



Cannon YMCA-Kannapolis | March 9th - March 15th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------|---|---|--|--|---|--|--|
| Open Swim Lane 5-6 | 12:30AM-2:45PM (Lap Pool) 6:00AM-7:45AM (Lap Pool) 8:00AM-10:45AM (Lap Pool) 12:30PM-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) 12:30PM-2:45PM (Lap Pool) 3:00PM-6:45PM (Lap Pool) | 6:00AM-7:45AM (Lap Pool) 8:00AM-9:45AM (Lap Pool) 11:00AM-1:00PM (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) 12:30PM-2:45PM (Lap Pool) 3:00PM-6:30PM (Lap Pool) | 8:00AM-10:15AM (Lap Pool) 10:30AM-3:15AM (Lap Pool) 10:35AM-2:15PM (Lap Pool) 2:30PM-3:30PM (Lap Pool) | 1:00PM-2:45PM (Lap Pool) 3:00PM-4:30PM (Lap Pool) |
| Lap Swim Lane 1-4 | 6:00AM-7:45AM (Lap Pool) 11:00AM-2:45PM (Lap Pool) | 6:00AM-7:45AM (Lap Pool) 8:00AM-10:45AM (Lap Pool) 11:00AM-2:45PM (Lap Pool) 7:00PM-8:30PM (Lap Pool) | 6:00AM-7:45AM (Lap Pool) 11:00AM-2:45PM (Lap Pool) | 6:00AM-7:45AM (Lap Pool) 8:00AM-9:45AM (Lap Pool) 11:00AM-1:00PM (Lap Pool) | 6:00AM-7:45AM (Lap Pool) 11:00AM-2:45PM (Lap Pool) 3:00PM-6:30PM (Lap Pool) | 2:30PM-3:30PM (Lap Pool) | 1:00PM-2:45PM (Lap Pool) 3:00PM-4:30PM (Lap Pool) |
| CLOSED 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) | 7:45AM-8:00AM (Lap Pool) 10:45AM-11:00AM (Lap Pool) 2:45PM-3:00PM (Lap Pool) | 10:15AM-10:30AM (Lap Pool) 2:15PM-2:30PM (Lap Pool) 3:00PM-1:00PM (Lap Pool) 3:30PM-1:00PM (Lap Pool) 3:30PM-11:00PM (Lap Pool) | 2:45PM-3:00PM (Lap Pool) 4:30PM-9:00PM (Lap Pool) |
| Lap Swim Lane 1-3 | 8:00AM-10:45AM (Lap Pool) | | 8:00AM-10:45AM (Lap Pool) | 9:45AM-10:45AM (Lap Pool) | 8:00AM-10:45AM (Lap Pool) | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|--|---|---------------|
| Lap Swim Lane 4 | 8:00AM-10:45AM (Lap Pool) | | | | 8:00AM-9:00AM (Lap Pool) | 9:30AM-10:30AM (Lap Pool) 10:30AM-11:15AM (Lap Pool) | |
| Total Strength Aerobics Studio | 9:00AM-9:45AM (Cardio & Strength) <i>Rose S.</i> | | | | | | |
| SilverSneakers® Classic Aerobics Studio | 10:30AM-11:30AM (Active Older Adults) <i>Rose S.</i> | | 10:30AM-11:30AM (Active Older Adults) <i>Rose S.</i> | | | | |
| Camp Swim Lane 5-6 | 11:00AM-12:30PM (Lap Pool) | | 11:00AM-12:30PM (Lap Pool) | | 11:00AM-12:30PM (Lap Pool) | | |
| Chair Yoga Aerobics Studio | 12:00PM-12:45PM (Mind & Body) <i>Judy Y.</i> | | | 10:15AM-11:15AM (Mind & Body) <i>Jennifer B.</i> | | | |
| Lap Swim lane 3-4 | 3:00PM-5:30PM (Lap Pool) 7:00PM-8:30PM (Lap Pool) | 3:00PM-6:45PM (Lap Pool) | 3:00PM-6:45PM (Lap Pool) | 3:00PM-6:45PM (Lap Pool) 7:00PM-8:30PM (Lap Pool) | | 8:00AM-9:30AM (Lap Pool) 11:15AM-2:15PM (Lap Pool) | |
| Lap Swim Lane 1-2 | 3:00PM-4:30PM (Lap Pool) 5:30PM-6:45PM (Lap Pool) 7:00PM-8:30PM (Lap Pool) | 3:00PM-6:45PM (Lap Pool) | 4:15PM-4:30PM (Lap Pool) 5:30PM-6:45PM (Lap Pool) 7:00PM-8:30PM (Lap Pool) | 4:15PM-4:30PM (Lap Pool) 7:00PM-8:30PM (Lap Pool) | | | |
| YMCA Swim Team Lane 1-2 | 4:30PM-5:30PM (Lap Pool) | | 4:30PM-5:30PM (Lap Pool) | | | | |
| Cycle Aerobics Studio | 5:00PM-5:45PM (Cycle) <i>Tori N.</i> | | | | 9:00AM-9:45AM (Cycle) <i>Tori N.</i> | | |
| Zumba® Aerobics Studio | 6:00PM-7:00PM (Cardio) <i>Cathie S.</i> | | | | | | |
| Run Class Outside | | 9:00AM-10:00AM (Cardio) <i>Rose 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> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------------|--|--|---|-------------------------------|-----------------|---------------|
| Line Dancing Aerobics Studio | | 12:00PM-1:00PM (Cardio) <i>Theresa M.</i> | | | | | |
| Strengthen and Lengthen Power Yoga Aerobics Studio | | 6:00PM-7:00PM (Mind & Body) <i>Rose S.</i> | | | | | |
| Open Swim Lane 4-6 | | | 8:00AM-9:00AM (Lap Pool) 10:00AM-10:45AM (Lap Pool) | | 10:00AM-10:45AM (Lap Pool) | | |
| Water Exercise Lane 4-6 | | | 9:00AM-10:00AM (Lap Pool) | 9:45AM-10:30AM (Lap Pool) | 9:00AM-10:00AM (Lap Pool) | | |
| Fit & Fun For All Pool | | | 9:00AM-10:00AM (Water Exercise) <i>Sarah N.</i> | 9:45AM-10:30AM (Water Exercise) <i>Alma C.</i> | | | |
