



Thousand Oaks Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Adult Pickup Basketball (18+)</b> Basketball Court - Full Court	5:00AM-7:00AM (Basketball)	5:00AM-7:00AM (Basketball)	5:00AM-7:00AM (Basketball)	5:00AM-7:00AM (Basketball)	5:00AM-7:00AM (Basketball)		
<b>Challenge Court</b> Racquetball Court 3	5:00AM-11:00PM (Racquetball)	5:00AM-11:00PM (Racquetball)	5:00AM-11:00PM (Racquetball)	5:00AM-11:00PM (Racquetball)	5:00AM-11:00PM (Racquetball)	7:00AM-8:00PM (Racquetball)	12:00PM-8:00PM (Racquetball)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserve a Court</b> Racquetball Court 5 <a href="#">Sign Up</a>	5:00AM-6:00AM (Racquetball)	5:00AM-6:00AM (Racquetball)	5:00AM-6:00AM (Racquetball)	5:00AM-6:00AM (Racquetball)	5:00AM-6:00AM (Racquetball)	7:00AM-8:00AM (Racquetball)	1:00PM-2:00PM (Racquetball)
	7:00AM-8:00AM (Racquetball)	6:00AM-7:00AM (Racquetball)	6:00AM-7:00AM (Racquetball)	6:00AM-7:00AM (Racquetball)	6:00AM-7:00AM (Racquetball)	8:00AM-9:00AM (Racquetball)	2:00PM-3:00PM (Racquetball)
	8:00AM-9:00AM (Racquetball)	7:00AM-8:00AM (Racquetball)	7:00AM-8:00AM (Racquetball)	7:00AM-8:00AM (Racquetball)	7:00AM-8:00AM (Racquetball)	9:00AM-10:00AM (Racquetball)	3:00PM-4:00PM (Racquetball)
	11:00AM-12:00PM (Racquetball)	8:00AM-9:00AM (Racquetball)	8:00AM-9:00AM (Racquetball)	8:00AM-9:00AM (Racquetball)	8:00AM-9:00AM (Racquetball)	10:00AM-11:00AM (Racquetball)	4:00PM-5:00PM (Racquetball)
	12:00PM-1:00PM (Racquetball)	9:00AM-10:00AM (Racquetball)	11:00AM-12:00PM (Racquetball)	9:00AM-10:00AM (Racquetball)	9:00AM-10:00AM (Racquetball)	11:00AM-12:00PM (Racquetball)	5:00PM-6:00PM (Racquetball)
	1:00PM-2:00PM (Racquetball)	10:00AM-11:00AM (Racquetball)	12:00PM-1:00PM (Racquetball)	10:00AM-11:00AM (Racquetball)	10:00AM-11:00AM (Racquetball)	12:00PM-1:00PM (Racquetball)	6:00PM-7:00PM (Racquetball)
	2:00PM-3:00PM (Racquetball)	11:00AM-12:00PM (Racquetball)	1:00PM-2:00PM (Racquetball)	11:00AM-12:00PM (Racquetball)	11:00AM-12:00PM (Racquetball)	1:00PM-2:00PM (Racquetball)	7:00PM-8:00PM (Racquetball)
	3:00PM-4:00PM (Racquetball)	12:00PM-1:00PM (Racquetball)	2:00PM-3:00PM (Racquetball)	12:00PM-1:00PM (Racquetball)	12:00PM-1:00PM (Racquetball)	2:00PM-3:00PM (Racquetball)	
	4:00PM-5:00PM (Racquetball)	1:00PM-2:00PM (Racquetball)	3:00PM-4:00PM (Racquetball)	1:00PM-2:00PM (Racquetball)	1:00PM-2:00PM (Racquetball)	3:00PM-4:00PM (Racquetball)	
	5:00PM-6:00PM (Racquetball)	2:00PM-3:00PM (Racquetball)	4:00PM-5:00PM (Racquetball)	2:00PM-3:00PM (Racquetball)	2:00PM-3:00PM (Racquetball)	4:00PM-5:00PM (Racquetball)	
	6:00PM-7:00PM (Racquetball)	3:00PM-4:00PM (Racquetball)	5:00PM-6:00PM (Racquetball)	3:00PM-4:00PM (Racquetball)	3:00PM-4:00PM (Racquetball)	5:00PM-6:00PM (Racquetball)	
	7:00PM-8:00PM (Racquetball)	4:00PM-5:00PM (Racquetball)	6:00PM-7:00PM (Racquetball)	4:00PM-5:00PM (Racquetball)	5:00PM-6:00PM (Racquetball)	6:00PM-7:00PM (Racquetball)	
	8:00PM-9:00PM (Racquetball)	6:00PM-7:00PM (Racquetball)	7:00PM-8:00PM (Racquetball)	6:00PM-7:00PM (Racquetball)	6:00PM-7:00PM (Racquetball)		
	9:00PM-10:00PM (Racquetball)	8:00PM-9:00PM (Racquetball)	8:00PM-9:00PM (Racquetball)	7:00PM-8:00PM (Racquetball)	7:00PM-8:00PM (Racquetball)		
	10:00PM-11:00PM (Racquetball)	9:00PM-10:00PM (Racquetball)	9:00PM-10:00PM (Racquetball)	8:00PM-9:00PM (Racquetball)	8:00PM-9:00PM (Racquetball)		
		10:00PM-11:00PM (Racquetball)	10:00PM-11:00PM (Racquetball)	9:00PM-10:00PM (Racquetball)	9:00PM-10:00PM (Racquetball)		
				10:00PM-11:00PM (Racquetball)	10:00PM-11:00PM (Racquetball)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserve a Court</b> Racquetball Court 4 <a href="#">Sign Up</a>	5:00AM-6:00AM (Racquetball)	5:00AM-6:00AM (Racquetball)	5:00AM-6:00AM (Racquetball)	5:00AM-6:00AM (Racquetball)	5:00AM-6:00AM (Racquetball)	7:00AM-8:00AM (Racquetball)	1:00PM-2:00PM (Racquetball)
	6:00AM-7:00AM (Racquetball)	6:00AM-7:00AM (Racquetball)	6:00AM-7:00AM (Racquetball)	6:00AM-7:00AM (Racquetball)	6:00AM-7:00AM (Racquetball)	8:00AM-9:00AM (Racquetball)	2:00PM-3:00PM (Racquetball)
	7:00AM-8:00AM (Racquetball)	7:00AM-8:00AM (Racquetball)	7:00AM-8:00AM (Racquetball)	7:00AM-8:00AM (Racquetball)	9:00AM-10:00AM (Racquetball)	10:00AM-11:00AM (Racquetball)	3:00PM-4:00PM (Racquetball)
	8:00AM-9:00AM (Racquetball)	8:00AM-9:00AM (Racquetball)	8:00AM-9:00AM (Racquetball)	9:00AM-10:00AM (Racquetball)	10:00AM-11:00AM (Racquetball)	11:00AM-12:00PM (Racquetball)	4:00PM-5:00PM (Racquetball)
	9:00AM-10:00AM (Racquetball)	9:00AM-10:00AM (Racquetball)	9:00AM-10:00AM (Racquetball)	10:00AM-11:00AM (Racquetball)	11:00AM-12:00PM (Racquetball)	12:00PM-1:00PM (Racquetball)	5:00PM-6:00PM (Racquetball)
	11:00AM-12:00PM (Racquetball)	10:00AM-11:00AM (Racquetball)	10:00AM-11:00AM (Racquetball)	11:00AM-12:00PM (Racquetball)	12:00PM-1:00PM (Racquetball)	1:00PM-2:00PM (Racquetball)	6:00PM-7:00PM (Racquetball)
	12:00PM-1:00PM (Racquetball)	11:00AM-12:00PM (Racquetball)	11:00AM-12:00PM (Racquetball)	12:00PM-1:00PM (Racquetball)	1:00PM-2:00PM (Racquetball)	2:00PM-3:00PM (Racquetball)	7:00PM-8:00PM (Racquetball)
	1:00PM-2:00PM (Racquetball)	12:00PM-1:00PM (Racquetball)	12:00PM-1:00PM (Racquetball)	1:00PM-2:00PM (Racquetball)	2:00PM-3:00PM (Racquetball)	3:00PM-4:00PM (Racquetball)	
	2:00PM-3:00PM (Racquetball)	1:00PM-2:00PM (Racquetball)	1:00PM-2:00PM (Racquetball)	2:00PM-3:00PM (Racquetball)	3:00PM-4:00PM (Racquetball)	4:00PM-5:00PM (Racquetball)	
	3:00PM-4:00PM (Racquetball)	2:00PM-3:00PM (Racquetball)	2:00PM-3:00PM (Racquetball)	3:00PM-4:00PM (Racquetball)	4:00PM-5:00PM (Racquetball)	5:00PM-6:00PM (Racquetball)	
	4:00PM-5:00PM (Racquetball)	3:00PM-4:00PM (Racquetball)	3:00PM-4:00PM (Racquetball)	4:00PM-5:00PM (Racquetball)	5:00PM-6:00PM (Racquetball)	6:00PM-7:00PM (Racquetball)	
	5:00PM-6:00PM (Racquetball)	4:00PM-5:00PM (Racquetball)	4:00PM-5:00PM (Racquetball)	6:00PM-7:00PM (Racquetball)	6:00PM-7:00PM (Racquetball)		
	6:00PM-7:00PM (Racquetball)	6:00PM-7:00PM (Racquetball)	5:00PM-6:00PM (Racquetball)	7:00PM-8:00PM (Racquetball)	7:00PM-8:00PM (Racquetball)		
	7:00PM-8:00PM (Racquetball)	7:00PM-8:00PM (Racquetball)	6:00PM-7:00PM (Racquetball)	8:00PM-9:00PM (Racquetball)	8:00PM-9:00PM (Racquetball)		
	8:00PM-9:00PM (Racquetball)	8:00PM-9:00PM (Racquetball)	7:00PM-8:00PM (Racquetball)	9:00PM-10:00PM (Racquetball)	9:00PM-10:00PM (Racquetball)		
	9:00PM-10:00PM (Racquetball)	9:00PM-10:00PM (Racquetball)	8:00PM-9:00PM (Racquetball)	10:00PM-11:00PM (Racquetball)	10:00PM-11:00PM (Racquetball)		
	10:00PM-11:00PM (Racquetball)	10:00PM-11:00PM (Racquetball)	9:00PM-10:00PM (Racquetball)  10:00PM-11:00PM (Racquetball)				
<b>Cycle</b> Main Group Ex Studio <a href="#">Sign Up</a>	5:05AM-5:55AM (Cycle) <i>Loyda C.</i>	6:10PM-7:00PM (Cycle) <i>Lisa G.</i>	5:05AM-5:55AM (Cycle) <i>Loyda C.</i>	6:10PM-7:00PM (Cycle) <i>Lisa G.</i>	5:05AM-5:55AM (Cycle) <i>Loyda C.</i>	9:05AM-9:55AM (Cycle) <i>Loyda C.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYPUMP™</b> Main Group Ex Studio <a href="#">Sign Up</a>	6:10AM-7:10AM (Strength & Endurance ) <i>Loyda C.</i>  11:10AM-12:10PM (Strength & Endurance ) <i>Samantha T.</i>		6:10AM-7:10AM (Strength & Endurance ) <i>Loyda C.</i>  11:10AM-12:10PM (Strength & Endurance ) <i>Samantha T.</i>		6:10AM-7:10AM (Strength & Endurance ) <i>Loyda C.</i>  11:10AM-12:10PM (Strength & Endurance ) <i>Samantha T.</i>	10:05AM-11:00AM (Strength & Endurance ) <i>Loyda C.</i>	1:30PM-2:30PM (Strength & Endurance ) <i>Samantha T.</i>
