



Cannon YMCA- West Cabarrus | April 29th - May 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed until 8am Family Fun Pool	5:00AM-8:00AM (Family Fun Pool)						
OPEN Swim lanes 1-8 Lap Pool	5:00AM-6:00AM (Lap Pool)	7:00AM-1:00PM (Lap Pool)	5:00AM-6:00AM (Lap Pool)	5:00AM-7:30AM (Lap Pool)	5:00AM-6:00AM (Lap Pool)	1:00PM-3:30PM (Lap Pool)	
Cardio & Strength Studio A <i>Stacey L.</i>	5:30AM-6:30AM (Mind & Body) <i>Stacey L.</i>						
Lane 3 OPEN Lap Pool Lane 3	6:00AM-1:00PM (Lap Pool)	5:00AM-1:00PM (Lap Pool)	6:00AM-1:00PM (Lap Pool)	7:30PM-1:00PM (Lap Pool)	6:00AM-1:00PM (Lap Pool)		
Sailfish Lap Pool Lane 2	6:00AM-7:00AM (Lap Pool)		6:00AM-7:00AM (Lap Pool)		6:00AM-7:00AM (Lap Pool)		
Fit & Fun for all Lap Pool <i>Chrissie B.</i>	6:00AM-6:45AM (Water Exercise) <i>Chrissie B.</i>		6:00AM-6:45AM (Water Exercise) <i>Chrissie B.</i>		6:00AM-6:45AM (Water Exercise) <i>Chrissie B.</i>		
Lane 6 OPEN Lap Pool Lane 6	6:00AM-1:00PM (Lap Pool)	5:00AM-9:00AM (Lap Pool) 10:00AM-1:00PM (Lap Pool)	6:00AM-1:00PM (Lap Pool)	7:30AM-1:00PM (Lap Pool)	6:00AM-1:00PM (Lap Pool)		
Lane 4 OPEN Lap Pool Lane 4	6:00AM-1:00PM (Lap Pool)	5:00AM-1:00PM (Lap Pool)	6:00AM-1:00PM (Lap Pool)	7:30AM-1:00PM (Lap Pool)	6:00AM-1:00PM (Lap Pool)		
Lane 5 OPEN Lap Pool Lane 5	6:00AM-1:00PM (Lap Pool)	5:00AM-1:00PM (Lap Pool)	6:00AM-1:00PM (Lap Pool)	7:30AM-1:00PM (Lap Pool)	6:00AM-1:00PM (Lap Pool)		
Water Aerobics Lap Pool Lane 7	6:00AM-8:30AM (Lap Pool)	7:30AM-8:30AM (Lap Pool)	6:00AM-8:30AM (Lap Pool)	7:30AM-8:30AM (Lap Pool)	6:00AM-8:30AM (Lap Pool)		
Water Aerobics Lap Pool Lane 8	6:00AM-8:30AM (Lap Pool)	7:30AM-8:30AM (Lap Pool)	6:00AM-8:30AM (Lap Pool)	7:30AM-8:30AM (Lap Pool)	6:00AM-8:30AM (Lap Pool)		
Lane 2 OPEN Lap Pool Lane 2	7:00AM-1:00PM (Lap Pool)	5:00AM-1:00PM (Lap Pool)	7:00AM-1:00PM (Lap Pool)	7:30AM-1:00PM (Lap Pool)	7:00AM-1:00PM (Lap Pool)		
Lane 1 OPEN Lap Pool Lane 1	7:00AM-1:00PM (Lap Pool)		7:00AM-1:00PM (Lap Pool)				
Cardio Deep Lap Pool <i>DeeDee F.</i>	7:30AM-8:20AM (Water Exercise) <i>DeeDee F.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym A	7:45AM-10:30AM (Open Gym) 2:00PM-4:00PM (Open Gym) 7:00PM-9:00PM (Open Gym)	5:00AM-8:30AM (Open Gym) 11:30AM-4:00PM (Open Gym) 7:00PM-9:00PM (Open Gym)	5:00AM-8:30AM (Open Gym) 7:00PM-9:00PM (Open Gym)	5:00AM-8:30AM (Open Gym) 11:30AM-4:00PM (Open Gym) 7:00PM-9:00PM (Open Gym)	5:00AM-6:30AM (Open Gym) 7:45AM-10:30AM (Open Gym) 2:00PM-7:00PM (Open Gym)		
Pickleball Gym B	8:00AM-12:00PM (Other)	8:00AM-12:00PM (Other)	8:00AM-12:00PM (Other)	8:00AM-12:00PM (Other)	8:00AM-12:00PM (Other)		
Open Swim Family Fun Pool Zero Depth	8:00AM-1:00PM (Activity Pool) 7:20PM-8:30PM (Activity Pool)	7:20PM-8:30PM (Activity Pool)		7:20PM-8:30PM (Activity Pool)			
Open Swim Family Fun Pool	8:00AM-8:30AM (Activity Pool) 12:30PM-1:00PM (Activity Pool) 3:00PM-4:00PM (Activity Pool)	3:00PM-4:00PM (Activity Pool)	3:00PM-4:00PM (Activity Pool) 7:20PM-8:30PM (Activity Pool)	3:00PM-4:00PM (Activity Pool)	3:00PM-6:30PM (Activity Pool)	12:00PM-3:30PM (Activity Pool)	
Box 'N Burn Studio A	8:15AM-9:15AM (Cardio & Strength) <i>Laura M.</i>						
Aqua Cardio Family Fun Pool	8:30AM-9:20AM (Water Exercise) <i>Marla S.</i>						
Lane 7 OPEN Lap Pool Lane 7	8:30AM-1:00PM (Lap Pool)	5:00AM-7:30AM (Lap Pool)		8:30AM-1:00PM (Lap Pool)	8:30AM-1:00PM (Lap Pool)		
