



## Cannon YMCA- West Cabarrus | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8 Member lanes open</b> Lap Pool	5:00AM-6:00AM (Lap Pool)  8:00AM-1:00PM (Lap Pool)	5:00AM-7:00AM (Lap Pool)  8:00AM-1:00PM (Lap Pool)	5:00AM-6:00AM (Lap Pool)  8:00AM-1:00PM (Lap Pool)	5:00AM-7:00AM (Lap Pool)  8:00AM-1:00PM (Lap Pool)		1:00PM-3:45PM (Lap 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)		8:00AM-3:30PM (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)		8:00AM-3:30PM (Family Fun Pool)	
<b>Closed</b> Family Fun Pool	5:00AM-8:00AM (Family Fun Pool)  1:00PM-3:00PM (Family Fun Pool)	5:00AM-8:00AM (Family Fun Pool)  1:00PM-3:00PM (Family Fun Pool)	5:00AM-8:00AM (Family Fun Pool)  1:00PM-3:00PM (Family Fun Pool)	5:00AM-8:00AM (Family Fun Pool)  1:00PM-3:00PM (Family Fun Pool)	5:00AM-7:00PM (Family Fun Pool)	3:30PM-4:00PM (Family Fun Pool)	1:00PM-5:00PM (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-8:00AM (Family Fun Pool)  1:00PM-3:00PM (Family Fun Pool)	5:00AM-8:00AM (Family Fun Pool)  1:00PM-3:00PM (Family Fun Pool)	5:00AM-8:00AM (Family Fun Pool)  1:00PM-3:00PM (Family Fun Pool)	5:00AM-7:00PM (Family Fun Pool)	3:30PM-4:00PM (Family Fun Pool)	1:00PM-5:00PM (Family Fun Pool)
<b>Water Exercise</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)			
<b>Water Exercise</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)			
<b>6 Member lanes open</b> Lap Pool	6:00AM-8:00AM (Lap Pool)	7:00AM-8:00AM (Lap Pool)	6:00AM-8:00AM (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>				
<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)	8:00AM-11:00AM (Other)	8:00AM-11:00AM (Other)	8:00AM-10:00AM (Other)		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<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)  9:30AM-1:00PM (Family Fun Pool)	8:00AM-8:30AM (Family Fun Pool)  11:30AM-1:00PM (Family Fun Pool)  7:30PM-8:30PM (Family Fun Pool)	8:00AM-8:30AM (Family Fun Pool)  9:30AM-1:00PM (Family Fun Pool)		12:00PM-3:30PM (Family Fun Pool)	
<b>Whirlpool OPEN</b> Family Fun Pool	8:00AM-1:00PM (Family Fun Pool)  3:00PM-8:30PM (Family Fun Pool)	8:00AM-1:00PM (Family Fun Pool)  3:00PM-8:30PM (Family Fun Pool)	8:00AM-1:00PM (Family Fun Pool)  3:00PM-8:30PM (Family Fun Pool)	8:00AM-1:00PM (Family Fun Pool)  3:00PM-8:30PM (Family Fun Pool)		8:00AM-3:30PM (Family Fun Pool)	
<b>Water Exercise</b> Family Fun Pool	8:30AM-11:30AM (Family Fun Pool)  7:30PM-8:30PM (Family Fun Pool)	8:30AM-9:30AM (Family Fun Pool)  7:30PM-8:30PM (Family Fun Pool)	8:30AM-11:30AM (Family Fun Pool)	8:30AM-9:30AM (Family Fun Pool)  7:30PM-8:30PM (Family Fun Pool)			
<b>Aqua Cardio</b> Family Fun Pool	8:30AM-9:20AM (Water Exercise) <i>Marla S.</i>						
<b>Aqua Determination</b> 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>Terry F.</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>Terry F.</i>				
