



Hale YMCA Youth & Family Center | December 29th - January 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Pool 5 Lanes-Open Lap Swim Lap Pool	6:00AM-8:00AM (Lap Swim) Staff		6:00AM-8:00AM (Lap Swim) Staff		6:00AM-8:00AM (Lap Swim) Staff		
Group Cycle Studio B Sign Up	6:15AM-7:00AM (Group Cycle) Earl R.	9:00AM-9:30AM (Group Cycle) Christina V.			6:15AM-7:00AM (Group Cycle) Jennifer L.		
Lap Pool 8 Lanes-Open Lap Swim Lap Pool	8:00AM-8:45AM (Lap Swim) Staff 11:00AM-4:00PM (Lap Swim) Staff 5:00PM-5:30PM (Lap Swim) Staff 8:00PM-9:30PM (Lap Swim) Staff	6:00AM-8:45AM (Lap Swim) Staff 11:00AM-4:00PM (Lap Swim) Staff 5:00PM-6:00PM (Lap Swim) Staff 8:00PM-9:30PM (Lap Swim) Staff	8:00AM-8:45AM (Lap Swim) Staff 11:00AM-4:00PM (Lap Swim) Staff 5:00PM-5:30PM (Lap Swim) Staff 8:00PM-9:30PM (Lap Swim) Staff	6:00AM-8:45AM (Lap Swim) Staff 11:00AM-4:00PM (Lap Swim) Staff 5:00PM-6:00PM (Lap Swim) Staff 8:00PM-9:30PM (Lap Swim) Staff	8:00AM-8:45AM (Lap Swim) Staff 11:00AM-4:00PM (Lap Swim) Staff 5:00PM-6:00PM (Lap Swim) Staff	8:00AM-9:45AM (Lap Swim) Staff 1:30PM-4:30PM (Lap Swim) Staff	8:00AM-4:30PM (Lap Swim) Staff
Core & More Studio B Sign Up	8:15AM-8:45AM (Strength Training) Jennifer S.						
Lap Pool 4 Lanes-Open Lap Swim Lap Pool	8:45AM-11:00AM (Lap Swim) Staff	8:45AM-11:00AM (Lap Swim) Staff	8:45AM-11:00AM (Lap Swim) Staff	8:45AM-11:00AM (Lap Swim) Staff	8:45AM-11:00AM (Lap Swim) Staff	9:45AM-11:00AM (Lap Swim) Staff	
Pilates Studio A Sign Up	9:00AM-9:45AM (Mind-Body, Yoga, & Pilates) Jennifer S.	10:45AM-11:30AM (Mind-Body, Yoga, & Pilates) Salina D.					
TRX Studio B Sign Up	9:15AM-10:00AM (Strength Training) Brianna F.		6:15AM-7:00AM (Strength Training) Earl R.	9:30AM-10:15AM (Strength Training) Brianna F.			
Zumba Studio A Sign Up	10:00AM-10:45AM (Cardio) Jamie F. 5:30PM-6:15PM (Cardio) Jaimee T.					9:30AM-10:15AM (Dance Exercise) Jaimee T.	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Warm Water Pool	10:00AM-12:00PM (Open Swim) <i>Staff</i> 1:00PM-5:30PM (Open Swim) <i>Staff</i> 7:30PM-9:00PM (Open Swim) <i>Staff</i>	10:00AM-12:00PM (Open Swim) <i>Staff</i> 5:30PM-9:00PM (Open Swim) <i>Staff</i>	10:00AM-12:00PM (Open Swim) <i>Staff</i>	10:00AM-12:00PM (Open Swim) <i>Staff</i> 1:00PM-9:00PM (Open Swim) <i>Staff</i>	10:00AM-7:30PM (Open Swim) <i>Staff</i>	9:00AM-10:00AM (Open Swim) <i>Staff</i> 1:00PM-4:30PM (Open Swim) <i>Staff</i>	9:00AM-4:30PM (Open Swim) <i>Staff</i>
BodyPump Studio A Sign Up	11:00AM-12:00PM (Strength Training) <i>Lacey L.</i>		6:30PM-7:20PM (Strength Training) <i>Jaimee T.</i>	10:00AM-10:45AM (Strength Training) <i>Julie F.</i> 6:30PM-7:15PM (Strength Training) <i>Chelsea G.</i>	6:00PM-6:30PM (Strength Training) <i>Jessica F.</i>		
Senior Strength & Cardio Gymnasium - Full Sign Up	11:30AM-12:15PM (Senior Fitness) <i>Cindy N.</i>				11:30AM-12:15PM (Senior Fitness) <i>Cindy N.</i>		
Water Walking Warm Water Pool Deep End Sign Up	12:00PM-12:45PM (Water Exercise) <i>Salina D.</i>			12:00PM-12:45PM (Water Exercise) <i>Christine E.</i>			
Studio Reserved Enhance Fit Studio A	1:00PM-2:00PM (Small Group Training) <i>Salina D.</i>		1:00PM-2:00PM (Small Group Training) <i>Salina D.</i>		1:00PM-2:00PM (Senior Fitness) <i>Cindy N.</i>		
Open Gym Families Gymnasium - Front	4:30PM-5:30PM (General) <i>Staff</i>	4:30PM-7:30PM (General) <i>Staff</i>	4:30PM-6:45PM (General) <i>Staff</i>	4:30PM-7:15PM (General) <i>Staff</i>	4:30PM-6:00PM (General) <i>Staff</i>		
