



# Downtown Hartford YMCA | August 26th - September 1st

|   | Monday                                 | Tuesday                                | Wednesday                              | Thursday                               | Friday                                 | Saturday                             | Sunday |
|---|--|--|--|--|--|--------------------------------------|--------|
| <b>Lap Swim-Lap Lane 1</b><br>Lap Pool<br><a href="#">Sign Up</a> | 5:00AM-5:30AM<br>(Lap Swim)<br>Staff   | 5:00AM-5:30AM<br>(Lap Swim)<br>Staff   | 5:00AM-5:30AM<br>(Lap Swim)<br>Staff   | 5:00AM-5:30AM<br>(Lap Swim)<br>Staff   | 5:00AM-5:30AM<br>(Lap Swim)<br>Staff   | 7:00AM-7:30AM<br>(Lap Swim)<br>Staff |        |
|   | 5:30AM-6:00AM<br>(Lap Swim)<br>Staff   | 5:30AM-6:00AM<br>(Lap Swim)<br>Staff   | 5:30AM-6:00AM<br>(Lap Swim)<br>Staff   | 5:30AM-6:00AM<br>(Lap Swim)<br>Staff   | 5:30AM-6:00AM<br>(Lap Swim)<br>Staff   | 7:30AM-8:00AM<br>(Lap Swim)<br>Staff |        |
|   | 6:00AM-6:30AM<br>(Lap Swim)<br>Staff   | 6:00AM-6:30AM<br>(Lap Swim)<br>Staff   | 6:00AM-6:30AM<br>(Lap Swim)<br>Staff   | 6:00AM-6:30AM<br>(Lap Swim)<br>Staff   | 6:00AM-6:30AM<br>(Lap Swim)<br>Staff   | 8:00AM-8:30AM<br>(Lap Swim)<br>Staff |        |
|   | 6:30AM-7:00AM<br>(Lap Swim)<br>Staff   | 6:30AM-7:00AM<br>(Lap Swim)<br>Staff   | 6:30AM-7:00AM<br>(Lap Swim)<br>Staff   | 6:30AM-7:00AM<br>(Lap Swim)<br>Staff   | 6:30AM-7:00AM<br>(Lap Swim)<br>Staff   | 8:30AM-9:00AM<br>(Lap Swim)<br>Staff |        |
|   | 7:00AM-7:30AM<br>(Lap Swim)<br>Staff   | 7:00AM-7:30AM<br>(Lap Swim)<br>Staff   | 7:00AM-7:30AM<br>(Lap Swim)<br>Staff   | 7:00AM-7:30AM<br>(Lap Swim)<br>Staff   | 7:00AM-7:30AM<br>(Lap Swim)<br>Staff   |                                      |        |
|   | 7:30AM-8:00AM<br>(Lap Swim)<br>Staff   | 7:30AM-8:00AM<br>(Lap Swim)<br>Staff   | 7:30AM-8:00AM<br>(Lap Swim)<br>Staff   | 7:30AM-8:00AM<br>(Lap Swim)<br>Staff   | 7:30AM-8:00AM<br>(Lap Swim)<br>Staff   |                                      |        |
|   | 8:00AM-8:30AM<br>(Lap Swim)<br>Staff   | 8:00AM-8:30AM<br>(Lap Swim)<br>Staff   | 8:00AM-8:30AM<br>(Lap Swim)<br>Staff   | 9:00AM-9:30AM<br>(Lap Swim)<br>Staff   | 8:00AM-8:30AM<br>(Lap Swim)<br>Staff   |                                      |        |
|   | 8:30AM-9:00AM<br>(Lap Swim)<br>Staff   | 8:30AM-9:00AM<br>(Lap Swim)<br>Staff   | 8:30AM-9:00AM<br>(Lap Swim)<br>Staff   | 9:30AM-10:00AM<br>(Lap Swim)<br>Staff  | 8:30AM-9:00AM<br>(Lap Swim)<br>Staff   |                                      |        |
|   | 9:00AM-9:30AM<br>(Lap Swim)<br>Staff   | 9:00AM-9:30PM<br>(Lap Swim)<br>Staff   | 9:00AM-9:30AM<br>(Lap Swim)<br>Staff   | 10:00AM-10:30AM<br>(Lap Swim)<br>Staff | 9:00AM-9:30AM<br>(Lap Swim)<br>Staff   |                                      |        |
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|   | 1:00PM-1:30PM<br>(Lap Swim)<br>Staff   | 3:30PM-4:00PM<br>(Lap Swim)<br>Staff   | 3:30PM-4:00PM<br>(Lap Swim)<br>Staff   | 4:00PM-4:30PM<br>(Lap Swim)<br>Staff   | 1:00PM-1:30PM<br>(Lap Swim)<br>Staff   |                                      |        |
|   | 3:30PM-4:00PM<br>(Lap Swim)<br>Staff   | 4:00PM-4:30PM<br>(Lap Swim)<br>Staff   |  |  | 3:30PM-4:00PM<br>(Lap Swim)<br>Staff   |                                      |        |
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|   | Monday                                 | Tuesday                                | Wednesday                              | Thursday                               | Friday                                 | Saturday                             | Sunday |
|---|--|--|--|--|--|--------------------------------------|--------|
| <b>Lap Swim-Lap Lane 2</b><br>Lap Pool<br><a href="#">Sign Up</a> | 5:00AM-5:30AM<br>(Lap Swim)<br>Staff   | 5:00AM-5:30AM<br>(Lap Swim)<br>Staff   | 5:00AM-5:30AM<br>(Lap Swim)<br>Staff   | 5:00AM-5:30AM<br>(Lap Swim)<br>Staff   | 5:00AM-5:30AM<br>(Lap Swim)<br>Staff   | 7:00AM-7:30AM<br>(Lap Swim)<br>Staff |        |
|   | 5:30AM-6:00AM<br>(Lap Swim)<br>Staff   | 5:30AM-6:00AM<br>(Lap Swim)<br>Staff   | 5:30AM-6:00AM<br>(Lap Swim)<br>Staff   | 5:30AM-6:00AM<br>(Lap Swim)<br>Staff   | 5:30AM-6:00AM<br>(Lap Swim)<br>Staff   | 7:30AM-8:00AM<br>(Lap Swim)<br>Staff |        |
|   | 6:00AM-6:30AM<br>(Lap Swim)<br>Staff   | 6:00AM-6:30AM<br>(Lap Swim)<br>Staff   | 6:00AM-6:30AM<br>(Lap Swim)<br>Staff   | 6:00AM-6:30AM<br>(Lap Swim)<br>Staff   | 6:00AM-6:30AM<br>(Lap Swim)<br>Staff   | 8:00AM-8:30AM<br>(Lap Swim)<br>Staff |        |
|   | 6:30AM-7:00AM<br>(Lap Swim)<br>Staff   | 6:30AM-7:00AM<br>(Lap Swim)<br>Staff   | 6:30AM-7:00AM<br>(Lap Swim)<br>Staff   | 6:30AM-7:00AM<br>(Lap Swim)<br>Staff   | 6:30AM-7:00AM<br>(Lap Swim)<br>Staff   | 8:30AM-9:00AM<br>(Lap Swim)<br>Staff |        |