Lane 8 OPEN Lap Pool Lane 8	8:30AM-1:00PM (Lap Pool)	5:00AM-7:30AM (Lap Pool) 8:30AM-1:00PM (Lap Pool)	8:30AM-1:00PM (Lap Pool)	8:30AM-1:00PM (Lap Pool)	8:30AM-1:00PM (Lap Pool)		
Water Aerobics Family Fun Pool	8:30AM-11:30AM (Family Fun Pool) 7:20PM-8:30PM (Lap Pool)	7:20PM-8:30PM (Family Fun Pool)		7:20PM-8:30PM (Lap Pool)			
Gentle/Deep Stretch Yoga Studio B	9:30AM-10:30AM (Mind & Body) <i>Andrea D.</i>				9:30AM-10:30AM (Mind & Body) <i>Andrea D.</i>		
Abs, Booty, & Cardio Studio A	9:30AM-10:30AM (Cardio & Strength) <i>Nicole S.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Determination Family Fun Pool	9:30AM-10:20AM (Water Exercise) <i>Marla S.</i>		8:30AM-9:20AM (Water Exercise) <i>DeeDee F.</i> 9:30AM-10:20AM (Water Exercise) <i>DeeDee F.</i>		8:30AM-9:20AM (Water Exercise) <i>Marla S.</i> 9:30AM-10:20AM (Water Exercise) <i>Marla S.</i>		
Dance Fusion Gym A	10:30AM-11:30AM (Cardio) <i>Elizabeth O.</i>						
Water Walking Family Fun Pool	10:30AM-11:20AM (Water Exercise) <i>DeeDee F.</i>		10:30AM-11:20AM (Water Exercise) <i>DeeDee F.</i>		10:30AM-11:20AM (Water Exercise) <i>Karen P.</i>		
Group Exercise Class Gym A	10:30AM-11:30AM (Other)				10:30AM-11:30AM (Other)		
Path to Wellness Family Fun Pool	11:30AM-12:30PM (Family Fun Pool)						
SilverSneakers® Circuit Studio A	11:45AM-12:45PM (SilverSneakers®) <i>Alma C.</i>	12:30PM-1:30PM (SilverSneakers®) <i>Alma C.</i>	10:45AM-11:45AM (SilverSneakers®) <i>Kim V.</i>				
Adult Pick Up Basketball - Full Court Gym A	12:00PM-2:00PM (Adult Pick Up Basketball)				12:00PM-2:00PM (Adult Pick Up Basketball)		
Adult Pick Up Basketball - Full Court Gym B	12:00PM-2:00PM (Adult Pick Up Basketball)				12:00PM-2:00PM (Adult Pick Up Basketball)		
SilverSneakers® Classic Studio A	1:00PM-2:00PM (SilverSneakers®) <i>Alma C.</i>	10:45AM-11:30AM (SilverSneakers®) <i>Kelly B.</i>	12:00PM-12:45PM (SilverSneakers®) <i>Kim V.</i>	11:00AM-12:00PM (SilverSneakers®) <i>Kelly B.</i>			
CLOSED Lap Pool	1:00PM-3:00PM (Lap Pool)	1:00PM-3:00PM (Lap Pool)	1:00PM-3:00PM (Lap Pool)	1:00PM-3:00PM (Lap Pool)	1:00PM-3:00PM (Lap Pool)		1:00PM-5:00PM (Lap Pool)
Closed Family Fun Pool	1:00PM-3:00PM (Family Fun Pool)	5:00AM-3:00PM (Family Fun Pool)		5:00AM-3:00PM (Family Fun Pool)	5:00AM-8:00AM (Family Fun Pool)		1:00PM-5:00PM (Family Fun Pool)
Steam Room CLOSED Family Fun Pool	1:00PM-3:00PM (Family Fun Pool)	1:00PM-3:00PM (Family Fun Pool)	1:00PM-3:00PM (Family Fun Pool)	1:00PM-3:00PM (Family Fun Pool)	1:00PM-3:00PM (Family Fun Pool)		1:00PM-5:00PM (Family Fun Pool)
Sauna CLOSED Family Fun Pool	1:00PM-3:00PM (Family Fun Pool)	1:00PM-3:00PM (Family Fun Pool)	1:00PM-3:00PM (Family Fun Pool)	1:00PM-3:00PM (Family Fun Pool)	1:00PM-3:00PM (Family Fun Pool)		1:00PM-5:00PM (Family Fun Pool)
Sailfish Academy Family Fun Pool Lane 2	1:00PM-3:00PM (Family Fun Pool)	4:00PM-7:20PM (Family Fun Pool)	3:00PM-7:20PM (Family Fun Pool)	4:00PM-7:20PM (Family Fun Pool)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym B	2:00PM-3:00PM (Open Gym)	5:00AM-8:00AM (Open Gym) 12:00PM-2:00PM (Open Gym)	5:00AM-8:00AM (Open Gym)	5:00AM-8:00AM (Open Gym) 12:00PM-2:00PM (Open Gym)	5:00AM-6:30AM (Open Gym) 2:00PM-6:00PM (Open Gym) 6:00PM-7:00PM (Open Gym)		
Sauna OPEN Family Fun Pool	3:00PM-8:30PM (Family Fun Pool)	5:00AM-1:00PM (Family Fun Pool)	5:00AM-1:00PM (Family Fun Pool) 3:00PM-8:45PM (Family Fun Pool)	5:00AM-1:00PM (Family Fun Pool) 3:00PM-8:30PM (Family Fun Pool)	5:00AM-1:00PM (Family Fun Pool) 3:00PM-6:30PM (Family Fun Pool)	8:00AM-3:30PM (Family Fun Pool)	