| Cardio & Strength Aerobics Studio | | | 9:00AM-10:00AM (Mind & Body) <i>Nicole S.</i> | | | | |
| Beginner Yoga Aerobics Studio | | | 12:00PM-12:45PM (Mind & Body) <i>Judy Y.</i> | | | | |
| Zumba Toning® Aerobics Studio | | | 6:00PM-7:00PM (Cardio) <i>Cathie S.</i> | | | | |
| Aqua Blast Lane 4-6 | | | 7:00PM-8:00PM (Water Exercise) <i>Paula S.</i> | | | | |
| Lap Swim Lane 3 | | | 7:00PM-8:30PM (Lap Pool) | | | | |
| Water Exercise Lane 5-6 | | | 7:00PM-8:00PM (Lap Pool) | | | | |
| Cardio Kick Box Aerobics Studio | | | | 9:00AM-10:00AM (Cardio & Strength) <i>Tori N.</i> | | | |
| Pilates Aerobics Studio | | | | 1:00PM-1:45PM (Mind & Body) <i>Rose S.</i> | | | |
| Open Swim Lane 1-2 | | | | 4:00PM-6:45PM (Lap Pool) | | | |
| Jab/Kickboxing Aerobics Studio | | | | 5:45PM-6:25PM (Cardio & Strength) <i>Mea A.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------------|----------------|------------------|---|--|---|---|
| MIXXED FIT Aerobics Studio | | | | 6:30PM-7:15PM (Bootcamps) <i>Mea A.</i> | | | |
| Aqua Determination Lane 4-6 | | | | | 9:00AM-10:00AM (Water Exercise) <i>Sarah N.</i> | | |
| Senior Fit Aerobics Studio | | | | | 10:00AM-11:00AM (Active Older Adults) <i>Alma C.</i> | | |
| Mobility Aerobics Studio | | | | | 11:15AM-12:00PM (Mind & Body) <i>Randy W.</i> | | |
| Swim Lessons Lane 1-2 | | | | | | 8:00AM-10:15AM (Lap Pool) 10:30AM-1:00PM (Lap Pool) | |
| Strength and Core Aerobics Studio | | | | | | 9:00AM-9:45AM (Mind & Body) <i>Rose S.</i> | |
| Swim Lessons Lane 3 | | | | | | 9:30AM-10:30AM (Lap Pool) 10:30AM-11:15AM (Lap Pool) | |
| Cardio Dance Aerobics Studio | | | | | | 10:00AM-11:00AM (Cardio) <i>Morgan H.</i> | |
| Dance for All Ages Aerobics Studio | | | | | | | 1:30PM-2:15PM (Cardio) <i>Morgan H.</i> |



Cannon YMCA- West Cabarrus | March 9th - March 15th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|--|--|---|------------------------------------|
| Closed Family Fun Pool | 5:00AM-8:00AM (Family Fun Pool) | 5:00AM-8:00AM (Family Fun Pool) 1:00PM-3:00PM (Family Fun Pool) | 5:00AM-8:00AM (Family Fun Pool) | 5:00AM-8:00AM (Family Fun Pool) | 5:00AM-8:00AM (Family Fun Pool) 6:30PM-7:00PM (Family Fun Pool) | 3:30PM-4:00PM (Family Fun Pool) | 4:30PM-5:00PM (Family Fun Pool) |
| Whirlpool CLOSED Family Fun Pool | 5:00AM-8:00AM (Family Fun Pool) | 5:00AM-8:00AM (Family Fun Pool) | 5:00AM-8:00AM (Family Fun Pool) | 5:00AM-8:00AM (Family Fun Pool) | 5:00AM-8:00AM (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-8:30PM (Family Fun Pool) | 5:00AM-1:00PM (Family Fun Pool) 3:00PM-8:30PM (Family Fun Pool) | 5:00AM-8:30PM (Family Fun Pool) | 5:00AM-8:30PM (Family Fun Pool) | 5:00AM-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-8:30PM (Family Fun Pool) | 5:00AM-1:00PM (Family Fun Pool) 3:00PM-8:30PM (Family Fun Pool) | 5:00AM-8:30PM (Family Fun Pool) | 5:00AM-8:30PM (Family Fun Pool) | 5:00AM-6:30PM (Family Fun Pool) | 8:00AM-3:30PM (Family Fun Pool) | 1:00PM-4:30PM (Family Fun Pool) |
| 8 Member lanes open Lap Pool | 5:00AM-6:00AM (Lap Pool) 8:00AM-8:45PM (Lap Pool) | 5:00AM-6:00AM (Lap Pool) 8:00AM-1:00PM (Lap Pool) 3:00PM-8:30PM (Lap Pool) | 5:00AM-6:00AM (Lap Pool) 8:00AM-8:45PM (Lap Pool) | 5:00AM-6:00AM (Lap Pool) 9:00AM-8:45PM (Lap Pool) | 5:00AM-6:00AM (Lap Pool) 11:00AM-6:45PM (Lap Pool) | 8:00AM-10:00AM (Lap Pool) 11:00AM-3:45PM (Lap Pool) 11:00AM-3:45PM (Lap Pool) 1:00PM-3:45PM (Lap Pool) | |
| Cardio & Strength Studio A | 5:15AM-6:15AM (Mind & Body) <i>Stacey L.</i> | | | | | 8:15AM-9:15AM (Mind & Body) <i>Laura M.</i> | |
| Adult Pick Up Basketball - Full Court Gym B | 5:45AM-7:30AM (Adult Pick Up Basketball) | | | | 5:45AM-7:30AM (Adult Pick Up Basketball) | | |
| Adult Pick Up Basketball - Full Court Gym A | 5:45AM-7:30AM (Adult Pick Up Basketball) | | | | 5:45AM-7:30AM (Adult Pick Up Basketball) | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|---|---|--|------------------------------------|