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|   | 8:30AM-9:00AM<br>(Lap Swim)<br>Staff   | 9:30AM-10:00AM<br>(Lap Swim)<br>Staff  | 8:30AM-9:00AM<br>(Lap Swim)<br>Staff   | 9:30AM-10:00AM<br>(Lap Swim)<br>Staff  | 8:30AM-9:00AM<br>(Lap Swim)<br>Staff   |                                      |        |
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|   | 10:30AM-11:00AM<br>(Lap Swim)<br>Staff | 12:00PM-12:30PM<br>(Lap Swim)<br>Staff | 11:00AM-11:30AM<br>(Lap Swim)<br>Staff | 11:30AM-12:00PM<br>(Lap Swim)<br>Staff | 11:00AM-11:30AM<br>(Lap Swim)<br>Staff |                                      |        |
|   | 11:00AM-11:30AM<br>(Lap Swim)<br>Staff | 12:30PM-1:00PM<br>(Lap Swim)<br>Staff  | 11:30AM-12:00PM<br>(Lap Swim)<br>Staff | 12:00PM-12:30PM<br>(Lap Swim)<br>Staff | 11:30AM-12:00PM<br>(Lap Swim)<br>Staff |                                      |        |
|   | 11:30AM-12:00PM<br>(Lap Swim)<br>Staff | 1:00PM-1:30PM<br>(Lap Swim)<br>Staff   | 12:00PM-12:30PM<br>(Lap Swim)<br>Staff | 12:30PM-1:00PM<br>(Lap Swim)<br>Staff  | 12:00PM-12:30PM<br>(Lap Swim)<br>Staff |                                      |        |
|   | 12:00PM-12:30PM<br>(Lap Swim)<br>Staff | 3:00PM-3:30PM<br>(Lap Swim)<br>Staff   | 12:30PM-1:00PM<br>(Lap Swim)<br>Staff  | 1:00PM-1:30PM<br>(Lap Swim)<br>Staff   | 12:30PM-1:00PM<br>(Lap Swim)<br>Staff  |                                      |        |
|   | 12:30PM-1:00PM<br>(Lap Swim)<br>Staff  | 3:30PM-4:00PM<br>(Lap Swim)<br>Staff   | 1:00PM-1:30PM<br>(Lap Swim)<br>Staff   | 3:30PM-4:00PM<br>(Lap Swim)<br>Staff   | 1:00PM-1:30PM<br>(Lap Swim)<br>Staff   |                                      |        |
|   | 1:00PM-1:30PM<br>(Lap Swim)<br>Staff   | 4:00PM-4:30PM<br>(Lap Swim)<br>Staff   | 3:30PM-4:00PM<br>(Lap Swim)<br>Staff   | 4:00PM-4:30PM<br>(Lap Swim)<br>Staff   | 3:30PM-4:00PM<br>(Lap Swim)<br>Staff   |                                      |        |
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|   | Monday                                 | Tuesday                                | Wednesday                              | Thursday                               | Friday                                 | Saturday                               | Sunday |
|---|--|--|--|--|--|--|--------|
| <b>Lap Swim-Lap Lane 3</b><br>Lap Pool<br><a href="#">Sign Up</a> | 5:00AM-5:30AM<br>(Lap Swim)<br>Staff   | 5:00AM-5:30AM<br>(Lap Swim)<br>Staff   | 5:00AM-5:30AM<br>(Lap Swim)<br>Staff   | 5:00AM-5:30AM<br>(Lap Swim)<br>Staff   | 5:00AM-5:30AM<br>(Lap Swim)<br>Staff   | 7:00AM-7:30AM<br>(Lap Swim)<br>Staff   |        |
|   | 5:30AM-6:00AM<br>(Lap Swim)<br>Staff   | 5:30AM-6:00AM<br>(Lap Swim)<br>Staff   | 5:30AM-6:00AM<br>(Lap Swim)<br>Staff   | 5:30AM-6:00AM<br>(Lap Swim)<br>Staff   | 5:30AM-6:00AM<br>(Lap Swim)<br>Staff   | 7:30AM-8:00AM<br>(Lap Swim)<br>Staff   |        |
|   | 6:00AM-6:30AM<br>(Lap Swim)<br>Staff   | 6:00AM-6:30AM<br>(Lap Swim)<br>Staff   | 6:00AM-6:30AM<br>(Lap Swim)<br>Staff   | 6:00AM-6:30AM<br>(Lap Swim)<br>Staff   | 6:00AM-6:30AM<br>(Lap Swim)<br>Staff   | 8:00AM-8:30AM<br>(Lap Swim)<br>Staff   |        |
|   | 6:30AM-7:00AM<br>(Lap Swim)<br>Staff   | 6:30AM-7:00AM<br>(Lap Swim)<br>Staff   | 6:30AM-7:00AM<br>(Lap Swim)<br>Staff   | 6:30AM-7:00AM<br>(Lap Swim)<br>Staff   | 6:30AM-7:00AM<br>(Lap Swim)<br>Staff   | 8:30AM-9:00AM<br>(Lap Swim)<br>Staff   |        |
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|   | 12:30PM-1:00PM<br>(Lap Swim)<br>Staff  | 1:00PM-1:30PM<br>(Lap Swim)<br>Staff   | 12:00PM-12:30PM<br>(Lap Swim)<br>Staff | 4:00PM-4:30PM<br>(Lap Swim)<br>Staff   | 4:00PM-4:30PM<br>(Lap Swim)<br>Staff   |  |        |
|   | 1:00PM-1:30PM<br>(Lap Swim)<br>Staff   | 3:30PM-4:00PM<br>(Lap Swim)<br>Staff   | 12:30PM-1:00PM<br>(Lap Swim)<br>Staff  | 4:30PM-5:00PM<br>(Lap Swim)<br>Staff   | 4:30PM-5:00PM<br>(Open Swim)<br>Staff  |  |        |
|   | 3:30PM-4:00PM<br>(Lap Swim)<br>Staff   | 4:00PM-4:30PM<br>(Lap Swim)<br>Staff   | 3:30PM-4:05PM<br>(Lap Swim)<br>Staff   | 5:00PM-5:30PM<br>(Lap Swim)<br>Staff   | 5:00PM-5:30PM<br>(Open Swim)<br>Staff  |  |        |
| 4:00PM-4:30PM<br>(Lap Swim)<br>Staff                              | 4:30PM-5:00PM<br>(Lap Swim)<br>Staff   | 4:30PM-5:00PM<br>(Lap Swim)<br>Staff   | 5:30PM-6:00PM<br>(Lap Swim)<br>Staff   | 5:30PM-6:00PM<br>(Open Swim)<br>Staff  |  |  |        |
| 4:30PM-5:00PM<br>(Lap Swim)<br>Staff                              | 5:30PM-6:00PM<br>(Lap Swim)<br>Staff   | 5:00PM-5:30PM<br>(Lap Swim)<br>Staff   | 6:00PM-6:30PM<br>(Lap Swim)<br>Staff   | 6:00PM-6:30PM<br>(Open Swim)<br>Staff  |  |  |        |
| 5:00PM-5:30PM<br>(Lap Swim)<br>Staff                              | 6:00PM-6:30PM<br>(Lap Swim)<br>Staff   | 5:30PM-6:00PM<br>(Lap Swim)<br>Staff   |  |  |  |  |        |
| 5:30PM-6:00PM<br>(Lap Swim)<br>Staff                              |  | 6:00PM-6:30PM<br>(Lap Swim)<br>Staff   |  |  |  |  |        |
| 6:00PM-6:30PM<br>(Lap Swim)<br>Staff                              |  |  |  |  |  |  |        |