Whirlpool OPEN Family Fun Pool	3:00PM-8:30PM (Family Fun Pool)		5:00AM-1:00PM (Family Fun Pool) 3:00PM-8:30PM (Family Fun Pool)	3:00PM-8:30PM (Family Fun Pool)	3:00PM-6:30PM (Family Fun Pool)	8:00AM-3:30PM (Family Fun Pool)	
Steam Room OPEN Family Fun Pool	3:00PM-8:45PM (Family Fun Pool)	5:00AM-1:00PM (Family Fun Pool)	5:00AM-1:00PM (Family Fun Pool) 3:00PM-8:45PM (Family Fun Pool)	5:00AM-1:00PM (Family Fun Pool) 3:00PM-8:30PM (Family Fun Pool)	5:00AM-1:00PM (Family Fun Pool) 3:00PM-6:30PM (Family Fun Pool)	8:00AM-3:30PM (Family Fun Pool)	
Swim Lessons Family Fun Pool Lane 3	3:00PM-7:20PM (Family Fun Pool)		3:00PM-7:20PM (Family Fun Pool)	4:00PM-7:20PM (Family Fun Pool)			
Lanes 1-5 CLOSED for Sailfish Lap Pool	3:00PM-8:45PM (Lap Pool)	3:00PM-8:45PM (Lap Pool) 3:00PM-8:45PM (Lap Pool)	3:00PM-8:45PM (Lap Pool)	3:00PM-8:45PM (Lap Pool)	3:00PM-6:45PM (Lap Pool)		
Open Swim - Lanes 6, 7 and 8 Lap Pool	3:00PM-8:45PM (Lap Pool)	3:00PM-5:30PM (Lap Pool) 7:30PM-8:45PM (Lap Pool)	3:00PM-8:45PM (Lap Pool)	3:00PM-8:45PM (Lap Pool)	3:00PM-6:45PM (Lap Pool)	8:00AM-1:00PM (Lap Pool)	
Adult Pick Up Basketball Gym A	4:00PM-7:00PM (Adult Pick Up Basketball)	4:00PM-7:00PM (Adult Pick Up Basketball)	4:00PM-7:00PM (Adult Pick Up Basketball)	4:00PM-7:00PM (Adult Pick Up Basketball)			
Swim Lessons Family Fun Pool Zero Depth	4:00PM-7:20PM (Family Fun Pool)	4:00PM-7:20PM (Family Fun Pool)	3:00PM-7:20PM (Family Fun Pool)	3:45PM-7:20PM (Family Fun Pool)			
Sailfish Academy Family Fun Pool Lane 1	4:00PM-7:20PM (Family Fun Pool)	4:00PM-7:20PM (Family Fun Pool)	4:00PM-7:20PM (Family Fun Pool)	4:00PM-7:20PM (Family Fun Pool)			
Total Strength Studio A	5:45PM-6:45PM (Cardio & Strength) <i>Victoria S.</i>	9:30AM-10:30AM (Cardio & Strength) <i>Deanne G.</i>		8:15AM-9:15AM (Cardio & Strength) <i>Teresa W.</i> 6:00PM-6:45PM (Cardio & Strength) <i>Vanishea P.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Studio B	5:45PM-6:30PM (Cycle) <i>Elizabeth N.</i>		6:00PM-6:45PM (Cycle) <i>John Z.</i>	9:30AM-10:15AM (Cycle) <i>Amy H.</i>			
Youth Volleyball Gym B	6:00PM-9:00PM (Youth Sports)	6:00PM-9:00PM (Youth Sports)	6:00PM-9:00PM (Youth Sports)	6:00PM-9:00PM (Youth Sports)			
Yoga Fusion Teen Center	6:30PM-7:30PM (Mind & Body) <i>Natela Y.</i>						
Cardio Dance Studio A	7:00PM-8:00PM (Cardio) <i>Vanishea P.</i>						
Power Plunge Family Fun Pool	7:30PM-8:15PM (Water Exercise) <i>Laura M.</i>	7:30PM-8:15PM (Water Exercise) <i>Kim G.</i>		7:30PM-8:15PM (Water Exercise) <i>Chrissie B.</i>			
Whirlpool CLOSED Family Fun Pool		5:00AM-3:00PM (Family Fun Pool)	1:00PM-3:00PM (Family Fun Pool)		5:00AM-8:00AM (Family Fun Pool) 1:00PM-3:00PM (Family Fun Pool)		1:00PM-5:00PM (Family Fun Pool)
Lane 1 OPEN Lap Pool		5:00AM-1:00PM (Lap Pool)		7:30AM-1:00PM (Lap Pool)			
Cycle Studio A		5:30AM-6:15AM (Cycle) <i>John Z.</i>		5:30AM-6:15AM (Cycle) <i>John Z.</i>		8:15AM-9:15AM (Cycle) <i>Janie B.</i>	
Full Body H2O Lap Pool		7:30AM-8:20AM (Water Exercise) <i>Marla S.</i>		7:30AM-8:20AM (Water Exercise) <i>Marla S.</i>			
Cardio Blast Studio A		8:30AM-9:15AM (Cardio) <i>April H.</i>					
US Navy Lap Pool Lane 6		9:00AM-10:00AM (Lap Pool)					
Basic Yoga Flow Studio B		9:30AM-10:30AM (Mind & Body) <i>Kelly B.</i>					
Pilates Studio B		10:45AM-11:45AM (Mind & Body) <i>Susan P.</i>	4:30PM-5:30PM (Mind & Body) <i>Monica S.</i>				
