



## Cannon YMCA- West Cabarrus | January 6th - January 12th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Closed</b> Family Fun Pool	5:00AM-8:00AM (Family Fun Pool)  1:00PM-3:00PM (Family Fun Pool)	5:00AM-3:00PM (Family Fun Pool)	5:00AM-8:00AM (Family Fun Pool)  1:00PM-3:00PM (Family Fun Pool)	5:00AM-3:00PM (Family Fun Pool)	5:00AM-8:00AM (Family Fun Pool)  1:00PM-3:00PM (Family Fun Pool)  6:30PM-7:00PM (Family Fun Pool)	3:30PM-4:00PM (Family Fun Pool)	4:30PM-5:00PM (Family Fun Pool)
<b>Steam Room OPEN</b> 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-8:30PM (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-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)	1:00PM-4:30PM (Family Fun Pool)
<b>Sauna OPEN</b> 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-8:30PM (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-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)	1:00PM-4:30PM (Family Fun Pool)  1:00PM-4:30PM (Family Fun Pool)
<b>Whirlpool CLOSED</b> Family Fun Pool	5:00AM-8:00AM (Family Fun Pool)  1:00PM-3:00PM (Family Fun Pool)	5:00AM-3:00PM (Family Fun Pool)	5:00AM-8:00AM (Family Fun Pool)  1:00PM-3:00PM (Family Fun Pool)	5:00AM-3:00PM (Family Fun Pool)	5:00AM-8:00AM (Family Fun Pool)  1:00PM-3:00PM (Family Fun Pool)  6:30PM-7:00PM (Family Fun Pool)	3:30PM-4:00PM (Family Fun Pool)	4:30PM-5:00PM (Family Fun Pool)
<b>8 Member lanes open</b> Lap Pool	5:00AM-6:00AM (Lap Pool)	5:00AM-6:00AM (Lap Pool)  8:00AM-1:00PM (Lap Pool)	5:00AM-6:00AM (Lap Pool)	5:00AM-6:00AM (Lap Pool)  8:00AM-1:00PM (Lap Pool)	5:00AM-6:00AM (Lap Pool)	1:00PM-3:45PM (Lap Pool)	
<b>Cardio &amp; Strength</b> Studio A <i>Stacey L.</i>	5:30AM-6:30AM (Mind & Body) <i>Stacey L.</i>						
<b>Lanes1-3 High School Swim</b> Lap Pool	6:00AM-7:00AM (Lap Pool)	6:00AM-7:00AM (Lap Pool)	6:00AM-7:00AM (Lap Pool)	6:00AM-7:00AM (Lap Pool)			
<b>Water Aerobics</b> Lap Pool Lane 7	6:00AM-8:00AM (Lap Pool)	7:00AM-8:00AM (Lap Pool)	6:00AM-8:00AM (Lap Pool)	7:00AM-8:00AM (Lap Pool)	6:00AM-8:00AM (Lap Pool)		
<b>Water Aerobics</b> Lap Pool Lane 8	6:00AM-8:00AM (Lap Pool)	7:00AM-8:00AM (Lap Pool)	6:00AM-8:00AM (Lap Pool)	7:00AM-8:00AM (Lap Pool)	6:00AM-8:00AM (Lap Pool)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>3 Member lanes open</b> Lap Pool	6:00AM-7:00AM (Lap Pool)		6:00AM-7:00AM (Lap Pool)			8:00AM-1:00PM (Lap Pool)	
<b>Fit &amp; Fun for all</b> Lap Pool	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>		
<b>6 Member lanes open</b> Lap Pool	7:00AM-8:00AM (Lap Pool)		7:00AM-8:00AM (Lap Pool)	7:00AM-8:00AM (Lap Pool)	6:00AM-8:00AM (Lap Pool)		
<b>Cardio Deep</b> Lap Pool	7:00AM-7:45AM (Water Exercise) <i>DeeDee F.</i>						