Lap Pool 3 Lanes-Open Lap Swim Lap Pool	5:30PM-6:00PM (Lap Swim) <i>Staff</i>	6:00PM-6:30PM (Lap Swim) <i>Staff</i> 7:15PM-8:00PM (Lap Swim) <i>Staff</i>		6:00PM-8:00PM (Lap Swim) <i>Staff</i>	6:00PM-7:30PM (Lap Swim) <i>Staff</i>		
Open Swim Warm Water Pool Shallow End	5:30PM-7:30PM (Open Swim) <i>Staff</i>		5:30PM-7:30PM (Open Swim) <i>Staff</i>			10:00AM-1:00PM (Open Swim) <i>Staff</i>	
Lap Pool 2 Lanes-Open Lap Swim Lap Pool	6:00PM-8:00PM (Lap Swim) <i>Staff</i>		6:00PM-8:00PM (Lap Swim) <i>Staff</i>				
HIIT Cycle Studio B Sign Up	7:00PM-7:45PM (Group Cycle) <i>Christina V.</i>				9:00AM-9:45AM (Cardio) <i>Christina V.</i>		
Core & More Studio A Sign Up	7:30PM-8:15PM (Strength Training) <i>Jessica F.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium - Full	8:00PM-9:30PM (General) <i>Staff</i>	7:30PM-9:30PM (General) <i>Staff</i>					
LIFT Studio A Sign Up		6:15AM-7:00AM (Strength Training) <i>Brianna F.</i>			7:00AM-7:45AM (Strength Training) <i>Autumn F.</i>		9:30AM-10:15AM (Strength Training) <i>Christina V.</i>
Pickleball Gymnasium - Full Sign Up		8:30AM-11:00AM (Pickleball) <i>Brianna F.</i>		8:30AM-11:00AM (Pickleball) <i>Brianna F.</i>		8:15AM-10:00AM (Pickleball) <i>Connor H.</i>	8:15AM-10:00AM (Pickleball) <i>Staff</i>
Les Mills Thrive Studio A Sign Up		9:00AM-9:45AM (Strength Training) <i>Cindy N.</i>		9:00AM-9:45AM (Strength Training) <i>Cindy N.</i>			
LIFT Circuit Studio B Sign Up		9:45AM-10:15AM (Strength Training) <i>Christina V.</i>					
Stretch Studio A Sign Up		10:00AM-10:45AM (Mind-Body, Yoga, & Pilates) <i>Lauri N.</i> 7:30PM-8:15PM (Mind-Body, Yoga, & Pilates) <i>Autumn F.</i>					
Aqua Fitness Lap Pool Sign Up		10:15AM-11:00AM (Water Exercise) <i>Christine E.</i> 6:30PM-7:15PM (Water Exercise) <i>Agnes U.</i>	9:15AM-10:00AM (Water Exercise) <i>Barbara L.</i> 10:15AM-11:00AM (Water Exercise) <i>Barbara L.</i>		9:15AM-10:00AM (Water Exercise) <i>Cindy N.</i> 10:15AM-11:00AM (Water Exercise) <i>Christine E.</i>		
Senior Strength & Balance Gymnasium - Full Sign Up		11:30AM-12:15PM (Senior Fitness) <i>Julie F.</i>	11:30AM-12:15PM (Senior Fitness) <i>Salina D.</i>				
Chair Yoga Studio A Sign Up		11:45AM-12:30PM (Mind-Body, Yoga, & Pilates) <i>Erin S.</i>		12:15PM-1:00PM (Mind-Body, Yoga, & Pilates) <i>Cherish G.</i>			
Gentle Joints Warm Water Pool Deep End Sign Up		12:00PM-12:45PM (Water Exercise) <i>Christine E.</i>	12:00PM-12:45PM (Water Exercise) <i>Barbara L.</i>				
Yoga - Restorative Studio A Sign Up		12:45PM-1:45PM (Mind-Body, Yoga, & Pilates) <i>Cherish G.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Lap Pool		1:00PM-5:30PM (Open Swim) <i>Staff</i>					
Lap Pool 1 Lane-Open Lap Swim Lap Pool		6:30PM-7:15PM (Lap Swim) <i>Staff</i>					
Les Mills CORE Studio A Sign Up		6:45PM-7:15PM (Strength Training) <i>Autumn F.</i>		7:00AM-7:30AM (Strength Training) <i>Earl R.</i>			
Les Mills Sprint Studio A Sign Up			7:00AM-7:30AM (Cardio) <i>Jennifer B.</i> 7:00AM-7:30AM (Group Cycle) <i>Autumn F.</i>				
Cardio Blast Studio A Sign Up			9:00AM-9:35AM (Cardio) <i>Lacey L.</i>				
BodyStep Studio A Sign Up			9:00AM-9:35AM (Cardio) <i>Lacey L.</i>	7:30PM-8:15PM (Cardio) <i>Jaimee T.</i>		8:15AM-9:15AM (Cardio) <i>Melissa L.</i>	
BOSU Studio A Sign Up			9:45AM-10:30AM (Strength Training) <i>Brianna F.</i>				
Kettlebell Training Studio B Sign Up			10:45AM-11:30AM (Strength Training) <i>Brianna F.</i>				
Tai Chi Studio A Sign Up			2:10PM-3:40PM (Mind-Body, Yoga, & Pilates) <i>Dan S.</i>		2:10PM-3:40PM (Mind-Body, Yoga, & Pilates) <i>Dan S.</i>		
Lap Pool 7 Lanes-Open Lap Swim Lap Pool			5:30PM-6:00PM (Lap Swim) <i>Staff</i>				