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

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



## Wheeler Regional Family YMCA | August 26th - September 1st

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

|  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  | Sunday                                 |
|--|---|---|---|---|---|---|--|
| <b>Senior Strength &amp; Cardio</b><br>Gymnasium<br><a href="#">Sign Up</a>    | 8:15AM-9:15AM<br>(Senior Fitness)<br>Carol D.     |   |   |   | 8:00AM-9:00AM<br>(Senior Fitness)<br>Charles B.     |   |  |
| <b>Childcare</b><br>Gymnasium  | 9:00AM-11:30AM<br>(General)<br>Staff              | 9:30AM-11:30AM<br>(General)<br>Staff              | 9:00AM-11:30AM<br>(General)<br>Staff              | 9:30AM-11:30AM<br>(General)<br>Staff              | 9:30AM-11:30AM<br>(General)<br>Staff                |   |  |
| <b>Pilates</b><br>Studio B/C<br><a href="#">Sign Up</a>                        | 9:30AM-10:30AM<br>(Strength Training)<br>Carol D. |   | 9:30AM-10:30AM<br>(Strength Training)<br>Carol D. |   |   |   |  |
| <b>Open Swim</b><br>Multipurpose Pool Primary Area                             | 10:35AM-12:00PM<br>(Open Swim)<br>Staff           |   |   |   |   | 10:20AM-1:45PM<br>(Open Swim)<br>Staff            | 7:00AM-10:00AM<br>(Open Swim)<br>Staff |
| <b>Pickleball</b><br>Gymnasium   | 11:30AM-1:30PM<br>(Pickleball)<br>Staff           |   | 11:30AM-1:30PM<br>(Pickleball)<br>Staff           |   | 11:30AM-1:30PM<br>(Pickleball)<br>Staff             |   |  |
| <b>Open Swim Families</b><br>Multipurpose Pool Primary Area                    | 4:00PM-7:45PM<br>(Open Swim)<br>Staff             | 7:05PM-7:45PM<br>(Open Swim)<br>Staff             | 4:00PM-7:45PM<br>(Open Swim)<br>Staff             | 7:05PM-7:45PM<br>(Open Swim)<br>Staff             | 4:00PM-6:45PM<br>(Open Swim)<br>Staff               |   | 10:00AM-1:45PM<br>(Open Swim)<br>Staff |
| <b>Zumba</b><br>Studio B/C<br><a href="#">Sign Up</a>                          | 4:30PM-5:30PM<br>(Dance Exercise)<br>Carla H.     |   | 6:00PM-7:00PM<br>(Dance Exercise)<br>Carla H.     | 5:30PM-6:30PM<br>(Dance Exercise)<br>Abigail K.   |   | 8:15AM-9:15AM<br>(Dance Exercise)<br>Abigail K.   |  |
| <b>LIFT</b><br>Studio B/C<br><a href="#">Sign Up</a>                           | 6:00PM-7:00PM<br>(Strength Training)<br>Scott P.  | 5:30AM-6:30AM<br>(Strength Training)<br>Scott P.  |   | 5:30AM-6:30AM<br>(Strength Training)<br>Scott P.  |   | 9:30AM-10:30AM<br>(Strength Training)<br>Tanya C. |  |
| <b>Senior Strength &amp; Balance</b><br>Gymnasium<br><a href="#">Sign Up</a>   |   | 8:30AM-9:00AM<br>(Senior Fitness)<br>Christy B.   |   |   |   |   |  |
| <b>Bootcamp</b><br>Studio B/C<br><a href="#">Sign Up</a>                       |   | 9:30AM-10:30AM<br>(Cardio )<br>B W.               |   | 9:30AM-10:30AM<br>(Cardio )<br>B W.               | 9:30AM-10:30AM<br>(Strength Training)<br>Charles B. |   |  |
| <b>Chair Strength &amp; Sculpt 30</b><br>Studio B/C<br><a href="#">Sign Up</a> |   | 11:15AM-11:45AM<br>(Senior Fitness)<br>Christy B. |   | 11:15AM-11:45AM<br>(Senior Fitness)<br>Christy B. |   |   |  |
| <b>Open Gym - 1/2 Court</b><br>Gymnasium                                       |   | 4:00PM-7:45PM<br>(Open Gym)<br>Staff              |   | 4:00PM-7:45PM<br>(Open Gym)<br>Staff              |   |   |  |
| <b>Open Gym Families</b><br>Gymnasium  |   | 4:00PM-7:45PM<br>(Open Gym)<br>Staff              |   | 4:00PM-7:45PM<br>(Open Gym)<br>Staff              |   |   |  |
| <b>Rumble</b><br>Wellness<br><a href="#">Sign Up</a>                           |   | 6:00PM-7:00PM<br>(Cardio )<br>Sarah K.            |   | 6:00PM-7:00PM<br>(Cardio )<br>Sarah K.            |   |   |  |

|  | <b>Monday</b> | <b>Tuesday</b>  | <b>Wednesday</b>                                     | <b>Thursday</b>   | <b>Friday</b>                                 | <b>Saturday</b>  | <b>Sunday</b>                              |
|--|---------------|---|--|---|---|--|--|
| <b>Yoga - Vinyasa Core Strength</b><br>Studio B/C<br><a href="#">Sign Up</a> |               | 7:00PM-7:45PM<br>(Mind-Body, Yoga, & Pilates)<br><i>Brandi K.</i> |  |   |   |  |  |
| <b>Senior Strength &amp; Cardio</b><br>Studio B/C<br><a href="#">Sign Up</a> |               |   | 8:15AM-9:15AM<br>(Senior Fitness)<br><i>Carol D.</i> |   |   |  |  |
| <b>Badminton</b><br>Gymnasium  |               |   | 4:45PM-7:45PM<br>(Sports)<br><i>Staff</i>            |   | 4:45PM-6:45PM<br>(Sports)<br><i>Staff</i>     | 7:00AM-8:45AM<br>(Sports)<br><i>Staff</i>                          | 7:00AM-10:00AM<br>(Sports)<br><i>Staff</i> |
| <b>Yoga - Restorative</b><br>Studio B/C<br><a href="#">Sign Up</a>           |               |   |  | 7:00PM-7:45PM<br>(Mind-Body, Yoga, & Pilates)<br><i>Brandi K.</i> |   |  |  |
| <b>Core &amp; More</b><br>Wellness<br><a href="#">Sign Up</a>                |               |   |  |   | 5:45PM-6:45PM<br>(Cardio )<br><i>Sarah K.</i> |  |  |
| <b>Youth Programs</b><br>Gymnasium   |               |   |  |   |   | 8:45AM-1:45PM<br>(General)<br><i>Staff</i>                         |  |
| <b>Barre Fit</b><br>Studio B/C<br><a href="#">Sign Up</a>                    |               |   |  |   |   | 10:45AM-11:45AM<br>(Mind-Body, Yoga, & Pilates)<br><i>Tanya C.</i> |  |