<b>Closed for Programming</b> Basketball Court: Side A	7:00AM-6:00PM (Basketball)	7:00AM-6:00PM (Basketball)					
<b>Open Swim</b> Outdoor Pool	7:00AM-8:00PM (Aquatics)	7:00AM-8:00PM (Aquatics)	7:00AM-8:00PM (Aquatics)	7:00AM-8:00PM (Aquatics)	7:00AM-8:00PM (Aquatics)	9:00AM-6:00PM (Aquatics)	1:00PM-5:00PM (Aquatics)
<b>Reserved for Senior League</b> Tennis Court 5	7:00AM-11:00AM (Tennis)		7:00AM-11:00AM (Tennis)				
<b>Reserved for Senior League</b> Tennis Court 1-3	7:00AM-11:30AM (Tennis)		7:00AM-11:30AM (Tennis)		7:00AM-11:30AM (Tennis)		
<b>Reserved for Programming</b> Tennis Court 4	8:00AM-5:00PM (Tennis)  5:00PM-6:00PM (Tennis)	8:00AM-5:00PM (Tennis)  5:00PM-6:00PM (Tennis)	7:00AM-5:00PM (Tennis)  5:00PM-6:00PM (Tennis)	8:00AM-5:00PM (Tennis)  5:00PM-6:00PM (Tennis)	8:00AM-5:00PM (Tennis)		
<b>Aqua Fit</b> Outdoor Pool <a href="#">Sign Up</a>	8:00AM-8:45AM (Aqua Group Exercise) <i>Loyda C.</i>		8:00AM-8:45AM (Aqua Group Exercise) <i>Loyda C.</i>				
<b>Reps FX</b> Main Group Ex Studio <a href="#">Sign Up</a>	8:10AM-9:00AM (Strength & Endurance ) <i>Beth B.</i>	5:10PM-6:00PM (Strength & Endurance ) <i>Beth B.</i>	8:10AM-9:00AM (Strength & Endurance ) <i>Cheryl O.</i>	5:10PM-6:00PM (Strength & Endurance ) <i>Beth B.</i>	8:10AM-9:00AM (Strength & Endurance ) <i>Beth B.</i>		
<b>Reserved for Programming</b> Tennis Court 6	8:30AM-11:30AM (Tennis)	8:30AM-11:30AM (Tennis)	8:30AM-11:30AM (Tennis)	8:30AM-11:30AM (Tennis)			
<b>Pickleball Open Play</b> Pickleball Courts 1-6	8:30AM-12:30PM (Pickleball)		8:30AM-12:30PM (Pickleball)				
<b>Closed for Youth &amp; Family Programming</b> Basketball Court: Side B	8:45AM-11:00AM (Basketball)  1:30PM-3:00PM (Basketball)	8:45AM-11:00AM (Basketball)  1:30PM-3:00PM (Basketball)	8:45AM-11:00AM (Basketball)  1:30PM-3:00PM (Basketball)	8:45AM-11:00AM (Basketball)  1:30PM-3:00PM (Basketball)	8:45AM-11:00AM (Basketball)  1:30PM-3:00PM (Basketball)		
<b>TRX®</b> Queenax <a href="#">Sign Up</a>	9:10AM-10:00AM (Strength & Endurance ) <i>Trish B.</i>				9:10AM-10:00PM (Strength & Endurance ) <i>Trish B.</i>		
<b>Yoga Restore</b> Mind Body Studio <a href="#">Sign Up</a>	9:10AM-10:00AM (Mind Body) <i>Reisa D.</i>		9:10AM-10:00AM (Mind Body) <i>Reisa D.</i>		9:10AM-10:00AM (Mind Body) <i>Elena H.</i>		
<b>Barre</b> Main Group Ex Studio <a href="#">Sign Up</a>	9:10AM-10:00AM (Mind Body) <i>Beth B.</i>		9:10AM-10:00AM (Mind Body) <i>Beth B.</i>		9:10AM-10:00AM (Mind Body) <i>Beth B.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserved for Programming</b> Racquetball Court 5	9:30AM-10:30AM (Racquetball)		9:30AM-9:30AM (Racquetball)				
<b>ZUMBA ®</b> Main Group Ex Studio <a href="#">Sign Up</a>	10:10AM-11:00AM (Cardio & Dance) <i>Graciela P.</i>	8:30AM-9:20AM (Cardio & Dance) <i>Graciela P.</i>	10:10AM-11:00AM (Cardio & Dance) <i>Graciela P.</i>	8:30AM-9:20AM (Cardio & Dance) <i>Cindy A.</i>	10:10AM-11:00AM (Cardio & Dance) <i>Andrea H.</i>		
<b>Yoga Strength</b> Mind Body Studio <a href="#">Sign Up</a>	10:10AM-11:00AM (Mind Body) <i>Beth B.</i>	6:10PM-7:00PM (Mind Body) <i>Beth B.</i>	10:10AM-11:00AM (Mind Body) <i>Beth B.</i>	6:10PM-7:00PM (Mind Body) <i>Beth B.</i>	10:10AM-11:00AM (Mind Body) <i>Nicole J.</i>		
<b>Closed for Group Exercise</b> Basketball Court - Full Court	11:00AM-12:00PM (Basketball)		11:00AM-12:00PM (Basketball)		11:00AM-12:00PM (Basketball)		
<b>ForeverWell Sculpt</b> Basketball Court - Full Court <a href="#">Sign Up</a>	11:00AM-11:50AM (Foreverwell) <i>Loyda C.</i>		11:00AM-11:50AM (Foreverwell) <i>Loyda C.</i>		11:00AM-11:50AM (Foreverwell) <i>Lisa G.</i>		
<b>Reserve a Court</b> Tennis Court 6 <a href="#">Sign Up</a>	11:30AM-12:00PM (Tennis)	2:00PM-3:00PM (Tennis)	11:30AM-12:00PM (Tennis)	12:00PM-1:00PM (Tennis)	11:30AM-12:00PM (Tennis)	8:00AM-9:00AM (Tennis)	4:00PM-5:00PM (Tennis)
	12:00PM-1:00PM (Tennis)	3:00PM-4:00PM (Tennis)	12:00PM-1:00PM (Tennis)	1:00PM-2:00PM (Tennis)	12:00PM-1:00PM (Tennis)	9:00AM-10:00AM (Tennis)	5:00PM-6:00PM (Tennis)
	1:00PM-2:00PM (Tennis)	4:00PM-5:00PM (Tennis)	1:00PM-2:00PM (Tennis)	2:00PM-3:00PM (Tennis)	1:00PM-2:00PM (Tennis)	10:00AM-11:00AM (Tennis)	6:00PM-7:30PM (Tennis)
	2:00PM-3:00PM (Tennis)	8:00PM-9:00PM (Tennis)	2:00PM-3:00PM (Tennis)	3:00PM-4:00PM (Tennis)	2:00PM-3:00PM (Tennis)	11:00AM-12:00PM (Tennis)	
	3:00PM-4:00PM (Tennis)	9:00PM-10:30PM (Tennis)	3:00PM-4:00PM (Tennis)	4:00PM-5:00PM (Tennis)	3:00PM-4:00PM (Tennis)	5:00PM-6:00PM (Tennis)	
	4:00PM-5:00PM (Tennis)		4:00PM-5:00PM (Tennis)	8:00PM-9:00PM (Tennis)	4:00PM-5:00PM (Tennis)	6:00PM-7:00PM (Tennis)	
	6:00PM-7:00PM (Tennis)		5:00PM-6:00PM (Tennis)	9:00PM-10:30PM (Tennis)	5:00PM-6:00PM (Tennis)		
	7:00PM-8:00PM (Tennis)		7:00PM-8:00PM (Tennis)		6:00PM-7:00PM (Tennis)		
	8:00PM-9:00PM (Tennis)		8:00PM-9:00PM (Tennis)		7:00PM-8:00PM (Tennis)		
	9:00PM-10:30PM (Tennis)		9:00PM-10:30PM (Tennis)		8:00PM-9:00PM (Tennis)		
					9:00PM-10:30PM (Tennis)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserve a Court</b> Tennis Court 2 <a href="#">Sign Up</a>	12:00PM-1:00PM (Tennis)	8:00AM-9:00AM (Tennis)	3:00PM-4:00PM (Tennis)	8:00AM-9:00AM (Tennis)	11:30AM-12:00PM (Tennis)	5:00PM-6:00PM (Tennis)	6:00PM-7:30PM (Tennis)
	1:00PM-2:00PM (Tennis)	2:00PM-3:00PM (Tennis)	4:00PM-5:00PM (Tennis)	12:00PM-1:00PM (Tennis)	12:00PM-1:00PM (Tennis)	6:00PM-7:00PM (Tennis)	
	2:00PM-3:00PM (Tennis)	3:00PM-4:00PM (Tennis)	5:00PM-6:00PM (Tennis)	1:00PM-2:00PM (Tennis)	1:00PM-2:00PM (Tennis)		
	3:00PM-4:00PM (Tennis)	4:00PM-5:00PM (Tennis)	6:00PM-7:00PM (Tennis)	2:00PM-3:00PM (Tennis)	2:00PM-3:00PM (Tennis)		
	4:00PM-5:00PM (Tennis)	5:00PM-6:00PM (Tennis)	7:00PM-8:00PM (Tennis)	3:00PM-4:00PM (Tennis)	3:00PM-4:00PM (Tennis)		
	5:00PM-6:00PM (Tennis)	6:00PM-7:00PM (Tennis)	8:00PM-9:00PM (Tennis)	4:00PM-5:00PM (Tennis)	4:00PM-5:00PM (Tennis)		
	6:00PM-7:00PM (Tennis)	9:00PM-10:30PM (Tennis)	9:00PM-10:30PM (Tennis)	5:00PM-6:00PM (Tennis)	5:00PM-6:00PM (Tennis)		
	7:00PM-8:00PM (Tennis)			6:00PM-7:00PM (Tennis)	6:00PM-7:00PM (Tennis)		
	8:00PM-9:00PM (Tennis)			7:00PM-8:00PM (Tennis)	7:00PM-8:00PM (Tennis)		
	9:00PM-10:30PM (Tennis)			8:00PM-9:00PM (Tennis)	8:00PM-9:00PM (Tennis)		
				9:00PM-10:30PM (Tennis)	9:00PM-10:30PM (Tennis)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserve a Court</b> Tennis Court 1 <a href="#">Sign Up</a>	12:00PM-1:00PM (Tennis)	8:00AM-9:00AM (Tennis)	3:00PM-4:00PM (Tennis)	8:00AM-9:00AM (Tennis)	11:30AM-12:00PM (Tennis)	5:00PM-6:00PM (Tennis)	6:00PM-7:00PM (Tennis)
	1:00PM-2:00PM (Tennis)	2:00PM-3:00PM (Tennis)	7:00PM-8:00PM (Tennis)	12:00PM-1:00PM (Tennis)	12:00PM-1:00PM (Tennis)	6:00PM-7:00PM (Tennis)	7:00PM-7:30PM (Tennis)
	2:00PM-3:00PM (Tennis)	3:00PM-4:00PM (Tennis)	8:00PM-9:00PM (Tennis)	1:00PM-2:00PM (Tennis)	1:00PM-2:00PM (Tennis)		