<b>Pickleball</b> Gym B	8:00AM-10:00AM (Other)	8:00AM-11:00AM (Other)  12:00PM-2:00PM (Other) <i>YMCA S.</i>	8:00AM-11:00AM (Other)	8:00AM-11:00AM (Other)	8:00AM-10:00AM (Other)		
<b>Whirlpool OPEN</b> Family Fun Pool	8:00AM-1:00PM (Family Fun Pool)  3:00PM-8:30PM (Family Fun Pool)	3:00PM-8:30PM (Family Fun Pool)	8:00AM-1:00PM (Family Fun Pool)  3:00PM-8:30PM (Family Fun Pool)	3:00PM-8:30PM (Family Fun Pool)	8:00AM-1:00PM (Family Fun Pool)  3:00PM-6:30PM (Family Fun Pool)	8:00AM-3:30PM (Family Fun Pool)	1:00PM-4:30PM (Family Fun Pool)
<b>CLOSED</b> Lap Pool	8:00AM-3:00PM (Lap Pool)	1:00PM-3:00PM (Lap Pool)	8:00AM-3:00PM (Lap Pool)	1:00PM-3:00PM (Lap Pool)	8:00AM-3:00PM (Lap Pool)  4:00PM-7:00PM (Lap Pool)	3:45PM-4:00PM (Lap Pool)	4:45PM-5:00PM (Lap Pool)
<b>OPEN SWIM</b> Family Fun Pool	8:00AM-8:30AM (Family Fun Pool)  11:30AM-1:00PM (Family Fun Pool)		8:00AM-8:30AM (Family Fun Pool)  11:30AM-1:00PM (Family Fun Pool)		8:00AM-8:30AM (Family Fun Pool)  11:30AM-1:00PM (Family Fun Pool)  3:00PM-4:00PM (Family Fun Pool)	12:00PM-3:30PM (Family Fun Pool)	1:00PM-4:30PM (Family Fun Pool)
<b>Box 'N Burn</b> Studio A	8:15AM-9:15AM (Cardio & Strength) <i>Laura M.</i>						
<b>Water Aerobics</b> Family Fun Pool	8:30AM-11:30AM (Family Fun Pool)		8:30AM-11:30AM (Family Fun Pool)		8:30AM-11:30AM (Family Fun Pool)		
<b>Aqua Cardio</b> Family Fun Pool	8:30AM-9:20AM (Water Exercise) <i>Marla S.</i>						
<b>Gentle/Deep Stretch Yoga</b> Studio B	9:30AM-10:30AM (Mind & Body) <i>Andrea D.</i>				9:30AM-10:30AM (Mind & Body) <i>Andrea D.</i>		
<b>Abs, Booty, &amp; Cardio</b> Studio A	9:30AM-10:30AM (Cardio & Strength) <i>Nicole S.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua Determination</b> Family Fun Pool	9:30AM-10:20AM (Water Exercise) <i>Marla S.</i>		8:30AM-9:20AM (Water Exercise) <i>Lydia R.</i>  9:30AM-10:20AM (Water Exercise) <i>Terry F.</i>		8:30AM-9:20AM (Water Exercise) <i>Marla S.</i>  9:30AM-10:20AM (Water Exercise) <i>Marla S.</i>		
<b>Dance Fusion</b> Gym B	10:30AM-11:30AM (Cardio) <i>Cathie S.</i>						
<b>Group Exercise Class</b> Gym A	10:30AM-11:30AM (Other)				11:00AM-12:00PM (Other)		
<b>Water Walking</b> 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>Lydia R.</i>		
<b>SilverSneakers® Circuit</b> Studio A	10:45AM-11:45AM (Siltersneakers®) <i>Barbara M.</i>	12:30PM-1:30PM (Siltersneakers®) <i>Alma C.</i>	10:45AM-11:45AM (Siltersneakers®) <i>Kim V.</i>				
<b>Adult Pick Up Basketball - Full Court</b> Gym B	12:00PM-2:00PM (Adult Pick Up Basketball)				12:00PM-2:00PM (Adult Pick Up Basketball)		
<b>Adult Pick Up Basketball - Full Court</b> Gym A	12:00PM-2:00PM (Adult Pick Up Basketball)				12:00PM-2:00PM (Adult Pick Up Basketball)		