Chair Yoga Studio A		11:30AM-12:15PM (Mind & Body) <i>Kelly B.</i>		12:15PM-1:15PM (Mind & Body) <i>Jim C.</i>			
REFIT® Studio A		5:00PM-5:35PM (Cardio) <i>Jill P.</i>			6:00PM-6:50PM (Cardio) <i>Jill P.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Special Olympics Lap Pool		5:30PM-7:30PM (Lap Pool)					
Barre Studio B		6:00PM-7:00PM (Mind & Body) <i>Abby B.</i>					
Step Intervals Studio A		6:00PM-6:45PM (Cardio) <i>Laura M.</i>					
Dance and Sculpt Studio A		7:00PM-8:00PM (Cardio & Strength) <i>Jalila S.</i>					
Sailfish Lap Pool Lane 1			6:00AM-7:00AM (Lap Pool)		6:00AM-7:00AM (Lap Pool)		
Hydro Fit Lap Pool			7:30AM-8:20AM (Water Exercise) <i>DeeDee F.</i>		7:30AM-8:20AM (Water Exercise) <i>Stephanie N.</i>		
Bootcamp Studio A			8:30AM-9:15AM (Bootcamps) <i>Deanne G.</i>				
Interval Training Studio A			9:30AM-10:30AM (Bootcamps) <i>Teresa W.</i>				
Foam Roller Massage/Release Studio B			10:00AM-11:00AM (Mind & Body) <i>Susan P.</i>				
Homeschool PE Gym B			1:00PM-2:00PM (Other)				
Homeschool PE Gym A			1:00PM-2:00PM (Other)				
Xtreme Hip Hop® Studio A			6:00PM-7:00PM (Cardio) <i>Amber B.</i>				
Basic Yoga Flow Studio A			7:00PM-8:00PM (Mind & Body) <i>Natela Y.</i>				
Barre Studio A				9:30AM-10:30AM (Mind & Body) <i>Lisa N.</i>		10:00AM-11:00AM (Mind & Body) <i>Lisa N.</i>	
Basic Yoga Sculpt Studio B				10:45AM-11:45AM (Mind & Body) <i>Andrea D.</i>			
Tai Chi Studio A				1:30PM-2:30PM (Mind & Body) <i>Jim C.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Fusion Studio B				6:30PM-7:30PM (Mind & Body) <i>Tina S.</i>			
Step Studio A					8:15AM-9:15AM (Cardio) <i>Laura M.</i>		
HIIT Studio A					9:30AM-10:30AM (Cardio & Strength) <i>Nicole S.</i>		
Zumba Gold® Gym A					10:30AM-11:30AM (Cardio) <i>Elizabeth O.</i>		
CLOSED Family Fun Pool					1:00PM-3:00PM (Lap Pool)		
Slide OPEN Family Fun Pool					4:00PM-6:00PM (Family Fun Pool)		
Youth Volleyball Gym A						8:00AM-1:00PM (Youth Sports)	
Swim Lessons Family Fun Pool						8:00AM-12:00PM (Family Fun Pool)	
Cardio & Strength Studio B						8:15AM-9:15AM (Mind & Body) <i>Bree S.</i>	
Open Gym ALL DAY Gym A							1:00PM-5:00PM (Open Gym)
Family Basketball Gym B							1:00PM-5:00PM (Family Basketball)



Cannon YMCA- Harrisburg | April 29th - May 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp Studio A	5:30AM-6:15AM (Bootcamps) <i>Denise L.</i>		5:30AM-6:15AM (Bootcamps) <i>Taqwanda H.</i>		5:30AM-6:15AM (Bootcamps) <i>Taqwanda H.</i>		
Y Pump Studio A	8:30AM-9:15AM (Strength) <i>Anna Z.</i>	8:30AM-9:15AM (Strength) <i>Anna Z.</i>					
Barre Studio A	9:30AM-10:30AM (Mind & Body) <i>Gigi B.</i>		9:30AM-10:30AM (Mind & Body) <i>Gigi B.</i>				
Zumba Gold® Rocky River Presbyterian Church	9:30AM-10:30AM (Cardio) <i>Mirna C.</i>						
Fit Over 50® Studio A	10:45AM-11:45AM (Cardio & Strength) <i>Helen M.</i>						
CIRCL Mobility™ Studio A	12:00PM-12:30PM (Mind & Body) <i>Mirna C.</i>			12:00PM-12:30PM (Mind & Body) <i>Laura B.</i>			
Cardio Dance Studio A	5:00PM-5:45PM (Cardio) <i>Taqwanda H.</i>						
Cycle + Strength Studio B	5:30PM-6:15PM (Cycle) <i>Lynnette D.</i>			9:30AM-10:15AM (Cycle) <i>Gigi B.</i>			
Total Body HIIT Studio A	6:00PM-6:45PM (Bootcamps) <i>Jen R.</i>		6:00PM-6:45PM (Bootcamps) <i>Victoria S.</i>				
Zumba® Studio A	7:00PM-8:00PM (Cardio) <i>Latika M.</i>	6:00PM-7:00PM (Cardio) <i>Mirna C.</i>	5:00PM-5:45PM (Cardio) <i>Elizabeth O.</i> 7:00PM-8:00PM (Cardio) <i>Latika M.</i>				