	3:00PM-4:00PM (Tennis)	4:00PM-5:00PM (Tennis)	9:00PM-10:30PM (Tennis)	2:00PM-3:00PM (Tennis)	2:00PM-3:00PM (Tennis)		
	4:00PM-5:00PM (Tennis)	5:00PM-6:00PM (Tennis)		3:00PM-4:00PM (Tennis)	3:00PM-4:00PM (Tennis)		
	5:00PM-6:00PM (Tennis)	6:00PM-7:00PM (Tennis)		4:00PM-5:00PM (Tennis)	4:00PM-5:00PM (Tennis)		
	6:00PM-7:00PM (Tennis)	9:00PM-10:30PM (Tennis)		5:00PM-6:00PM (Tennis)	5:00PM-6:00PM (Tennis)		
	7:00PM-8:00PM (Tennis)			6:00PM-7:00PM (Tennis)	6:00PM-7:00PM (Tennis)		
	8:00PM-9:00PM (Tennis)			7:00PM-8:00PM (Tennis)	7:00PM-8:00PM (Tennis)		
	9:00PM-10:30PM (Tennis)			8:00PM-9:00PM (Tennis)	8:00PM-9:00PM (Tennis)		
				9:00PM-10:30PM (Tennis)	9:00PM-10:30PM (Tennis)		
<b>Reserve a Court</b> Pickleball Court 1 <a href="#">Sign Up</a>	12:30PM-1:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)	
	1:00PM-2:00PM (Pickleball)	1:00PM-2:00PM (Pickleball)	1:00PM-2:00PM (Pickleball)	1:00PM-2:00PM (Pickleball)	1:00PM-2:00PM (Pickleball)	1:00PM-2:00PM (Pickleball)	
	2:00PM-3:00PM (Pickleball)	2:00PM-3:00PM (Pickleball)	2:00PM-3:00PM (Pickleball)	2:00PM-3:00PM (Pickleball)	2:00PM-3:00PM (Pickleball)	2:00PM-3:00PM (Pickleball)	
	3:00PM-4:00PM (Pickleball)	3:00PM-4:00PM (Pickleball)	3:00PM-4:00PM (Pickleball)	3:00PM-4:00PM (Pickleball)	3:00PM-4:00PM (Pickleball)	3:00PM-4:00PM (Pickleball)	
	4:00PM-5:30PM (Pickleball)	4:00PM-5:00PM (Pickleball)	4:00PM-5:30PM (Pickleball)	4:00PM-5:00PM (Pickleball)		4:00PM-5:00PM (Pickleball)	
		5:00PM-6:00PM (Pickleball)		9:00PM-10:00PM (Pickleball)		5:00PM-6:00PM (Pickleball)	
		6:00PM-7:00PM (Pickleball)				6:00PM-7:00PM (Pickleball)	
		7:00PM-8:00PM (Pickleball)					
		9:00PM-10:00PM (Pickleball)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserve a Court</b> Pickleball Court 2 <a href="#">Sign Up</a>	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:30PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)  7:00PM-8:00PM (Pickleball)  9:00PM-10:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:30PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  9:00PM-10:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)	
<b>Reserve a Court</b> Pickleball Court 4 <a href="#">Sign Up</a>	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:30PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)  7:00PM-8:00PM (Pickleball)  9:00PM-10:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:30PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  9:00PM-10:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)	



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserve a Court</b> Pickleball Court 3 <a href="#">Sign Up</a>	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:30PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)  7:00PM-8:00PM (Pickleball)  9:00PM-10:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:30PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  9:00PM-10:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)	
<b>Reserve a Court</b> Pickleball Court 6 <a href="#">Sign Up</a>	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:30PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)  7:00PM-8:00PM (Pickleball)  9:00PM-10:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:30PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  9:00PM-10:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserve a Court</b> Pickleball Court 5 <a href="#">Sign Up</a>	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:30PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)  7:00PM-8:00PM (Pickleball)  9:00PM-10:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:30PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  9:00PM-10:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)	
<b>Reserve a Court</b> Tennis Court 3 <a href="#">Sign Up</a>	1:00PM-2:00PM (Tennis)  2:00PM-3:00PM (Tennis)  3:00PM-4:00PM (Tennis)  4:00PM-5:00PM (Tennis)  5:00PM-6:00PM (Tennis)  6:00PM-7:00PM (Tennis)  7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	1:00PM-2:00PM (Tennis)  2:00PM-3:00PM (Tennis)  3:00PM-4:00PM (Tennis)  4:00PM-5:00PM (Tennis)  5:00PM-6:00PM (Tennis)  6:00PM-7:00PM (Tennis)  7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	11:30AM-12:00PM (Tennis)  3:00PM-4:00PM (Tennis)  4:00PM-5:00PM (Tennis)  5:00PM-6:00PM (Tennis)  6:00PM-7:00PM (Tennis)  7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	12:00PM-1:00PM (Tennis)  1:00PM-2:00PM (Tennis)  2:00PM-3:00PM (Tennis)  3:00PM-4:00PM (Tennis)  4:00PM-5:00PM (Tennis)  5:00PM-6:00PM (Tennis)  6:00PM-7:00PM (Tennis)  7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	11:30AM-12:00PM (Tennis)  12:00PM-1:00PM (Tennis)  5:00PM-6:00PM (Tennis)  7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	5:00PM-6:00PM (Tennis)  6:00PM-7:00PM (Tennis)	5:00PM-6:00PM (Tennis)  6:00PM-7:30PM (Tennis)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserved for Programming</b> Mind Body Studio	1:00PM-1:50PM (Wellness Events) <i>Virtual I.</i>	1:00PM-1:50PM (Wellness Events) <i>Virtual I.</i>	11:30AM-12:20PM (Wellness Events) <i>Virtual I.</i>	11:30AM-12:20PM (Wellness Events) <i>Virtual I.</i>	11:30AM-12:20PM (Wellness Events) <i>Virtual I.</i>		
<b>CANCELED: Mat Pilates</b> Main Group Ex Studio <a href="#">Sign Up</a>	4:00PM-4:50PM (Mind Body) <i>Virtual I.</i>						
<b>\$ Youth Performance Evaluation</b> Basketball Court: Side A <a href="#">Sign Up</a>	4:30PM-5:30PM (Athletic Performance)						
<b>Reserved for Programming</b> Tennis Court 5&6	5:00PM-7:00PM (Tennis)	5:00PM-6:00PM (Tennis)	5:00PM-7:00PM (Tennis)				
<b>Reserve a Court</b> Pickleball Court 9 <a href="#">Sign Up</a>	5:00PM-8:00PM (Pickleball)	6:00PM-7:00PM (Pickleball)  7:00PM-8:00PM (Pickleball)  8:00PM-9:00PM (Pickleball)  9:00PM-10:00PM (Pickleball)	6:00PM-7:00PM (Pickleball)  7:00PM-8:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)  7:00PM-8:00PM (Pickleball)  8:00PM-9:00PM (Pickleball)  9:00PM-10:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:30PM (Pickleball)  6:00PM-7:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)	1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)
<b>LES MILLS BODYCOMBAT™</b> Main Group Ex Studio <a href="#">Sign Up</a>	5:00PM-6:00PM (Cardio & Dance) <i>Matthew C.</i>		5:00PM-6:00PM (Cardio & Dance) <i>Veronica A.</i>			8:00AM-9:00AM (Cardio & Dance) <i>Matthew C.</i>	
<b>\$ Youth Athletic Performance: Speed &amp; Agility</b> Basketball Court: Side A	5:30PM-6:30PM (Athletic Performance)		5:30PM-6:30PM (Athletic Performance)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Family Gym - Half Court</b> Basketball Court: Side A <a href="#">Sign Up</a>	5:30PM-6:30PM (Basketball)	5:30PM-6:30PM (Basketball)  5:30PM-6:30PM (Basketball)	5:30PM-6:30PM (Basketball)	5:30PM-6:30PM (Basketball)	5:30PM-6:30PM (Basketball)	5:30PM-6:30PM (Basketball)	5:30PM-6:30PM (Basketball)
<b>Pickleball Open Play</b> Pickleball Courts 1-8	6:00PM-9:30PM (Pickleball)				5:30PM-9:30PM (Pickleball)		1:00PM-6:00PM (Pickleball)