<b>SilverSneakers® Classic</b> Studio A	12:00PM-1:00PM (Siltersneakers®) <i>Barbara M.</i>	10:45AM-11:30AM (Siltersneakers®) <i>Kelly B.</i>	12:00PM-12:45PM (Siltersneakers®) <i>Kim V.</i>	11:00AM-12:00PM (Siltersneakers®) <i>Kelly B.</i>			
<b>Sauna CLOSED</b> 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)  6:30PM-7:00PM (Family Fun Pool)	3:30PM-4:00PM (Family Fun Pool)	4:30PM-5:00PM (Family Fun Pool)
<b>Steam Room CLOSED</b> 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)  6:30PM-7:00PM (Family Fun Pool)	3:30PM-4:00PM (Family Fun Pool)	4:30PM-5:00PM (Family Fun Pool)
<b>Afterschool</b> Gym B	3:00PM-5:00PM (Other)	3:00PM-5:00PM (Other)	3:00PM-5:00PM (Other)	3:00PM-5:00PM (Other)	3:00PM-5:00PM (Other)		
<b>High School Swim Practice Lanes 5-7</b> Lap Pool	3:00PM-4:00PM (Lap Pool)  5:00PM-9:00PM (Lap Pool)		3:00PM-4:00PM (Lap Pool)  5:00PM-9:00PM (Lap Pool)	3:00PM-4:00PM (Lap Pool)  5:00PM-9:00PM (Lap Pool)			
<b>Lanes 1-4 Closed for Sailfish</b> Lap Pool	3:00PM-9:00PM (Lap Pool)		3:00PM-9:00PM (Lap Pool)	3:00PM-9:00PM (Lap Pool)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b> Lap Pool Lane 8	3:00PM-4:00PM (Lap Pool)  5:00PM-8:45PM (Lap Pool)		3:00PM-4:00PM (Lap Pool)  5:00PM-8:45PM (Lap Pool)	3:00PM-4:00PM (Lap Pool)  5:00PM-8:45PM (Lap Pool)			
<b>Path to Wellness</b> Family Fun Pool	3:00PM-4:00PM (Family Fun Pool)		3:00PM-4:00PM (Family Fun Pool)				
<b>Adult Pick Up Basketball</b> 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)			
<b>High School Swim Practice Lanes 5-8</b> Lap Pool	4:00PM-5:00PM (Lap Pool)		4:00PM-5:00PM (Lap Pool)	4:00PM-5:00PM (Lap Pool)			
<b>Swim Lessons</b> Family Fun Pool	4:00PM-4:20PM (Family Fun Pool)		4:00PM-4:20PM (Family Fun Pool)			8:00AM-12:00PM (Family Fun Pool)	
<b>Swim Lessons</b> Family Fun Pool Zero Depth	4:20PM-7:30PM (Family Fun Pool)	4:00PM-7:30PM (Family Fun Pool)	4:20PM-7:30PM (Family Fun Pool)	4:00PM-7:30PM (Family Fun Pool)			
<b>Sailfish Academy</b> Family Fun Pool Lane 1	4:20PM-7:30PM (Family Fun Pool)	5:00PM-7:30PM (Family Fun Pool)	4:20PM-7:30PM (Family Fun Pool)	5:00PM-7:30PM (Family Fun Pool)			
<b>Swim Lessons</b> Family Fun Pool Lane 3	4:20PM-7:30PM (Family Fun Pool)	3:00PM-7:30PM (Family Fun Pool)	4:20PM-7:30PM (Family Fun Pool)	3:00PM-7:30PM (Family Fun Pool)			
<b>Sailfish Academy</b> Family Fun Pool Lane 2	4:20PM-7:30PM (Family Fun Pool)	5:00PM-7:30PM (Family Fun Pool)	4:20PM-7:30PM (Family Fun Pool)	5:00PM-7:30PM (Family Fun Pool)			
<b>Total Strength</b> Studio A	5:45PM-6:45PM (Cardio & Strength) <i>Victoria S.</i>	9:30AM-10:30AM (Cardio & Strength) <i>Deanne G.</i>	9:30AM-10:30AM (Cardio & Strength) <i>Teresa W.</i>	8:15AM-9:15AM (Cardio & Strength) <i>Deanne G.</i>  6:00PM-6:45PM (Cardio & Strength) <i>Vanishea P.</i>			
