



## Farmington Valley YMCA | January 9th - January 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gymnasium Side B	5:00AM-11:15AM (Open Gym) Staff			5:00AM-10:15AM (Open Gym) Staff			
<b>Lap Swim 8 Lanes-Open Lap Swim</b> Lap Pool	5:15AM-11:00AM (Lap Swim) Staff	5:15AM-4:45PM (Lap Swim) Staff	5:15AM-4:45PM (Lap Swim) Staff	5:15AM-4:45PM (Lap Swim) Staff	5:15AM-11:00AM (Lap Swim) Staff	7:15AM-8:00AM (Lap Swim) Staff  11:30AM-4:45PM (Lap Swim) Staff	7:15AM-8:00AM (Lap Swim) Staff
<b>Group Cycle</b> Studio 1 <a href="#">Sign Up</a>	5:45AM-6:45AM (Group Cycle ) Jane B.  5:30PM-6:15PM (Group Cycle ) David R.		8:45AM-9:15AM (Group Cycle ) Suzanne M.		5:45AM-6:45AM (Group Cycle ) Jennifer L.	8:15AM-9:15AM (Group Cycle ) Staff	7:45AM-8:45AM (Group Cycle ) Samantha L.
<b>Gentle Yoga</b> Activity Center <a href="#">Sign Up</a>	8:00AM-9:00AM (Mind-Body, Yoga, & Pilates) Kathleen D.						
<b>Aqua Fitness</b> Multi Purpose Pool <a href="#">Sign Up</a>	9:00AM-9:45AM (Water Exercise) Jennifer L.	10:00AM-11:00AM (Water Exercise) Kim E.  11:00AM-12:00PM (Water Exercise) Kim E.	8:15AM-9:00AM (Water Exercise) Stephanie S.  9:00AM-9:45AM (Water Exercise) Jennifer L.	10:00AM-11:00AM (Water Exercise) Stephanie S.  11:00AM-12:00PM (Water Exercise) Stephanie S.	9:00AM-9:45AM (Water Exercise) Jennifer L.		
<b>LIFT</b> Studio 1 <a href="#">Sign Up</a>	9:00AM-10:00AM (Strength Training) Suzanne M.		9:30AM-10:30AM (Strength Training) Suzanne M.  6:00PM-7:00PM (Strength Training) Mellissa H.		5:00PM-6:00PM (Strength Training) Terri Z.		
<b>Open Swim</b> Multi Purpose Pool	9:45AM-12:30PM (Open Swim) Staff		10:45AM-12:30PM (Open Swim) Staff		4:00PM-4:30PM (Open Swim) Staff	7:15AM-9:00AM (Open Swim) Staff  1:00PM-4:45PM (Open Swim) Staff	7:15AM-9:00AM (Open Swim) Staff



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim 2 Lanes-Open Lap Swim</b> Lap Pool	4:45PM-6:15PM (Lap Swim) <i>Staff</i>			4:45PM-6:15PM (Lap Swim) <i>Staff</i>	4:45PM-6:45PM (Lap Swim) <i>Staff</i>	8:00AM-12:30PM (Lap Swim) <i>Staff</i>	
<b>BodyPump</b> Studio 1 <a href="#">Sign Up</a>	6:30PM-7:30PM (Strength Training) <i>Kerri B.</i>						
<b>Open Gym</b> Gymnasium Full		5:00AM-8:45AM (Open Gym) <i>Staff</i>					
<b>On The Ball</b> Studio 1 <a href="#">Sign Up</a>		8:00AM-8:50AM (Cardio ) <i>Jill R.</i>					
<b>Core &amp; More</b> Studio 1 <a href="#">Sign Up</a>		9:00AM-9:45AM (Strength Training) <i>Jennifer L.</i>				7:15AM-8:00AM (Strength Training) <i>Staff</i>	
<b>Yoga</b> Activity Center <a href="#">Sign Up</a>		5:30PM-6:30PM (Mind-Body, Yoga, & Pilates) <i>Shariyah J.</i>			9:00AM-10:00AM (Mind-Body, Yoga, & Pilates) <i>Aubrey S.</i>	8:30AM-9:30AM (Mind-Body, Yoga, & Pilates) <i>Terence S.</i>	9:00AM-10:00AM (Mind-Body, Yoga, & Pilates) <i>Rebecca P.</i>
<b>Cardio Dance</b> Gymnasium Side A <a href="#">Sign Up</a>			9:30AM-10:15AM (Senior Fitness) <i>Patti C.</i>				
<b>Pound</b> Studio 1 <a href="#">Sign Up</a>			5:00PM-5:45PM (Cardio ) <i>Laura T.</i>				
<b>Adult Volleyball</b> Gymnasium Side B			6:00PM-8:45PM (Sports) <i>Staff</i>				
<b>Open Gym</b> Gymnasium Side A					5:00AM-11:00AM (Open Gym) <i>Staff</i>  12:00PM-6:45PM (Open Gym) <i>Staff</i>		
<b>Mix Fit</b> Studio 1 <a href="#">Sign Up</a>					9:00AM-10:00AM (Strength Training) <i>Suzanne M.</i>		
<b>Open Gym Families</b> Gymnasium Side A					11:00AM-12:00PM (Open Gym) <i>Staff</i>		
<b>Kid Climbers (Grades 1-4)</b> Rock Wall						9:00AM-10:00AM (Rock Climbing) <i>Staff</i>  10:00AM-11:00AM (Rock Climbing) <i>Staff</i>	



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Zumba</b> Studio 1 <a href="#">Sign Up</a>						9:30AM-10:30AM (Dance Exercise) <i>Laura T.</i>	