## Farmington Valley YMCA | August 26th - September 1st

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

|   | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>  | <b>Saturday</b>  | <b>Sunday</b>  |
|---|---|---|---|---|--|--|--|
| <b>LIFT</b><br>Studio 1<br><a href="#">Sign Up</a>        | 9:00AM-10:00AM<br>(Strength Training)<br><i>Suzanne M.</i>  |   | 9:30AM-10:30AM<br>(Strength Training)<br><i>Suzanne M.</i><br><br>6:00PM-7:00PM<br>(Strength Training)<br><i>Melissa H.</i>                       |   | 5:00PM-6:00PM<br>(Strength Training)<br><i>Terri Z.</i>  |  |  |
| <b>Open Swim</b><br>Multi Purpose Pool                    | 9:45AM-12:30PM<br>(Open Swim)<br><i>Staff</i><br><br>7:45PM-8:45PM<br>(General)<br><i>Staff</i>   | 9:00AM-10:00AM<br>(Open Swim)<br><i>Staff</i><br><br>12:00PM-12:30PM<br>(Open Swim)<br><i>Staff</i><br><br>4:00PM-8:45PM<br>(Open Swim)<br><i>Staff</i> | 10:45AM-12:30PM<br>(Open Swim)<br><i>Staff</i><br><br>7:45PM-8:45PM<br>(General)<br><i>Staff</i>  | 9:00AM-10:00AM<br>(Open Swim)<br><i>Staff</i><br><br>12:00PM-12:30PM<br>(Open Swim)<br><i>Staff</i><br><br>4:00PM-8:45PM<br>(Open Swim)<br><i>Staff</i> | 11:00AM-12:30PM<br>(Open Swim)<br><i>Staff</i><br><br>4:00PM-4:30PM<br>(Open Swim)<br><i>Staff</i> | 7:15AM-9:00AM<br>(Open Swim)<br><i>Staff</i><br><br>1:00PM-4:45PM<br>(Open Swim)<br><i>Staff</i> | 7:15AM-9:00AM<br>(Open Swim)<br><i>Staff</i><br><br>1:00PM-4:45PM<br>(Open Swim)<br><i>Staff</i> |
| <b>Mat Pilates</b><br>Studio 1<br><a href="#">Sign Up</a> | 10:15AM-11:00AM<br>(Mind-Body, Yoga, & Pilates)<br><i>Jill R.</i>   |   |   |   |  |  |  |
| <b>Lap Swim 5 Lanes-Open Lap Swim</b><br>Lap Pool         | 11:00AM-1:15PM<br>(Lap Swim)<br><i>Staff</i>  |   | 11:00AM-1:15PM<br>(Lap Swim)<br><i>Staff</i>  | 11:00AM-1:15PM<br>(Lap Swim)<br><i>Staff</i>  |  |  |  |
| <b>Pickleball</b><br>Gymnasium Side B                     | 11:30AM-2:30PM<br>(Pickleball)<br><i>Staff</i>  | 10:30AM-1:30PM<br>(Pickleball)<br><i>Staff</i>  | 11:30AM-2:30PM<br>(Pickleball)<br><i>Staff</i>  | 10:30AM-1:30PM<br>(Pickleball)<br><i>Staff</i><br><br>5:30PM-8:30PM<br>(Pickleball)<br><i>Staff</i>   |  |  |  |
| <b>Lap Swim 2 Lanes-Open Lap Swim</b><br>Lap Pool         | 2:45PM-4:45PM<br>(Lap Swim)<br><i>Staff</i><br><br>4:45PM-6:15PM<br>(Lap Swim)<br><i>Staff</i><br><br>6:15PM-8:45PM<br>(Lap Swim)<br><i>Staff</i> | 4:45PM-6:15PM<br>(Lap Swim)<br><i>Staff</i><br><br>6:15PM-8:45PM<br>(Lap Swim)<br><i>Staff</i>  | 2:45PM-4:45PM<br>(Lap Swim)<br><i>Staff</i><br><br>4:45PM-6:15PM<br>(Lap Swim)<br><i>Staff</i><br><br>6:15PM-8:45PM<br>(Lap Swim)<br><i>Staff</i> | 2:45PM-4:45PM<br>(Lap Swim)<br><i>Staff</i><br><br>4:45PM-6:15PM<br>(Lap Swim)<br><i>Staff</i><br><br>6:15PM-8:45PM<br>(Lap Swim)<br><i>Staff</i>       | 4:45PM-6:45PM<br>(Lap Swim)<br><i>Staff</i>  | 8:00AM-12:30PM<br>(Lap Swim)<br><i>Staff</i>   |  |
| <b>Area Closed</b><br>Multipurpose Pool Shallow End       | 4:00PM-7:45PM<br>(Open Swim)<br><i>Staff</i>  |   | 4:00PM-7:45PM<br>(Open Swim)<br><i>Staff</i>  |   | 5:00PM-6:45PM<br>(Open Swim)<br><i>Staff</i>   | 9:00AM-1:00PM<br>(Open Swim)<br><i>Staff</i>   | 9:00AM-1:00PM<br>(Open Swim)<br><i>Staff</i>   |
| <b>Zumba</b><br>Studio 1<br><a href="#">Sign Up</a>       | 4:30PM-5:15PM<br>(Dance Exercise)<br><i>Laura T.</i>  | 6:30PM-7:15PM<br>(Dance Exercise)<br><i>Stephanie E.</i>  |   |   | 10:15AM-11:00AM<br>(Dance Exercise)<br><i>Elizabeth L.</i>   | 9:30AM-10:30AM<br>(Dance Exercise)<br><i>Laura T.</i>  |  |

|   | Monday   | Tuesday   | Wednesday                                      | Thursday  | Friday  | Saturday  | Sunday   |
|---|--|---|--|---|---|---|--|
| <b>Sports of All Sorts (age 3-6)</b><br>Gymnasium Side A                            | 5:00PM-5:45PM<br>(General)<br>Staff              |   |  |   |   |   |  |
| <b>BodyPump</b><br>Studio 1<br><a href="#">Sign Up</a>                              | 6:30PM-7:30PM<br>(Strength Training)<br>Kerri B. | 5:30AM-6:30AM<br>(Strength Training)<br>Rosa M.             |  | 5:30AM-6:30AM<br>(Strength Training)<br>Willaminah R. |   | 10:45AM-11:30AM<br>(Strength Training)<br>Willaminah R.     |  |
| <b>Open Gym</b><br>Gymnasium Full   |  | 5:00AM-8:45AM<br>(Open Gym)<br>Staff                        |  |   |   |   |  |
| <b>On The Ball</b><br>Studio 1<br><a href="#">Sign Up</a>                           |  | 8:00AM-8:50AM<br>(Cardio )<br>Jill R.                       |  |   |   |   |  |
| <b>Chair Yoga</b><br>Activity Center<br><a href="#">Sign Up</a>                     |  | 8:30AM-9:15AM<br>(Senior Fitness)<br>Diane R.               |  |   |   |   |  |
| <b>Core &amp; More</b><br>Studio 1<br><a href="#">Sign Up</a>                       |  | 9:00AM-9:45AM<br>(Strength Training)<br>Jennifer L.         |  | 5:30PM-6:15PM<br>(Strength Training)<br>Michele F.    |   | 7:15AM-8:00AM<br>(Strength Training)<br>Staff               |  |
| <b>Senior Strength &amp; Balance</b><br>Gymnasium Side A<br><a href="#">Sign Up</a> |  | 9:20AM-10:05AM<br>(Senior Fitness)<br>Jill R.               | 9:00AM-9:30AM<br>(Senior Fitness)<br>Kim E.    | 9:20AM-10:05AM<br>(Senior Fitness)<br>Samantha L.     |   |   |  |
| <b>HIIT</b><br>Studio 1<br><a href="#">Sign Up</a>                                  |  | 10:20AM-10:50AM<br>(HIIT)<br>Samantha L.                    |  | 10:20AM-10:50AM<br>(HIIT)<br>Samantha L.              |   |   |  |
| <b>Open Climb</b><br>Rock Wall  |  | 4:00PM-5:00PM<br>(Rock Climbing)<br>Staff                   |  |   |   | 11:00AM-1:00PM<br>(Rock Climbing)<br>Staff                  | 1:00PM-4:00PM<br>(Rock Climbing)<br>Staff                    |
| <b>HIIT Cycle</b><br>Studio 1<br><a href="#">Sign Up</a>                            |  | 4:45PM-5:15PM<br>(Cardio )<br>Willaminah R.                 |  |   |   |   |  |
| <b>Teen &amp; Adult Basketball</b><br>Gymnasium Side A                              |  | 5:30PM-8:45PM<br>(Basketball)<br>Staff                      |  |   |   |   |  |
| <b>Yoga</b><br>Activity Center<br><a href="#">Sign Up</a>                           |  | 5:30PM-6:30PM<br>(Mind-Body, Yoga, & Pilates)<br>Sharyah J. |  |   | 9:00AM-10:00AM<br>(Mind-Body, Yoga, & Pilates)<br>Aubrey S. | 8:30AM-9:30AM<br>(Mind-Body, Yoga, & Pilates)<br>Terence S. | 9:00AM-10:00AM<br>(Mind-Body, Yoga, & Pilates)<br>Rebecca P. |
| <b>Group Cycle &amp; Core</b><br>Studio 1<br><a href="#">Sign Up</a>                |  |   | 5:45AM-6:45AM<br>(Group Cycle )<br>Jennifer L. | 9:00AM-10:00AM<br>(Group Cycle )<br>Jennifer L.       |   |   |  |
| <b>Cardio Dance</b><br>Gymnasium Side A<br><a href="#">Sign Up</a>                  |  |   | 9:30AM-10:15AM<br>(Senior Fitness)<br>Patti C. |   |   |   |  |