Cardio Conditioning Studio A		5:30AM-6:15AM (Cardio) <i>Anna Z.</i>					
Yoga Studio A		9:30AM-10:30AM (Mind & Body) <i>Xia D.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Studio B		9:30AM-10:15AM (Cycle) <i>Ed P.</i>		7:00PM-7:45PM (Cycle) <i>Lynnette D.</i>		9:00AM-10:00AM (Cycle) <i>Andrew M.</i>	
CIRCL Mobility™ Rocky River Presbyterian Church		9:30AM-10:30AM (Mind & Body) <i>Mirna C.</i>					
Light N Lively® Studio A		10:45AM-11:45AM (Cardio) <i>Helen M.</i>					
Box 'N Burn Studio A			8:30AM-9:15AM (Cardio & Strength) <i>Anna Z.</i>				
Zumba Gold Toning® Rocky River Presbyterian Church			9:30AM-10:30AM (Cardio) <i>Mirna C.</i>				
Chair Yoga Studio A			10:45AM-11:45AM (Mind & Body) <i>Jim C.</i>				
Tai Chi Studio A			12:00PM-1:00PM (Mind & Body) <i>Jim C.</i>				
HIIT Studio A				5:30AM-6:15AM (Cardio & Strength) <i>Anna Z.</i>	8:30AM-9:15AM (Cardio & Strength) <i>Anna Z.</i>		
Cardio & Strength Studio A				8:30AM-9:15AM (Mind & Body) <i>Gigi B.</i>			
Barre Blend Studio A				9:30AM-10:30AM (Mind & Body) <i>Xia D.</i>			
Fit Over 50® Rocky River Presbyterian Church				9:30AM-10:30AM (Cardio & Strength) <i>Helen M.</i>			
Zumba Gold® Studio A				10:45AM-11:45AM (Cardio) <i>Elizabeth O.</i>			
Strength & Stretch Studio A				6:00PM-6:45PM (Strength) <i>Julia H.</i>			
Deep Stretch Yoga Studio A				7:00PM-8:00PM (Mind & Body) <i>Xia D.</i>			
Vinyasa Flow Yoga Studio A					9:30AM-10:30AM (Mind & Body) <i>Tonya T.</i>	8:00AM-9:00AM (Mind & Body) <i>Xia D.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Friday Frenzy Rocky River Presbyterian Church					9:30AM-10:30AM (Sneakers®) <i>Helen M.</i>		
Sneakers® Classic Studio A					10:45AM-11:45AM (Sneakers®) <i>Helen M.</i>		
MIXED FIT Studio A					5:30PM-6:30PM (Bootcamps) <i>Sandra J.</i>		
Power Hour Studio A						9:30AM-10:30AM (Cardio & Strength) <i>Jen R.</i>	



J.F. Hurley Family YMCA | April 29th - May 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Activity Pool	6:00AM-1:00PM (Activity Pool) YMCA S. 3:00PM-7:00PM (Activity Pool) YMCA S.	6:00AM-1:00PM (Activity Pool) YMCA S. 3:00PM-7:00PM (Activity Pool) YMCA S.	6:00AM-1:00PM (Activity Pool) YMCA S. 3:00PM-7:00PM (Activity Pool) YMCA S.	6:00AM-1:00PM (Activity Pool) YMCA S. 3:00PM-7:00PM (Activity Pool) YMCA S.	6:00AM-1:00PM (Activity Pool) YMCA S. 3:00PM-6:00PM (Activity Pool) YMCA S.	8:00AM-3:00PM (Activity Pool) YMCA S.	1:30PM-4:30PM (Activity Pool) YMCA S.
Lap Swim Lap Pool	6:00AM-1:00PM (Lap Pool) 3:00PM-8:00PM (Lap Pool)	6:00AM-1:00PM (Lap Pool) 3:00PM-8:00PM (Lap Pool)	6:00AM-1:00PM (Lap Pool) 3:00PM-8:00PM (Lap Pool)	6:00AM-1:00PM (Lap Pool) 3:00PM-8:00PM (Lap Pool)	6:00AM-1:00PM (Lap Pool) 3:00PM-6:00PM (Lap Pool)	8:00AM-3:00PM (Lap Pool)	1:30PM-4:30PM (Lap Pool)
Total Body HIIT Functional Training Center (FTC)	6:00AM-7:00AM (Bootcamps) Mike M.		6:00AM-7:00AM (Bootcamps) Mike M.		6:00AM-7:00AM (Bootcamps) Mike M.		
Stretch Aerobics Studio	7:10AM-7:50AM (Mind & Body) Susan M.		7:10AM-7:50AM (Mind & Body) Susan M.				
Estercize (Step Mix Interval) Aerobics Studio	8:00AM-8:50AM (Cardio) Ester M.		8:00AM-8:50AM (Cardio) Ester M.				
Cycle Cycling studio	9:00AM-9:45AM (Cycle) George F.	6:00AM-6:45AM (Cycle) Alexandra F.	9:00AM-9:45AM (Cycle) George F.	6:00AM-6:45AM (Cycle) Alexandra F.	9:00AM-9:45AM (Cycle) George F.	9:00AM-10:00AM (Cycle) YMCA S.	
Strength and Core Activity Pool	9:00AM-9:45AM (Mind & Body) YMCA S.						
