



Wadsworth YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Pickleball Court 3 (Back Right)	5:30AM-7:00AM (Pickleball) 10:00AM-11:45AM (Pickleball) 1:00PM-2:45PM (Pickleball)	5:30AM-7:00AM (Pickleball) 10:00AM-11:45AM (Pickleball) 1:00PM-2:15PM (Pickleball) 7:30PM-8:45PM (Pickleball)	5:30AM-7:00AM (Pickleball) 10:00AM-11:45AM (Pickleball) 1:00PM-2:30PM (Pickleball) 7:45PM-8:45PM (Pickleball)	5:30AM-7:00AM (Pickleball) 10:00AM-11:45AM (Pickleball) 1:00PM-2:30PM (Pickleball) 7:30PM-8:45PM (Pickleball)	10:00AM-11:45AM (Pickleball)		
Open Pickleball Court 1 (YMCA Court)	5:30AM-2:15PM (Pickleball)	5:30AM-2:15PM (Pickleball)	5:30AM-10:45AM (Pickleball)	5:30AM-2:15PM (Pickleball) 6:30PM-8:45PM (Pickleball)	5:30AM-2:00PM (Pickleball)		
Open Gym Court 2 (Wood Court)	5:30AM-2:30PM (Open)	5:30AM-2:00PM (Open)	5:30AM-2:00PM (Open)	5:30AM-2:00PM (Open)	5:30AM-2:00PM (Open)		
Open Gym Court 4 (Back Left)	5:30AM-7:00AM (Open)		6:35PM-9:00PM (Open)	5:30AM-7:00AM (Open) 6:35PM-9:00PM (Open)	5:30AM-7:00AM (Open)		
Toning Group Exercise Room	5:35AM-6:20AM (Weights) 5:30PM-6:15PM (Weights)		5:35AM-6:20AM (Weights)			8:45AM-9:30AM (Weights)	
8 Lanes Open Main Pool	5:40AM-8:30AM (Main Pool) 10:30AM-5:45PM (Main Pool)	5:40AM-9:30AM (Main Pool) 10:30AM-3:00PM (Main Pool) 4:00PM-5:30PM (Main Pool)	5:40AM-8:30AM (Main Pool) 10:30AM-5:45PM (Main Pool)	5:40AM-9:30AM (Main Pool) 10:30AM-5:45PM (Main Pool)	5:40AM-8:30AM (Main Pool) 9:30AM-10:00AM (Main Pool) 1:00PM-7:00PM (Main Pool)	7:30AM-9:15AM (Main Pool) 12:00PM-3:30PM (Main Pool)	12:15PM-3:30PM (Main Pool)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling Cycling Room	6:00AM-6:45AM (Cycling) 8:00AM-8:45AM (Cycling) 6:00PM-6:45PM (Cycling)	9:00AM-9:45AM (Cycling) 5:30PM-6:15PM (Cycling)	5:35AM-6:20AM (Cycling) 8:00AM-8:45AM (Cycling) 6:30PM-7:15PM (Cycling)	9:00AM-9:45AM (Cycling) 5:30PM-6:15PM (Cycling)	5:35AM-6:20AM (Cycling) 5:30PM-6:15PM (Cycling)	9:00AM-9:45AM (Cycling)	
Gym Closed Court 4 (Back Left)	8:00AM-6:30PM (Closed)		8:00AM-6:30PM (Closed)		8:00AM-1:00PM (Closed)		
4 Lanes Open Main Pool	8:30AM-10:30AM (Main Pool)	9:30AM-10:30AM (Main Pool)	8:30AM-10:30AM (Main Pool)	9:30AM-10:30AM (Main Pool)	8:30AM-9:30AM (Main Pool)		
Tabata Group Exercise Room	8:45AM-9:30AM (Weights)	6:00AM-6:45AM (Weights)	5:30PM-6:15PM (Weights)				
Zumba® Group Exercise Room	9:45AM-10:30AM (Dance)			8:00AM-8:45AM (Dance)	9:45AM-10:30AM (Dance)		
Silver Sneakers Classic Group Exercise Room	10:45AM-11:30AM (Senior Classes)	10:00AM-10:45AM (Senior Classes)	10:45AM-11:30AM (Senior Classes)	10:00AM-10:45AM (Senior Classes)			
Senior Pilates Group Exercise Room	11:45AM-12:15PM (Senior Classes)		11:45AM-12:15PM (Senior Classes)				