<b>Pickleball Open Play - Level 3.5 &amp; Up</b> Pickleball Court 1-3	6:00PM-9:00PM (Pickleball)		6:00PM-9:00PM (Pickleball)				
<b>Pickleball Open Play - Level 3.5 &amp; Up</b> Pickleball Courts 4-6	6:00PM-9:00PM (Pickleball)						
<b>Reserved for Programming</b> Pickleball Court 7&8	6:00PM-9:00PM (Pickleball)		6:00PM-9:00PM (Pickleball)				
<b>Reserve a Court</b> Tennis Court 5 <a href="#">Sign Up</a>	6:00PM-7:00PM (Tennis)  7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	8:00PM-9:00PM (Tennis)	7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	5:00PM-6:00PM (Tennis)  6:00PM-7:00PM (Tennis)  7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	8:00AM-9:00AM (Tennis)  9:00AM-10:00AM (Tennis)  10:00AM-11:00AM (Tennis)  11:00AM-12:00PM (Tennis)  5:00PM-6:00PM (Tennis)  6:00PM-7:00PM (Tennis)	4:00PM-5:00PM (Tennis)  5:00PM-6:00PM (Tennis)  6:00PM-7:30PM (Tennis)
<b>LES MILLS BODYPUMP EXPRESS™</b> Main Group Ex Studio <a href="#">Sign Up</a>	6:10PM-7:00PM (Strength & Endurance ) <i>Stephanie H.</i>		6:10PM-7:00PM (Strength & Endurance ) <i>Denise R.</i>				
<b>Shoot-around</b> Basketball Court: Side A	6:30PM-10:30PM (Basketball)	6:30PM-10:30PM (Basketball)	6:00PM-10:45PM (Basketball)	6:30PM-10:30PM (Basketball)			4:00PM-8:00PM (Basketball)
<b>Basketball Open Play 1/2 Court</b> Basketball Court: Side B	6:30PM-10:30PM (Basketball)	7:30PM-10:30PM (Basketball)		6:30PM-10:30PM (Basketball)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserve a Court</b> Tennis Court 4 <a href="#">Sign Up</a>	7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	6:00PM-7:00PM (Tennis)  7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	6:00PM-7:00PM (Tennis)  7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	5:00PM-6:00PM (Tennis)  6:00PM-7:00PM (Tennis)  7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	8:00AM-9:00AM (Tennis)  9:00AM-10:00AM (Tennis)  10:00AM-11:00AM (Tennis)  11:00AM-12:00PM (Tennis)  12:00PM-1:00PM (Tennis)  1:00PM-2:00PM (Tennis)  2:00PM-3:00PM (Tennis)  3:00PM-4:00PM (Tennis)  4:00PM-5:00PM (Tennis)  5:00PM-6:00PM (Tennis)  6:00PM-7:00PM (Tennis)	1:00PM-2:00PM (Tennis)  2:00PM-3:00PM (Tennis)  3:00PM-4:00PM (Tennis)  4:00PM-5:00PM (Tennis)  5:00PM-6:00PM (Tennis)  6:00PM-7:30PM (Tennis)
<b>DANCE FX</b> Main Group Ex Studio <a href="#">Sign Up</a>	7:10PM-8:00PM (Cardio & Dance) <i>Stephanie H.</i>					11:10AM-12:10PM (Cardio & Dance) <i>Stephanie H.</i>	
<b>Closed</b> All Tennis Courts	10:30PM-11:00PM (Tennis)						7:30PM-8:00PM (Tennis)
<b>Mat Pilates</b> Main Group Ex Studio <a href="#">Sign Up</a>		5:10AM-6:00AM (Mind Body) <i>Virtual I.</i>	4:00PM-4:50PM (Mind Body) <i>Virtual I.</i>	5:10AM-6:00AM (Mind Body) <i>Virtual I.</i>			
<b>Yoga Flow</b> Main Group Ex Studio <a href="#">Sign Up</a>		6:10AM-7:00AM (Mind Body) <i>Virtual I.</i>  4:00PM-4:50PM (Mind Body) <i>Virtual I.</i>		6:10AM-7:00AM (Mind Body) <i>staff</i>  4:00PM-4:50PM (Mind Body) <i>Virtual</i>			
<b>Reserved for Programming</b> Tennis Court 5		7:00AM-5:00PM (Tennis)		7:00AM-5:00PM (Tennis)  5:00PM-6:00PM (Tennis)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserved for Programming</b> Outdoor Pool		7:00AM-7:50AM (Wellness Events) <i>Instructor N.</i>				8:00AM-9:00AM (Wellness Events) <i>Instructor N.</i>	
<b>Closed for Group Exercise</b> Basketball Court: Side B		8:00AM-8:45AM (Basketball)		8:00AM-8:45AM (Basketball)			
<b>Total Body Strength</b> Basketball Court: Side B <a href="#">Sign Up</a>		8:10AM-8:55AM (Strength & Endurance ) <i>Christopher R.</i>		8:10AM-8:55AM (Strength & Endurance ) <i>Trish B.</i>			
<b>Reserved for Programming</b> Tennis Court 3		8:30AM-11:30AM (Tennis)		9:30AM-10:30AM (Tennis)			
<b>Yoga Flow</b> Mind Body Studio <a href="#">Sign Up</a>		8:30AM-9:20AM (Mind Body) <i>Reisa D.</i>		8:30AM-9:20AM (Mind Body) <i>Reisa D.</i>			2:30PM-3:30PM (Mind Body) <i>Lyn L.</i>
<b>Reserved for Programming</b> Tennis Court 1		9:00AM-10:00AM (Tennis)  10:00AM-11:00AM (Tennis)		9:00AM-10:00AM (Tennis)  10:00AM-11:00AM (Tennis)			
<b>Reserved for Programming</b> Tennis Court 2		9:00AM-10:00AM (Tennis)  10:00AM-11:00AM (Tennis)		9:00AM-10:00AM (Tennis)  10:00AM-11:00AM (Tennis)			
<b>Pickleball Leagues</b> Pickleball Courts 1-6		9:00AM-11:00AM (Pickleball)		8:00AM-11:00AM (Pickleball)			
<b>Reserved for Programming</b> Pickleball Court 9		9:00AM-11:00AM (Pickleball)					
<b>Reserved for Programming</b> Pickleball 10		9:00AM-11:00AM (Pickleball)					
<b>LES MILLS BODYBALANCE™</b> Main Group Ex Studio <a href="#">Sign Up</a>		9:30AM-10:20AM (Mind Body) <i>Nicole J.</i>		9:30AM-10:20AM (Mind Body) <i>Robin S.</i>			
<b>Stretch FX</b> Mind Body Studio <a href="#">Sign Up</a>		10:30AM-11:20AM (Mind Body) <i>Cheryl O.</i>		10:30AM-11:20AM (Mind Body) <i>Cheryl O.</i>		11:05AM-11:55AM (Mind Body) <i>Cheryl O.</i>	
<b>ForeverWell Balance</b> Main Group Ex Studio <a href="#">Sign Up</a>		10:30AM-11:20AM (Foreverwell) <i>Trish B.</i>		10:30AM-11:20AM (Foreverwell) <i>Loyda C.</i>			
<b>ForeverWell Circuit</b> Main Group Ex Studio <a href="#">Sign Up</a>		11:30AM-12:10PM (Foreverwell) <i>Krista D.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AQUA ZUMBA®</b> Outdoor Pool <a href="#">Sign Up</a>		4:00PM-5:00PM (Aqua Group Exercise) <i>Anabel (.</i>			4:00PM-5:00PM (Aqua Group Exercise) <i>Anabel (.</i>		
<b>Kids Fit</b> Basketball Court: Side A <a href="#">Sign Up</a>		4:30PM-5:30PM (Kids Club On The Move) <i>Brian S.</i>		4:30PM-5:30PM (Kids Club On The Move) <i>Laura A.</i>			
<b>\$ Juniors Clinics</b> Racquetball Court 4		5:00PM-6:00PM (Racquetball)		5:00PM-6:00PM (Racquetball)			
<b>\$ Juniors Clinics</b> Racquetball Court 5		5:00PM-6:00PM (Racquetball)		5:00PM-6:00PM (Racquetball)			
<b>Reserve a Court</b> Pickleball 7 <a href="#">Sign Up</a>		5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)  7:00PM-8:00PM (Pickleball)  9:00PM-10:00PM (Pickleball)		12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)  7:00PM-8:00PM (Pickleball)  8:00PM-9:00PM (Pickleball)  9:00PM-10:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:30PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserve a Court</b> Pickleball Court 8 <a href="#">Sign Up</a>		5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)  7:00PM-8:00PM (Pickleball)  9:00PM-10:00PM (Pickleball)		12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)  7:00PM-8:00PM (Pickleball)  8:00PM-9:00PM (Pickleball)  9:00PM-10:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:30PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)	
<b>\$ Youth Athletic Performance: Basketball Skills:</b> Basketball Court: Side B		5:30PM-6:30PM (Athletic Performance) <i>Brian S.</i>					



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserve a Court</b> Pickleball 10 <a href="#">Sign Up</a>		6:00PM-7:00PM (Pickleball)  7:00PM-8:00PM (Pickleball)  8:00PM-9:00PM (Pickleball)  9:00PM-10:00PM (Pickleball)	6:00PM-7:00PM (Pickleball)  7:00PM-8:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)  7:00PM-8:00PM (Pickleball)  7:00PM-8:00PM (Pickleball)  8:00PM-9:00PM (Pickleball)  9:00PM-10:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:30PM (Pickleball)  6:00PM-7:00PM (Pickleball)  7:00PM-8:00PM (Pickleball)  8:00PM-9:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)	1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)