BodyCombat Studio A Sign Up			5:30PM-6:20PM (Cardio) <i>Jaimee T.</i>				
TAG (thighs, abdomen, glutes) Studio A Sign Up			7:30PM-8:15PM (Cardio) <i>Jessica F.</i>				
Bootcamp Studio A Sign Up				6:15AM-7:00AM (Cardio) <i>Brianna F.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyBalance Studio A Sign Up				11:00AM-12:00PM (Mind-Body, Yoga, & Pilates) <i>Lauri N.</i>			
Teen Basketball Gymnasium - Back				4:30PM-7:15PM (Basketball) <i>Staff</i>			
Adult Basketball Gymnasium - Full				7:30PM-9:30PM (Sports) <i>Staff</i>			
Cardio Dance Studio A Sign Up					8:45AM-9:30AM (Cardio) <i>Sarah G.</i>		
Les Mills Sprint Studio B Sign Up						9:30AM-10:00AM (Group Cycle) <i>Jennifer B.</i>	
Zumba Tone Studio A Sign Up						9:30AM-10:15AM (Dance Exercise) <i>Sarah G.</i>	
P90X Studio A Sign Up						10:30AM-11:15AM (Strength Training) <i>Sarah H.</i>	
Lap Pool 6 Lanes-Open Lap Swim Lap Pool						11:00AM-1:30PM (Lap Swim) <i>Staff</i>	
Youth Programs Gymnasium - Front						11:45AM-3:00PM (Open Gym) <i>Staff</i>	
Youth Basketball Gymnasium - Back							11:00AM-1:00PM (Open Gym) <i>Staff</i>



Wheeler Regional Family YMCA | December 29th - January 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium	6:00AM-10:00AM (Open Gym) Staff 2:30PM-8:45PM (Open Gym) Staff	6:00AM-9:15AM (Basketball) Staff 12:30PM-5:00PM (Open Gym) Staff	6:00AM-10:00AM (Basketball) Staff 2:30PM-5:30PM (Basketball) Staff	6:00AM-9:15AM (Open Gym) Staff 12:30PM-5:00PM (Open Gym) Staff	6:00AM-9:15AM (Basketball) Staff 2:30PM-5:30PM (Basketball) Staff		11:15AM-2:45PM (Basketball) Staff
Open Swim Multipurpose Pool Zero Entry	6:00AM-10:25AM (Open Swim) Staff	6:00AM-9:55AM (Open Swim) Staff 11:45AM-1:00PM (Open Swim) Staff	6:00AM-10:25AM (Open Swim) Staff	6:00AM-9:55AM (Open Swim) Staff 11:45AM-1:00PM (Open Swim) Staff	5:00PM-7:45PM (Open Swim) Staff		
Open Swim Spa	6:00AM-10:25AM (Open Swim) Staff	6:00AM-1:00PM (Open Swim) Staff	6:00AM-10:25AM (Open Swim) Staff	6:00AM-1:00PM (Open Swim) Staff	6:00AM-10:25AM (Open Swim) Staff 5:00PM-7:45PM (Open Swim) Staff	8:00AM-9:00AM (Open Swim) Staff 2:00PM-2:45PM (Open Swim) Staff	8:00AM-2:45PM (Open Swim) Staff
Lap Pool 4 Lanes-Open Lap Swim Lap Pool	6:00AM-5:30PM (Lap Swim) Staff	6:00AM-5:30PM (Lap Swim) Staff	6:00AM-5:30PM (Lap Swim) Staff	6:00AM-5:30PM (Lap Swim) Staff	6:00AM-5:30PM (Lap Swim) Staff	10:00AM-2:45PM (Lap Swim) Staff	8:00AM-2:45PM (Lap Swim) Staff
Group Cycle Studio A Sign Up	6:30AM-7:30AM (Group Cycle) Mira P.	7:00PM-8:00PM (Group Cycle) Heidi R.	6:30AM-7:30AM (Group Cycle) Scott P.	7:00PM-8:00PM (Group Cycle) Heidi R.	6:30AM-7:30AM (Group Cycle) Mira P.	9:15AM-10:15AM (Group Cycle) Heidi R.	9:30AM-10:30AM (Group Cycle) Heidi R.
Shallow Water Fitness Multipurpose Pool Primary Area Sign Up	7:00AM-7:45AM (Water Exercise) Leslie H.		7:00AM-7:45AM (Water Exercise) Leslie H.			8:15AM-9:00AM (Water Exercise) Leslie H.	
Mix Fit Wellness Sign Up	8:00AM-9:00AM (Strength Training) Charles B.		8:00AM-9:00AM (Strength Training) Charles B.				
Senior Strength & Cardio Gymnasium Sign Up	9:15AM-10:15AM (Senior Fitness) Carol D.				9:00AM-10:00AM (Senior Fitness) Charles B.		
Childcare Gymnasium	10:00AM-12:30PM (General) Staff	10:30AM-12:30PM (General) Staff	10:00AM-12:30PM (General) Staff	10:30AM-12:30PM (General) Staff	10:30AM-12:30PM (General) Staff		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Studio B/C Sign Up	10:30AM-11:30AM (Strength Training) Carol D.		10:30AM-11:30AM (Strength Training) Carol D.				