<b>Youth Basketball</b> Gym B	5:45PM-9:00PM (Youth Sports) <i>YMCA S.</i>		5:45PM-8:00PM (Youth Sports) <i>YMCA S.</i>	5:45PM-9:00PM (Youth Sports)		8:00AM-12:30PM (Youth Sports)	
<b>Cycle</b> 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>			
<b>Yoga</b> Studio B	6:45PM-7:45PM (Mind & Body) <i>Natela Y.</i>						
<b>Cycle</b> Studio A		5:30AM-6:15AM (Cycle) <i>John Z.</i>		5:30AM-6:15AM (Cycle) <i>John Z.</i>			
<b>5 Member lanes open</b> Lap Pool		6:00AM-7:00AM (Lap Pool)		6:00AM-7:00AM (Lap Pool)			1:00PM-4:45PM (Lap Pool)
<b>US Navy</b> Lap Pool Lane 2		7:00AM-8:00AM (Lap Pool)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>US Navy</b> Lap Pool Lane 1		7:00AM-8:00AM (Lap Pool)					
<b>4 Member lanes open</b> Lap Pool		7:00AM-8:00AM (Lap Pool)					
<b>Full Body H2O</b> Lap Pool		7:00AM-7:45AM (Water Exercise) <i>Marla S.</i>		7:00AM-7:45AM (Water Exercise) <i>Marla S.</i>			
<b>Pickleball</b> Gym A		8:00AM-11:00AM (Other)	8:00AM-11:00AM (Other)	8:00AM-11:00AM (Other)			
<b>Cardio Blast</b> Studio A		8:30AM-9:15AM (Cardio) <i>April H.</i>					
<b>Basic Yoga Flow</b> Studio B		9:30AM-10:30AM (Mind & Body) <i>Kelly B.</i>					
<b>Pilates</b> Studio B		10:45AM-11:45AM (Mind & Body) <i>Monica S.</i>					
<b>Chair Yoga</b> Studio A		11:30AM-12:15PM (Mind & Body) <i>Kelly B.</i>		12:15PM-1:15PM (Mind & Body) <i>Jim C.</i>			
<b>OPEN SWIM</b> Family Fun Pool Zero Depth		3:00PM-4:00PM (Family Fun Pool)		3:00PM-4:00PM (Family Fun Pool)			
<b>OPEN SWIM</b> Family Fun Pool Lane 1		3:00PM-5:00PM (Family Fun Pool)		3:00PM-5:00PM (Family Fun Pool)			
<b>OPEN SWIM</b> Family Fun Pool Lane 2		3:00PM-5:00PM (Family Fun Pool)		3:00PM-5:00PM (Family Fun Pool)			
<b>Lanes 1-6 CLOSED for Sailfish</b> Lap Pool		3:00PM-8:45PM (Lap Pool)			3:00PM-4:00PM (Lap Pool)		
<b>2 Member lanes open</b> Lap Pool		3:00PM-8:45PM (Lap Pool)			3:00PM-4:00PM (Lap Pool)		
<b>REFIT®</b> Studio A		5:00PM-5:35PM (Cardio) <i>Jill P.</i>					
<b>Barre</b> Studio B		6:00PM-7:00PM (Mind & Body) <i>Abby B.</i>					
<b>Step Intervals</b> Studio A		6:00PM-6:45PM (Cardio) <i>Laura M.</i>					
<b>Hydro Fit</b> Lap Pool			7:00AM-7:45AM (Water Exercise) <i>DeeDee F.</i>		7:00AM-7:45AM (Water Exercise) <i>Stephanie N.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Bootcamp</b> Studio A			8:30AM-9:15AM (Bootcamps) <i>Deanne G.</i>				
<b>Foam Roller Massage/Release</b> Studio B			10:00AM-11:00AM (Mind & Body) <i>Monica S.</i>				
<b>Xtreme Hip Hop®</b> Studio A			6:00PM-7:00PM (Cardio) <i>Amber B.</i>				
<b>Barre</b> Studio A				9:30AM-10:30AM (Mind & Body) <i>Lisa N.</i>			
<b>Basic Yoga Sculpt</b> Studio B				10:45AM-11:45AM (Mind & Body) <i>Andrea D.</i>			
<b>Tai Chi</b> Studio A				1:30PM-2:30PM (Mind & Body) <i>Jim C.</i>			