|   | Monday | Tuesday | Wednesday  | Thursday   | Friday   | Saturday  | Sunday  |
|---|--------|---------|--|--|--|---|---|
| <b>Pound</b><br>Studio 1<br><a href="#">Sign Up</a>                     |        |         | 5:00PM-5:45PM<br>(Cardio )<br><i>Laura T.</i>                    |  |  |   |   |
| <b>Adult Volleyball</b><br>Gymnasium Side B                             |        |         | 6:00PM-8:45PM<br>(Sports)<br><i>Staff</i>                        |  |  | 7:00AM-9:45AM<br>(Open Gym)<br><i>Staff</i>   |   |
| <b>Adult Volleyball</b><br>Gymnasium Side A                             |        |         | 6:00PM-8:45PM<br>(Sports)<br><i>Staff</i>                        |  |  |   |   |
| <b>Yoga - Restorative</b><br>Activity Center<br><a href="#">Sign Up</a> |        |         | 7:00PM-7:45PM<br>(Mind-Body, Yoga, & Pilates)<br><i>Chloe S.</i> |  |  |   |   |
| <b>Chair Yoga Tone</b><br>Activity Center<br><a href="#">Sign Up</a>    |        |         |  | 8:30AM-9:15AM<br>(Mind-Body, Yoga, & Pilates)<br><i>Diane R.</i> |  |   |   |
| <b>Pilates</b><br>Studio 2<br><a href="#">Sign Up</a>                   |        |         |  | 6:00PM-7:00PM<br>(Mind-Body, Yoga, & Pilates)<br><i>Diana M.</i> |  |   |   |
| <b>BodyCombat</b><br>Studio 1<br><a href="#">Sign Up</a>                |        |         |  | 6:30PM-7:15PM<br>(Cardio )<br><i>Michele F.</i>                  |  |   | 9:00AM-9:45AM<br>(Strength Training)<br><i>Michele F.</i> |
| <b>Area Closed</b><br>Gymnasium Side B                                  |        |         |  |  | 9:00AM-10:00AM<br>(General)<br><i>Staff</i>                |   |   |
| <b>Mix Fit</b><br>Studio 1<br><a href="#">Sign Up</a>                   |        |         |  |  | 9:00AM-10:00AM<br>(Strength Training)<br><i>Suzanne M.</i> |   |   |
| <b>Open Gym Families</b><br>Gymnasium Side A                            |        |         |  |  | 11:00AM-12:00PM<br>(Open Gym)<br><i>Staff</i>              |   |   |
| <b>Kid Climbers (Grades 1-4)</b><br>Rock Wall                           |        |         |  |  |  | 9:00AM-10:00AM<br>(Rock Climbing)<br><i>Staff</i><br><br>10:00AM-11:00AM<br>(Rock Climbing)<br><i>Staff</i> |   |
| <b>Lap Swim 4 Lanes-Open Lap Swim</b><br>Lap Pool                       |        |         |  |  |  |   | 8:00AM-11:00AM<br>(Lap Swim)<br><i>Staff</i>              |
| <b>Open Swim</b><br>Lap Pool  |        |         |  |  |  |   | 11:30AM-4:45PM<br>(Lap Swim)<br><i>Staff</i>              |



## Hale YMCA Youth & Family Center | August 26th - September 1st

|  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  | Sunday   |
|--|---|--|--|--|--|---|--|
| <b>Open Gym</b><br>Gymnasium - Full                              | 5:00AM-8:00AM<br>(Open Gym)<br><i>Staff</i><br><br>2:00PM-5:00PM<br>(Open Gym)<br><i>Staff</i><br><br>7:00PM-8:45PM<br>(Open Gym)<br><i>Staff</i> | 6:00AM-10:30AM<br>(Open Gym)<br><i>Staff</i><br><br>2:30PM-5:30PM<br>(Open Gym)<br><i>Staff</i><br><br>6:30PM-7:45PM<br>(Open Gym)<br><i>Staff</i> | 5:00AM-8:00AM<br>(Open Gym)<br><i>Staff</i><br><br>2:00PM-5:30PM<br>(Open Gym)<br><i>Staff</i> | 6:00AM-9:00AM<br>(Open Gym)<br><i>Staff</i><br><br>12:00PM-5:00PM<br>(Open Gym)<br><i>Staff</i><br><br>7:00PM-7:45PM<br>(Open Gym)<br><i>Staff</i>                                       | 5:00AM-8:00AM<br>(Open Gym)<br><i>Staff</i><br><br>2:00PM-6:45PM<br>(Open Gym)<br><i>Staff</i> |   |  |
| <b>Group Cycle</b><br>Studio B<br><a href="#">Sign Up</a>        | 5:15AM-6:00AM<br>(Group Cycle )<br><i>Earl R.</i><br><br>5:30PM-6:15PM<br>(Cardio )<br><i>Christina V.</i>  | 8:30AM-9:00AM<br>(Group Cycle )<br><i>Jennifer L.</i>  | 5:30PM-6:15PM<br>(Group Cycle )<br><i>Kelhan L.</i>  |  | 5:15AM-6:00AM<br>(Group Cycle )<br><i>Jennifer L.</i>  |   |  |
| <b>BodyPump</b><br>Studio A<br><a href="#">Sign Up</a>           | 6:00AM-6:30AM<br>(Strength Training)<br><i>Agnes U.</i><br><br>5:30PM-6:15PM<br>(Strength Training)<br><i>Melissa L.</i>                          | 8:00AM-8:30AM<br>(Strength Training)<br><i>Jennifer L.</i>   | 10:30AM-11:15AM<br>(Strength Training)<br><i>Natalie G.</i>                                    | 9:15AM-10:00AM<br>(Strength Training)<br><i>Julie F.</i><br><br>5:30PM-6:15PM<br>(Strength Training)<br><i>Melissa L.</i><br><br>5:30PM-6:30PM<br>(Strength Training)<br><i>Lacey L.</i> |  |   | 8:30AM-9:30AM<br>(Strength Training)<br><i>Autumn F.</i> |
| <b>TRX</b><br>Studio B<br><a href="#">Sign Up</a>                | 8:15AM-9:00AM<br>(Strength Training)<br><i>Brianna F.</i>   |  | 5:15AM-6:00AM<br>(Strength Training)<br><i>Earl R.</i>   | 8:30AM-9:15AM<br>(Strength Training)<br><i>Brianna F.</i>  |  |   |  |
| <b>Aqua Fitness</b><br>Lap Pool<br><a href="#">Sign Up</a>       | 8:15AM-9:00AM<br>(Water Exercise)<br><i>Julie F.</i>  | 8:15AM-9:00AM<br>(Water Exercise)<br><i>Stacie S.</i><br><br>5:30PM-6:15PM<br>(Water Exercise)<br><i>Agnes U.</i>                                  | 8:15AM-9:00AM<br>(Water Exercise)<br><i>Barbara L.</i>   | 5:30PM-6:15PM<br>(Water Exercise)<br><i>Stacie S.</i>  |  |   |  |
| <b>Pickleball</b><br>Gymnasium - Full<br><a href="#">Sign Up</a> | 8:30AM-10:00AM<br>(Pickleball)<br><i>Brianna F.</i>   |  |  |  | 8:30AM-10:00AM<br>(Pickleball)<br><i>Laure L.</i>  | 7:15AM-9:00AM<br>(Pickleball)<br><i>Connor H.</i> | 7:15AM-9:00AM<br>(Pickleball)<br><i>Staff</i>            |