Open Swim Multipurpose Pool Primary Area	11:35AM-1:00PM (Open Swim) Staff	6:00AM-9:55AM (Open Swim) Staff 11:45AM-1:00PM (Open Swim) Staff	12:05PM-1:00PM (Open Swim) Staff	6:00AM-9:55AM (Open Swim) Staff 11:45AM-1:00PM (Open Swim) Staff	6:00AM-10:55AM (Open Swim) Staff		8:00AM-11:00AM (Open Swim) Staff
HIIT Studio B/C Sign Up	12:00PM-1:00PM (Cardio) Alexandra C.						
Pickleball Gymnasium	12:30PM-2:30PM (Pickleball) Staff		12:30PM-2:30PM (Pickleball) Staff		12:30PM-2:30PM (Pickleball) Staff		
Open Swim Families Multipurpose Pool Primary Area	5:00PM-6:30PM (Open Swim) Staff 7:10PM-9:45PM (Open Swim) Staff	8:05PM-9:45PM (Open Swim) Staff	5:00PM-9:45PM (Open Swim) Staff	8:05PM-9:45PM (Open Swim) Staff	5:00PM-7:45PM (Open Swim) Staff	2:00PM-2:45PM (Open Swim) Staff	11:00AM-2:45PM (Open Swim) Staff
Lap Pool - NO LANES AVAILABLE Lap Pool	5:30PM-9:45PM (Lap Swim) Staff	5:30PM-7:00PM (Lap Swim) Staff 8:00PM-9:45PM (Lap Swim) Staff	5:30PM-9:45PM (Lap Swim) Staff	5:30PM-7:00PM (Lap Swim) Staff 8:00PM-9:45PM (Lap Swim) Staff	5:30PM-8:45PM (Lap Swim) Staff		
Zumba Studio B/C Sign Up	6:00PM-7:00PM (Dance Exercise) Carla H.		7:00PM-8:00PM (Dance Exercise) Carla H.	6:30PM-7:30PM (Dance Exercise) Abigail K.		9:30AM-10:30AM (Dance Exercise) Abigail K.	
LIFT Studio B/C Sign Up	7:15PM-8:15PM (Strength Training) Scott P.	6:30AM-7:30AM (Strength Training) Scott P.		6:30AM-7:30AM (Strength Training) Scott P.		10:45AM-11:45AM (Strength Training) Alexandra C.	
Senior Strength & Balance Gymnasium Sign Up		9:30AM-10:00AM (Senior Fitness) B W.					
Aqua Fitness Multipurpose Pool Primary Area Sign Up		10:00AM-10:45AM (Water Exercise) April H.		10:00AM-10:45AM (Water Exercise) April H.			
Bootcamp Studio B/C Sign Up		10:30AM-11:30AM (Cardio) B W.		10:30AM-11:30AM (Cardio) B W.	10:30AM-11:30AM (Strength Training) Charles B.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Poolates Multipurpose Pool Primary Area Sign Up		10:55AM-11:40AM (Water Exercise) <i>April H.</i>		10:55AM-11:40AM (Water Exercise) <i>April H.</i>			
Open Swim Multi Purpose Pool		11:45AM-1:00PM (Open Swim) <i>Staff</i>		11:45AM-1:00PM (Open Swim) <i>Staff</i>	12:00PM-1:00PM (Open Swim) <i>Staff</i>	8:00AM-9:00AM (Open Swim) <i>Staff</i>	
Chair Strength & Sculpt 30 Studio B/C Sign Up		12:15PM-12:45PM (Senior Fitness) <i>Paul W.</i>		12:15PM-12:45PM (Senior Fitness) <i>Christy B.</i>			
Open Gym - 1/2 Court Gymnasium		5:00PM-9:45PM (Open Gym) <i>Staff</i>		5:00PM-8:45PM (Open Gym) <i>Staff</i>			
Open Gym Families Gymnasium		5:00PM-9:45PM (Open Gym) <i>Staff</i>		5:00PM-9:45PM (Open Gym) <i>Staff</i>			
Rumble Wellness Sign Up		7:00PM-8:00PM (Cardio) <i>Sarah K.</i>		7:00PM-8:00PM (Cardio) <i>Sarah K.</i>			
Yoga Studio B/C Sign Up		8:00PM-8:45PM (Mind-Body, Yoga, & Pilates) <i>Aparna T.</i>		9:00AM-10:00AM (General) <i>Alexandra C.</i>			
Senior Strength & Cardio Studio B/C Sign Up			9:15AM-10:15AM (Senior Fitness) <i>Carol D.</i>				
Silver Sneakers Classic Studio B/C Sign Up			12:00PM-12:45PM (Senior Fitness) <i>Carol D.</i>				
Badminton Gymnasium			5:45PM-8:45PM (Sports) <i>Staff</i>		5:45PM-7:45PM (Sports) <i>Staff</i>	8:00AM-9:30AM (Sports) <i>Staff</i>	8:00AM-11:00AM (Sports) <i>Staff</i>
Core & More Wellness Sign Up			7:00PM-8:00PM (Strength Training) <i>Sarah K.</i>				
Yoga - Restorative Studio B/C Sign Up				8:00PM-9:00PM (Mind-Body, Yoga, & Pilates) <i>Aparna T.</i>			
Silver Sneakers Circuit Wellness Sign Up					12:15PM-1:00PM (Senior Fitness) <i>Leslie H.</i>		
TRX Wellness Sign Up					12:15PM-1:00PM (Strength Training) <i>Alexandra C.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga Studio B/C Sign Up					1:15PM-2:00PM (Senior Fitness) <i>Alexandra C.</i>		
Lap Pool 1 Lane-Open Lap Swim Lap Pool						8:00AM-10:00AM (Lap Swim) <i>Staff</i>	
Youth Programs Gymnasium						9:45AM-2:45PM (General) <i>Staff</i>	
Barre Fit Studio B/C Sign Up						12:00PM-1:00PM (Mind-Body, Yoga, & Pilates) <i>Alexandra C.</i>	
Open Swim Families Multi Purpose Pool						2:00PM-2:45PM (Open Swim) <i>Staff</i>	
Open Swim Families Multipurpose Pool Zero Entry						2:00PM-2:45PM (Open Swim) <i>Staff</i>	



Indian Valley Family YMCA | December 29th - January 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Pool 8 Lanes-Open Lap Swim Lap Pool	6:00AM-9:50AM (Lap Swim) Staff	6:00AM-9:50AM (Lap Swim) Staff	6:00AM-9:50AM (Lap Swim) Staff	6:00AM-9:50AM (Lap Swim) Staff	9:00AM-9:50AM (Lap Swim) Staff	8:00AM-9:00AM (Lap Swim) Staff	
Power Hour Group Ex Studio Sign Up	6:15AM-7:15AM (Strength Training) Kate V.						
