



Cannon YMCA-Kannapolis | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CLOSED Pool	12:00AM-12:00AM (Lap Pool)	12:00AM-12:00AM (Lap Pool)	12:00AM-12:00AM (Lap Pool)	12:00AM-12:00AM (Lap Pool)	12:00AM-12:00AM (Lap Pool)	12:00AM-12:00AM (Lap Pool) 3:00PM-1:00PM (Lap Pool) 3:30PM-1:00PM (Lap Pool)	12:00AM-12:00AM (Lap Pool)
Total Strength Aerobics Studio	6:00AM-6:45AM (Cardio & Strength) <i>Alexis L.</i> 9:00AM-9:45AM (Cardio & Strength) <i>April H.</i>		9:00AM-10:00AM (Cardio & Strength) <i>Jessica K.</i>		9:00AM-9:30AM (Cardio & Strength) <i>virtual c.</i>		
Chair Yoga Aerobics Studio	10:30AM-11:30AM (Mind & Body) <i>Alma C.</i>			10:15AM-11:15AM (Mind & Body) <i>Jennifer B.</i>			
Deep Stretch Yoga Aerobics Studio	12:00PM-12:45PM (Mind & Body) <i>Rose S.</i>		12:00PM-12:45PM (Mind & Body) <i>Rose S.</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® Circuit Aerobics Studio		10:30AM-11:30AM (Active Older Adults) <i>Alma C.</i>		11:15AM-12:15PM (Active Older Adults) <i>Alma C.</i>			
Cardio Dance Aerobics Studio		12:00PM-1:00PM (Cardio) <i>Theresa M.</i>					
Bootcamp Aerobics Studio		6:00PM-7:00PM (Bootcamps) <i>Jessica K.</i>		6:00PM-7:00PM (Bootcamps) <i>Jessica K.</i>			
Cycle Aerobics Studio			6:00AM-6:45AM (Cycle) <i>Alexis L.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers® Classic Aerobics Studio			10:30AM-11:30AM (Active Older Adults) <i>Alma C.</i>		10:30AM-11:30AM (Active Older Adults) <i>Rose S.</i>		
Zumba Toning® Aerobics Studio			6:00PM-7:00PM (Cardio) <i>Cathie S.</i>				
HIIT Aerobics Studio				9:00AM-9:30AM (Cardio & Strength) <i>virtual c.</i>			
REFIT® Aerobics Studio				5:00PM-6:00PM (Cardio) <i>Jill P.</i>			



Cannon YMCA- West Cabarrus | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 Member lanes open Lap Pool	5:00AM-7:00AM (Lap Pool) 8:00AM-1:00PM (Lap Pool) 3:00PM-8:45PM (Lap Pool)	5:00AM-7:00AM (Lap Pool) 8:00AM-1:00PM (Lap Pool) 3:00PM-8:45PM (Lap Pool)	5:00AM-7:00AM (Lap Pool) 8:00AM-1:00PM (Lap Pool) 3:00PM-8:45PM (Lap Pool)	5:00AM-7:00AM (Lap Pool) 8:00AM-1:00PM (Lap Pool) 3:00PM-8:45PM (Lap Pool)	5:00AM-7:00AM (Lap Pool) 8:00AM-1:00PM (Lap Pool) 3:00PM-6:45PM (Lap Pool)	8:00AM-3:45PM (Lap Pool)	
Whirlpool CLOSED 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-9:00AM (Family Fun Pool) 1:00PM-3:00PM (Family Fun Pool)	5:00AM-8:00AM (Family Fun Pool) 1:00PM-3:00PM (Family Fun Pool) 6:30PM-7:00PM (Family Fun Pool)	3:30PM-4:00PM (Family Fun Pool)	4:30PM-5:00PM (Family Fun Pool)
Closed 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-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)
Sauna OPEN 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)
Steam Room OPEN 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)
Cardio & Strength Studio A	5:30AM-6:30AM (Mind & Body) <i>Stacey L.</i>					8:15AM-9:15AM (Mind & Body) <i>Laura M.</i>	
Fit & Fun for all 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>		
Water Exercise Lap Pool Lane 8	7:00AM-8:00AM (Lap Pool)	7:00AM-8:00AM (Lap Pool)	7:00AM-8:00AM (Lap Pool)	7:00AM-8:00AM (Lap Pool)	7:00AM-8:00AM (Lap Pool)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Exercise Lap Pool Lane 7	7:00AM-8:00AM (Lap Pool)	7:00AM-8:00AM (Lap Pool)	7:00AM-8:00AM (Lap Pool)	7:00AM-8:00AM (Lap Pool)	7:00AM-8:00AM (Lap Pool)		