<b>Zumba®</b> Studio A				5:00PM-5:45PM (Cardio) <i>Cathie S.</i>			
<b>Yoga Fusion</b> Studio B				6:30PM-7:30PM (Mind & Body) <i>Tina S.</i>			
<b>Step</b> Studio A					8:15AM-9:15AM (Cardio) <i>Laura M.</i>		
<b>HIIT</b> Studio A					9:30AM-10:30AM (Cardio & Strength) <i>Nicole S.</i>		
<b>Zumba Gold®</b> Gym A					10:45AM-11:45AM (Cardio) <i>Elizabeth O.</i>		
<b>Sailfish</b> Family Fun Pool					4:00PM-7:00PM (Family Fun Pool)		
<b>High School Swim Meet</b> Lap Pool					4:00PM-7:00PM (Lap Pool)		
<b>Lanes 1-5 CLOSED for Sailfish</b> Lap Pool						8:00AM-1:00PM (Lap Pool)	
<b>Youth Basketball</b> Gym A						8:00AM-12:30PM (Youth Sports)	
<b>Open Gym ALL DAY</b> Gym A							1:00PM-5:00PM (Open Gym)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Family Basketball</b> Gym B							1:00PM-5:00PM (Family Basketball )
<b>Seakers</b> Lap Pool Lane 1							1:00PM-4:45PM (Lap Pool)
<b>Seakers</b> Lap Pool Lane 2							1:00PM-4:45PM (Lap Pool)
<b>Sailfish</b> Lap Pool Lane 3							1:00PM-4:45PM (Lap Pool)



## Cannon YMCA- Harrisburg | January 6th - January 12th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Bootcamp</b> 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>		
<b>Y Pump</b> Studio A	8:30AM-9:15AM (Strength) <i>Anna Z.</i>	8:30AM-9:15AM (Strength) <i>Anna Z.</i>					
<b>Barre</b> Studio A	9:30AM-10:30AM (Mind & Body) <i>Gigi B.</i>		9:30AM-10:30AM (Mind & Body) <i>Gigi B.</i>				
<b>Zumba Gold®</b> Rocky River Presbyterian Church	9:30AM-10:30AM (Cardio) <i>Elizabeth O.</i>						
<b>Fit Over 50®</b> Studio A	10:45AM-11:45AM (Cardio & Strength) <i>Helen M.</i>						
<b>Cardio Dance</b> Studio A	5:00PM-5:45PM (Cardio) <i>Taqwanda H.</i>						
<b>Total Body HIIT</b> Studio A	6:00PM-6:45PM (Bootcamps) <i>Jen R.</i>		6:00PM-6:45PM (Bootcamps) <i>Victoria S.</i>				
<b>Cardio Conditioning</b> Studio A		5:30AM-6:15AM (Cardio) <i>Anna Z.</i>					
<b>Tai Chi or Chair Yoga</b> Rocky River Presbyterian Church		9:30AM-10:30AM (Mind & Body) <i>Jim C.</i>					
<b>Cycle</b> Studio B		9:30AM-10:15AM (Cycle) <i>Ed P.</i>					
<b>Yoga</b> Studio A		9:30AM-10:30AM (Mind & Body) <i>Tonya T.</i>					
<b>Light N Lively®</b> Studio A		10:45AM-11:45AM (Cardio) <i>Helen M.</i>					
<b>Deep Stretch Yoga</b> Studio B		6:00PM-7:00PM (Mind & Body) <i>"Mini" M.</i>					



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Zumba®</b> Studio A		6:00PM-7:00PM (Cardio) <i>Elizabeth O.</i>	5:00PM-5:45PM (Cardio) <i>Elizabeth O.</i>	5:00PM-5:45PM (Cardio) <i>Channel B.</i>			
<b>Box 'N Burn</b> Studio A			8:30AM-9:15AM (Cardio & Strength) <i>Anna Z.</i>				
<b>Zumba Gold Toning®</b> Rocky River Presbyterian Church			9:30AM-10:30AM (Cardio) <i>Barbara M.</i>				