| lanes 7-8 closed for water exercise Lap Pool | 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) | | |
| 6 Member lanes open Lap Pool | 6:00AM-8:00AM (Lap Pool) | 7:00AM-8:00AM (Lap Pool) | 6:00AM-8:00AM (Lap Pool) | 7:00AM-8:00AM (Lap Pool) | 7:00AM-8:00AM (Lap Pool) | | 1:00PM-4:45PM (Lap Pool) |
| 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> | | |
| Cardio Deep Lap Pool | 7:00AM-7:55AM (Water Exercise) <i>DeeDee F.</i> | | | | | | |
| OPEN SWIM Family Fun Pool | 8:00AM-8:30AM (Family Fun Pool) 11:30AM-3:00PM (Family Fun Pool) | 8:00AM-8:30AM (Family Fun Pool) 12:30PM-1:00PM (Family Fun Pool) | 8:00AM-8:30AM (Family Fun Pool) 11:30AM-3:00PM (Family Fun Pool) | 8:00AM-8:30AM (Family Fun Pool) 12:30PM-3:00PM (Family Fun Pool) | 8:00AM-8:30AM (Family Fun Pool) 11:30AM-6:30PM (Family Fun Pool) | 12:00PM-3:30PM (Family Fun Pool) 12:00PM-3:30PM (Family Fun Pool) | 1:00PM-4:30PM (Family Fun Pool) |
| 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-8:30PM (Family Fun Pool) | 8:00AM-8:30PM (Family Fun Pool) | 8:00AM-8:30PM (Family Fun Pool) | 8:00AM-8:30PM (Family Fun Pool) | 8:00AM-6:30PM (Family Fun Pool) | 8:00AM-3:30PM (Family Fun Pool) | 1:00PM-4:30PM (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) 7:30PM-8:30PM (Family Fun Pool) | 8:30AM-10:30AM (Family Fun Pool) 7:30PM-8:30PM (Family Fun Pool) | 8:30AM-11:30AM (Family Fun Pool) | 8:30AM-10:30AM (Family Fun Pool) 7:30PM-8:30PM (Family Fun Pool) | 8:30AM-11:30AM (Family Fun Pool) | | |
| Aqua Cardio Family Fun Pool | 8:30AM-9:20AM (Water Exercise) <i>Marla S.</i> | | 8:30AM-9:20AM (Water Exercise) <i>DeeDee F.</i> | | | | |
| Aqua Determination Family Fun Pool | 9:30AM-10:20AM (Water Exercise) <i>Marla S.</i> | 9:30AM-10:20AM (Water Exercise) <i>Marla S.</i> | 9:30AM-10:20AM (Water Exercise) <i>Terry F.</i> | 9:30AM-10:20AM (Water Exercise) <i>Marla S.</i> | 8:30AM-9:20AM (Water Exercise) <i>Marla S.</i> 9:30AM-10:20AM (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> | | | | | | |
| Group Exercise Class Gym A | 10:30AM-11:30AM (Other) | | | | 11:00AM-12:00PM (Other) | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|--|---|---------------|
| 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> | | |
| Dance Fusion Gym A | 10:30AM-11:30AM (Cardio) <i>Cathie S.</i> | | | | | | |
| SilverSneakers® Circuit Studio A | 10:45AM-11:45AM (Active Older Adults) <i>Elizabeth O.</i> | 12:30PM-1:30PM (Active Older Adults) <i>Alma C.</i> | | | | | |
| SilverSneakers® Classic Studio A | 12:00PM-1:00PM (Active Older Adults) <i>Cathie S.</i> | 10:45AM-11:30AM (Active Older Adults) <i>Kelly B.</i> | 10:45AM-11:45AM (Active Older Adults) <i>Kelly B.</i> | 11:00AM-12:00PM (Active Older Adults) <i>Cathie S.</i> | | | |
| Camp Swim Family Fun Pool Zero Depth | 12:30PM-3:00PM (Family Fun Pool) | | 12:30PM-3:00PM (Family Fun Pool) | 12:30PM-3:00PM (Family Fun Pool) | 12:30PM-3:00PM (Family Fun Pool) | | |
| Path to Wellness Family Fun Pool | 3:00PM-4:00PM (Family Fun Pool) | | 3:00PM-4:00PM (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-4:00PM (Other) | | |
| 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-4:30PM (Family Fun Pool) | 10:30AM-12:30PM (Family Fun Pool) 3:00PM-4:30PM (Family Fun Pool) | 4:00PM-4:30PM (Family Fun Pool) | 10:30AM-12:30PM (Family Fun Pool) 3:00PM-4:30PM (Family Fun Pool) | | | |
| OPEN SWIM Family Fun Pool Lane 2 | 4:00PM-4:30PM (Family Fun Pool) | 10:30AM-12:30PM (Family Fun Pool) 3:00PM-4:30PM (Family Fun Pool) | 4:00PM-4:30PM (Family Fun Pool) | 10:30AM-12:30PM (Family Fun Pool) 3:00PM-4:30PM (Family Fun Pool) | | | |
| Swim Lessons Family Fun Pool Zero Depth | 4:00PM-7:30PM (Family Fun Pool) | 10:30AM-12:30PM (Family Fun Pool) 3:00PM-7:30PM (Family Fun Pool) | 4:00PM-7:30PM (Family Fun Pool) | 10:30AM-12:30PM (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 Lane 1 | 4:30PM-7:30PM (Family Fun Pool) | 4:30PM-7:30PM (Family Fun Pool) | 4:30PM-7:30PM (Family Fun Pool) | 4:30PM-7:30PM (Family Fun Pool) | | | |