Warm Pool Deep 3 Lanes Walking Warm Water Pool	7:30AM-4:45PM (Lap Swim) Staff 4:45PM-8:00PM (Lap Swim) Staff	7:30AM-4:45PM (Lap Swim) Staff	7:30AM-9:45AM (Lap Swim) Staff	7:30AM-4:45PM (Lap Swim) Staff	7:30AM-9:45AM (Lap Swim) Staff 4:45PM-7:30PM (Lap Swim) Staff	9:00AM-9:45AM (Lap Swim) Staff	9:00AM-4:30PM (Lap Swim) Staff
Open Swim Hot Tub	7:30AM-8:00PM (Hot Tub) Staff	7:30AM-8:30PM (Hot Tub) Staff	7:30AM-8:30PM (Hot Tub) Staff	7:30AM-8:30PM (Hot Tub) Staff	7:30AM-7:30PM (Hot Tub) Staff	9:00AM-4:30PM (Open Swim) Staff	9:00AM-4:30PM (Open Swim) Staff
Warm Pool Shallow Open Swim Warm Water Pool	7:30AM-8:00PM (Open Swim) Staff	7:30AM-8:30PM (Open Swim) Staff	7:30AM-8:30PM (Open Swim) Staff	7:30AM-8:30PM (Open Swim) Staff	7:30AM-7:30PM (Open Swim) Staff	9:00AM-4:30PM (Open Swim) Staff	9:00AM-4:30PM (Open Swim) Staff
BodyStep Group Ex Studio Sign Up	9:30AM-10:30AM (Cardio) Maria G.						
Lap Pool 2 Lanes-Open Lap Swim Lap Pool	9:50AM-11:00AM (Lap Swim) Staff	9:50AM-10:45AM (Lap Swim) Staff	9:50AM-11:00AM (Lap Swim) Staff	9:50AM-11:00AM (Lap Swim) Staff	9:50AM-11:00AM (Lap Swim) Staff		
Aqua Zumba (shallow) Lap Pool Sign Up	10:00AM-10:45AM (Water Exercise) Marie R.	10:00AM-10:45AM (Water Exercise) Marie R.					
Aqua Zumba (Deep) Lap Pool Sign Up	10:00AM-10:45AM (Water Exercise) Marie R.	10:00AM-10:45AM (Water Exercise) Marie R.					
Silver Sneakers Classic Group Ex Studio Sign Up	11:00AM-11:45AM (Senior Fitness) Marilyn P. 1:15PM-2:00PM (Senior Fitness) Marilyn P.			10:00AM-10:45AM (Senior Fitness) Mavourneen C.			