<b>Chair Yoga</b> Studio A			10:45AM-11:45AM (Mind & Body) <i>Jim C.</i>				
<b>Tai Chi</b> Studio A			12:00PM-1:00PM (Mind & Body) <i>Jim C.</i>				
<b>HIIT</b> Studio A				5:30AM-6:15AM (Cardio & Strength) <i>Anna Z.</i>	8:30AM-9:15AM (Cardio & Strength) <i>April H.</i>		
<b>Cardio &amp; Strength</b> Studio A				8:30AM-9:15AM (Mind & Body) <i>Gigi B.</i>			
<b>Barre Blend</b> Studio A				9:30AM-10:30AM (Mind & Body) <i>Julia H.</i>			
<b>Fit Over 50®</b> Rocky River Presbyterian Church				9:30AM-10:30AM (Cardio & Strength) <i>Helen M.</i>			
<b>Cycle + Strength</b> Studio B				9:30AM-10:15AM (Cycle) <i>Gigi B.</i>			
<b>Zumba Gold®</b> Studio A				10:45AM-11:45AM (Cardio) <i>Barbara M.</i>			
<b>CIRCL Mobility™</b> Studio A				12:00PM-12:30PM (Mind & Body) <i>Barbara M.</i>			
<b>Strength &amp; Stretch</b> Studio A				6:00PM-6:45PM (Strength) <i>Sandra J.</i>			
<b>Friday Frenzy</b> Rocky River Presbyterian Church					9:30AM-10:30AM (Silversneakers®) <i>Barbara M.</i>		
<b>Vinyasa Flow Yoga</b> Studio A					9:30AM-10:30AM (Mind & Body) <i>Tonya T.</i>		

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SilverSneakers® Classic Studio A					10:45AM-11:45AM (SilverSneakers®) <i>Barbara M.</i>		
MIXXED FIT Studio A					5:30PM-6:30PM (Bootcamps) <i>Sandra J.</i>		



## J.F. Hurley Family YMCA | January 6th - January 12th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Total Body HIIT</b> Functional Training Center (FTC)	6:00AM-7:00AM (Bootcamps) <i>Mike M.</i>		6:00AM-7:00AM (Bootcamps) <i>Mike M.</i>		6:00AM-7:00AM (Bootcamps) <i>Mike M.</i>		
<b>Open Swim</b> 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.
<b>Lap Swim</b> 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)
<b>Stretch</b> Aerobics Studio	7:10AM-7:50AM (Mind & Body) <i>Susan M.</i>		7:10AM-7:50AM (Mind & Body) <i>Susan M.</i>				
<b>Estercize (Step Mix Interval)</b> Aerobics Studio	8:00AM-8:50AM (Cardio) <i>Ester M.</i>		8:00AM-8:50AM (Cardio) <i>Ester M.</i>				
<b>Mobility Work</b> Aerobics Studio	9:00AM-9:55AM (Mind & Body) <i>Robin F.</i>		9:00AM-9:55AM (Mind & Body) <i>Robin F.</i>				
<b>Strength and Core</b> Activity Pool	9:00AM-9:45AM (Mind & Body) YMCA S.						
<b>Core and Stretch</b> Activity Pool	9:00AM-9:45AM (Water Exercise) YMCA S.		9:00AM-9:45AM (Water Exercise) YMCA S.				
<b>Cycle</b> Cycling studio	9:00AM-9:45AM (Cycle) <i>George F.</i>	6:00AM-6:45AM (Cycle) <i>Alexandra F.</i>	9:00AM-9:45AM (Cycle) <i>George F.</i>	6:00AM-6:45AM (Cycle) <i>Alexandra F.</i>	9:00AM-9:45AM (Cycle) <i>George F.</i>	9:00AM-10:00AM (Cycle) YMCA S.	
<b>Aqua Blast</b> Activity Pool	10:00AM-10:45AM (Water Exercise) YMCA S.		10:00AM-10:45AM (Water Exercise) YMCA S.				