6 Member lanes open Lap Pool	7:00AM-8:00AM (Lap Pool)	7:00AM-8:00AM (Lap Pool)	7:00AM-8:00AM (Lap Pool)		7:00AM-8:00AM (Lap Pool)		1:00PM-4:45PM (Lap Pool)
Cardio Deep Lap Pool	7:00AM-7:50AM (Water Exercise) <i>DeeDee F.</i>						
Pickleball 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)		
Whirlpool OPEN Family Fun Pool	8:00AM-1:00PM (Family Fun Pool)	8:00AM-1:00PM (Family Fun Pool)	8:00AM-1:00PM (Family Fun Pool)	8:00AM-1:00PM (Family Fun Pool)	8:00AM-1:00PM (Family Fun Pool)	8:00AM-3:30PM (Family Fun Pool)	1:00PM-4:30PM (Family Fun Pool)
	3:00PM-8:30PM (Family Fun Pool)	3:00PM-8:30PM (Family Fun Pool)	3:00PM-8:30PM (Family Fun Pool)	3:00PM-8:30PM (Family Fun Pool)	3:00PM-6:30PM (Family Fun Pool)		
OPEN SWIM Family Fun Pool	8:00AM-8:30AM (Family Fun Pool)	10:30AM-1:00PM (Family Fun Pool)	8:00AM-8:30AM (Family Fun Pool)	8:00AM-8:30AM (Family Fun Pool)	7:00AM-8:30AM (Family Fun Pool)	12:00PM-3:30PM (Family Fun Pool)	1:00PM-4:30PM (Family Fun Pool)
			7:30PM-8:30PM (Family Fun Pool)	10:30AM-1:00PM (Family Fun Pool)	8:00AM-8:30AM (Family Fun Pool) 11:30AM-1:00PM (Family Fun Pool) 3:00PM-6:30PM (Family Fun Pool)		
Box 'N Burn Studio A	8:15AM-9:15AM (Cardio & Strength) <i>Laura M.</i>						
Water Exercise Family Fun Pool	8:30AM-11:30AM (Family Fun Pool)	8:30AM-9:30AM (Family Fun Pool)	8:30AM-11:30AM (Family Fun Pool)	8:30AM-9:30AM (Family Fun Pool)	8:30AM-11:30AM (Family Fun Pool)		
	7:30PM-8:30PM (Family Fun Pool)	7:30PM-8:30PM (Family Fun Pool)		7:30PM-8:30PM (Family Fun Pool)			
Aqua Cardio Family Fun Pool	8:30AM-9:20AM (Water Exercise) <i>Marla S.</i>						
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>Terry F.</i>		8:30AM-9:20AM (Water Exercise) <i>Marla S.</i> 9:30AM-10:20AM (Water Exercise) <i>Marla S.</i>		
Group Exercise Class Gym A	10:30AM-11:30AM (Other)				11:00AM-12:00PM (Other)		
Dance Fusion Gym A	10:30AM-11:30AM (Cardio) <i>Cathie S.</i>						
Water Walking Family Fun Pool	10:30AM-11:20AM (Water Exercise) <i>DeeDee F.</i>		10:30AM-11:20AM (Water Exercise) <i>Terry F.</i>		10:30AM-11:20AM (Water Exercise) <i>Terry F.</i>		
SilverSneakers® Circuit 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>				
Camp Swim Family Fun Pool	11:30AM-1:00PM (Family Fun Pool)		11:30AM-1:00PM (Family Fun Pool)				
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	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>			
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) 6:45PM-7:00PM (Lap Pool)	3:45PM-4:00PM (Lap Pool)	4:45PM-5:00PM (Lap 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) 6:30PM-7:00PM (Family Fun Pool)	3:30PM-4:00PM (Family Fun Pool)	4:30PM-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) 6:30PM-7:00PM (Family Fun Pool)	3:30PM-4:00PM (Family Fun Pool)	4:30PM-5:00PM (Family Fun Pool)
Afterschool 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)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Path to Wellness Family Fun Pool	3:00PM-4:00PM (Family Fun Pool)		3:00PM-4:00PM (Family Fun 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)			