<b>Step FX</b> Main Group Ex Studio <a href="#">Sign Up</a>		7:10PM-8:00PM (Cardio & Dance) <i>Beth B.</i>		7:10PM-8:00PM (Cardio & Dance) <i>Beth B.</i>			
<b>Basketball Court Closed</b> Basketball Court: Side A			7:00AM-6:00PM (Basketball)	7:00AM-6:00PM (Basketball)	7:00AM-6:00PM (Basketball)		
<b>Reserve a Court</b> Tennis Court 7 <a href="#">Sign Up</a>			12:00PM-1:00PM (Tennis)  9:00PM-10:30PM (Tennis)		4:00PM-5:00PM (Tennis)  6:00PM-7:00PM (Tennis)  7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	1:00PM-2:00PM (Tennis)	5:00PM-6:00PM (Tennis)
<b>Pickleball Open Play - Level 3.5 &amp; Under</b> Pickleball Courts 4-6			6:00PM-9:00PM (Pickleball)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserve a Court</b> Tennis Court 8 <a href="#">Sign Up</a>			7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)		8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)		
<b>CANCELED: ZUMBA ®</b> Main Group Ex Studio <a href="#">Sign Up</a>			7:10PM-8:00PM (Cardio & Dance) <i>Lauren M.</i>				
<b>Pickleball Open Play</b> Pickleball Court 7&8				8:00AM-12:00PM (Pickleball)			
<b>Reserved for Programming</b> Pickleball Courts 9&10				9:00AM-11:00AM (Pickleball)			
<b>Tai Chi</b> Mind Body Studio <a href="#">Sign Up</a>				9:30AM-10:15AM (Mind Body) <i>Lyn L.</i>		10:05AM-10:55AM (Mind Body) <i>Laura A.</i>	
<b>SilverSneakers® Circuit</b> Main Group Ex Studio <a href="#">Sign Up</a>				11:30AM-12:20PM (Foreverwell) <i>Loyda C.</i>			
<b>Reserved for Programming</b> Main Group Ex Studio				1:00PM-2:00PM (Wellness Events) <i>Virtual I.</i>	12:30PM-1:30PM (Wellness Events) <i>Virtual I.</i>		
<b>Closed for Programming</b> Basketball Court: Side B				3:00PM-4:00PM (Basketball)			
<b>Closed for Youth &amp; Family Programming</b> Basketball Court: Side A				4:30PM-5:30PM (Basketball)			
<b>\$ Youth Athletic Performance: Speed &amp; Agility</b> Basketball Court: Side B				5:30PM-6:30PM (Athletic Performance) <i>Miguel N.</i>			
<b>Aqua Tai Chi</b> Outdoor Pool <a href="#">Sign Up</a>				7:00PM-7:45PM (Aqua Group Exercise) <i>Lyn L.</i>	7:00PM-7:45PM (Aqua Group Exercise) <i>Lyn L.</i>		
<b>Reserved for Senior League</b> Tennis Court 5&6					7:00AM-11:00AM (Tennis)		
<b>Pickleball Open Play</b> Pickleball Courts 1-10					8:30AM-12:30PM (Pickleball)	8:30AM-12:30PM (Pickleball)	
<b>\$ Youth Athletic Performance: Volleyball Skills</b> Basketball Court - Full Court					6:00PM-8:00PM (Athletic Performance)		1:00PM-4:00PM (Athletic Performance)

[illegible]



## Schertz Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim (2 lanes)</b> Lap Pool	5:00AM-6:00AM (Aquatics)  6:00AM-7:00AM (Aquatics)  7:00AM-8:00AM (Aquatics)  8:00AM-9:00AM (Aquatics)  3:00PM-4:00PM (Aquatics)  4:00PM-5:00PM (Aquatics)	5:00AM-6:00AM (Aquatics)  6:00AM-7:00AM (Aquatics)  7:00AM-8:00AM (Aquatics)  8:00AM-9:00AM (Aquatics)  3:00PM-4:00PM (Aquatics)  4:00PM-5:00PM (Aquatics)	5:00AM-6:00AM (Aquatics)  6:00AM-7:00AM (Aquatics)  7:00AM-8:00AM (Aquatics)  8:00AM-9:00AM (Aquatics)  3:00PM-4:00PM (Aquatics)  4:00PM-5:00PM (Aquatics)  5:00PM-6:00PM (Aquatics)  6:00PM-7:00PM (Aquatics)	5:00AM-6:00AM (Aquatics)  6:00AM-7:00AM (Aquatics)  7:00AM-8:00AM (Aquatics)  8:00AM-9:00AM (Aquatics)  3:00PM-4:00PM (Aquatics)  4:00PM-5:00PM (Aquatics)	5:00AM-6:00AM (Aquatics)  6:00AM-7:00AM (Aquatics)  7:00AM-8:00AM (Aquatics)  8:00AM-9:00AM (Aquatics)  3:00PM-4:00PM (Aquatics)  4:00PM-5:00PM (Aquatics)  7:00PM-8:00PM (Aquatics)	7:00AM-8:00AM (Aquatics)	
<b>LES MILLS BODYPUMP™</b> Main Studio <a href="#">Sign Up</a>	5:05AM-6:00AM (Strength & Endurance ) <i>Jeanette G.</i>  9:25AM-10:30AM (Strength & Endurance ) <i>Jeanette G.</i>  5:30PM-6:25PM (Strength & Endurance ) <i>Lindsey G.</i>	6:15AM-7:10AM (Strength & Endurance ) <i>Rachel H.</i>  5:50PM-6:45PM (Strength & Endurance ) <i>Stephanie H.</i>	5:05AM-6:00AM (Strength & Endurance ) <i>Shannon C.</i>  9:25AM-10:30AM (Strength & Endurance ) <i>Lindsey G.</i>  5:30PM-6:25PM (Strength & Endurance ) <i>Lindsey G.</i>	6:15AM-7:10AM (Strength & Endurance ) <i>Rachel H.</i>  5:50PM-6:45PM (Strength & Endurance ) <i>Stephanie H.</i>	9:30AM-10:25AM (Strength & Endurance ) <i>Lindsey G.</i>  5:30PM-6:25PM (Strength & Endurance ) <i>Virginia M.</i>	9:00AM-9:55AM (Strength & Endurance ) <i>Shannon C.</i>	
<b>Closed for Group Exercise</b> Basketball Court	5:15AM-6:00AM (Basketball)  9:35AM-10:30AM (Basketball)		5:15AM-6:00AM (Basketball)  9:35AM-10:30AM (Basketball)		9:35AM-10:30AM (Basketball)		
<b>Y-Fit</b> Basketball Court <a href="#">Sign Up</a>	5:15AM-5:50AM (Strength & Endurance ) <i>Lindsey G.</i>		5:15AM-5:50AM (Strength & Endurance ) <i>Melissa R.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Shoot-around</b> Basketball Court	6:00AM-9:00AM (Basketball)  2:00PM-5:30PM (Basketball)	5:00AM-7:00AM (Basketball)  2:00PM-5:00PM (Basketball)  9:00PM-10:30PM (Basketball)	6:00AM-9:00AM (Basketball)  2:00PM-6:00PM (Basketball)  10:00PM-10:30PM (Basketball)	5:00AM-7:00AM (Basketball)  2:00PM-5:00PM (Basketball)  8:30PM-10:30PM (Basketball)	5:00AM-9:00AM (Basketball)  2:00PM-4:00PM (Basketball)	7:00AM-4:00PM (Basketball)	6:00PM-7:30PM (Basketball)
<b>DANCE FX</b> Main Studio <a href="#">Sign Up</a>	7:00AM-7:55AM (Cardio & Dance) <i>Virtual</i>		7:00AM-7:55AM (Cardio & Dance) <i>Virtual</i>				
<b>Family Swim</b> Leisure Pool	8:00AM-9:00AM (Aquatics)  10:00AM-11:00AM (Aquatics)  11:00AM-12:00PM (Aquatics)  12:00PM-1:00PM (Aquatics)  1:00PM-2:00PM (Aquatics)  2:00PM-3:00PM (Aquatics)  3:00PM-4:00PM (Aquatics)  4:00PM-5:00PM (Aquatics)  5:00PM-6:00PM (Aquatics)  7:00PM-8:00PM (Aquatics)	8:00AM-9:00AM (Aquatics)  10:00AM-11:00AM (Aquatics)  11:00AM-12:00PM (Aquatics)  12:00PM-1:00PM (Aquatics)  1:00PM-2:00PM (Aquatics)  2:00PM-3:00PM (Aquatics)  3:00PM-4:00PM (Aquatics)  4:00PM-5:00PM (Aquatics)  5:00PM-6:00PM (Aquatics)  7:00PM-8:00PM (Aquatics)	8:00AM-9:00AM (Aquatics)  10:00AM-11:00AM (Aquatics)  11:00AM-12:00PM (Aquatics)  12:00PM-1:00PM (Aquatics)  1:00PM-2:00PM (Aquatics)  2:00PM-3:00PM (Aquatics)  3:00PM-4:00PM (Aquatics)  4:00PM-5:00PM (Aquatics)  5:00PM-6:00PM (Aquatics)  7:00PM-8:00PM (Aquatics)	8:00AM-9:00AM (Aquatics)  10:00AM-11:00AM (Aquatics)  11:00AM-12:00PM (Aquatics)  12:00PM-1:00PM (Aquatics)  1:00PM-2:00PM (Aquatics)  2:00PM-3:00PM (Aquatics)  3:00PM-4:00PM (Aquatics)  4:00PM-5:00PM (Aquatics)  5:00PM-6:00PM (Aquatics)  7:00PM-8:00PM (Aquatics)	8:00AM-9:00AM (Aquatics)  10:00AM-11:00AM (Aquatics)  11:00AM-12:00PM (Aquatics)  12:00PM-1:00PM (Aquatics)  1:00PM-2:00PM (Aquatics)  2:00PM-3:00PM (Aquatics)  3:00PM-4:00PM (Aquatics)  4:00PM-5:00PM (Aquatics)  5:00PM-6:00PM (Aquatics)  7:00PM-8:00PM (Aquatics)		
<b>ForeverWell Total Body</b> Studio 2 <a href="#">Sign Up</a>	8:00AM-8:55AM (Foreverwell) <i>Sandy V.</i>			11:15AM-12:10PM (Foreverwell) <i>Jane H.</i>	8:00AM-8:55AM (Foreverwell) <i>Jane H.</i>		