<b>SilverSneakers® Circuit</b> Studio A	10:45AM-11:45AM (Active Older Adults) <i>Barbara M.</i>	12:30PM-1:30PM (Active Older Adults) <i>Alma C.</i>	10:45AM-11:45AM (Active Older Adults) <i>Kim V.</i>				
<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>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>SilverSneakers® Classic</b> Studio A	12:00PM-1:00PM (Active Older Adults) <i>Barbara M.</i>	10:45AM-11:30AM (Active Older Adults) <i>Kelly B.</i>	12:00PM-12:45PM (Active Older Adults) <i>Kim V.</i>	11:00AM-12:00PM (Active Older Adults) <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)	5:00AM-7:00PM (Family Fun Pool)	3:30PM-4:00PM (Family Fun Pool)	1:00PM-5:00PM (Family Fun Pool)

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<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)	5:00AM-7:00PM (Family Fun Pool)	3:30PM-4:00PM (Family Fun Pool)	1:00PM-5:00PM (Family Fun Pool)
<b>CLOSED</b> 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)	5:00AM-7:00PM (Lap Pool)	3:45PM-4:00PM (Lap Pool)	1:00PM-5:00PM (Lap 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>3 Member lanes open</b> Lap Pool	3:00PM-8:45PM (Lap Pool)	3:00PM-5:30PM (Lap Pool)  7:00PM-8:45PM (Lap Pool)	3:00PM-8:45PM (Lap Pool)	7:00AM-8:00AM (Lap Pool)  3:00PM-8:45PM (Lap Pool)		8:00AM-1:00PM (Lap Pool)	
<b>Lanes 1-5 CLOSED for Sailfish</b> 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)		8:00AM-1:00PM (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-5:00PM (Adult Pick Up Basketball)	4:00PM-5:00PM (Adult Pick Up Basketball)	4:00PM-7:00PM (Adult Pick Up Basketball)	4:00PM-5:00PM (Adult Pick Up Basketball)			
<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>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>Sailfish Academy</b> Family Fun Pool Lane 2	4:20PM-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>Swim Lessons</b> Family Fun Pool Zero Depth	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>Youth Volleyball</b> Gym A	5:30PM-8:00PM (Youth Sports)	5:30PM-9:00PM (Youth Sports)		5:30PM-9:00PM (Youth Sports)			
<b>Youth Volleyball</b> Gym B	5:30PM-8:00PM (Youth Sports)	5:30PM-9:00PM (Youth Sports)		5:30PM-9:00PM (Youth Sports)			
<b>Power Plunge</b> Family Fun Pool	7:30PM-8:20PM (Water Exercise) <i>Starr B.</i>	7:30PM-8:15PM (Water Exercise) <i>Kim G.</i>		7:30PM-8:15PM (Water Exercise) <i>Kim G.</i>			
<b>Full Body H2O</b> Lap Pool		7:00AM-7:50AM (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>Hydro Fit</b> Family Fun Pool		8:30AM-9:20AM (Water Exercise) <i>Marla S.</i>		8:30AM-9:20AM (Water Exercise) <i>Terry F.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<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>Swim Lessons</b> Family Fun Pool Lane 2		5:00PM-7:30PM (Family Fun Pool)					
<b>Special Olympics</b> Lap Pool Lane 8		5:30PM-7:00PM (Lap Pool)					
<b>1 Member lane open</b> Lap Pool		5:30PM-7:00PM (Lap Pool)					