OPEN SWIM Family Fun Pool Lane 1	4:00PM-7:30PM (Family Fun Pool)	9:30AM-10:30AM (Family Fun Pool) 3:00PM-7:30PM (Family Fun Pool)	4:00PM-7:30PM (Family Fun Pool)	9:30AM-10:30AM (Family Fun Pool) 3:00PM-7:30PM (Family Fun Pool)			
OPEN SWIM Family Fun Pool Lane 2	4:00PM-7:30PM (Family Fun Pool)	9:30AM-10:30AM (Family Fun Pool) 3:00PM-7:30PM (Family Fun Pool)	4:00PM-7:30PM (Family Fun Pool)	9:30AM-10:30AM (Family Fun Pool) 3:00PM-7:30PM (Family Fun Pool)			
Swim Lessons Family Fun Pool Lane 3	4:00PM-7:30PM (Family Fun Pool)	3:00PM-7:30PM (Family Fun Pool)	4:00PM-7:30PM (Family Fun Pool)	3:00PM-7:30PM (Family Fun Pool)			
Swim Lessons Family Fun Pool Zero Depth	4:00PM-7:30PM (Family Fun Pool)	9:30AM-10:30AM (Family Fun Pool) 3:00PM-7:30PM (Family Fun Pool)	4:00PM-7:30PM (Family Fun Pool)	9:30AM-10:30AM (Family Fun Pool) 3:00PM-7:30PM (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>	9:30AM-10:30AM (Cardio & Strength) <i>Teresa W.</i>	8:15AM-9:15AM (Cardio & Strength) <i>Teresa W.</i> 6:00PM-6:45PM (Cardio & Strength) <i>Vanishea P.</i>			
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>		8:15AM-9:15AM (Cycle) <i>Janie B.</i>	
Yoga Studio B	6:45PM-7:45PM (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-8:20PM (Water Exercise) <i>Jody K.</i>	7:30PM-8:15PM (Water Exercise) <i>Kim G.</i>		7:30PM-8:15PM (Water Exercise) <i>Kim G.</i>			
Cycle Studio A		5:30AM-6:15AM (Cycle) <i>John Z.</i>		5:30AM-6:15AM (Cycle) <i>John Z.</i>			
Full Body H2O Lap Pool		7:00AM-7:50AM (Water Exercise) <i>Marla S.</i>		7:00AM-7:50AM (Water Exercise) <i>Marla S.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball Gym A		8:00AM-11:00AM (Other)	8:00AM-11:00AM (Other)	8:00AM-11:00AM (Other)			
Cardio Blast Studio A		8:30AM-9:15AM (Cardio) <i>April H.</i>					
Hydro Fit Family Fun Pool		8:30AM-9:20AM (Water Exercise) <i>Marla S.</i>		8:30AM-9:20AM (Water Exercise) <i>Marla S.</i>			
Basic Yoga Flow Studio B		9:30AM-10:30AM (Mind & Body) <i>Kelly B.</i>					
OPEN SWIM Family Fun Pool Lane 3		9:30AM-10:30AM (Family Fun Pool)		9:30AM-10:30AM (Family Fun Pool)			
Pilates Studio B		10:45AM-11:45AM (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		5:15PM-5:50PM (Cardio) <i>Jill P.</i>			6:00PM-6:50PM (Cardio) <i>Jill P.</i>		
Barre Studio A		6:00PM-7:00PM (Mind & Body) <i>Abby B.</i>		9:30AM-10:30AM (Mind & Body) <i>Lisa N.</i>		10:00AM-11:00AM (Mind & Body) <i>Lisa N.</i>	
Cardio Blast Studio B		6:00PM-6:45PM (Cardio) <i>Laura M.</i>					
Dance and Sculpt Studio A		7:00PM-8:00PM (Cardio & Strength) <i>Taqwanda H.</i>					
Hydro Fit Lap Pool			7:00AM-7:50AM (Water Exercise) <i>DeeDee F.</i>		7:00AM-7:50AM (Water Exercise) <i>Stephanie N.</i>		
Bootcamp Studio A			8:30AM-9:15AM (Bootcamps) <i>Deanne G.</i>				
Foam Roller Massage/Release Studio B			10:00AM-11:00AM (Mind & Body) <i>Monica S.</i>				
Xtreme Hip Hop® Studio A			6:00PM-7:00PM (Cardio) <i>Amber B.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basic Yoga Flow Studio A			7:00PM-8:00PM (Mind & Body) <i>Natela Y.</i>				
US Navy Lap Pool Lane 3				7:00AM-8:00AM (Lap Pool)			
US Navy Lap Pool Lane 2				7:00AM-8:00AM (Lap Pool)			
US Navy Lap Pool Lane 1				7:00AM-8:00AM (Lap Pool)			
3 Member lanes open Lap Pool				7:00AM-8:00AM (Lap Pool)			
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>			