<b>Mat Pilates</b> Main Studio <a href="#">Sign Up</a>	8:15AM-9:10AM (Mind Body) <i>Virtual</i>		8:15AM-9:10AM (Mind Body) <i>Gwen D.</i>  6:35PM-7:30PM (Mind Body) <i>Gwen D.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>	8:30AM-9:25AM (Cycle) <i>Goodie G.</i>  6:30PM-7:25PM (Cycle) <i>Jo P.</i>	5:15AM-6:10AM (Cycle) <i>Mary F.</i>  8:30AM-9:25AM (Cycle) <i>Rachel H.</i>  6:00PM-6:55PM (Cycle) <i>Jo P.</i>	6:00PM-6:55PM (Cycle) <i>Goodie G.</i>	5:15AM-6:10AM (Cycle) <i>Mary F.</i>  8:30AM-9:25AM (Cycle) <i>Rachel H.</i>  6:00PM-6:55PM (Cycle) <i>Liberty C.</i>		8:30AM-10:00AM (Cycle) <i>Jo P.</i>	
<b>Closed for Aqua Class</b> Leisure Pool	9:00AM-10:00AM (Aquatics)	9:00AM-10:00AM (Aquatics)	9:00AM-10:00AM (Aquatics)	9:00AM-10:00AM (Aquatics)	9:00AM-10:00AM (Aquatics)		
<b>Lap Swim (4 lanes)</b> Lap Pool	9:00AM-10:00AM (Aquatics)  8:00PM-9:00PM (Aquatics)	9:00AM-10:00AM (Aquatics)	9:00AM-10:00AM (Aquatics)  10:00AM-11:00AM (Aquatics)  11:00AM-12:00PM (Aquatics)  8:00PM-9:00PM (Aquatics)	9:00AM-10:00AM (Aquatics)	9:00AM-10:00AM (Aquatics)	11:00AM-12:00PM (Aquatics)  1:00PM-2:00PM (Aquatics)	
<b>ForeverWell Barre</b> Studio 2 <a href="#">Sign Up</a>	9:10AM-10:05AM (Foreverwell) <i>Jane H.</i>				10:15AM-11:10AM (Foreverwell) <i>Jane H.</i>		
<b>Aqua Fit</b> Leisure Pool <a href="#">Sign Up</a>	9:15AM-10:00AM (Aqua Group Exercise) <i>Debbye G.</i>  1:15PM-2:00PM (Aqua Group Exercise) <i>Jennifer F.</i>			9:15AM-10:00AM (Aqua Group Exercise) <i>Jane H.</i>	9:15AM-10:00AM (Aqua Group Exercise) <i>Sandy V.</i>		
<b>Aqua Fit</b> Lap Pool <a href="#">Sign Up</a>	9:15AM-10:00AM (Aqua Group Exercise) <i>Debbye G.</i>  1:15PM-2:00PM (Aqua Group Exercise) <i>Jennifer F.</i>		1:15PM-2:00PM (Aqua Group Exercise) <i>Nikki F.</i>	9:15AM-10:00AM (Aqua Group Exercise) <i>Jane H.</i>  6:30PM-7:15PM (Aqua Group Exercise) <i>Nikki F.</i>	9:15AM-10:00AM (Aqua Group Exercise) <i>Sandy V.</i>		
<b>TRX® HIIT</b> Wellness Floor <a href="#">Sign Up</a>	9:30AM-10:25AM (Strength & Endurance ) <i>Lindsey G.</i>			8:30AM-9:25AM (Strength & Endurance ) <i>Lindsey G.</i>			
<b>ZUMBA ®</b> Basketball Court <a href="#">Sign Up</a>	9:35AM-10:30AM (Cardio & Dance) <i>Leslie C.</i>		9:35AM-10:30AM (Cardio & Dance) <i>Sothy N.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim (8 lanes)</b> Lap Pool	10:00AM-11:00AM (Aquatics)  11:00AM-12:00PM (Aquatics)  12:00PM-1:00PM (Aquatics)  2:00PM-3:00PM (Aquatics)	10:00AM-11:00AM (Aquatics)  11:00AM-12:00PM (Aquatics)  12:00PM-1:00PM (Aquatics)  1:00PM-2:00PM (Aquatics)  2:00PM-3:00PM (Aquatics)  8:00PM-9:00PM (Aquatics)	12:00PM-1:00PM (Aquatics)  2:00PM-3:00PM (Aquatics)	10:00AM-11:00AM (Aquatics)  11:00AM-12:00PM (Aquatics)  12:00PM-1:00PM (Aquatics)  1:00PM-2:00PM (Aquatics)  2:00PM-3:00PM (Aquatics)  8:00PM-9:00PM (Aquatics)	10:00AM-11:00AM (Aquatics)  11:00AM-12:00PM (Aquatics)  12:00PM-1:00PM (Aquatics)  1:00PM-2:00PM (Aquatics)  2:00PM-3:00PM (Aquatics)	12:00PM-1:00PM (Aquatics)  2:00PM-3:00PM (Aquatics)  3:00PM-4:00PM (Aquatics)	1:00PM-2:00PM (Aquatics)  2:00PM-3:00PM (Aquatics)  3:00PM-4:00PM (Aquatics)  4:00PM-5:00PM (Aquatics)
<b>SilverSneakers® Circuit</b> Studio 2 <a href="#">Sign Up</a>	10:15AM-11:10AM (Foreverwell) <i>Jane H.</i>						
<b>Closed for Programming</b> Basketball Court	10:30AM-2:00PM (Basketball)	9:00AM-2:00PM (Basketball)	10:30AM-2:00PM (Basketball)	9:00AM-2:00PM (Basketball)	10:30AM-2:00PM (Basketball)	8:30PM-4:00PM (Basketball)	
<b>Yoga Restore</b> Main Studio <a href="#">Sign Up</a>	10:35AM-11:30AM (Mind Body) <i>Virtual</i>		10:35AM-11:30AM (Mind Body) <i>Ashley S.</i>	10:35AM-11:30AM (Mind Body) <i>Holly M.</i>			
<b>ForeverWell Balance</b> Studio 2 <a href="#">Sign Up</a>	11:25AM-12:15PM (Foreverwell) <i>Edna M.</i>		11:10AM-12:05PM (Foreverwell) <i>Nikki F.</i>		11:25AM-12:20PM (Foreverwell) <i>Nikki F.</i>		
<b>Lap Swim (5 lanes)</b> Lap Pool	1:00PM-2:00PM (Aquatics)		1:00PM-2:00PM (Aquatics)				
<b>HIIT FX</b> Main Studio <a href="#">Sign Up</a>	4:30PM-5:15PM (Strength & Endurance ) <i>Kallie G.</i>		4:30PM-5:15PM (Strength & Endurance ) <i>Kallie G.</i>				
<b>Lap Swim (1 lane)</b> Lap Pool	5:00PM-6:00PM (Aquatics)  6:00PM-7:00PM (Aquatics)	5:00PM-6:00PM (Aquatics)		5:00PM-6:00PM (Aquatics)	5:00PM-6:00PM (Aquatics)  6:00PM-7:00PM (Aquatics)	10:00AM-12:00PM (Aquatics)	
<b>\$ S.T.E.M Club</b> Youth and Family Programming Studio	5:00PM-5:45PM (Youth Specialty Programs) <i>Amanda Z.</i>						
<b>Reserved for Programming</b> Leisure Pool	6:00PM-7:00PM (Aquatics)	6:00PM-7:00PM (Aquatics)	6:00PM-7:00PM (Aquatics)	6:00PM-7:00PM (Aquatics)	6:00PM-7:00PM (Aquatics)		
<b>ZUMBA ®</b> Studio 2 <a href="#">Sign Up</a>	6:00PM-6:55PM (Cardio & Dance) <i>Jennifer R.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserved for Programming</b> Lap Pool	7:00PM-8:00PM (Aquatics)	7:00PM-8:00PM (Aquatics)	7:00PM-8:00PM (Aquatics)	7:00PM-8:00PM (Aquatics)		8:00AM-9:00AM (Aquatics)  9:00AM-10:00AM (Aquatics)	
<b>Basketball Court Closed</b> Basketball Court	10:30PM-11:00PM (Basketball)	10:30PM-11:00PM (Basketball)	10:30PM-11:00PM (Basketball)	10:30PM-11:00PM (Basketball)	4:00PM-9:00PM (Basketball)	7:30PM-8:00PM (Basketball)	7:30PM-8:00PM (Basketball)
<b>Y Walk</b> Basketball Court		7:00AM-8:30AM (Other Activities)		7:00AM-8:30AM (Other Activities)			
<b>Core FX</b> Main Studio <a href="#">Sign Up</a>		7:20AM-7:50AM (Strength & Endurance ) <i>Rachel H.</i>		7:20AM-7:50AM (Strength & Endurance ) <i>Rachel H.</i>			
<b>LES MILLS BODYCOMBAT™</b> Main Studio <a href="#">Sign Up</a>		8:30AM-9:25AM (Cardio & Dance) <i>Nicci H.</i>		8:30AM-9:25AM (Cardio & Dance) <i>Nicci H.</i>		8:00AM-8:50AM (Cardio & Dance) <i>Nicci H.</i>	
<b>Tai Chi</b> Studio 2 <a href="#">Sign Up</a>		9:00AM-9:45AM (Mind Body) <i>Donald B.</i>		9:00AM-9:45AM (Mind Body) <i>Donald B.</i>			
<b>AQUA ZUMBA®</b> Lap Pool <a href="#">Sign Up</a>		9:15AM-10:00AM (Aqua Group Exercise) <i>Jennifer F.</i>  6:30PM-7:15PM (Aqua Group Exercise) <i>Laura H.</i>	9:15AM-10:00AM (Aqua Group Exercise) <i>Jennifer F.</i>			10:15AM-11:00AM (Aqua Group Exercise) <i>Jennifer F.</i>	
<b>AQUA ZUMBA®</b> Leisure Pool <a href="#">Sign Up</a>		9:15AM-10:00AM (Aqua Group Exercise) <i>Jennifer F.</i>	9:15AM-10:00AM (Aqua Group Exercise) <i>Jennifer F.</i>				
<b>ZUMBA ®</b> Main Studio <a href="#">Sign Up</a>		9:35AM-10:30AM (Cardio & Dance) <i>Leslie C.</i>  6:50PM-7:45PM (Cardio & Dance) <i>Stephanie H.</i>		9:35AM-10:30AM (Cardio & Dance) <i>Leslie C.</i>  6:50PM-7:45PM (Cardio & Dance) <i>Stephanie H.</i>			
<b>ZUMBA® GOLD</b> Studio 2 <a href="#">Sign Up</a>		10:00AM-10:45AM (Foreverwell) <i>Jenii P.</i>					
<b>ForeverWell Total Body</b> Main Studio <a href="#">Sign Up</a>		11:00AM-11:45AM (Foreverwell) <i>Sandy V.</i>					



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYBALANCE™</b> Main Studio <a href="#">Sign Up</a>		12:00PM-12:55PM (Mind Body) <i>Courtney E.</i>			5:05AM-6:00AM (Mind Body) <i>Nikki C.</i>  10:35AM-11:30AM (Mind Body) <i>Norma S.</i>		