<b>Special Olympics</b> Lap Pool Lane 7		5:30PM-7:00PM (Lap Pool)					
<b>Hydro Fit</b> Lap Pool			7:00AM-7:45AM (Water Exercise) <i>DeeDee F.</i>				
<b>Homeschool PE</b> Gym A			1:00PM-2:00PM (Other)				
<b>Homeschool PE</b> Gym B			1:00PM-2:00PM (Other)				
<b>US Navy</b> Lap Pool Lane 1				7:00AM-8:00AM (Lap Pool)			
<b>US Navy</b> Lap Pool Lane 2				7:00AM-8:00AM (Lap Pool)			
<b>US Navy</b> Lap Pool Lane 3				7:00AM-8:00AM (Lap Pool)			
<b>Slide OPEN</b> Family Fun Pool						12:00PM-3:30PM (Family Fun Pool)	
<b>Open Gym ALL DAY</b> Gym A							1:00PM-5:00PM (Open Gym)
<b>Family Basketball</b> Gym B							1:00PM-5:00PM (Family Basketball )



## Cannon YMCA-Kannapolis | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Swim</b> Lane 5-6	6:00AM-7:45AM (Lap Pool)  8:00AM-9:00AM (Lap Pool)  11:00AM-2:45PM (Lap Pool)  3:00PM-6:45PM (Lap Pool)  7:00PM-8:30PM (Lap Pool)	6:00AM-7:45AM (Lap Pool)  8:00AM-10:45AM (Lap Pool)  11:00AM-2:45PM (Lap Pool)  3:00PM-6:45PM (Lap Pool)  7:00PM-8:30PM (Lap Pool)	6:00AM-7:45AM (Lap Pool)  8:00AM-9:00AM (Lap Pool)  11:00AM-2:45PM (Lap Pool)  3:00PM-6:45PM (Lap Pool)  7:00PM-8:30PM (Lap Pool)	6:00AM-7:00AM (Lap Pool)  11:00AM-1:00PM (Lap Pool)  3:00PM-6:45PM (Lap Pool)  7:00PM-8:30PM (Lap Pool)		8:00AM-10:15AM (Lap Pool)  10:30AM-2:15PM (Lap Pool)	
<b>Lap Swim</b> Lane 1-4	6:00AM-7:45AM (Lap Pool)  11:00AM-2:45PM (Lap Pool)  7:00PM-8:30PM (Lap Pool)	6:00AM-7:45AM (Lap Pool)  8:00AM-10:45AM (Lap Pool)  11:00AM-2:45PM (Lap Pool)  3:00PM-6:45PM (Lap Pool)  7:00PM-8:30PM (Lap Pool)	7:00AM-7:45AM (Lap Pool)  11:00AM-2:45PM (Lap Pool)  7:00PM-8:30PM (Lap Pool)	6:00AM-7:00AM (Lap Pool)  11:00AM-1:00PM (Lap Pool)  3:00PM-6:45PM (Lap Pool)  7:00PM-8:30PM (Lap Pool)			
<b>CLOSED</b> Pool	7:45AM-8:00AM (Lap Pool)  10:45AM-11:00AM (Lap Pool)  2:45PM-3:00PM (Lap Pool)  6:45PM-7:00PM (Lap Pool)	7:45AM-8:00AM (Lap Pool)  10:45AM-11:00AM (Lap Pool)  2:45PM-3:00PM (Lap Pool)  6:45PM-7:00PM (Lap Pool)	7:45AM-8:00AM (Lap Pool)  10:45AM-11:00AM (Lap Pool)  2:45PM-3:00PM (Lap Pool)  6:45PM-7:00PM (Lap Pool)	7:45AM-8:00AM (Lap Pool)  10:45AM-11:00AM (Lap Pool)  1:00PM-3:00PM (Lap Pool)  6:45PM-7:00PM (Lap Pool)	5:00AM-9:00PM (Lap Pool)	10:15AM-10:30AM (Lap Pool)  2:15PM-2:30PM (Lap Pool)  3:00PM-11:00PM (Lap Pool)  3:00PM-1:00PM (Lap Pool)  3:30PM-1:00PM (Lap Pool)	1:00PM-5:00PM (Lap Pool)
<b>Lap Swim</b> Lane 4	8:00AM-9:00AM (Lap Pool)		8:00AM-9:00AM (Lap Pool)				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Lap Swim</b> Lane 1-3	8:00AM-10:45AM (Lap Pool)		8:00AM-10:45AM (Lap Pool)	7:00AM-7:45AM (Lap Pool)  8:00AM-11:45AM (Lap Pool)		2:30PM-3:30PM (Lap Pool)	
<b>Water Exercise</b> Lane 4-6	9:00AM-10:00AM (Lap Pool)		9:00AM-10:00AM (Lap Pool)	7:00AM-7:45AM (Lap Pool)  10:00AM-10:45AM (Lap Pool)			
<b>Fit &amp; Fun for all</b> Pool	9:00AM-10:00AM (Water Exercise) <i>Alma C.</i>		9:00AM-10:00AM (Water Exercise) <i>Alma C.</i>	10:00AM-10:45AM (Water Exercise) <i>Alma C.</i>			