|   | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday  | Sunday   |
|---|--|---|---|--|--|---|--|
| <b>Zumba</b><br>Studio A<br><a href="#">Sign Up</a>                                 | 9:00AM-9:45AM<br>(Cardio )<br><i>Jamie F.</i>          |   |   |  |  | 8:30AM-9:15AM<br>(Dance Exercise)<br><i>Jaimee T.</i> |  |
| <b>Senior Strength &amp; Cardio</b><br>Gymnasium - Full<br><a href="#">Sign Up</a>  | 10:30AM-11:15AM<br>(Senior Fitness)<br><i>Cindy N.</i> |   |   |  | 10:30AM-11:15AM<br>(Senior Fitness)<br><i>Melanie S.</i> |   |  |
| <b>Men's 5x5 Basketball</b><br>Gymnasium - Full                                     | 5:00PM-7:00PM<br>(Basketball)<br><i>Staff</i>          |   |   | 6:30PM-8:30PM<br>(Sports)<br><i>Staff</i>                            |  |   |  |
| <b>Lap Swim 8 Lanes-Open Lap Swim</b><br>Lap Pool                                   |  | 5:00AM-7:45AM<br>(Lap Swim)<br><i>Staff</i>   |   |  |  | 7:00AM-8:45AM<br>(Lap Swim)<br><i>Staff</i>           |  |
| <b>LIFT</b><br>Gymnasium - Full<br><a href="#">Sign Up</a>                          |  | 5:15AM-6:00AM<br>(Strength Training)<br><i>Brianna F.</i>   |   |  |  |   |  |
| <b>Stretch</b><br>Studio A<br><a href="#">Sign Up</a>                               |  | 9:00AM-9:45AM<br>(Mind-Body, Yoga, & Pilates)<br><i>Lauri N.</i><br><br>6:30PM-7:15PM<br>(Mind-Body, Yoga, & Pilates)<br><i>Autumn F.</i> |   |  |  |   | 9:30AM-10:15AM<br>(Mind-Body, Yoga, & Pilates)<br><i>Autumn F.</i> |
| <b>Pilates</b><br>Studio A<br><a href="#">Sign Up</a>                               |  | 9:45AM-10:30AM<br>(Mind-Body, Yoga, & Pilates)<br><i>Salina D.</i>  |   |  |  |   |  |
| <b>Yoga</b><br>Studio A<br><a href="#">Sign Up</a>                                  |  | 12:15PM-1:30PM<br>(Mind-Body, Yoga, & Pilates)<br><i>Michelle S.</i>  |   | 12:15PM-1:30PM<br>(Mind-Body, Yoga, & Pilates)<br><i>Michelle S.</i> |  |   |  |
| <b>Gentle Yoga</b><br>Studio A<br><a href="#">Sign Up</a>                           |  | 4:15PM-5:30PM<br>(Mind-Body, Yoga, & Pilates)<br><i>Bonita W.</i>   |   |  |  |   |  |
| <b>Les Mills CORE</b><br>Studio A<br><a href="#">Sign Up</a>                        |  | 5:45PM-6:15PM<br>(Strength Training)<br><i>Autumn F.</i>  |   |  |  |   |  |
| <b>BOSU</b><br>Studio A<br><a href="#">Sign Up</a>                                  |  |   | 8:45AM-9:30AM<br>(Strength Training)<br><i>Brianna F.</i> |  |  |   |  |
| <b>Senior Strength &amp; Balance</b><br>Gymnasium - Full<br><a href="#">Sign Up</a> |  |   | 10:30AM-11:15AM<br>(Senior Fitness)<br><i>Salina D.</i>   |  |  |   |  |

|   | Monday | Tuesday | Wednesday  | Thursday  | Friday   | Saturday   | Sunday  |
|---|--------|---------|--|---|--|--|---|
| <b>Tai Chi</b><br>Studio A<br><a href="#">Sign Up</a>           |        |         | 1:10PM-2:40PM<br>(Mind-Body, Yoga, & Pilates)<br><i>Dan S.</i> |   | 1:10PM-2:40PM<br>(Mind-Body, Yoga, & Pilates)<br><i>Dan S.</i> |  |   |
| <b>BodyCombat</b><br>Studio A<br><a href="#">Sign Up</a>        |        |         | 4:30PM-5:20PM<br>(Cardio )<br><i>Jaimee T.</i>                 | 6:30PM-7:00PM<br>(Cardio )<br><i>Lacey L.</i>                         |  |  |   |
| <b>Step &amp; Sculpt</b><br>Studio A<br><a href="#">Sign Up</a> |        |         |  | 8:15AM-9:00AM<br>(Strength Training)<br><i>Stacie S.</i>              |  |  |   |
| <b>BodyBalance</b><br>Studio A<br><a href="#">Sign Up</a>       |        |         |  | 10:15AM-11:00AM<br>(Mind-Body, Yoga, & Pilates)<br><i>Lauri N.</i>    |  |  |   |
| <b>Chair Yoga</b><br>Studio A<br><a href="#">Sign Up</a>        |        |         |  | 11:15AM-12:00PM<br>(Mind-Body, Yoga, & Pilates)<br><i>Michelle S.</i> |  |  |   |
| <b>Teen Basketball</b><br>Gymnasium - Full                      |        |         |  | 3:30PM-6:15PM<br>(Open Gym)<br><i>Staff</i>                           |  |  |   |
| <b>BodyStep</b><br>Studio A<br><a href="#">Sign Up</a>          |        |         |  | 6:15PM-6:45PM<br>(Cardio )<br><i>Melissa L.</i>                       |  | 7:30AM-8:15AM<br>(Cardio )<br><i>Melissa L.</i>          |   |
| <b>LIFT</b><br>Studio A<br><a href="#">Sign Up</a>              |        |         |  |   | 6:00AM-6:45AM<br>(Strength Training)<br><i>Autumn F.</i>       |  | 8:30AM-9:15AM<br>(Strength Training)<br><i>Christina V.</i> |
| <b>Cardio Dance</b><br>Studio A<br><a href="#">Sign Up</a>      |        |         |  |   | 8:00AM-8:45AM<br>(Dance Exercise)<br><i>Sarah G.</i>           |  |   |
| <b>Zumba Tone</b><br>Studio A<br><a href="#">Sign Up</a>        |        |         |  |   |  | 8:30AM-9:15AM<br>(Dance Exercise)<br><i>Sarah G.</i>     |   |
| <b>HIIT Cycle</b><br>Studio B<br><a href="#">Sign Up</a>        |        |         |  |   |  | 8:30AM-9:00AM<br>(Group Cycle )<br><i>Dominique A.</i>   |   |
| <b>P90X</b><br>Studio A<br><a href="#">Sign Up</a>              |        |         |  |   |  | 9:30AM-10:15AM<br>(Strength Training)<br><i>Sarah H.</i> |   |
| <b>Youth Programs</b><br>Gymnasium - Front                      |        |         |  |   |  | 10:00AM-12:00PM<br>(Open Gym)<br><i>Staff</i>            |   |
| <b>Youth Basketball</b><br>Gymnasium - Back                     |        |         |  |   |  |  | 10:00AM-12:00PM<br>(Open Gym)<br><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>Women\'s 5x5 Basketball</b><br>Gymnasium - Back |               |                |                  |                 |               |                 | 12:00PM-2:00PM<br>(Basketball)<br><i>Staff</i> |