| Swim Lessons Family Fun Pool Lane 2 | 4:30PM-7:30PM (Family Fun Pool) | 4:30PM-7:30PM (Family Fun Pool) | 4:30PM-7:30PM (Family Fun Pool) | 4:30PM-7:30PM (Family Fun Pool) | | | |
| 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> | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|--|------------------------------|-----------------|---------------|
| 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> | 8:30AM-9:15AM (Cardio & Strength) <i>Victoria S.</i> 6:00PM-6:45PM (Cardio & Strength) <i>Vanishea P.</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>Starr B.</i> | 7:30PM-8:20PM (Water Exercise) <i>Kim G.</i> | | 7:30PM-8:20PM (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> | | | |
| 5 Member lanes open Lap Pool | | 6:00AM-7:00AM (Lap Pool) | | 6:00AM-7:00AM (Lap Pool) 8:00AM-9:00AM (Lap Pool) | 8:00AM-11:00AM (Lap Pool) | | |
| lanes 1-3 closed for Sailfish Lap Pool | | 6:00AM-7:00AM (Lap Pool) | | 6:00AM-7:00AM (Lap Pool) | 6:00AM-7:00AM (Lap Pool) | | |
| Full Body H2O Lap Pool | | 7:00AM-7:55AM (Water Exercise) <i>Marla S.</i> | | 7:00AM-7:55AM (Water Exercise) <i>Marla S.</i> | | | |
| Pickleball Gym A | | 8:00AM-11:00AM (Other) | 8:00AM-11:00AM (Other) | 8:00AM-11:00AM (Other) | | | |
| Cardio Blast Studio A | | 8:15AM-9:15AM (Cardio) <i>Laura M.</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 | | 10:30AM-12:30PM (Family Fun Pool) | | 10:30AM-12:30PM (Family Fun Pool) | | | |
| Pilates Studio B | | 10:45AM-11:45AM (Mind & Body) <i>Monica S.</i> | 5:15PM-5:55PM (Mind & Body) <i>Vanishea P.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|--|--|---|--|--|------------------------------------|
| Chair Yoga Studio A | | 11:30AM-12:15PM (Mind & Body) <i>Kelly B.</i> | | 12:15PM-1:15PM (Mind & Body) <i>Jim C.</i> | | | |
| Sauna CLOSED 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 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) | | | 6:30PM-7:00PM (Family Fun Pool) | 3:30PM-4:00PM (Family Fun Pool) | 4:30PM-5:00PM (Family Fun Pool) |
| REFIT® Studio A | | 5:15PM-5:50PM (Cardio) <i>Jill P.</i> | | | 6:00PM-6:50PM (Cardio) <i>Jill P.</i> | | |
| Cardio Blast Studio B | | 6:00PM-7:00PM (Cardio) <i>Laura M.</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> | |
| Dance and Sculpt Studio A | | 7:00PM-8:00PM (Cardio & Strength) <i>Taqwanda H.</i> | | | | | |
| Hydro Fit Lap Pool | | | 7:00AM-7:55AM (Water Exercise) <i>DeeDee F.</i> | | 7:00AM-7:55AM (Water Exercise) <i>Stephanie N.</i> | | |
| Bootcamp Studio A | | | 8:30AM-9:15AM (Bootcamps) <i>Deanne G.</i> | | | | |
| Foam Roller Massage & Core Studio B | | | 10:00AM-11:00AM (Mind & Body) <i>Monica S.</i> | | | | |
| SilverSneakers® Boom Move Studio A | | | 12:00PM-12:45PM (Active Older Adults) <i>Cathie S.</i> | | | | |
| Step Intervals Studio A | | | 6:00PM-6:55PM (Cardio) <i>Brenda T.</i> | | | | |
| Basic Yoga Flow Studio A | | | 7:00PM-8:00PM (Mind & Body) <i>Natela Y.</i> | | | | |
| Sailfish Academy Family Fun Pool | | | 7:30PM-8:30PM (Family Fun Pool) | | | | |
| lanes 1-3 closed for the U.S. Navy Lap Pool | | | | 8:00AM-9:00AM (Lap Pool) | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---------------|----------------|------------------|--|---|-------------------------------------|---------------------------------------|
| Basic Yoga Sculpt Studio B | | | | 10:45AM-11:45AM (Mind & Body) <i>Andrea D.</i> | | | |
| Zumba® Studio A | | | | 5:00PM-5:45PM (Cardio) <i>Cathie S.</i> | | | |
| Yoga Fusion Studio B | | | | 6:30PM-7:30PM (Mind & Body) <i>Sarah R.</i> | | | |
| 3 Member lanes open Lap Pool | | | | | 6:00AM-7:00AM (Lap Pool) | | |
| Lanes1-3 High School Swim Lap Pool | | | | | 8:00AM-11:00AM (Lap Pool) | | |
| 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 | | | | | 10:45AM-11:45AM (Cardio) <i>Elizabeth O.</i> | | |