Pickleball Outdoor Basketball Court Sign Up	11:00AM-1:00PM (Pickleball) Sean M.	11:00AM-1:00PM (Pickleball) Sean M.	11:00AM-1:00PM (Pickleball) Sean M.	11:00AM-1:00PM (Pickleball) Sean M.			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Strength & Cardio Group Ex Studio Sign Up	12:00PM-1:00PM (Senior Fitness) <i>Ginny H.</i>			12:00PM-1:00PM (Strength Training) <i>Ginny H.</i>			
Pilates Group Ex Studio Sign Up	5:30PM-6:20PM (Mind-Body, Yoga, & Pilates) <i>Emily W.</i>				9:45AM-10:30AM (Mind-Body, Yoga, & Pilates) <i>Samantha P.</i>		
Lap Pool - NO LANES AVAILABLE Lap Pool	6:00PM-8:30PM (Lap Swim) <i>Staff</i>	6:00PM-8:30PM (Lap Swim) <i>Staff</i>	6:00PM-8:30PM (Lap Swim) <i>Staff</i>	6:00PM-8:30PM (Lap Swim) <i>Staff</i>	5:30PM-7:30PM (Lap Swim) <i>Staff</i>		
Group Cycle Group Cycle Studio Sign Up	6:30PM-7:15PM (Group Cycle) <i>Emily W.</i>	7:00PM-7:45PM (Group Cycle) <i>Kendra S.</i>	6:15AM-7:00AM (Group Cycle) <i>Frederick O.</i>	7:00PM-7:45PM (Group Cycle) <i>Lisa G.</i>	6:15AM-7:00AM (Group Cycle) <i>Frederick O.</i>		9:30AM-10:15AM (Group Cycle) <i>Andrea E.</i>
Zumba Group Ex Studio Sign Up	6:45PM-7:45PM (Dance Exercise) <i>Tina C.</i>					10:00AM-11:00AM (Dance Exercise) <i>Laura M.</i>	
BodyPump Group Ex Studio Sign Up		6:15AM-7:15AM (Strength Training) <i>Heidi H.</i>					
Kickboxing Group Ex Studio Sign Up		9:45AM-10:30AM (Cardio) <i>Ginny H.</i>		9:00AM-9:45AM (Cardio) <i>Jesse F.</i>			
Lap Pool 3 Lanes-Open Lap Swim Lap Pool		10:45AM-11:45AM (Lap Swim) <i>Staff</i>					
Warm Pool Deep No Availability Warm Water Pool		4:45PM-8:30PM (Lap Swim) <i>Staff</i>		4:45PM-8:30PM (Lap Swim) <i>Staff</i>		9:45AM-1:30PM (Lap Swim) <i>Staff</i>	
Yoga for Athletes Group Ex Studio Sign Up			7:15AM-8:00AM (Mind-Body, Yoga, & Pilates) <i>Kelli P.</i>				
Water in Motion (shallow) Lap Pool Sign Up			10:00AM-11:00AM (Water Exercise) <i>Maria G.</i>	10:00AM-11:00AM (Water Exercise) <i>Maria G.</i>	10:00AM-11:00AM (Water Exercise) <i>Maria G.</i>		
Water in Motion (Deep) Lap Pool Sign Up			10:00AM-11:00AM (Water Exercise) <i>Maria G.</i>	10:00AM-11:00AM (Water Exercise) <i>Maria G.</i>	10:00AM-11:00AM (Water Exercise) <i>Maria G.</i>		
S.E.A.T. Group Ex Studio Sign Up			11:00AM-11:50AM (Cardio) <i>Maria G.</i>				
Silver Sneakers Boom Muscle Group Ex Studio Sign Up			12:00PM-12:45PM (Senior Fitness) <i>Marilyn P.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core & More Group Ex Studio Sign Up			1:00PM-2:00PM (Mind-Body, Yoga, & Pilates) <i>Ginny H.</i>				
Lap Pool 4 Lanes-Open Lap Swim Lap Pool			4:00PM-5:00PM (Lap Swim) <i>Staff</i>				
Warm Pool Deep 2 Lanes Walking Warm Water Pool			4:45PM-8:00PM (Lap Swim) <i>Staff</i>			2:00PM-4:30PM (Lap Swim) <i>Staff</i>	
Gentle Yoga Group Ex Studio Sign Up			5:15PM-6:15PM (Mind-Body, Yoga, & Pilates) <i>Sarita N.</i>				
Senior Strength & Balance Group Ex Studio Sign Up				11:00AM-11:45AM (Senior Fitness) <i>Mavourneen C.</i>			
Bootcamp Group Ex Studio Sign Up					8:45AM-9:30AM (Strength Training) <i>Jesse F.</i>		
Yoga for Better Balance Group Ex Studio Sign Up					11:00AM-12:00PM (Mind-Body, Yoga, & Pilates) <i>Sarita N.</i>		
BodyPump Group Cycle Studio Sign Up						8:15AM-9:15AM (Strength Training) <i>Heidi H.</i>	
Aqua Zumba Lap Pool Sign Up						9:00AM-9:45AM (Water Exercise) <i>Laura M.</i> 10:00AM-10:45AM (Water Exercise) <i>Marie R.</i>	
All Levels Yoga Group Ex Studio Sign Up						11:15AM-12:15PM (Mind-Body, Yoga, & Pilates) <i>Erin T.</i>	
Open Swim Families Lap Pool						1:30PM-4:30PM (Open Swim) <i>Staff</i>	
Lap Pool 6 Lanes-Open Lap Swim Lap Pool						1:30PM-4:30PM (Lap Swim) <i>Staff</i>	
Deep Water Cardio Lap Pool Sign Up							10:00AM-10:45AM (Water Exercise) <i>Marie R.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Born to Move - Age 4 - 6 Community Room Sign Up							10:30AM-11:30AM (Born to Move) <i>Leanne L.</i>