## Indian Valley Family YMCA | August 26th - September 1st

|  | <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>                                  | <b>Thursday</b>   | <b>Friday</b>   | <b>Saturday</b>  | <b>Sunday</b>                                |
|--|--|--|---|---|---|--|--|
| <b>Lap Swim 8 Lanes-Open Lap Swim</b><br>Lap Pool                            | 5:00AM-8:45AM<br>(Lap Swim)<br><i>Staff</i>                      | 5:00AM-8:45AM<br>(Lap Swim)<br><i>Staff</i>              | 5:00AM-8:45AM<br>(Lap Swim)<br><i>Staff</i>       | 5:00AM-8:45AM<br>(Lap Swim)<br><i>Staff</i>               | 5:00AM-8:45AM<br>(Lap Swim)<br><i>Staff</i>                         | 7:00AM-7:45AM<br>(Lap Swim)<br><i>Staff</i>  | 9:00AM-12:00PM<br>(Lap Swim)<br><i>Staff</i> |
| <b>Open Swim</b><br>Warm Water Pool  | 8:00AM-7:00PM<br>(Open Swim)<br><i>Staff</i>                     | 8:00AM-7:00PM<br>(Open Swim)<br><i>Staff</i>             | 8:00AM-7:00PM<br>(Open Swim)<br><i>Staff</i>      | 8:00AM-7:00PM<br>(Open Swim)<br><i>Staff</i>              | 8:00AM-6:30PM<br>(Open Swim)<br><i>Staff</i>                        | 8:00AM-8:45AM<br>(Open Swim)<br><i>Staff</i><br><br>9:45AM-3:30PM<br>(Open Swim)<br><i>Staff</i> | 8:00AM-3:30PM<br>(Open Swim)<br><i>Staff</i> |
| <b>Lap Swim 3 Lanes-Open Lap Swim</b><br>Water Walking Lane                  | 8:00AM-8:45AM<br>(Lap Swim)<br><i>Staff</i>                      | 8:00AM-8:45AM<br>(Lap Swim)<br><i>Staff</i>              | 8:00AM-8:45AM<br>(Lap Swim)<br><i>Staff</i>       | 8:00AM-8:45AM<br>(Lap Swim)<br><i>Staff</i>               | 8:00AM-8:45AM<br>(Lap Swim)<br><i>Staff</i>                         | 8:00AM-8:45AM<br>(Lap Swim)<br><i>Staff</i>  | 8:00AM-12:00PM<br>(Lap Swim)<br><i>Staff</i> |
| <b>Lap Swim 2 Lanes-Open Lap Swim</b><br>Water Walking Lane                  | 9:00AM-3:45PM<br>(Lap Swim)<br><i>Staff</i>                      | 9:00AM-3:45PM<br>(Lap Swim)<br><i>Staff</i>              | 9:00AM-3:45PM<br>(Lap Swim)<br><i>Staff</i>       | 9:00AM-3:45PM<br>(Lap Swim)<br><i>Staff</i>               | 9:00AM-3:45PM<br>(Lap Swim)<br><i>Staff</i>                         | 1:30PM-3:30PM<br>(Lap Swim)<br><i>Staff</i>  | 12:00PM-3:30PM<br>(Lap Swim)<br><i>Staff</i> |
| <b>Aqua Zumba</b><br>Lap Pool<br><a href="#">Sign Up</a>                     | 9:00AM-10:00AM<br>(Water Exercise)<br><i>Marie R.</i>            | 9:00AM-10:00AM<br>(Water Exercise)<br><i>Marie R.</i>    |   |   |   | 8:00AM-8:45AM<br>(Water Exercise)<br><i>Laura M.</i>   |  |
| <b>Step</b><br>Group Ex Studio<br><a href="#">Sign Up</a>                    | 9:00AM-10:00AM<br>(Cardio )<br><i>Maria G.</i>                   |  |   |   |   |  |  |
| <b>Pickleball</b><br>Outdoor Basketball Court<br><a href="#">Sign Up</a>     | 10:00AM-12:00PM<br>(Pickleball)<br><i>Sean M.</i>                | 10:00AM-12:00PM<br>(Pickleball)<br><i>Sean M.</i>        | 10:00AM-12:00PM<br>(Pickleball)<br><i>Sean M.</i> | 10:00AM-12:00PM<br>(Pickleball)<br><i>Sean M.</i>         |   |  |  |
| <b>Silver Sneakers Classic</b><br>Group Ex Studio<br><a href="#">Sign Up</a> | 10:15AM-11:00AM<br>(Senior Fitness)<br><i>Maria G.</i>           | 11:15AM-12:00PM<br>(Senior Fitness)<br><i>Marilyn P.</i> |   | 9:00AM-9:45AM<br>(Senior Fitness)<br><i>Mavourneen C.</i> | 11:15AM-12:00PM<br>(Senior Fitness)<br><i>Mae C.</i>                |  |  |
| <b>Kickboxing</b><br>Group Ex Studio<br><a href="#">Sign Up</a>              | 11:00AM-12:00PM<br>(Senior Fitness)<br><i>Ginny H.</i>           | 8:00AM-8:45AM<br>(Cardio )<br><i>Samantha H.</i>         |   | 8:00AM-8:45AM<br>(Cardio )<br><i>Jesse F.</i>             |   |  |  |
| <b>Lap Swim 1 Lane-Open Lap Swim</b><br>Water Walking Lane                   | 4:00PM-7:00PM<br>(Lap Swim)<br><i>Staff</i>                      | 4:00PM-7:00PM<br>(Lap Swim)<br><i>Staff</i>              | 4:00PM-7:00PM<br>(Lap Swim)<br><i>Staff</i>       | 4:00PM-7:00PM<br>(Lap Swim)<br><i>Staff</i>               | 4:00PM-6:30PM<br>(Lap Swim)<br><i>Staff</i>                         | 9:45AM-1:30PM<br>(Lap Swim)<br><i>Staff</i>  |  |
| <b>Pilates</b><br>Group Ex Studio<br><a href="#">Sign Up</a>                 | 4:30PM-5:20PM<br>(Mind-Body, Yoga, & Pilates)<br><i>Emily W.</i> |  |   |   | 8:45AM-9:30AM<br>(Mind-Body, Yoga, & Pilates)<br><i>Samantha H.</i> |  |  |