Core and Stretch Activity Pool	9:00AM-9:45AM (Water Exercise) YMCA S.		9:00AM-9:45AM (Water Exercise) YMCA S.				
Mobility Work Aerobics Studio	9:00AM-9:55AM (Mind & Body) Robin F.		9:00AM-9:55AM (Mind & Body) Robin F.				
Easy Does It Cardio Aerobics Studio	10:00AM-10:50AM (Cardio & Strength) Helena H.						
Aqua Blast Activity Pool	10:00AM-10:45AM (Water Exercise) YMCA S.		10:00AM-10:45AM (Water Exercise) YMCA S.				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body HIIT Aerobics Studio	11:00AM-11:55AM (Bootcamps) <i>Marti M.</i>		11:00AM-11:55AM (Bootcamps) <i>Marti M.</i>				
BODYPUMP Aerobics Studio	12:00PM-1:00PM (Strength) <i>Marti M.</i> 5:20PM-6:05PM (Strength) <i>Sanja K.</i>	5:10PM-6:10PM (Strength) <i>Kelly L.</i>	12:00PM-1:00PM (Strength) <i>Marti M.</i>	5:10PM-6:10PM (Strength) <i>Katie L.</i>			
Yoga Aerobics Studio	3:00PM-4:00PM (Mind & Body) <i>Judy C.</i>	12:00PM-1:00PM (Mind & Body) <i>Jacqueline C.</i> 7:10PM-8:00PM (Mind & Body) <i>Kim S.</i>	3:00PM-4:00PM (Mind & Body) <i>Judy C.</i>	12:00PM-1:00PM (Mind & Body) <i>Jacqueline C.</i> 7:10PM-8:00PM (Mind & Body) <i>Kim S.</i>	9:00AM-9:55AM (Mind & Body) <i>Judy C.</i>	10:00AM-11:00AM (Mind & Body) <i>Maia S.</i>	
Pilates Aerobics Studio	6:15PM-7:15PM (Mind & Body) <i>Holly B.</i>						
Estelatte Aerobics Studio		8:00AM-8:55AM (Mind & Body) <i>Ester M.</i>		8:00AM-8:55AM (Mind & Body) <i>Ester M.</i>			
Step Aerobics Interval Mix Aerobics Studio		9:00AM-9:55AM (Cardio & Strength) <i>Robin F.</i>		9:00AM-9:55AM (Cardio & Strength) <i>Robin F.</i>		8:15AM-9:10AM (Cardio & Strength) <i>YMCA S.</i>	
Gentle Water Activity Pool		10:00AM-10:45AM (Water Exercise) <i>YMCA S.</i>		10:00AM-10:45AM (Water Exercise) <i>YMCA S.</i>			
Barre Blend Aerobics Studio		10:00AM-10:55AM (Mind & Body) <i>Ashleigh D.</i>		10:00AM-10:55AM (Mind & Body) <i>Ashleigh D.</i>			
Senior Workout Aerobics Studio		11:00AM-11:50AM (Silversneakers®) <i>Ester M.</i>		11:00AM-11:50AM (Silversneakers®) <i>Ester M.</i>			
Deep Water Cardio Lap Pool		11:00AM-11:45AM (Water Exercise) <i>YMCA S.</i>		11:00AM-11:45AM (Water Exercise) <i>YMCA S.</i>			
Mobility Aerobics Studio		2:00PM-2:45PM (Mind & Body) <i>Ester M.</i>		2:00PM-2:45PM (Mind & Body) <i>Ester M.</i>			
Low Impact Cardio Aerobics Studio		4:00PM-4:55PM (Cardio) <i>Ester M.</i>		4:00PM-4:55PM (Cardio) <i>Ester M.</i>			
HIIT Functional Training Center (FTC)		5:30PM-6:00PM (Cardio & Strength) <i>Jeff A.</i>		5:30PM-6:00PM (Cardio & Strength) <i>Jeff A.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio with Orlando Activity Pool		6:00PM-6:45PM (Water Exercise) <i>YMCA S.</i>		6:00PM-7:45PM (Water Exercise) <i>YMCA S.</i>			
Bootcamp Aerobics Studio		6:15PM-7:00PM (Bootcamps) <i>Mike M.</i>		6:15PM-7:00PM (Bootcamps) <i>Mike M.</i>			
Cardio Dance Aerobics Studio			10:00AM-10:55AM (Cardio) <i>Helena H.</i>				
Strength and Core Aerobics Studio					8:00AM-8:50AM (Strength) <i>Ester M.</i>		
Aqua Burn Activity Pool					10:00AM-10:45AM (Water Exercise) <i>YMCA S.</i>		
Dance Fusion Aerobics Studio					10:00AM-11:00AM (Cardio) <i>Helena H.</i>		
Super Saturday Splash Activity Pool						9:00AM-9:45AM (Water Exercise) <i>YMCA S.</i>	



Saleeby-Fisher YMCA | April 29th - May 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Mezzanine	6:00AM-7:00AM (Cardio & Strength) <i>Wade O.</i>	6:00AM-7:00AM (Cardio & Strength) <i>YMCA V.</i> 6:00PM-7:00PM (Cardio & Strength) <i>Wade O.</i>	6:00AM-7:00AM (Cardio & Strength) <i>Wade O.</i>	6:00AM-7:00AM (Cardio & Strength) <i>Wade O.</i>	6:00AM-7:00AM (Cardio & Strength) <i>Wade O.</i>		