Gym Closed Court 2 (Wood Court)	2:30PM-6:30PM (Closed)	2:30PM-6:30PM (Closed)	2:30PM-6:30PM (Closed)	2:30PM-6:30PM (Closed)			
Open Rec Pool	3:00PM-7:30PM (Recreational Pool)	10:00AM-2:00PM (Recreational Pool) 3:00PM-4:45PM (Recreational Pool) 6:45PM-7:30PM (Recreational Pool)	10:00AM-1:00PM (Recreational Pool) 3:00PM-7:30PM (Recreational Pool)	10:00AM-2:00PM (Recreational Pool) 3:00PM-4:30PM (Recreational Pool) 6:45PM-7:30PM (Recreational Pool)	10:00AM-1:00PM (Recreational Pool) 3:00PM-7:00PM (Recreational Pool)	11:45AM-3:30PM (Recreational Pool)	12:15PM-3:30PM (Recreational Pool)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym Closed Court 1 (YMCA Court)	5:30PM-6:30PM (Closed)	5:30PM-6:30PM (Closed)	11:00AM-11:55AM (Closed) 5:30PM-9:00PM (Closed)	5:30PM-6:15PM (Closed)			
5 Lanes Open Main Pool	5:45PM-8:15PM (Main Pool)	7:00PM-8:15PM (Main Pool)	5:45PM-8:15PM (Main Pool)	5:45PM-8:15PM (Main Pool)			
Cardio Drum Group Exercise Room	6:30PM-7:15PM (Aerobics)				10:45AM-11:30AM (Aerobics)		
Gym Closed Court 3 (Back Right)	6:30PM-7:30PM (Closed)	6:30PM-7:30PM (Closed)		5:30PM-6:15PM (Closed) 6:30PM-7:30PM (Closed)			
Seniorobics Group Exercise Room		9:00AM-9:45AM (Senior Classes)					
Yoga West Room		9:00AM-9:45AM (Yoga and Stretching) 10:00AM-10:45AM (Yoga and Stretching) 6:30PM-7:15PM (Yoga and Stretching)	10:00AM-10:45AM (Yoga and Stretching)	9:30AM-10:15AM (Yoga and Stretching) 10:30AM-11:15AM (Yoga and Stretching) 6:30PM-7:15PM (Yoga and Stretching)	9:30AM-10:15AM (Yoga and Stretching)		
Silver Sneakers Yoga Group Exercise Room		11:00AM-11:45AM (Senior Classes)		11:00AM-11:45AM (Senior Classes)			
Closed Rec Pool		2:00PM-3:00PM (Recreational Pool) 4:45PM-6:45PM (Recreational Pool)	1:00PM-3:00PM (Recreational Pool)	2:00PM-3:00PM (Recreational Pool) 4:30PM-6:45PM (Recreational Pool)	1:00PM-3:00PM (Recreational Pool)	9:00AM-11:30AM (Recreational Pool)	
3 Lanes Open Main Pool		3:00PM-4:00PM (Main Pool)			10:00AM-1:00PM (Main Pool)	9:15AM-12:00PM (Main Pool)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Group Exercise Room		5:30PM-6:15PM (Aerobics)					
Closed Main Pool		5:30PM-7:00PM (Main Pool)					
Dance and Dumbbells Group Exercise Room		6:30PM-7:15PM (Dance)		6:30PM-7:15PM (Dance)			
Yoga-Power West Room			9:00AM-9:45AM (Yoga and Stretching)				
SHiNE Group Exercise Room			9:45AM-10:30AM (Dance) 6:30PM-7:15PM (Dance)			9:45AM-10:30AM (Dance)	
Kettlebell West Room			5:30PM-6:15PM (Weights)				
Boot Camp Group Exercise Room				6:00AM-6:45AM (Weights)		10:45AM-11:30AM (Weights)	
Senior Toning Group Exercise Room				9:00AM-9:45AM (Senior Classes)			
Rev+Flow Group Exercise Room					8:45AM-9:30AM (Weights)		