<b>Open Swim</b> Lane 4-6	10:00AM-10:45AM (Activity Pool)						
<b>Lap Swim</b> lane 3-4	3:00PM-6:45PM (Lap Pool)		3:00PM-6:45PM (Lap Pool)			8:00AM-10:15AM (Lap Pool)  10:30AM-2:15PM (Lap Pool)	
<b>Lap Swim</b> Lane 1-2	3:00PM-3:30PM (Lap Pool)		3:00PM-3:00PM (Lap Pool)			8:00AM-10:15AM (Lap Pool)  1:00PM-2:15PM (Lap Pool)	
<b>Swim Lessons</b> Lane 1-2	3:30PM-6:45PM (Lap Pool)		3:30PM-6:45PM (Lap Pool)				
<b>SilverSneakers® Circuit</b> Aerobics Studio		10:30AM-11:30AM (Active Older Adults) <i>Alma C.</i>		11:15AM-12:15PM (Active Older Adults) <i>Alma C.</i>			
<b>Open Swim</b> Lane 4-6			10:00AM-10:45AM (Lap Pool)	8:00AM-10:00AM (Lap Pool)		2:30PM-3:30PM (Lap Pool)	
<b>SilverSneakers® Classic</b> Aerobics Studio			10:30AM-11:30AM (Active Older Adults) <i>Alma C.</i>		10:30AM-11:30AM (Active Older Adults) <i>Alma C.</i>		
<b>Power Plunge</b> Pool				6:00AM-6:45AM (Water Exercise) <i>Kim G.</i>			



## Saleeby-Fisher YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Muscle Motivation</b> Location will be posted at front desk	6:00AM-7:00AM (Cardio & Strength) <i>Wade O.</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>SilverSneakers® Yoga Flow</b> Aerobics Studio	10:00AM-10:45AM (Active Older Adults) <i>Angie F.</i>						
<b>Aqua Zumba</b> Pool	10:00AM-10:45AM (Water Exercise) <i>Carolyn J.</i>						
<b>Core Compound</b> Location will be posted at front desk		6:00AM-7:00AM (Strength) <i>Wade O.</i>					
<b>Easy Does It</b> Aerobics Studio		8:00AM-8:45AM (Cardio & Strength) <i>Carolyn J.</i>					
<b>SilverSneakers®</b> Aerobics Studio		10:00AM-10:45AM (Active Older Adults) <i>Lyndy B.</i>		10:00AM-10:45AM (Active Older Adults) <i>Molly C.</i>			
<b>Push</b> Mezzanine		5:30PM-6:30PM (Cardio & Strength) <i>Kim M.</i>					
<b>Hydro Fit</b> Pool			9:00AM-9:45AM (Water Exercise) <i>Carol H.</i>				
<b>Senior Circuits</b> Aerobics Studio			11:00AM-11:45AM (Cardio & Strength) <i>Lyndy B.</i>				
<b>Pedal &amp; Pump</b> Cycle Room				6:00AM-7:00AM (Cardio & Strength) <i>Wade O.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<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>Fit &amp; Fun for all</b> Pool					9:00AM-9:45AM (Water Exercise) <i>Molly C.</i>		
<b>Full Body H2O</b> Pool						9:00AM-9:45AM (Water Exercise) <i>Mary M.</i>	



## J.F. Hurley Family YMCA | April 14th - April 20th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<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>Core and Stretch</b> Activity Pool	9:00AM-9:45AM (Water Exercise) YMCA S.		9:00AM-9:45AM (Water Exercise) 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>YMCA Swim Team</b> Lap Pool	4:00PM-8:00PM (Lap Pool) YMCA S.	4:00PM-8:00PM (Lap Pool) YMCA S.	4:00PM-8:00PM (Lap Pool) YMCA S.	4:00PM-8:00PM (Lap Pool) YMCA S.	4:00PM-6:00PM (Lap Pool) YMCA S.	8:00AM-10:00AM (Lap Pool) YMCA S.	