Farmington Valley YMCA | December 29th - January 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Pool 8 Lanes-Open Lap Swim Lap Pool	6:00AM-5:45PM (Lap Swim) <i>Staff</i>	6:00AM-5:45PM (Lap Swim) <i>Staff</i>				8:15AM-9:00AM (Lap Swim) <i>Staff</i> 2:00PM-5:45PM (Lap Swim) <i>Staff</i>	8:15AM-5:45PM (Lap Swim) <i>Staff</i>
Aqua Fitness Multi Purpose Pool Sign Up	9:15AM-10:00AM (Water Exercise) <i>Stephanie S.</i> 10:00AM-10:45AM (Water Exercise) <i>Jennifer L.</i>		9:15AM-10:00AM (Water Exercise) <i>Stephanie S.</i> 10:00AM-10:45AM (Water Exercise) <i>Jennifer L.</i>	11:15AM-12:00PM (Water Exercise) <i>Colleen J.</i>	10:00AM-10:45AM (Water Exercise) <i>Jennifer L.</i>		
BodyBalance Activity Center Sign Up	10:00AM-11:00AM (Mind-Body, Yoga, & Pilates) <i>Michele F.</i>						
LIFT Studio 1 Sign Up	10:00AM-11:00AM (Strength Training) <i>Suzanne M.</i>		10:30AM-11:30AM (Strength Training) <i>Suzanne M.</i>		6:00PM-7:00PM (Strength Training) <i>Terri Z.</i>		
Water Dance Express Multi Purpose Pool Sign Up	11:00AM-11:30AM (Water Exercise) <i>Kathryn H.</i>						
Mat Pilates Studio 1 Sign Up	11:15AM-12:00PM (Mind-Body, Yoga, & Pilates) <i>Jill R.</i>						
Open Swim Multi Purpose Pool	11:30AM-2:00PM (Open Swim) <i>Staff</i> 5:00PM-6:00PM (Open Swim) <i>Staff</i>	9:00AM-11:00AM (Open Swim) <i>Staff</i> 1:00PM-2:00PM (Open Swim) <i>Staff</i> 5:00PM-5:45PM (Open Swim) <i>Staff</i>	11:45AM-2:00PM (Open Swim) <i>Staff</i>	9:00AM-11:00AM (Open Swim) <i>Staff</i> 1:00PM-2:00PM (Open Swim) <i>Staff</i> 5:00PM-5:45PM (General) <i>Staff</i> 8:00PM-9:45PM (General) <i>Staff</i>	9:00AM-10:00AM (Open Swim) <i>Staff</i> 12:00PM-2:00PM (Open Swim) <i>Staff</i> 5:00PM-6:00PM (General) <i>Staff</i>	8:00AM-9:45AM (Open Swim) <i>Staff</i> 12:00PM-5:45PM (Open Swim) <i>Staff</i>	8:00AM-9:45AM (Open Swim) <i>Staff</i> 1:00PM-5:45PM (Open Swim) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium Side A	3:30PM-9:45PM (Open Gym) Staff	6:00PM-9:45PM (Open Gym) Staff	6:00AM-10:00AM (Open Gym) Staff	6:00AM-10:15AM (Open Gym) Staff 6:00PM-9:45PM (Open Gym) Staff	6:00AM-7:45PM (Open Gym) Staff	2:00PM-5:45PM (Open Gym) Staff	8:00AM-5:45PM (Open Gym) Staff
Open Swim Multipurpose Pool Deep End	5:00PM-8:00PM (Open Swim) Staff	5:00PM-8:45PM (Open Swim) Staff	5:00PM-8:00PM (Open Swim) Staff	5:00PM-8:00PM (General) Staff	5:00PM-7:45PM (General) Staff	10:00AM-5:45PM (General) Staff	10:00AM-5:45PM (General) Staff
Zumba Studio 1 Sign Up	5:30PM-6:15PM (Dance Exercise) Laura T.				11:15AM-12:00PM (Dance Exercise) Diana M.	10:30AM-11:30AM (Dance Exercise) Laura T.	
Lap Pool 2 Lanes-Open Lap Swim Lap Pool	5:45PM-9:15PM (Lap Swim) Staff	5:45PM-9:15PM (Lap Swim) Staff					
BodyPump Studio 1 Sign Up	7:30PM-8:30PM (Strength Training) Kerri B.			6:30AM-7:30AM (Strength Training) Willaminah R.			
Open Swim Multipurpose Pool Shallow End	8:00PM-8:45PM (Open Swim) Staff	8:00PM-9:45PM (Open Swim) Staff	8:00PM-9:45PM (General) Staff				
Open Gym Gymnasium Full		6:00AM-9:45AM (Open Gym) Staff					
Open Gym Gymnasium Side B		6:00AM-11:15AM (Open Gym) Staff 6:30PM-9:45PM (Open Gym) Staff	3:30PM-5:30PM (Open Gym) Staff 6:15PM-6:45PM (Open Gym) Staff	6:00AM-11:15AM (Open Gym) Staff	6:00AM-10:00AM (Open Gym) Staff 11:00AM-5:30PM (Open Gym) Staff	8:00AM-9:30AM (Open Gym) Staff 1:30PM-5:45PM (Open Gym) Staff	
Cardio Drumming/Ball Studio 1 Sign Up		9:00AM-9:45AM (Cardio) Jill R.					
Chair Yoga Activity Center Sign Up		9:15AM-10:15AM (Senior Fitness) Diane R.					
Core & More Studio 1 Sign Up		10:00AM-10:45AM (Strength Training) Jennifer L.		6:30PM-7:15PM (Strength Training) Michele F.		8:15AM-9:00AM (Strength Training) Jennifer L.	
Senior Strength & Balance Gymnasium Side A Sign Up		10:15AM-11:00AM (Senior Fitness) jill R.	10:00AM-10:30AM (Senior Fitness) Kim E.	10:15AM-11:00AM (Senior Fitness) Colleen J.			