<b>Row Circuit</b> Main Studio <a href="#">Sign Up</a>		4:30PM-5:25PM (Strength & Endurance ) <i>Lindsey G.</i>		4:30PM-5:25PM (Strength & Endurance ) <i>Lindsey G.</i>	8:15AM-9:10AM (Strength & Endurance ) <i>Lindsey G.</i>		
<b>Closed for YMCA Sports</b> Basketball Court		5:00PM-9:00PM (Basketball)		5:00PM-8:30PM (Basketball)		4:00PM-7:30PM (Basketball)	1:00PM-6:00PM (Basketball)
<b>Closed for Aqua Class</b> Lap Pool		6:00PM-7:00PM (Aquatics)		6:00PM-7:00PM (Aquatics)			
<b>Mat Pilates</b> Studio 2 <a href="#">Sign Up</a>		6:00PM-6:55PM (Mind Body) <i>Gwen D.</i>					
<b>Core FX</b> Main Studio <a href="#">Sign Up</a>		7:55PM-8:15PM (Core & Balance) <i>Virtual</i>		7:55PM-8:15PM (Core & Balance) <i>Virtual</i>			
<b>ForeverWell Chair Yoga</b> Studio 2 <a href="#">Sign Up</a>			9:00AM-9:45AM (Foreverwell) <i>Liz G.</i>		9:10AM-10:05AM (Foreverwell) <i>Liz G.</i>		
<b>Silver &amp; Fit®</b> Studio 2 <a href="#">Sign Up</a>			10:00AM-10:55AM (Foreverwell) <i>Sandy V.</i>				
<b>\$ Little Picassos</b> Youth and Family Programming Studio			5:00PM-6:45PM (Youth Specialty Programs) <i>Amanda Z.</i>				
<b>Pickleball Open Play</b> Basketball Court			6:00PM-10:00PM (Pickleball)  6:00PM-10:00PM (Pickleball)				
<b>Cycle Strength</b> Cycle Studio <a href="#">Sign Up</a>					8:30AM-9:25AM (Cycle) <i>Chenille F.</i>		
<b>CANCELED: ZUMBA®</b> Basketball Court <a href="#">Sign Up</a>					9:35AM-10:30AM (Cardio & Dance) <i>Jenii P.</i>		
<b>Dance Party</b> Basketball Court <a href="#">Sign Up</a>					6:30PM-8:30PM (Cardio & Dance) <i>Kali H.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1/2 Pool Open Swim</b> Leisure Pool						8:00AM-9:00AM (Aquatics)  9:00AM-10:00AM (Aquatics)  10:00AM-11:00AM (Aquatics)  11:00AM-12:00PM (Aquatics)  12:00PM-1:00PM (Aquatics)  1:00PM-2:00PM (Aquatics)  2:00PM-3:00PM (Aquatics)  3:00PM-4:00PM (Aquatics)	1:00PM-2:00PM (Aquatics)  2:00PM-3:00PM (Aquatics)  3:00PM-4:00PM (Aquatics)  4:00PM-5:00PM (Aquatics)
<b>TRX® Fundamentals</b> Wellness Floor <a href="#">Sign Up</a>						8:30AM-9:25AM (Strength & Endurance ) <i>Kim N.</i>	
<b>Tai Chi</b> Main Studio <a href="#">Sign Up</a>						10:05AM-11:00AM (Mind Body) <i>Donald B.</i>	



## Mays Family YMCA at Potranco | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim (4 lanes)</b> Large Pool	5:00AM-5:50AM (Aquatics)  6:00AM-6:50AM (Aquatics)  1:00PM-1:50PM (Aquatics)  2:00PM-2:50PM (Aquatics)  3:00PM-3:50PM (Aquatics)  8:00PM-8:50PM (Aquatics)	5:00AM-5:50AM (Aquatics)  6:00AM-6:50AM (Aquatics)  4:00PM-4:50PM (Aquatics)	5:00AM-5:50AM (Aquatics)  6:00AM-6:50AM (Aquatics)  1:00PM-1:50PM (Aquatics)  2:00PM-2:50PM (Aquatics)  3:00PM-3:50PM (Aquatics)  8:00PM-8:50PM (Aquatics)	5:00AM-5:50AM (Aquatics)  6:00AM-6:50AM (Aquatics)	5:00AM-5:50AM (Aquatics)  6:00AM-6:50AM (Aquatics)  12:00PM-12:50PM (Aquatics)  4:00PM-4:50PM (Aquatics)  8:00PM-8:50PM (Aquatics)	3:00PM-3:50PM (Aquatics)  4:00PM-4:50PM (Aquatics)	3:00PM-3:50PM (Aquatics)  4:00PM-4:50PM (Aquatics)
<b>Boot Camp</b> Studio 1 <a href="#">Sign Up</a>	5:00AM-5:50AM (Strength & Endurance ) <i>Josie S.</i>						
<b>Shoot-around</b> Basketball Court	6:00AM-8:45AM (Basketball)	6:00AM-8:45AM (Basketball)	6:00AM-8:45AM (Basketball)	6:00AM-8:45AM (Basketball)	6:00AM-8:45AM (Basketball)		
<b>Mat Pilates</b> Studio 1 <a href="#">Sign Up</a>	6:00AM-6:50AM (Mind Body) <i>Virtual</i>	5:00PM-5:50PM (Mind Body) <i>Virtual</i>	6:00AM-6:45AM (Mind Body) <i>Virtual</i>	4:00PM-4:50PM (Mind Body) <i>Virtual I.</i>	6:00AM-6:45AM (Mind Body) <i>Virtual</i>  8:00AM-8:30AM (Mind Body) <i>Virtual</i>		
<b>Adult Swim</b> Small Pool	6:00AM-6:50AM (Aquatics)  7:00AM-7:50AM (Aquatics)  11:00AM-11:50AM (Aquatics)	6:00AM-6:50AM (Aquatics)  7:00AM-7:50AM (Aquatics)  10:00AM-10:50AM (Aquatics)  11:00AM-11:50AM (Aquatics)	6:00AM-6:50AM (Aquatics)  7:00AM-7:50AM (Aquatics)  8:00AM-8:50AM (Aquatics)  10:00AM-10:50AM (Aquatics)  11:00AM-11:50AM (Aquatics)	6:00AM-6:50AM (Aquatics)  7:00AM-7:50AM (Aquatics)  10:00AM-10:50AM (Aquatics)  11:00AM-11:50AM (Aquatics)	6:00AM-6:50AM (Aquatics)  7:00AM-7:50AM (Aquatics)  8:00AM-8:50AM (Aquatics)  10:00AM-10:50AM (Aquatics)  11:00AM-11:50AM (Aquatics)  8:00PM-8:50PM (Aquatics)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim (1 lane)</b> Large Pool	7:00AM-7:50AM (Aquatics)  11:00AM-11:50AM (Aquatics)	11:00AM-11:50AM (Aquatics)	7:00AM-7:50AM (Aquatics)  11:00AM-11:50AM (Aquatics)	11:00AM-11:50AM (Aquatics)			
<b>Lap Swim (2 lanes)</b> Large Pool	8:00AM-8:50AM (Aquatics)  9:00AM-9:50AM (Aquatics)  12:00PM-12:50PM (Aquatics)  4:00PM-4:50PM (Aquatics)  5:00PM-5:50PM (Aquatics)	7:00AM-7:50AM (Aquatics)  8:00AM-8:50AM (Aquatics)  9:00AM-9:50AM (Aquatics)  10:00AM-10:50AM (Aquatics)  12:00PM-12:50PM (Aquatics)  5:00PM-5:50PM (Aquatics)  6:00PM-6:50PM (Aquatics)	8:00AM-8:50AM (Aquatics)  10:00AM-10:50AM (Aquatics)  12:00PM-12:50PM (Aquatics)  4:00PM-4:50PM (Aquatics)  5:00PM-5:50PM (Aquatics)	7:00AM-7:50AM (Aquatics)  8:00AM-8:50AM (Aquatics)  9:00AM-9:50AM (Aquatics)  10:00AM-10:50AM (Aquatics)  12:00PM-12:50PM (Aquatics)  5:00PM-5:50PM (Aquatics)  6:00PM-6:50PM (Aquatics)	7:00AM-7:50AM (Aquatics)  8:00AM-8:50AM (Aquatics)  10:00AM-10:50AM (Aquatics)  10:00AM-10:50AM (Aquatics)  11:00AM-11:50AM (Aquatics)	8:00AM-8:50AM (Aquatics)  9:00AM-9:50AM (Aquatics)  10:00AM-10:50AM (Aquatics)  11:00AM-11:50AM (Aquatics)  1:00PM-1:50PM (Aquatics)  2:00PM-2:50PM (Aquatics)	
<b>Aqua Volleyball</b> Small Pool <a href="#">Sign Up</a>	8:00AM-8:50AM (Aquatics)	8:00AM-8:50AM (Aquatics)  9:00AM-9:50AM (Aquatics)		8:00AM-8:50AM (Aquatics)  9:00AM-9:50AM (Aquatics)			
<b>Closed for Group Exercise</b> Basketball Court	8:45AM-10:00AM (Basketball)	8:45AM-11:00AM (Basketball)		8:45AM-10:00AM (Basketball)	10:00AM-11:00AM (Basketball)		
<b>Boot Camp</b> Studio 2 <a href="#">Sign Up</a>	8:45AM-9:35AM (Strength & Endurance ) <i>Andreu O.</i>	8:45AM-9:35AM (Strength & Endurance ) <i>Corrine W.</i>	8:45AM-9:35AM (Strength & Endurance ) <i>Christian W.</i>	8:45AM-9:35AM (Strength & Endurance ) <i>Tia C.</i>			
<b>SilverSneakers® Circuit</b> Studio 1 <a href="#">Sign Up</a>	8:45AM-9:35AM (Foreverwell) <i>Lourdes I.</i>						
<b>ZUMBA ®</b> Basketball Court <a href="#">Sign Up</a>	9:00AM-9:50AM (Cardio & Dance) <i>Cindy A.</i>	10:00AM-10:50AM (Cardio & Dance) <i>Jozy S.</i>		9:00AM-9:50AM (Cardio & Dance) <i>Jozy S.</i>			
<b>Yoga Restore</b> Studio 2 <a href="#">Sign Up</a>	9:45AM-10:35AM (Mind Body) <i>Andreu O.</i>			6:00PM-6:50PM (Mind Body) <i>Christine C.</i>			
<b>Reps FX</b> Studio 1 <a href="#">Sign Up</a>	9:45AM-10:35AM (Strength & Endurance ) <i>Kari T.</i>	6:00PM-6:50PM (Strength & Endurance ) <i>Kari T.</i>			9:45AM-10:35AM (Strength & Endurance ) <i>Carolyn W.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Closed for Youth &amp; Family Programming</b> Basketball Court	10:00AM-1:00PM (Basketball)  5:00PM-7:00PM (Basketball)	11:00AM-1:00PM (Basketball)	8:45AM-1:00PM (Basketball)	10:00AM-1:00PM (Basketball)  5:00PM-7:00PM (Basketball)	8:45AM-10:00AM (Basketball)  11:00AM-1:00PM (Basketball)	8:00AM-2:00PM (Basketball)	