<b>Total Body HIIT</b> Aerobics Studio	11:00AM-11:55AM (Bootcamps) <i>Marti M.</i>		11:00AM-11:55AM (Bootcamps) <i>Marti M.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP</b> 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>			
<b>Yoga</b> Aerobics Studio	3:00PM-4:00PM (Mind & Body) <i>Judy C.</i>	12:00PM-1:00PM (Mind & Body) <i>Jacqueline C.</i>	3:00PM-4:00PM (Mind & Body) <i>Judy C.</i>	12:00PM-1:00PM (Mind & Body) <i>Jacqueline C.</i>	9:00AM-9:55AM (Mind & Body) <i>Judy C.</i>	10:00AM-11:00AM (Mind & Body) <i>Maia S.</i>	
<b>YMCA Swim Team</b> Lap Pool	4:00PM-8:00PM (Lap Pool) <i>YMCA S.</i>	4:00PM-8:00PM (Lap Pool) <i>YMCA S.</i>	4:00PM-8:00PM (Lap Pool) <i>YMCA S.</i>	4:00PM-8:00PM (Lap Pool) <i>YMCA S.</i>	4:00PM-6:00PM (Lap Pool) <i>YMCA S.</i>	8:00AM-10:00AM (Lap Pool) <i>YMCA S.</i>	
<b>Tai Chi</b> Aerobics Studio	4:00PM-4:55PM (Mind & Body) <i>YMCA S.</i>	3:00PM-3:55PM (Mind & Body) <i>YMCA S.</i>	4:00PM-4:55PM (Mind & Body) <i>YMCA S.</i>	3:00PM-3:55PM (Mind & Body) <i>YMCA S.</i>	11:00AM-12:00PM (Mind & Body) <i>YMCA S.</i>		
<b>Pilates</b> Aerobics Studio	6:15PM-7:15PM (Mind & Body) <i>Holly B.</i>		6:15PM-7:15PM (Mind & Body) <i>Holly B.</i>				
<b>RAC Masters</b> Lap Pool		6:00AM-7:15AM (Lap Pool) <i>YMCA S.</i>		6:00AM-7:15AM (Lap Pool) <i>YMCA S.</i>			
<b>Tom's Turtles</b> Lap Pool		8:00AM-9:00AM (Lap Pool) <i>YMCA S.</i>		8:00AM-9:00AM (Lap Pool) <i>YMCA S.</i>			
<b>Estelatte</b> Aerobics Studio		8:00AM-8:55AM (Mind & Body) <i>Ester M.</i>		8:00AM-8:55AM (Mind & Body) <i>Ester M.</i>			
<b>Step Aerobics Interval Mix</b> 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>	
<b>Gentle Water</b> Activity Pool		10:00AM-10:45AM (Water Exercise) <i>YMCA S.</i>		10:00AM-10:45AM (Water Exercise) <i>YMCA S.</i>			
<b>Barre Blend</b> Aerobics Studio		10:00AM-10:55AM (Mind & Body) <i>Ashleigh D.</i>		10:00AM-10:55AM (Mind & Body) <i>Ashleigh D.</i>			
<b>Senior Workout</b> Aerobics Studio		11:00AM-11:50AM (Silversneakers®) <i>Ester M.</i>		11:00AM-11:50AM (Silversneakers®) <i>Ester M.</i>			
<b>Deep Water Cardio</b> Lap Pool		11:00AM-11:45AM (Water Exercise) <i>YMCA S.</i>		11:00AM-11:45AM (Water Exercise) <i>YMCA S.</i>			
<b>Mobility</b> Aerobics Studio		2:00PM-2:45PM (Mind & Body) <i>Ester M.</i>		2:00PM-2:45PM (Mind & Body) <i>Ester M.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Low Impact Cardio</b> Aerobics Studio		4:00PM-4:55PM (Cardio) <i>Ester M.</i>		4:00PM-4:55PM (Cardio) <i>Ester M.</i>			
<b>HIIT</b> Functional Training Center (FTC)		5:30PM-6:00PM (Cardio & Strength) <i>Jeff A.</i>		5:30PM-6:00PM (Cardio & Strength) <i>Jeff A.</i>			
<b>Cardio with Orlando</b> Activity Pool		6:00PM-6:45PM (Water Exercise) <i>YMCA S.</i>		6:00PM-7:45PM (Water Exercise) <i>YMCA S.</i>			
<b>Bootcamp</b> Aerobics Studio		6:15PM-7:00PM (Bootcamps) <i>Mike M.</i>		6:15PM-7:00PM (Bootcamps) <i>Mike M.</i>			
<b>Strength and Core</b> Aerobics Studio					8:00AM-8:50AM (Strength) <i>Ester M.</i>		
<b>Dance Fusion</b> Aerobics Studio					10:00AM-11:00AM (Cardio) <i>Helena H.</i>		
<b>Aqua Burn</b> Activity Pool					10:00AM-10:45AM (Water Exercise) <i>YMCA S.</i>		