|   | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday   | Sunday  |
|---|--|---|--|---|---|--|---|
| <b>Group Cycle</b><br>Group Cycle Studio<br><a href="#">Sign Up</a>               | 5:30PM-6:15PM<br>(Group Cycle )<br><i>Emily W.</i>       | 7:00AM-7:45AM<br>(Cardio )<br><i>Andrea E.</i><br><br>6:00PM-6:45PM<br>(Group Cycle )<br><i>Kendra S.</i> | 5:15AM-6:00AM<br>(Group Cycle )<br><i>Frederick O.</i>               | 6:00PM-6:45PM<br>(Group Cycle )<br><i>Lisa G.</i>         |   | 8:30AM-9:15AM<br>(Group Cycle )<br><i>Staff</i>                      | 8:30AM-9:15AM<br>(Group Cycle )<br><i>Andrea E.</i>   |
| <b>Zumba</b><br>Group Ex Studio<br><a href="#">Sign Up</a>                        | 5:45PM-6:45PM<br>(Dance Exercise)<br><i>Annabelle D.</i> |   |  |   |   | 9:00AM-10:00AM<br>(Dance Exercise)<br><i>Laura M.</i>                | 8:15AM-9:15AM<br>(Dance Exercise)<br><i>Tressa G.</i> |
| <b>BodyPump</b><br>Group Ex Studio<br><a href="#">Sign Up</a>                     |  | 5:15AM-6:15AM<br>(Strength Training)<br><i>Heidi H.</i>   |  |   |   |  |   |
| <b>Senior Strength &amp; Cardio</b><br>Group Ex Studio<br><a href="#">Sign Up</a> |  | 8:45AM-9:30AM<br>(Senior Fitness)<br><i>Ginny H.</i>  |  | 11:15AM-12:00PM<br>(Strength Training)<br><i>Ginny H.</i> |   |  |   |
| <b>Yoga</b><br>Group Ex Studio<br><a href="#">Sign Up</a>                         |  | 9:45AM-10:45AM<br>(Mind-Body, Yoga, &<br>Pilates)<br><i>Erin T.</i>                                       |  |   |   |  |   |
| <b>Senior Dance</b><br>Group Ex Studio<br><a href="#">Sign Up</a>                 |  | 12:05PM-12:50PM<br>(Dance Exercise)<br><i>Marilyn P.</i>  |  |   |   |  |   |
| <b>All Levels Yoga</b><br>Group Ex Studio<br><a href="#">Sign Up</a>              |  | 6:00PM-7:00PM<br>(Mind-Body, Yoga, &<br>Pilates)<br><i>Erin T.</i>  |  |   |   | 10:15AM-11:15AM<br>(Mind-Body, Yoga, &<br>Pilates)<br><i>Erin T.</i> |   |
| <b>Yoga for Athletes</b><br>Group Ex Studio<br><a href="#">Sign Up</a>            |  |   | 6:15AM-7:00AM<br>(Mind-Body, Yoga, &<br>Pilates)<br><i>Kelli P.</i>  |   |   |  |   |
| <b>Power Hour</b><br>Group Ex Studio<br><a href="#">Sign Up</a>                   |  |   | 9:00AM-9:45AM<br>(Strength Training)<br><i>Jesse F.</i>              |   |   |  |   |
| <b>Water in Motion</b><br>Lap Pool<br><a href="#">Sign Up</a>                     |  |   | 9:00AM-10:00AM<br>(Water Exercise)<br><i>Maria G.</i>                | 9:00AM-10:00AM<br>(Water Exercise)<br><i>Maria G.</i>     | 9:00AM-10:00AM<br>(Water Exercise)<br><i>Maria G.</i> |  |   |
| <b>Core &amp; More</b><br>Group Ex Studio<br><a href="#">Sign Up</a>              |  |   | 12:15PM-1:00PM<br>(Mind-Body, Yoga, &<br>Pilates)<br><i>Ginny H.</i> |   |   |  |   |
| <b>Gentle Yoga</b><br>Group Ex Studio<br><a href="#">Sign Up</a>                  |  |   | 4:15PM-5:15PM<br>(Mind-Body, Yoga, &<br>Pilates)<br><i>Sarita N.</i> |   |   |  |   |

|  | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b> | <b>Thursday</b>  | <b>Friday</b>   | <b>Saturday</b>   | <b>Sunday</b>                                 |
|--|---------------|----------------|------------------|--|---|---|---|
| <b>Vinyasa Yoga</b><br>Group Ex Studio<br><a href="#">Sign Up</a>                  |               |                |                  | 5:30PM-6:30PM<br>(Mind-Body, Yoga, & Pilates)<br><i>Stephanie K.</i> |   |   |   |
| <b>Bootcamp</b><br>Group Ex Studio<br><a href="#">Sign Up</a>                      |               |                |                  |  | 7:45AM-8:30AM<br>(Strength Training)<br><i>Jesse F.</i>             |   |   |
| <b>Yoga for Better Balance</b><br>Group Ex Studio<br><a href="#">Sign Up</a>       |               |                |                  |  | 10:00AM-11:00AM<br>(Mind-Body, Yoga, & Pilates)<br><i>Sarita N.</i> |   |   |
| <b>Senior Strength &amp; Balance</b><br>Group Ex Studio<br><a href="#">Sign Up</a> |               |                |                  |  | 12:15PM-1:00PM<br>(Senior Fitness)<br><i>Tony D.</i>                |   |   |
| <b>BodyPump</b><br>Group Cycle Studio<br><a href="#">Sign Up</a>                   |               |                |                  |  |   | 7:15AM-8:15AM<br>(Strength Training)<br><i>Heidi H.</i> |   |
| <b>Lap Swim 4 Lanes-Open Lap Swim</b><br>Lap Pool                                  |               |                |                  |  |   | 8:00AM-12:00PM<br>(Lap Swim)<br><i>Staff</i>            |   |
| <b>Lap Swim 6 Lanes-Open Lap Swim</b><br>Lap Pool                                  |               |                |                  |  |   | 12:00PM-3:30PM<br>(Lap Swim)<br><i>Staff</i>            | 12:00PM-3:30PM<br>(Lap Swim)<br><i>Staff</i>  |
| <b>Open Swim</b><br>Lap Pool   |               |                |                  |  |   | 12:00PM-3:30PM<br>(Open Swim)<br><i>Staff</i>           | 12:00PM-3:30PM<br>(Open Swim)<br><i>Staff</i> |
| <b>Born to Move - Age 4 - 6</b><br>Community Room<br><a href="#">Sign Up</a>       |               |                |                  |  |   |   | 9:30AM-10:30AM<br>(General)<br><i>Sage A.</i> |



## Wilson-Gray YMCA Youth & Family Center | August 26th - September 1st

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



## Glastonbury YMCA | August 26th - September 1st

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