Zumba® Studio A				5:00PM-5:45PM (Cardio) <i>Cathie S.</i>			
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® Studio A					10:45AM-11:45AM (Cardio) <i>Elizabeth O.</i>		
Slide OPEN Family Fun Pool					3:00PM-6:30PM (Family Fun Pool)	12:00PM-3:30PM (Family Fun Pool)	1:00PM-4:30PM (Family Fun Pool)
Swim Lessons Family Fun Pool						8:00AM-12:00PM (Family Fun Pool)	
Seakers Lap Pool Lane 1							1:00PM-4:45PM (Lap Pool)
Seakers Lap Pool Lane 2							1:00PM-4:45PM (Lap Pool)
Family Basketball Gym B							1:00PM-5:00PM (Family Basketball)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym ALL DAY Gym A							1:00PM-5:00PM (Open Gym)



Cannon YMCA- Harrisburg | August 4th - August 10th

	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>						
Cardio Dance Studio A	5:00PM-5:45PM (Cardio) <i>Taqwanda H.</i>		5:00PM-5:45PM (Cardio) <i>Taqwanda H.</i>				
Total Body HIIT Studio A	6:00PM-6:45PM (Bootcamps) <i>Gigi B.</i>		6:00PM-6:45PM (Bootcamps) <i>Victoria S.</i>				
Cycle Studio B	6:30PM-7:15PM (Cycle) <i>Dale W.</i>	9:30AM-10:15AM (Cycle) <i>Ed P.</i>		6:30PM-7:15PM (Cycle) <i>Christy M.</i>		9:00AM-10:00AM (Cycle) <i>Dale W.</i>	
Zumba® Studio A	7:00PM-8:00PM (Cardio) <i>Latika M.</i>	6:00PM-7:00PM (Cardio) <i>Elizabeth O.</i>	7:00PM-8:00PM (Cardio) <i>Latika M.</i>	5:00PM-5:45PM (Cardio) <i>Channel B.</i>			
HIIT Studio A		5:30AM-6:00AM (Cardio & Strength) <i>Anna Z.</i>		5:30AM-6:00AM (Cardio & Strength) <i>Anna Z.</i>	8:30AM-9:15AM (Cardio & Strength) <i>Gigi B.</i>		
Chair Yoga Rocky River Presbyterian Church		9:30AM-10:30AM (Mind & Body) <i>Barbara M.</i>					
Yoga Studio A		9:30AM-10:30AM (Mind & Body) <i>Tonya T.</i>					
Light N Lively® Studio A		10:45AM-11:45AM (Cardio) <i>Helen M.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep Stretch Yoga Studio B		6:00PM-7:00PM (Mind & Body) <i>Jennifer P.</i>					
Strengthen and Lengthen Power Yoga Studio A		7:00PM-8:00PM (Mind & Body) <i>Jennifer P.</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>				
Cardio & Strength Studio A				8:30AM-9:15AM (Mind & Body) <i>Gigi B.</i>			
Fit Over 50® Rocky River Presbyterian Church				9:30AM-10:30AM (Cardio & Strength) <i>Barbara M.</i>			
Barre Blend Studio A				9:30AM-10:30AM (Mind & Body) <i>virtual</i>			
Cycle + Strength Studio B				9:30AM-10:15AM (Cycle) <i>Gigi B.</i>			
Zumba Gold® Studio A				10:45AM-11:45AM (Cardio) <i>Mirna C.</i>			
Strength & Stretch Studio A				6:00PM-6:45PM (Strength) <i>Sandra J.</i>			
Chillax Yoga Studio A				7:00PM-8:00PM (Mind & Body) <i>Jennifer P.</i>			
Friday Frenzy Rocky River Presbyterian Church					9:30AM-10:30AM (Active Older Adults) <i>Barbara M.</i>		
Vinyasa Flow Yoga Studio A					9:30AM-10:30AM (Mind & Body) <i>Tonya T.</i>	8:15AM-9:15AM (Mind & Body) <i>Jennifer P.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers® Classic Studio A					10:45AM-11:45AM (Active Older Adults) <i>Barbara M.</i>		
MIXXED FIT Studio A					5:30PM-6:30PM (Bootcamps) <i>Sandra J.</i>		
Power Hour Studio A						9:30AM-10:30AM (Cardio & Strength) <i>Taqwanda H.</i>	



J.F. Hurley Family YMCA | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)
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.