| Swim Lessons Family Fun Pool | | | | | | 8:00AM-12:00PM (Family Fun Pool) | |
| 7 Member lanes open Lap Pool | | | | | | 10:00AM-11:00AM (Lap Pool) | |
| Swim Lessons Lap Pool Lane 1 | | | | | | 10:00AM-11:00AM (Lap Pool) | |
| Slide OPEN Family Fun Pool | | | | | | 12:00PM-3:30PM (Family Fun Pool) | 1:00PM-4:30PM (Family Fun Pool) |
| Family Basketball Gym B | | | | | | | 1:00PM-5:00PM (Family Basketball) |
| Open Gym ALL DAY Gym A | | | | | | | 1:00PM-5:00PM (Open Gym) |
| lanes 1-2 closed for Seakers Lap Pool | | | | | | | 1:00PM-4:45PM (Lap Pool) |



Cannon YMCA- Harrisburg | March 9th - March 15th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|--|---|--|-----------------------------|
| Youth & Family Open Gym Gym 1 | 5:00AM-9:30AM (Open Gym) 3:00PM-5:00PM (Open Gym) 7:00PM-9:00PM (Open Gym) | 5:30AM-7:30AM (Open Gym) 3:00PM-5:00PM (Open Gym) | 5:00AM-9:30AM (Open Gym) 3:00PM-5:00PM (Open Gym) | 5:00AM-7:30AM (Open Gym) | 5:00AM-9:30AM (Open Gym) 3:30PM-6:00PM (Open Gym) | 8:00AM-4:00PM (Open Gym) | 1:00PM-5:00PM (Open Gym) |
| Open Swim Pool Lane 7/8 | 5:00AM-8:30AM (Lap Pool) 2:00PM-8:30PM (Lap Pool) | 5:00AM-6:00AM (Lap Pool) 2:00PM-5:30PM (Lap Pool) | 11:20AM-2:45PM (Lap Pool) | 5:00AM-6:00AM (Lap Pool) 2:00PM-6:30PM (Lap Pool) | | 8:00AM-3:30PM (Lap Pool) 8:00AM-3:30PM (Lap Pool) | 1:00PM-4:30PM (Lap Pool) |
| Open Gym Gym 2 | 5:00AM-7:00AM (Open Gym) | 5:00AM-7:00AM (Open Gym) 6:00PM-9:00PM (Open Gym) | 5:00AM-7:00AM (Open Gym) | 5:00AM-7:00AM (Open Gym) 7:00PM-9:00PM (Open Gym) | 5:00AM-7:00AM (Open Gym) 6:00PM-7:00PM (Open Gym) | 8:00AM-4:00PM (Open Gym) | 1:00PM-5:00PM (Open Gym) |
| Open Gym Gym 3 | 5:30AM-9:00AM (Open Gym) 12:00PM-6:00PM (Open Gym) 6:00PM-9:00PM (Open Gym) | 5:00AM-6:00PM (Open Gym) 6:00PM-9:00PM (Open Gym) | 5:00AM-9:00AM (Open Gym) 12:00PM-6:00PM (Open Gym) | 5:00AM-9:00PM (Open Gym) | 5:00AM-9:00AM (Open Gym) 12:00PM-5:00PM (Open Gym) | 8:00AM-4:00PM (Open Gym) | 1:00PM-5:00PM (Open Gym) |
| Bootcamp Studio A | 5:30AM-6:15AM (Bootcamps) <i>Taqwanda H.</i> | | 5:30AM-6:15AM (Bootcamps) <i>Taqwanda H.</i> | | 5:30AM-6:15AM (Bootcamps) <i>Taqwanda H.</i> | | |
| Kids Day Out Gym 2 | 7:00AM-6:00PM (Other) | 7:00AM-6:00PM (Other) | 7:00AM-6:00PM (Other) | 7:00AM-6:00PM (Other) | 7:00AM-6:00PM (Other) | | |
| Cardio & Strength Studio A | 7:30AM-8:15AM (Mind & Body) <i>Tracy F.</i> | 7:30AM-8:15AM (Mind & Body) <i>Tracy F.</i> | 7:30AM-8:15AM (Mind & Body) <i>Tracy F.</i> | 8:30AM-9:15AM (Mind & Body) <i>Gigi B.</i> | | 10:30AM-11:15AM (Mind & Body) <i>Victoria S.</i> | |
| Water Exercise Lane 6-8 | 8:30AM-10:20AM (Lap Pool) | 6:00AM-10:20AM (Lap Pool) | 8:30AM-11:20AM (Lap Pool) | 6:00AM-10:20AM (Lap Pool) | 9:30AM-10:20AM (Lap Pool) | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|---|--|-----------------------------|-----------------------------|
| Fit & Fun For All Lane 6-8 | 8:30AM-9:15AM (Water Exercise) <i>Barbara M.</i> | 7:00AM-7:45AM (Water Exercise) <i>Paula S.</i> | 8:30AM-9:15AM (Water Exercise) <i>Barbara M.</i> 10:30AM-11:15AM (Water Exercise) <i>Helen M.</i> | 7:00AM-7:45AM (Water Exercise) <i>Paula S.</i> | 9:30AM-10:15AM (Water Exercise) <i>Helen M.</i> | | |
| Strength and Core Studio A | 8:30AM-9:15AM (Strength) <i>Victoria S.</i> | | 8:30AM-9:15AM (Mind & Body) <i>Tracy F.</i> | | | | |
| Pickleball: Intermediate/Advanced Gym 3 | 9:00AM-11:00AM (Other) | | 9:00AM-11:00AM (Other) | | 9:00AM-11:00AM (Other) | | |
| Group Exercise Class Gym 1 | 9:30AM-10:30AM (Other) 5:00PM-6:00PM (Other) 6:00PM-7:00PM (Other) | 8:30AM-9:30AM (Other) 5:00PM-6:00PM (Other) | 9:30AM-10:30AM (Other) 5:00PM-6:00PM (Other) 6:00PM-7:00PM (Other) | 7:30AM-8:30AM (Other) 8:30AM-9:30AM (Other) 9:30AM-10:30AM (Other) 5:00PM-6:00PM (Other) | 9:30AM-10:30AM (Other) | | |
| 5 Member lanes open Lane 1-5 | 9:30AM-10:20AM (Lap Pool) | 6:00AM-10:20AM (Lap Pool) | 8:30AM-11:20AM (Lap Pool) | 6:00AM-10:20AM (Lap Pool) | 9:30AM-10:20AM (Lap Pool) | | |
