



Green Family YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Toning Multi Purpose Room	5:30AM-6:15AM (Weights) 8:30AM-9:15AM (Weights)	5:00PM-5:45PM (Weights)	5:30AM-6:15AM (Weights) 8:30AM-9:15AM (Weights)	5:30PM-6:15PM (Weights)	8:30AM-9:15AM (Weights)		
Open Gym Gymnasium	6:00AM-9:00AM (Open) 10:50AM-12:15PM (Open) 2:00PM-8:50PM (Open)	10:50AM-11:10AM (Open)					
Closed Rec Pool	6:00AM-6:00PM (Therapy Pool)	6:00AM-6:30PM (Recreational Pool)					
5 Lanes Open Main Pool	6:00AM-7:55AM (Main Pool) 12:00PM-12:45PM (Main Pool) 3:00PM-8:30PM (Main Pool)	6:00AM-7:55AM (Main Pool) 11:15AM-12:45PM (Main Pool)					
2 Lanes Open Main Pool	8:00AM-9:00AM (Main Pool) 9:00AM-11:00AM (Main Pool) 11:00AM-12:00PM (Main Pool)						
Silver Sneakers Yoga Gymnasium	9:00AM-9:45AM (Senior Classes) 10:00AM-10:45AM (Senior Classes)				9:00AM-9:45AM (Senior Classes)		
Step-Sculpt Multi Purpose Room	9:30AM-10:15AM (Aerobics)				9:30AM-10:15AM (Aerobics)		
Cycling Interactive Zone (Cycling)	9:30AM-10:15AM (Cycling)		9:30AM-10:15AM (Cycling)		9:30AM-10:15AM (Cycling)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretching Multi Purpose Room	10:30AM-11:15AM (Yoga and Stretching)	8:30AM-9:15AM (Yoga and Stretching)					
Gym Closed Gymnasium	12:15PM-2:00PM (Closed)	5:45AM-10:45AM (Closed) 11:15AM-2:30PM (Closed)					
Closed Main Pool	12:45PM-3:00PM (Main Pool)	12:45PM-3:00PM (Main Pool)					
Tabata Multi Purpose Room	5:00PM-5:45PM (Weights)						
Refit® Multi Purpose Room	6:00PM-6:45PM (Dance)						
Open Rec Pool	6:00PM-8:30PM (Recreational Pool)						
Yoga Multi Purpose Room	7:15PM-8:00PM (Yoga and Stretching)				5:30AM-6:15AM (Yoga and Stretching)		
Power Pump Multi Purpose Room		7:30AM-8:15AM (Weights)	5:00PM-5:45PM (Weights)	7:30AM-8:15AM (Weights)			
3 Lanes Open Main Pool		8:00AM-9:00AM (Main Pool) 9:00AM-10:00AM (Main Pool) 10:00AM-11:00AM (Main Pool)					
Silver Sneakers Classic Gymnasium		9:00AM-9:45AM (Senior Classes)		9:00AM-9:45AM (Senior Classes)			
Pilates Multi Purpose Room		9:30AM-10:15AM (Aerobics)	10:30AM-11:15AM (Aerobics)			9:00AM-9:45AM (Aerobics)	
Boot Camp Gymnasium		10:00AM-10:45AM (Weights)					
Tai Chi Multi Purpose Room		10:30AM-11:15AM (Aerobics)		10:30AM-11:15AM (Aerobics)			
Deep Stretch Multi Purpose Room		11:30AM-12:15PM (Yoga and Stretching)	11:30AM-12:15PM (Yoga and Stretching)				
Zumba® Multi Purpose Room		6:00PM-6:45PM (Dance)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Conditioning-Senior Gymnasium			9:00AM-9:45AM (Senior Classes)				
Beats Multi Purpose Room			9:30AM-10:15AM (Dance)				
Line Dancing Gymnasium			10:00AM-10:45AM (Dance)		10:00AM-10:45AM (Dance)		
Strength & More Multi Purpose Room				5:30AM-6:15AM (Weights)			
Core/Stretch Multi Purpose Room				8:30AM-9:15AM (Yoga and Stretching)			
Kickboxing-Cardio Multi Purpose Room				9:30AM-10:15AM (Aerobics)			
Barre Multi Purpose Room					10:30AM-11:15AM (Yoga and Stretching)		
Circuit Interval Multi Purpose Room						8:00AM-8:45AM (Weights)	