PM (Open Gym) <i>Staff</i>		
<b>Silver Sneakers Classic</b> Studio 1 <a href="#">Sign Up</a>	11:00AM-11:45AM (Senior Fitness) <i>Glenn C.</i>				11:00AM-11:45AM (Senior Fitness) <i>Glenn C.</i>		
<b>Open Gym - 1/2 Court</b> Gymnasium	2:00PM-5:30PM (Open Gym) <i>Staff</i>						
<b>LIFT</b> Studio 1 <a href="#">Sign Up</a>	6:00PM-7:00PM (Strength Training) <i>Kisha S.</i>						
<b>Stretch</b> Studio 1 <a href="#">Sign Up</a>	7:00PM-7:45PM (General) <i>Kisha S.</i>						
<b>Silver Sneakers Classic</b> VIRTUAL <a href="#">Sign Up</a>		11:00AM-11:45AM (Senior Fitness) <i>Glenn C.</i>					
<b>Boxing Conditioning</b> Studio 1 <a href="#">Sign Up</a>		6:00PM-6:45PM (Cardio ) <i>Milon C.</i>					
<b>Core &amp; More</b> Studio 1 <a href="#">Sign Up</a>			10:00AM-10:45AM (Small Group Training) <i>Melissa W.</i>				
<b>Walking and Balance</b> Studio 1 <a href="#">Sign Up</a>			12:15PM-1:00PM (Senior Fitness) <i>Angel M.</i>				
<b>TAG (thighs, abdomen, glutes)</b> Studio 1 <a href="#">Sign Up</a>				6:00PM-7:20PM (Strength Training) <i>Kisha S.</i>			
<b>Zumba</b> Studio 1 <a href="#">Sign Up</a>						9:00AM-10:00AM (Dance Exercise) <i>Kisha S.</i>	





## Glastonbury YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga</b> Studio 1 <a href="#">Sign Up</a>				10:00AM-11:00AM (Mind-Body, Yoga, & Pilates) <i>Sarita N.</i>			
<b>Chair Yoga</b> Studio 1 <a href="#">Sign Up</a>				11:15AM-12:00PM (Mind-Body, Yoga, & Pilates) <i>Sarita N.</i>			