| Full Body H2O Lane 6-8 | 9:30AM-10:15AM (Water Exercise) <i>Helen M.</i> | | | | | | |
| SilverSneakers® Classic Rocky River Presbyterian Church | 9:30AM-10:30AM (Active Older Adults) <i>Janet B.</i> | | 9:30AM-10:30AM (Active Older Adults) <i>Janet B.</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® Gym 1 | 9:30AM-10:30AM (Cardio) <i>Mirna C.</i> | | | 9:30AM-10:30AM (Cardio) <i>Mirna C.</i> | | | |
| 6 Member lanes open Lane 1-6 | 10:20AM-4:00PM (Lap Pool) | | 5:00AM-8:30AM (Lap Pool) 11:30AM-3:45PM (Lap Pool) | 5:00AM-6:00AM (Lap Pool) 11:15AM-3:45PM (Lap Pool) | 5:00AM-9:20AM (Lap Pool) 1:40PM-6:30PM (Lap Pool) | 8:00AM-9:00AM (Lap Pool) | 1:00PM-4:30PM (Lap Pool) |
| Swim Lessons Pool Lane 7/8 | 10:30AM-11:00AM (Lap Pool) | 5:30PM-8:20PM (Lap Pool) | 2:45PM-5:00PM (Lap Pool) | 6:30PM-7:00PM (Lap Pool) | | | |
| Kids Day Out Gym 1 | 10:30AM-3:00PM (Other) | 10:30AM-3:00PM (Other) | 10:30AM-3:00PM (Other) | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|--|--|-----------------------------|---------------|
| Fit Over 50® Studio A | 10:45AM-11:45AM (Cardio & Strength) <i>Helen M.</i> | | | 10:45AM-11:45AM (Cardio & Strength) <i>Helen M.</i> | | | |
| Pickleball: Beginner Gym 3 | 11:00AM-12:00PM (Other) | | 11:00AM-12:00PM (Other) | | 11:00AM-12:00PM (Other) | | |
| Camp Swim Pool Lane 7/8 | 11:00AM-2:00PM (Lap Pool) | 11:00AM-2:00PM (Lap Pool) | 11:00AM-2:00PM (Lap Pool) | 11:00AM-2:00PM (Lap Pool) | 11:00AM-2:00PM (Lap Pool) | | |
| Youth Dance Class Studio A | 12:00PM-12:45PM (Youth Programs) <i>Virtual</i> 2:45PM-5:30PM (Youth Programs) <i>Virtual</i> | 12:00PM-2:00PM (Youth Programs) <i>Virtual</i> | | | | | |
| 3 Member lanes open Lane 4-6 | 4:00PM-8:00PM (Lap Pool) | | 4:00PM-8:00PM (Lap Pool) | | | 8:00AM-3:30PM (Lap Pool) | |
| 3 Member lanes open Lane 1-3 | 4:00PM-8:00PM (Lap Pool) | | | | | 1:00PM-3:30PM (Lap Pool) | |
| Cardio Dance Gym 1 | 5:00PM-5:50PM (Cardio) <i>Taqwanda H.</i> | | | | | | |
| Total Body HIIT Studio A | 6:00PM-6:45PM (Bootcamps) <i>Karen S.</i> | | 6:00PM-6:45PM (Bootcamps) <i>Victoria S.</i> | | | | |
| Zumba® Gym 1 | 6:00PM-7:00PM (Cardio) <i>Latika M.</i> | 7:30AM-8:20AM (Cardio) <i>Camille R.</i> 5:00PM-5:50PM (Cardio) <i>Elizabeth O.</i> | 6:00PM-7:00PM (Cardio) <i>Latika M.</i> | 7:30AM-8:20AM (Cardio) <i>Camille R.</i> 5:00PM-5:50PM (Cardio) <i>Elizabeth O.</i> | | | |
| HIIT Studio A | | 5:30AM-6:00AM (Cardio & Strength) <i>Tracy F.</i> | | 5:30AM-6:00AM (Cardio & Strength) <i>Tracy F.</i> | 8:30AM-9:15AM (Cardio & Strength) <i>Cierra F.</i> | | |
| Aqua Cardio Lane 6-8 | | 6:00AM-6:45AM (Water Exercise) <i>Paula S.</i> | | 6:00AM-6:45AM (Water Exercise) <i>Constance B.</i> | | | |
| Power Plunge Lane 6-8 | | 8:30AM-9:15AM (Water Exercise) <i>Tracy R.</i> | 9:30AM-10:15AM (Water Exercise) <i>Helen M.</i> | 8:30AM-9:15AM (Water Exercise) <i>Tracy R.</i> | | | |
| Box 'N Burn Gym 1 | | 8:30AM-9:15AM (Cardio & Strength) <i>Gigi B.</i> | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------------|---|---|---|---|---|---------------|
| Cycle Studio A | | 8:30AM-9:15AM (Cycle) <i>Ed P.</i> 6:00PM-6:45PM (Cycle) <i>Buffy P.</i> | | 7:30AM-8:15AM (Cycle) <i>Gigi B.</i> 6:00PM-6:45PM (Cycle) <i>Buffy P.</i> | | 9:30AM-10:15AM (Cycle) <i>Dale W.</i> | |
| Cardio Deep Lane 6-8 | | 9:30AM-10:15AM (Water Exercise) <i>Tracy R.</i> | | 9:30AM-10:15AM (Water Exercise) <i>Tracy R.</i> | | | |
| Strength and Mobility Movement Rocky River Presbyterian Church | | 9:30AM-10:30AM (Active Older Adults) <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>Barbara M.</i> | | | | | |
| Swim Lessons Lane 5 | | 4:00PM-5:30PM (Lap Pool) | | | | | |
| Deep Stretch Yoga Studio A | | 5:00PM-5:50PM (Mind & Body) <i>Jennifer P.</i> | | | | | |
| Special Olympics Lane 1/2 | | 5:25PM-6:35PM (Lap Pool) | | | | | |
| Swim Lessons Open Swim Closed for Swim Lessons | | 5:30PM-8:30PM (Lap Pool) | | 6:30PM-7:00PM (Lap Pool) | | | |