HIIT Studio 1 Sign Up		11:15AM-12:00PM (HIIT) Haley M.		11:30AM-12:15PM (HIIT) Haley M.			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Families Gymnasium Side A		5:00PM-6:00PM (Open Gym) <i>Staff</i>		5:00PM-6:00PM (Open Gym) <i>Staff</i>			
Sports of All Sorts (age 3-6) Gymnasium Side B		5:45PM-6:30PM (General) <i>Staff</i>					
Pilates Activity Center Sign Up		6:30PM-7:15PM (Mind-Body, Yoga, & Pilates) <i>Jill R.</i>					
Cardio Dance Gymnasium Side A Sign Up			10:30AM-11:15AM (Senior Fitness) <i>Patti C.</i>				
Aqua Cardio Fusion Multipurpose Pool Shallow End Sign Up			11:00AM-11:45AM (Water Exercise) <i>Kim E.</i>				
Childcare Gymnasium Side B			5:30PM-6:15PM (Reservation) <i>Staff</i>		5:30PM-6:15PM (Reservation) <i>Staff</i>		
Pound Studio 1 Sign Up			6:00PM-6:45PM (Cardio) <i>Laura T.</i>				
Volleyball-Interm/Advanced Gymnasium Side A			7:00PM-9:45PM (Volleyball) <i>Staff</i>				
Volleyball-Interm/Advanced Gymnasium Side B			7:00PM-9:45PM (Volleyball) <i>Staff</i>				
Chair Yoga Tone Activity Center Sign Up				9:15AM-10:15AM (Mind-Body, Yoga, & Pilates) <i>Diane R.</i>			
BodyCombat Studio 1 Sign Up				9:30AM-10:00AM (Cardio) <i>Willaminah R.</i>			
Group Cycle & Core Studio 1 Sign Up				10:15AM-11:15AM (Group Cycle) <i>Jennifer L.</i>			
Aqua Cardio Fusion Multi Purpose Pool Sign Up				12:00PM-12:45PM (Water Exercise) <i>Colleen J.</i>			
Pickleball Gymnasium Side B				7:30PM-9:45PM (Pickleball) <i>Staff</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Activity Center Sign Up					10:00AM-11:00AM (Mind-Body, Yoga, & Pilates) <i>Aubrey S.</i>	9:30AM-10:30AM (Mind-Body, Yoga, & Pilates) <i>Terence S.</i>	10:00AM-11:00AM (Mind-Body, Yoga, & Pilates) <i>Rebecca P.</i>
Area Closed Gymnasium Side B					10:00AM-11:00AM (General) <i>Staff</i>		
Mix Fit Studio 1 Sign Up					10:00AM-11:00AM (Strength Training) <i>Suzanne M.</i>		
Open Climb Rock Wall					5:00PM-7:45PM (Rock Climbing) <i>Staff</i>	10:00AM-2:00PM (Rock Climbing) <i>Staff</i>	
Gymnastic Classes Gymnasium Side B						9:30AM-1:30PM (General) <i>Staff</i>	
Volleyball (grade 6-12) Gymnasium Side A						12:00PM-2:00PM (Volleyball) <i>Staff</i>	
Power Yoga Activity Center Sign Up							10:00AM-11:00AM (Mind-Body, Yoga, & Pilates) <i>Chloe S.</i>



Wilson-Gray YMCA Youth & Family Center | December 29th - January 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium	8:00AM-1:30PM (Sports) <i>Staff</i> 3:30PM-6:00PM (Sports) <i>Staff</i>	8:00AM-1:30PM (Sports) <i>Staff</i> 3:30PM-6:00PM (Sports) <i>Staff</i>	8:00AM-1:30PM (Sports) <i>Staff</i> 3:30PM-6:00PM (Sports) <i>Staff</i>	8:00AM-1:30PM (Sports) <i>Staff</i> 3:30PM-6:00PM (Sports) <i>Staff</i>	8:00AM-1:30PM (Sports) <i>Staff</i> 3:30PM-6:00PM (Sports) <i>Staff</i>	9:00AM-3:00PM (Sports) <i>Staff</i>	
Silver Sneakers Classic Studio 1 Sign Up	12:00PM-12:45PM (Senior Fitness) <i>Glenn C.</i>				12:00PM-12:45PM (Senior Fitness) <i>Glenn C.</i>		
Boxing Conditioning Studio 1 Sign Up		7:00PM-7:45PM (Cardio) <i>Milon C.</i>					
Xtreme Hip Hop Step Studio 1 Sign Up			7:00PM-8:00PM (Dance Exercise) <i>Andriena B.</i>			9:15AM-10:00AM (Dance Exercise) <i>Andriena B.</i>	
Youth Programs Gymnasium					6:00PM-8:00PM (Sports) <i>Staff</i>		
Zumba Studio 1 Sign Up						10:00AM-11:00AM (Dance Exercise) <i>Kisha S.</i>	



Downtown Hartford YMCA | December 29th - January 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga- DT Mind Body Studio Sign Up	5:30PM-6:15PM (Mind-Body, Yoga, & Pilates) <i>Randolph O.</i>						9:30AM-10:15AM (Mind-Body, Yoga, & Pilates) <i>Kari A.</i>
Zumba - DT Studio 1 Sign Up	6:45PM-7:45PM (Dance Exercise) <i>Adrianna T.</i>	6:00PM-6:45PM (Dance Exercise) <i>Adriana S.</i>	7:00PM-8:00PM (Dance Exercise) <i>Jessica B.</i>	6:00PM-6:45PM (Dance Exercise) <i>Adriana S.</i>	6:00PM-6:45PM (Dance Exercise) <i>Adriana S.</i>	11:00AM-12:00PM (Dance Exercise) <i>Adrianna T.</i>	
Group Cycle- DT Cycle Studio Sign Up		1:15PM-2:00PM (Group Cycle) <i>Natalie Z.</i>					
Lap Pool 4 Lanes-Open Lap Swim Lap Pool							8:00AM-1:30PM (Lap Swim) <i>Staff</i>