<b>RAC Masters</b> Lap Pool		6:00AM-7:15AM (Lap Pool) YMCA S.		6:00AM-7:15AM (Lap Pool) YMCA S.			
<b>Tom's Turtles</b> Lap Pool		8:00AM-9:00AM (Lap Pool) YMCA S.		8:00AM-9:00AM (Lap Pool) YMCA S.			
<b>Gentle Water</b> Activity Pool		10:00AM-10:45AM (Water Exercise) YMCA S.		10:00AM-10:45AM (Water Exercise) YMCA S.			
<b>Senior Workout</b> Aerobics Studio		11:00AM-11:50AM (Active Older Adults) <i>Ester M.</i>		11:00AM-11:50AM (Active Older Adults) <i>Ester M.</i>			
<b>Full Body H2O</b> Activity Pool		11:00AM-11:45AM (Water Exercise) YMCA S.		11:00AM-11:45AM (Water Exercise) YMCA S.			
<b>Cardio with Orlando</b> Activity Pool		6:00PM-6:45PM (Water Exercise) YMCA S.		6:00PM-6:45PM (Water Exercise) YMCA S.			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Class Combo</b> Aerobics Studio			10:00AM-10:50AM (Cardio & Strength) <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>	



## J. Fred Corriher Jr. YMCA | April 14th - April 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pool Break</b> Pool	6:45AM-7:00AM (Lap Pool) <i>Aaron C.</i>	6:45AM-7:00AM (Lap Pool) <i>Aaron C.</i>	6:45AM-7:00AM (Lap Pool) <i>Aaron C.</i>	6:45AM-7:00AM (Lap Pool) <i>Aaron C.</i>	6:45AM-7:00AM (Lap Pool) <i>Aaron C.</i>	10:15AM-10:30AM (Lap Pool) <i>Aaron C.</i>	
	10:45AM-11:00AM (Lap Pool) <i>Aaron C.</i>	10:45AM-11:00AM (Lap Pool) <i>Aaron C.</i>	10:45AM-11:00AM (Lap Pool) <i>Aaron C.</i>	10:45AM-11:00AM (Lap Pool) <i>Aaron C.</i>	10:45AM-11:00AM (Lap Pool) <i>Aaron C.</i>	2:15PM-2:30PM (Lap Pool) <i>Aaron C.</i>	
	2:45PM-3:00PM (Lap Pool) <i>Aaron C.</i>	2:45PM-3:00PM (Lap Pool) <i>Aaron C.</i>	2:45PM-3:00PM (Lap Pool) <i>Aaron C.</i>	2:45PM-3:00PM (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>	6:45PM-7:00PM (Lap Pool) <i>Aaron C.</i>	6:45PM-7:00PM (Lap Pool) <i>Aaron C.</i>	6:45PM-7:00PM (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>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 (Active Older Adults) <i>Ashley P.</i>				9:00AM-10:00AM (Active Older Adults) <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>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>SilverSneakers® Circuit</b> Aerobics Studio		10:00AM-11:00AM (Active Older Adults) <i>Lauren H.</i>		10:00AM-11:00AM (Active Older Adults) <i>Lauren H.</i>			
<b>TRX</b> Functional Training Center			8:30AM-9:30AM (Cardio & Strength) <i>Mindy C.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>SilverSneakers® Cardio</b> Aerobics Studio			10:00AM-11:00AM (Active Older Adults) <i>Lauren H.</i>				
<b>1 Member lane open</b> Pool					3:00PM-3:45PM (Lap Pool)  5:00PM-5:45PM (Lap Pool)		



## Cannon YMCA- Harrisburg | April 14th - April 20th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Fitness Fun</b> Studio A		12:00PM-1:00PM (Active Older Adults) <i>Barbara M.</i>					