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.						
Core and Stretch Activity Pool	9:00AM-9:45AM (Water Exercise) YMCA S.		9:00AM-9:45AM (Water Exercise) YMCA S.				
Strength and Core Activity Pool	9:00AM-9:45AM (Mind & Body) YMCA S.						
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.	
Mobility Work Aerobics Studio	9:00AM-9:50AM (Mind & Body) Robin F.		9:00AM-9:50AM (Mind & Body) Robin F.				
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
Pilates Aerobics Studio	10:00AM-10:50AM (Mind & Body) <i>Ashleigh D.</i> 6:15PM-7:15PM (Mind & Body) <i>Holly B.</i>		6:15PM-7:15PM (Mind & Body) <i>Holly B.</i>				
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>	6:45AM-7:45AM (Strength) <i>Sanja K.</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-3:55PM (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>	
YMCA Swim Team 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>	
RAC Masters Lap Pool		6:00AM-7:15AM (Lap Pool) <i>YMCA S.</i>		6:00AM-7:15AM (Lap Pool) <i>YMCA S.</i>			
Tom's Turtles Lap Pool		8:00AM-9:00AM (Lap Pool) <i>YMCA S.</i>		8:00AM-9:00AM (Lap Pool) <i>YMCA S.</i>			
Estelatte Aerobics Studio		8:00AM-8:55AM (Mind & Body) <i>Ester M.</i>		8:00AM-8:50AM (Mind & Body) <i>Ester M.</i>			
Step Aerobics Interval Mix Aerobics Studio		9:00AM-9:55AM (Cardio & Strength) <i>Robin F.</i>	8:00AM-8:50AM (Cardio & Strength) <i>Ashleigh D.</i>	9:00AM-9:50AM (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-10:50AM (Mind & Body) <i>Ashleigh D.</i>			
Senior Workout Aerobics Studio		11:00AM-11:50AM (Active Older Adults) <i>Ester M.</i>		11:00AM-11:50AM (Active Older Adults) <i>Ester M.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Full Body H2O Activity 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>			
Tai Chi Aerobics Studio		3:00PM-3:55PM (Mind & Body) <i>Craig A.</i>	4:00PM-4:55PM (Mind & Body) <i>Craig A.</i> 5:00PM-6:00PM (Mind & Body) <i>Craig A.</i>	3:00PM-3:55PM (Mind & Body) <i>Craig A.</i>			
Tai Chi Functional Training Center (FTC)		4:00PM-5:00PM (Mind & Body) <i>Craig A.</i>					
Low Impact Cardio Aerobics Studio		4:00PM-4:50PM (Cardio) <i>YMCA S.</i>		4:00PM-4:50PM (Cardio) <i>YMCA S.</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>			
Cardio with Orlando Activity Pool		6:00PM-6:45PM (Water Exercise) <i>YMCA S.</i>		6:00PM-6:45PM (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>			
Strengthen and Lengthen Power Yoga Aerobics Studio			10:00AM-10:50AM (Mind & Body) <i>Robin F.</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>		
Friday Fun Aerobics Studio					10:00AM-11:00AM (Active Older Adults) <i>YMCA S.</i>		
Super Saturday Splash Activity Pool						9:00AM-9:45AM (Water Exercise) <i>YMCA S.</i>	



Saleeby-Fisher YMCA | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Muscle Motivation Location will be posted at front desk	6:00AM-7:00AM (Cardio & Strength) <i>Wade O.</i>						
Functional TR360 Mezzanine	8:00AM-8:45AM (Cardio & Strength) <i>Lindsay M.</i>				8:00AM-8:45AM (Cardio & Strength) <i>Lindsay M.</i>		
Zumba® Aerobics Studio	8:00AM-8:45AM (Cardio) <i>Carolyn J.</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>				9:00AM-9:45AM (Mind & Body) <i>Ellen T.</i>		
SilverSneakers® Yoga Flow Aerobics Studio	10:00AM-10:45AM (Active Older Adults) <i>Angie F.</i>						
Aqua Zumba Pool	10:00AM-10:45AM (Water Exercise) <i>Carolyn J.</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>		
Core Compound Location will be posted at front desk		6:00AM-7:00AM (Strength) <i>Wade O.</i>					