Zumba® Aerobics Studio	8:00AM-8:45AM (Cardio) <i>Carolyn J.</i>						
Functional TR360 Mezzanine	8:00AM-8:45AM (Cardio & Strength) <i>Lindsay M.</i>				8:00AM-8:45AM (Cardio & Strength) <i>Lindsay M.</i>		
Power Plunge Pool	9:00AM-9:45AM (Water Exercise) <i>Jeep S.</i>	9:00AM-9:45AM (Water Exercise) <i>Jeep S.</i> 6:00PM-6:45PM (Water Exercise) <i>Jeep S.</i>					
Barre Blend Aerobics Studio	9:00AM-9:45AM (Mind & Body) <i>Carolyn J.</i>	5:30PM-6:15PM (Mind & Body) <i>Kim M.</i>			9:00AM-9:45AM (Mind & Body) <i>Ellen T.</i>		
Aqua Zumba Pool	10:00AM-10:45AM (Water Exercise) <i>Carolyn J.</i>						
SilverSneakers® Yoga Flow Aerobics Studio	10:00AM-10:45AM (Siversneakers®) <i>Angie F.</i>						
Easy Does It Strength Aerobics Studio	11:00AM-11:45AM (Strength) <i>Angie F.</i>				10:00AM-10:45AM (Strength) <i>Molly C.</i>		
Circuit/Cycle Fusion Cycle Room	5:30PM-6:30PM (Cardio) <i>Lyndy B.</i>	8:00AM-8:45AM (Cardio) <i>Marty W.</i>					
Easy Does It Aerobics Studio		8:00AM-8:45AM (Cardio & Strength) <i>Carolyn J.</i>					
Step Aerobics Studio		9:00AM-9:45AM (Cardio) <i>Carolyn J.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Cycle Room		9:00AM-9:45AM (Mind & Body) <i>Angie F.</i>					
SilverSneakers® Aerobics Studio		10:00AM-10:45AM (Siltersneakers®) <i>Lyndy B.</i>		10:00AM-10:45AM (Siltersneakers®) <i>Molly C.</i>			
BoxFit Aerobics Studio		11:00AM-11:45AM (Cardio & Strength) <i>Lyndy B.</i>		11:00AM-11:45AM (Cardio & Strength) <i>Lyndy B.</i>			
Yoga Aerobics Studio		6:30PM-7:15PM (Mind & Body) <i>Bette D.</i>		9:00AM-9:45AM (Mind & Body) <i>Angie F.</i>			
Interval Training Aerobics Studio			8:00AM-8:45AM (Bootcamps) <i>Lyndy B.</i>				
Hydro Fit Pool			9:00AM-9:45AM (Water Exercise) <i>Carol H.</i>				
Flex Sculpt Aerobics Studio			9:00AM-9:45AM (Mind & Body) <i>Wade O.</i>				
Tick Tock Reverse the Clock Aerobics Studio			10:00AM-10:45AM (Cardio) <i>Beth C.</i>				
Cycle Glutes & Guts Cycle Room				8:00AM-8:45AM (Cycle) <i>Marty W.</i>			
Aqua Determination Pool				9:00AM-9:45AM (Water Exercise) <i>Ellen T.</i> 6:00PM-6:45PM (Water Exercise) <i>Ellen T.</i>			
Green Zone Workout Mezzanine				5:30PM-6:30PM (Cardio) <i>Kim M.</i>			
Core and More Aerobics Studio					7:30AM-8:00AM (Mind & Body) <i>Wade O.</i>		
Fit & Fun for all Pool					9:00AM-9:45AM (Water Exercise) <i>Molly C.</i>		
HIIT Shelter						8:00AM-9:00AM (Cardio & Strength) <i>Lyndy B.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Full Body H2O Pool						9:00AM-9:45AM (Water Exercise) <i>Mary M.</i>	



J. Fred Corriher Jr. YMCA | April 29th - May 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Break Pool 6:45AM-7:00AM (Lap Pool) Aaron C. 10:45AM-11:00AM (Lap Pool) Aaron C. 2:45PM-3:00PM (Lap Pool) Aaron C. 6:45PM-7:00PM (Lap Pool) Aaron C.	6:45AM-7:00AM (Lap Pool) Aaron C. 10:45AM-11:00AM (Lap Pool) Aaron C. 2:45PM-3:00PM (Lap Pool) Aaron C. 6:45PM-7:00PM (Lap Pool) Aaron C.	6:45AM-7:00AM (Lap Pool) Aaron C. 10:45AM-11:00AM (Lap Pool) Aaron C. 2:45PM-3:00PM (Lap Pool) Aaron C. 6:45PM-7:00PM (Lap Pool) Aaron C.	6:45AM-7:00AM (Lap Pool) Aaron C. 10:45AM-11:00AM (Lap Pool) Aaron C. 2:45PM-3:00PM (Lap Pool) Aaron C. 6:45PM-7:00PM (Lap Pool) Aaron C.	6:45AM-7:00AM (Lap Pool) Aaron C. 10:45AM-11:00AM (Lap Pool) Aaron C. 2:45PM-3:00PM (Lap Pool) Aaron C. 6:45PM-7:00PM (Lap Pool) Aaron C.	6:45AM-7:00AM (Lap Pool) Aaron C. 10:45AM-11:00AM (Lap Pool) Aaron C. 2:45PM-3:00PM (Lap Pool) Aaron C.	10:15AM-10:30AM (Lap Pool) Aaron C. 2:15PM-2:30PM (Lap Pool) Aaron C.	
