



## Green Family YMCA | April 20th - April 26th

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

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

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