Circuit/Cycle Fusion Cycle Room		8:00AM-8:45AM (Cardio) <i>Kim M.</i>					
Easy Does It Aerobics Studio		8:00AM-8:45AM (Cardio & Strength) <i>Carolyn J.</i>					
Yoga Cycle Room		9:00AM-9:45AM (Mind & Body) <i>Angie F.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Aerobics Studio		9:00AM-9:45AM (Cardio) <i>Carolyn J.</i>					
SilverSneakers® Aerobics Studio		10:00AM-10:45AM (Active Older Adults) <i>Lyndy B.</i>		10:00AM-10:45AM (Active Older Adults) <i>Molly C.</i>			
Push Mezzanine		5:30PM-6:30PM (Cardio & Strength) <i>Brittany S.</i>					
Yoga Aerobics Studio		6:30PM-7:15PM (Mind & Body) <i>Bette D.</i>		9:00AM-9:45AM (Mind & Body) <i>Angie F.</i>			
Level Up! Location will be posted at front desk			6:00AM-7:00AM (Cardio) <i>Wade O.</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>				
Body Blitz Aerobics Studio			9:00AM-9:45AM (Mind & Body) <i>Marty W.</i>				
Tick Tock Reverse the Clock Aerobics Studio			10:00AM-10:45AM (Cardio) <i>Beth C.</i>				
Senior Circuits Aerobics Studio			11:00AM-11:45AM (Cardio & Strength) <i>Lyndy B.</i>				
Pedal & Pump Cycle Room				6:00AM-7:00AM (Cardio & Strength) <i>Wade O.</i>			
Cycle Glutes & Guts Cycle Room				8:00AM-8:45AM (Cycle) <i>Kim M.</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>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Functional TR360 Location will be posted at front desk					6:00AM-7:00AM (Cardio & Strength) <i>Wade O.</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>Wade O.</i>	
Full Body H2O Pool						9:00AM-9:45AM (Water Exercise) <i>Mary M.</i>	
Full Body H2O Pool						9:00AM-9:45AM (Water Exercise) <i>Mary M.</i>	



J. Fred Corriher Jr. YMCA | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Break 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>	
Deep Water Cardio 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>		
Aqua Cardio 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>		
Barbell Pump Aerobics Studio	8:30AM-9:30AM (Strength) <i>Ashley P.</i>						
Aqua Easy 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>		
Aqua Volleyball 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>		
SilverSneakers® Classic Aerobics Studio	10:00AM-11:00AM (Active Older Adults) <i>Ashley P.</i>				9:00AM-10:00AM (Active Older Adults) <i>Lauren H.</i>		
Chair Yoga Aerobics Studio	11:15AM-12:00PM (Mind & Body) <i>Jennifer B.</i>		11:15AM-12:00PM (Mind & Body) <i>Jennifer B.</i>		10:15AM-11:00AM (Mind & Body) <i>Lauren H.</i>		
Total Body HIIT Functional Training Center	6:00PM-7:00PM (Bootcamps) <i>Silvia F.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Athletic Conditioning Functional Training Center		8:30AM-9:30AM (Bootcamps) <i>Dusty D.</i>					
Hi-Lo Aqua Pool		9:00AM-10:00AM (Water Exercise) <i>Heidi M.</i>		9:00AM-10:00AM (Water Exercise) <i>Heidi M.</i>			
Dance and Sculpt Aerobics Studio		9:00AM-10:00AM (Cardio & Strength) <i>Emily M.</i> 6:15PM-7:15PM (Cardio & Strength) <i>Connie S.</i>		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>		
SilverSneakers® Circuit Aerobics Studio		10:00AM-11:00AM (Active Older Adults) <i>Lauren H.</i>		10:00AM-11:00AM (Active Older Adults) <i>Lauren H.</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>				
SilverSneakers® Cardio Aerobics Studio			10:00AM-11:00AM (Active Older Adults) <i>Lauren H.</i>				
Vinyasa Flow Yoga Aerobics Studio			6:00PM-7:00PM (Mind & Body) <i>Felicia H.</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>		