| Line Dancing Gym 1 | | 6:00PM-6:50PM (Cardio) <i>Tempestt H.</i> | | 7:00PM-7:50PM (Cardio) <i>Tempestt H.</i> | | | |
| Strengthen and Lengthen Power Yoga Studio A | | 7:00PM-8:00PM (Mind & Body) <i>Jennifer P.</i> | | | | | |
| Zumba Gold Toning® Gym 1 | | | 9:30AM-10:30AM (Cardio) <i>Mirna C.</i> | | | | |
| Chair Yoga Studio A | | | 10:45AM-11:45AM (Mind & Body) <i>Barbara M.</i> | | | | |
| Cycle + Strength Studio A | | | 4:00PM-4:45PM (Cycle) <i>Buffy P.</i> | | 4:00PM-4:45PM (Cycle) <i>Buffy P.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------------|----------------|---|--|---|--|---|
| Cardio Beat Fitness Gym 1 | | | 5:00PM-5:50PM (Cardio) <i>Taqwanda H.</i> | | 8:30AM-9:20AM (Cardio) <i>Kayla R.</i> | | |
| Hip Hop Step Aerobics Studio A | | | 5:00PM-5:45PM (Cardio) <i>Tempestt H.</i> | | | | |
| Steady and Strong Rocky River Presbyterian Church | | | | 9:30AM-10:30AM (Active Older Adults) <i>Janet B.</i> | | | |
| Barre Blend Studio A | | | | 9:30AM-10:30AM (Mind & Body) <i>Gigi B.</i> | | | |
| Special Event Gym 1 | | | | 10:30AM-1:30PM (Closed) | 6:00PM-7:00PM (Closed) | | |
| Family Basketball Gym 1 | | | | 1:30PM-5:00PM (Family Basketball) | | | |
| 4 Member lanes open Lane 1-4 | | | | 3:45PM-6:30PM (Lap Pool) | | | |
| Swim Lessons Lane 6 | | | | 3:55PM-6:35PM (Lap Pool) | | | |
| Strength & Stretch Studio A | | | | 5:00PM-5:45PM (Strength) <i>Sandra J.</i> | | | |
| Chillax Yoga Studio A | | | | 7:00PM-8:00PM (Mind & Body) <i>Jennifer P.</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> | |
| Friday Frenzy Gym 1 | | | | | 9:30AM-10:30AM (Active Older Adults) <i>Barbara M.</i> | | |
| Silver Fitness Studio A | | | | | 10:45AM-11:45AM (Active Older Adults) <i>Barbara M.</i> | | |
| MIXXED FIT Studio A | | | | | 5:30PM-6:30PM (Bootcamps) <i>Taqwanda H.</i> | | |
| Swim Lessons Lane 1-3 | | | | | | 9:00AM-1:00PM (Lap Pool) | |
| Yoga Workshop Studio A | | | | | | | 2:00PM-4:00PM (Mind & Body) <i>Ariel W.</i> |



J.F. Hurley Family YMCA | March 9th - March 15th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|--|---|---|
| Lap Swim Lap Pool | 6:00AM-1:00PM (Lap Pool) | 6:00AM-1:00PM (Lap Pool) | 6:00AM-1:00PM (Lap Pool) | 6:00AM-1:00PM (Lap Pool) | 6:00AM-1:00PM (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. | | | | | | |
| Mobility Work Aerobics Studio | 9:00AM-9:50AM (Mind & Body) Robin F. | | 9:00AM-9:50AM (Mind & Body) Robin F. | | | | |
| 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. | |
| Aqua Blast Activity Pool | 10:00AM-10:45AM (Water Exercise) YMCA S. | | 10:00AM-10:45AM (Water Exercise) YMCA S. | | | | |
| Pilates Aerobics Studio | 10:00AM-10:50AM (Mind & Body) Ashleigh D. | | | | | | |
| Total Body HIIT Aerobics Studio | 11:00AM-11:55AM (Bootcamps) Marti M. | | 11:00AM-11:55AM (Bootcamps) Marti M. | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|--|--|--|---------------|
| BODYPUMP Aerobics Studio | 12:00PM-1:00PM (Strength) <i>Marti M.</i> 5:20PM-6:20PM (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> | | | |
| Closed Activity 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) | | |
| Yoga Aerobics Studio | 3:00PM-4:00PM (Mind & Body) <i>Judy C.</i> | 12:00PM-1:00PM (Mind & Body) <i>YMCA S.</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> | | | |
| 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-9:05AM (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> | | | |
| 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> | | | |
| 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> | | | |
| CLOSED Lap Pool | | 1:00PM-3:00PM (Lap Pool) | | | | | |
| Brain, Body, and Balance 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 |
|--|---------------|--|---|--|---|---|---------------|
| Tai Chi Aerobics Studio | | 3:00PM-3:50PM (Mind & Body) <i>Craig A.</i> | 4:00PM-5:00PM (Mind & Body) <i>Craig A.</i> | 3:00PM-3:55PM (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> | | |