<b>Super Saturday Splash</b> Activity Pool						9:00AM-9:45AM (Water Exercise) <i>YMCA S.</i>	



## Saleeby-Fisher YMCA | January 6th - January 12th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SilverSneakers®</b> Aerobics Studio		10:00AM-10:45AM (Silversneakers®) <i>Lyndy B.</i>		10:00AM-10:45AM (Silversneakers®) <i>Molly C.</i>			
<b>Push</b> Mezzanine		5:30PM-6:30PM (Cardio & Strength) <i>Kim M.</i>					
<b>Yoga</b> Aerobics Studio		6:30PM-7:15PM (Mind & Body) <i>Bette D.</i>		9:00AM-9:45AM (Mind & Body) <i>Angie F.</i>			
<b>Interval Training</b> Aerobics Studio			8:00AM-8:45AM (Bootcamps) <i>Lyndy B.</i>				
<b>Hydro Fit</b> Pool			9:00AM-9:45AM (Water Exercise) <i>Carol H.</i>				
<b>Core Compound</b> Aerobics Studio			9:00AM-9:45AM (Strength) <i>Wade O.</i>				
<b>Tick Tock Reverse the Clock</b> Aerobics Studio			10:00AM-10:45AM (Cardio) <i>Beth C.</i>				
<b>Senior Circuits</b> Aerobics Studio			11:00AM-11:45AM (Cardio & Strength) <i>Lyndy B.</i>				
<b>Cycle Glutes &amp; Guts</b> Cycle Room				8:00AM-8:45AM (Cycle) <i>Kim M.</i>			
<b>Aqua Determination</b> Pool				9:00AM-9:45AM (Water Exercise) <i>Ellen T.</i>  6:00PM-6:45PM (Water Exercise) <i>Ellen T.</i>			
<b>Green Zone Workout</b> Mezzanine				5:30PM-6:30PM (Cardio) <i>Kim M.</i>			
<b>Core and More</b> Aerobics Studio					7:30AM-8:00AM (Mind & Body) <i>Wade O.</i>		
<b>Fit &amp; Fun for all</b> Pool					9:00AM-9:45AM (Water Exercise) <i>Molly C.</i>		
<b>HIIT</b> 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 | January 6th - January 12th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Total Body HIIT</b> Functional Training Center	6:00PM-7:00PM (Bootcamps) <i>Silvia F.</i>						
<b>Athletic Conditioning</b> Functional Training Center		8:30AM-9:30AM (Bootcamps) <i>Dusty D.</i>					
<b>Hi-Lo Aqua</b> Pool		9:00AM-10:00AM (Water Exercise) <i>Heidi M.</i>		9:00AM-10:00AM (Water Exercise) <i>Heidi M.</i>			
<b>Dance and Sculpt</b> Aerobics Studio		9:00AM-10:00AM (Cardio & Strength) <i>Emily M.</i>		6:15PM-7:15PM (Cardio & Strength) <i>Connie S.</i>	8:00AM-9:00AM (Cardio & Strength) <i>Jenny B.</i>		
<b>SilverSneakers® Circuit</b> Aerobics Studio		10:00AM-11:00AM (Silversneakers®) <i>Lauren H.</i>		10:00AM-11:00AM (Silversneakers®) <i>Lauren H.</i>			
<b>BoxFit</b> Functional Training Center		6:00PM-7:00PM (Strength) <i>Skyler S.</i>		6:00PM-7:00PM (Strength) <i>Skyler S.</i>			
<b>Cycle</b> 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>		
<b>TRX</b> Functional Training Center			8:30AM-9:30AM (Cardio & Strength) <i>Mindy C.</i>				
<b>SilverSneakers® Cardio</b> Aerobics Studio			10:00AM-11:00AM (Silversneakers®) <i>Lauren H.</i>				
<b>Vinyasa Flow Yoga</b> Aerobics Studio			6:30PM-7:30PM (Mind & Body) <i>Jim A.</i>				
<b>Total Strength</b> Functional Training Center				8:30AM-9:30AM (Cardio & Strength) <i>Mindy C.</i>			
<b>Kettlebell HIIT</b> Functional Training Center					9:05AM-9:45AM (Cardio & Strength) <i>Lauren H.</i>		



## Cannon YMCA-Kannapolis | January 6th - January 12th

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