Deep Water Cardio Pool	7:00AM-8:00AM (Water Exercise) Karen K.	7:00AM-8:00AM (Water Exercise) Karen K.	7:00AM-8:00AM (Water Exercise) Karen K.	7:00AM-8:00AM (Water Exercise) Karen K.	7:00AM-8:00AM (Water Exercise) Karen K.		
Aqua Cardio Pool	8:15AM-9:15AM (Water Exercise) Karen K.	8:15AM-9:15AM (Water Exercise) Karen K.	8:15AM-9:15AM (Water Exercise) Karen K.	8:15AM-9:15AM (Water Exercise) Karen K.	8:15AM-9:15AM (Water Exercise) Karen K.		
Barbell Pump Aerobics Studio	8:30AM-9:30AM (Strength) Ashley P.						
Aqua Easy Pool	9:30AM-10:30AM (Water Exercise) Luanne S.		9:30AM-10:30AM (Water Exercise) Luanne S.		9:30AM-10:30AM (Water Exercise) Luanne S.		
SilverSneakers® Classic Aerobics Studio	10:00AM-11:00AM (Silversneakers®) Ashley P.						
Chair Yoga Aerobics Studio	11:15AM-12:00PM (Mind & Body) Jennifer B.		10:15AM-11:00AM (Mind & Body) Jennifer B.				
Step Aerobics Interval Mix Aerobics Studio	5:30PM-6:00PM (Cardio & Strength) Lauren H.						
Total Body HIIT Functional Training Center	6:00PM-7:00PM (Bootcamps) Silvia F.						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance and Sculpt Aerobics Studio		8:00AM-9:00AM (Cardio & Strength) <i>Connie S.</i>	8:00AM-9:00AM (Cardio & Strength) <i>Connie S.</i>	8:00AM-9:00AM (Cardio & Strength) <i>Connie S.</i>			
Athletic Conditioning Functional Training Center		8:30AM-9:30AM (Bootcamps) <i>Dusty D.</i>					
SilverSneakers® Cardio Aerobics Studio		9:00AM-10:00AM (Silver Sneakers®) <i>Connie S.</i>	9:00AM-10:00AM (Silver Sneakers®) <i>Connie S.</i>	9:00AM-10:00AM (Silver Sneakers®) <i>Connie S.</i>	9:00AM-10:00AM (Silver Sneakers®) <i>Connie S.</i>		
Hi-Lo Aqua Pool		9:30AM-10:30AM (Water Exercise) <i>Heidi M.</i>		9:30AM-10:30AM (Water Exercise) <i>Heidi M.</i>			
BoxFit Functional Training Center		6:00PM-7:00PM (Strength) <i>Skyler S.</i>		6:00PM-7:00PM (Strength) <i>Skyler S.</i>			
Cycle Cycle Studio		6:30PM-7:15PM (Cycle) <i>John C.</i>		6:00PM-7:00PM (Cycle) <i>Silvia F.</i>	8:30AM-9:00AM (Cycle) <i>Lauren H.</i>		
TRX Functional Training Center			8:30AM-9:30AM (Cardio & Strength) <i>Mindy C.</i>				
Vinyasa Flow Yoga Aerobics Studio			6:30PM-7:30PM (Mind & Body) <i>Jim A.</i>				
Total Strength Functional Training Center				8:30AM-9:30AM (Cardio & Strength) <i>Mindy C.</i>			
Kettlebell HIIT Functional Training Center					9:05AM-9:45AM (Cardio & Strength) <i>Lauren H.</i>		



Cannon YMCA-Kannapolis | April 29th - May 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance and Sculpt Aerobics Studio	9:00AM-9:45AM (Cardio & Strength) <i>Y I.</i>						
Chair Yoga Aerobics Studio	10:00AM-10:45AM (Mind & Body) <i>Alma C.</i>			10:15AM-11:15AM (Mind & Body) <i>Jennifer B.</i>			
Zumba® Aerobics Studio	6:00PM-7:00PM (Cardio) <i>Cathie S.</i>						
Gentle Flow Yoga And Stretch Aerobics Studio		9:15AM-10:15AM (Mind & Body) <i>Jennifer B.</i>					
SilverSneakers® Classic Aerobics Studio		10:30AM-11:30AM (SilverSneakers®) <i>Alma C.</i>	10:30AM-11:30AM (SilverSneakers®) <i>Alma C.</i>		10:30AM-11:30AM (SilverSneakers®) <i>Alma C.</i>		
Cardio Dance Aerobics Studio		12:00PM-1:00PM (Cardio) <i>Theresa M.</i>					
REFIT® Aerobics Studio		5:30PM-6:30PM (Cardio) <i>Steve S.</i>		5:00PM-6:00PM (Cardio) <i>Steve S.</i>			
MIXXED FIT Aerobics Studio			8:00AM-8:45AM (Bootcamps) <i>Alma C.</i>		8:00AM-8:45AM (Bootcamps) <i>Alma C.</i>		
Total Strength Aerobics Studio			9:00AM-10:00AM (Cardio & Strength) <i>Jillian S.</i>		9:00AM-10:00AM (Cardio & Strength) <i>Jessica K.</i>		
Zumba Toning® Aerobics Studio			6:00PM-7:00PM (Cardio) <i>Cathie S.</i>				
HIIT Aerobics Studio				9:00AM-10:00AM (Cardio & Strength) <i>Jillian S.</i>			
SilverSneakers® Circuit Aerobics Studio				11:15AM-12:15PM (SilverSneakers®) <i>Alma C.</i>			
Yoga Aerobics Studio				6:00PM-7:00PM (Mind & Body) <i>Alma C.</i>			