| Line Dancing Aerobics Studio | | | | | 10:00AM-11:00AM (Cardio) <i>Melinda W.</i> | | |
| Zumba® Aerobics Studio | | | | | 5:30PM-6:30PM (Cardio) <i>YMCA S.</i> | | |
| Super Saturday Splash Activity Pool | | | | | | 9:00AM-9:45AM (Water Exercise) <i>YMCA S.</i> | |
| Slide OPEN Activity Pool | | | | | | 12:00PM-12:30PM (Family Fun Pool) | |



Saleeby-Fisher YMCA | March 9th - March 15th

| | 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> | | | | | | |
| Pool Break Pool | 6:45AM-7:00AM (Lap Pool) | 6:45AM-7:00AM (Lap Pool) | 6:45AM-7:00AM (Lap Pool) | 6:45AM-7:00AM (Lap Pool) | 6:45AM-7:00AM (Lap Pool) | | 6:45AM-7:00AM (Lap Pool) |
| 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> | | |
| Aqua Zumba Pool | 10:00AM-10:45AM (Water Exercise) <i>Carolyn J.</i> | | | | | | |
| SilverSneakers® Yoga Flow Aerobics Studio | 10:00AM-10:45AM (Active Older Adults) <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> | | |
| Cardio & Strength Location will be posted at front desk | 5:30PM-6:30PM (Mind & Body) <i>Lyndy B.</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> | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---|---|---|--------|----------|--------|
| 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> | | | | | |
| Yoga Cycle Room | | 9:00AM-9:45AM (Mind & Body) <i>Angie F.</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> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---------------|----------------|------------------|--|--|--|---------------|
| 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 Location will be posted at front desk | | | | 5:30PM-6:30PM (Cardio) <i>Brittany S.</i> | | | |
| 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 | March 9th - March 15th

| | 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. | 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 | 8:00AM-9:00AM (Water Exercise) Karen K. | 8:00AM-9:00AM (Water Exercise) Karen K. | 8:00AM-9:00AM (Water Exercise) Karen K. | 8:00AM-9:00AM (Water Exercise) Karen K. | 8:00AM-9:00AM (Water Exercise) Karen K. | | |
| Barbell Pump Aerobics Studio | 8:30AM-9:30AM (Strength) Ashley P. | | | | | | |
| Aqua Easy Pool | 9:00AM-10:00AM (Water Exercise) Luanne S. | | 9:00AM-10:00AM (Water Exercise) Luanne S. | | 9:00AM-10:00AM (Water Exercise) Luanne S. | | |
| Aqua Volleyball Pool | 10:00AM-10:30AM (Water Exercise) Luanne S. | | 10:00AM-10:30AM (Water Exercise) Luanne S. | | 10:00AM-10:30AM (Water Exercise) Luanne S. | | |
| SilverSneakers® Classic Aerobics Studio | 10:00AM-11:00AM (Active Older Adults) Ashley P. | | | | 9:00AM-10:00AM (Active Older Adults) Lauren H. | | |
| Chair Yoga Aerobics Studio | 11:15AM-12:00PM (Mind & Body) Jennifer B. | | 11:15AM-12:00PM (Mind & Body) Jennifer B. | | 10:15AM-11:00AM (Mind & Body) Lauren H. | | |
| Total Body HIIT Functional Training Center | 6:00PM-7:00PM (Bootcamps) Silvia F. | | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|--|--|-----------------|---------------|
| Zumba® Aerobics Studio | 6:00PM-7:00PM (Cardio) <i>Isabel F.</i> | | | | | | |
| Yoga Fusion Aerobics Studio | 7:00PM-8:00PM (Mind & Body) <i>Felicia H.</i> | | | | | | |
| 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> | | 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> | | | |
| TRX Functional Training Center | | | 8:30AM-9:30AM (Cardio & Strength) <i>Lauren H.</i> | | | | |
| SilverSneakers® Cardio Aerobics Studio | | | 10:00AM-11:00AM (Active Older Adults) <i>Lauren H.</i> | | | | |
| Total Strength Functional Training Center | | | | 8:30AM-9:30AM (Cardio & Strength) <i>Lauren H.</i> | | | |
| Cycle Cycle Studio | | | | 6:00PM-7:00PM (Cycle) <i>Silvia F.</i> | 8:30AM-9:00AM (Cycle) <i>Lauren H.</i> | | |
| Kettlebell HIIT Functional Training Center | | | | | 9:05AM-9:45AM (Cardio & Strength) <i>Lauren H.</i> | | |