<b>AQUA ZUMBA®</b> Large Pool <a href="#">Sign Up</a>	10:00AM-11:00AM (Aqua Group Exercise) <i>Anabel (.</i>				9:00AM-9:50AM (Aqua Group Exercise) <i>Cindy A.</i>		
<b>AQUA ZUMBA®</b> Small Pool <a href="#">Sign Up</a>	10:00AM-11:00AM (Aqua Group Exercise) <i>Anabel (.</i>		8:00PM-8:50PM (Aqua Group Exercise) <i>Anabel (.</i>	8:00PM-8:50PM (Aqua Group Exercise) <i>Anabel (.</i>	9:00AM-9:50AM (Aqua Group Exercise) <i>Cindy A.</i>		
<b>Yoga Strength</b> Studio 2 <a href="#">Sign Up</a>	10:45AM-11:35AM (Mind Body) <i>Michelle N.</i>	6:00PM-6:50PM (Mind Body) <i>Elizabeth K.</i>	10:45AM-11:35AM (Mind Body) <i>Heather H.</i>			11:45AM-12:35PM (Mind Body) <i>Andreu O.</i>	
<b>Step FX</b> Studio 1 <a href="#">Sign Up</a>	10:45AM-11:35AM (Cardio & Dance) <i>Kari T.</i>				6:00PM-6:50PM (Cardio & Dance) <i>Kari T.</i>		
<b>Reserved for Programming</b> Small Pool	11:00AM-11:50AM (Aquatics)  12:00PM-12:50PM (Aquatics)  4:00PM-4:50PM (Aquatics)  5:00PM-5:50PM (Aquatics)	11:00AM-11:50AM (Aquatics)  12:00PM-12:50PM (Aquatics)  5:00PM-5:50PM (Aquatics)  6:00PM-6:50PM (Aquatics)  7:00PM-7:50PM (Aquatics)	11:00AM-11:50AM (Aquatics)  12:00PM-12:50PM (Aquatics)  4:00PM-4:50PM (Aquatics)  5:00PM-5:50PM (Aquatics)	11:00AM-11:50AM (Aquatics)  12:00PM-12:50PM (Aquatics)  5:00PM-5:50PM (Aquatics)  6:00PM-6:50PM (Aquatics)  7:00PM-7:50PM (Aquatics)		12:00PM-12:50PM (Aquatics)	
<b>Family Swim</b> Small Pool	1:00PM-1:50PM (Aquatics)  2:00PM-2:50PM (Aquatics)  3:00PM-3:50PM (Aquatics)  6:00PM-6:50PM (Aquatics)  7:00PM-7:50PM (Aquatics)	4:00PM-4:50PM (Aquatics)  7:00PM-7:50PM (Aquatics)	1:00PM-1:50PM (Aquatics)  2:00PM-2:50PM (Aquatics)  3:00PM-3:50PM (Aquatics)  6:00PM-6:50PM (Aquatics)  7:00PM-7:50PM (Aquatics)	4:00PM-4:50PM (Aquatics)  7:00PM-7:50PM (Aquatics)	12:00PM-12:50PM (Aquatics)  4:00PM-4:50PM (Aquatics)  5:00PM-5:50PM (Aquatics)  6:00PM-6:50PM (Aquatics)  6:00PM-6:50PM (Aquatics)  7:00PM-7:50PM (Aquatics)  7:00PM-7:50PM (Aquatics)	12:00PM-12:50PM (Aquatics)  1:00PM-1:50PM (Aquatics)  2:00PM-2:50PM (Aquatics)  3:00PM-3:50PM (Aquatics)  4:00PM-4:50PM (Aquatics)	1:00PM-1:50PM (Aquatics)  2:00PM-2:50PM (Aquatics)  3:00PM-3:50PM (Aquatics)  4:00PM-4:50PM (Aquatics)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>3v3 Basketball (Half Court)</b> Basketball Court	1:00PM-5:00PM (Basketball)  7:00PM-8:00PM (Basketball)		1:00PM-5:00PM (Basketball)	7:00PM-8:00PM (Basketball)	1:00PM-5:00PM (Basketball)		
<b>Core FX</b> Studio 1	1:00PM-1:50PM (Core & Balance) <i>Virtual I.</i>		1:00PM-1:50PM (Core & Balance) <i>Virtual I.</i>		1:00PM-1:50PM (Core & Balance) <i>Virtual I.</i>		
<b>Stretch FX</b> Studio 1	2:00PM-2:50PM (Mind Body) <i>Virtual I.</i>		11:10AM-11:35AM (Mind Body) <i>Josie S.</i>  2:00PM-2:50PM (Mind Body) <i>Virtual I.</i>		11:10AM-11:35AM (Mind Body) <i>Carolyn W.</i>  2:00PM-2:50PM (Mind Body) <i>Virtual I.</i>		
<b>Reserved for Programming</b> Large Pool	4:00PM-4:50PM (Aquatics)  5:00PM-5:50PM (Aquatics)  6:00PM-6:50PM (Aquatics)  7:00PM-7:50PM (Aquatics)	7:00PM-7:50PM (Aquatics)  7:00PM-7:50PM (Aquatics)	4:00PM-4:50PM (Aquatics)  5:00PM-5:50PM (Aquatics)  6:00PM-6:50PM (Aquatics)  7:00PM-7:50PM (Aquatics)	7:00PM-7:50PM (Aquatics)  7:00PM-7:50PM (Aquatics)		8:00AM-8:50AM (Aquatics)  9:00AM-9:50AM (Aquatics)  10:00AM-10:50AM (Aquatics)  11:00AM-11:50PM (Aquatics)	
<b>Barre</b> Studio 1	5:00PM-5:35PM (Mind Body) <i>Virtual</i>				4:00PM-4:50PM (Mind Body) <i>Virtual I.</i>		
<b>LES MILLS BODYPUMP™</b> Studio 1 <a href="#">Sign Up</a>	5:45PM-6:45PM (Strength & Endurance ) <i>Josie S.</i>	6:30AM-7:20AM (Strength & Endurance ) <i>Katelyn V.</i>	9:45AM-10:35AM (Strength & Endurance ) <i>Josie S.</i>  7:00PM-7:50PM (Strength & Endurance ) <i>Josie S.</i>	6:30AM-7:20AM (Strength & Endurance ) <i>Leonard T.</i>  5:45PM-6:45PM (Strength & Endurance ) <i>Katelyn V.</i>	5:00AM-5:50AM (Strength & Endurance ) <i>Josie S.</i>	8:30AM-9:30AM (Strength & Endurance ) <i>Josie S.</i>	3:00PM-4:00PM (Strength & Endurance ) <i>Josie S.</i>
<b>LES MILLS BODYCOMBAT™</b> Studio 1 <a href="#">Sign Up</a>	7:00PM-7:50PM (Cardio & Dance) <i>Brian J.</i>					10:30AM-11:20AM (Cardio & Dance) <i>Brian J.</i>	1:30PM-2:30PM (Cardio & Dance) <i>Cheryl P.</i>
<b>Full Court Play (13yrs+)</b> Basketball Court	8:00PM-9:00PM (Basketball)		8:00PM-9:00PM (Basketball)	8:00PM-9:00PM (Basketball)			
<b>Aqua Fit</b> Small Pool <a href="#">Sign Up</a>	8:00PM-8:50PM (Aqua Group Exercise) <i>Alexis R.</i>						
<b>ADULT 5v5 Basketball (13+)</b> Basketball Court	9:00PM-10:45PM (Basketball)		9:00PM-10:45PM (Basketball)	9:00PM-10:45PM (Basketball)			3:00PM-6:00PM (Basketball)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga Flow</b> Studio 1 <a href="#">Sign Up</a>		5:00AM-5:50AM (Mind Body) <i>Virtual</i>	5:00PM-5:50PM (Mind Body) <i>Christine C.</i>				
<b>WERQ</b> Studio 1 <a href="#">Sign Up</a>		8:45AM-9:35AM (Cardio & Dance) <i>Maria B.</i>		8:45AM-9:35AM (Cardio & Dance) <i>Danita G.</i>			
<b>ZUMBA® GOLD</b> Basketball Court <a href="#">Sign Up</a>		9:00AM-9:50AM (Foreverwell) <i>Cindy A.</i>					
<b>Barre Pilates Fusion</b> Studio 1		9:45AM-10:35AM (Mind Body) <i>Heather H.</i>	4:00PM-4:50PM (Mind Body) <i>Virtual I.</i>				
<b>SilverSneakers® Boom Muscle</b> Studio 2 <a href="#">Sign Up</a>		9:45AM-10:35AM (Foreverwell) <i>Robyn J.</i>					
<b>LES MILLS BODYCOMBAT™</b> Studio 2 <a href="#">Sign Up</a>		10:45AM-11:45AM (Cardio & Dance) <i>Angela B.</i>		7:00PM-7:50PM (Cardio & Dance) <i>Cheryl P.</i>			
<b>SilverSneakers® Boom Muscle</b> Studio 1 <a href="#">Sign Up</a>		10:45AM-11:35AM (Foreverwell) <i>Lourdes I.</i>		10:45AM-11:35AM (Foreverwell) <i>Lourdes I.</i>			
<b>SilverSneakers® YOGA</b> Studio 1 <a href="#">Sign Up</a>		11:45AM-12:35PM (Foreverwell) <i>Lourdes I.</i>					
<b>Closed for Programming</b> Basketball Court		1:00PM-5:00PM (Basketball)		1:00PM-5:00PM (Basketball)			
<b>Boxing FX</b> Studio 1		2:00PM-2:50PM (Cardio & Dance) <i>Virtual I.</i>		2:00PM-2:50PM (Cardio & Dance) <i>Virtual I.</i>			
<b>Family Gym - Half Court</b> Basketball Court		5:00PM-8:00PM (Basketball)	5:00PM-8:00PM (Basketball)		5:00PM-7:00PM (Basketball)		
<b>Lap Swim (3 lanes)</b> Large Pool		7:00PM-7:50PM (Aquatics)  8:00PM-8:50PM (Aquatics)	6:00PM-6:50PM (Aquatics)	4:00PM-5:00PM (Aquatics)  7:00PM-7:50PM (Aquatics)  8:00PM-8:50PM (Aquatics)	5:00PM-5:50PM (Aquatics)  6:00PM-6:50PM (Aquatics)  7:00PM-7:50PM (Aquatics)	12:00PM-12:50PM (Aquatics)  2:00PM-2:50PM (Aquatics)	1:00PM-1:50PM (Aquatics)
<b>ZUMBA ®</b> Studio 1 <a href="#">Sign Up</a>		7:00PM-7:50PM (Cardio & Dance) <i>Vanessa A.</i>		7:00PM-7:50PM (Cardio & Dance) <i>Kimberly P.</i>			
<b>Family Volleyball (7+)</b> Basketball Court		8:00PM-9:00PM (Volleyball)			7:00PM-8:30PM (Volleyball)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CANCELED: Aqua Fit</b> Small Pool <a href="#">Sign Up</a>		8:00PM-8:50PM (Aqua Group Exercise) <i>Alexis R.</i>					
<b>Adult Volleyball (13+)</b> Basketball Court		9:00PM-10:45PM (Volleyball)			8:30PM-10:45PM (Volleyball)		
<b>Cycle</b> Studio 1 <a href="#">Sign Up</a>			5:00AM-5:50AM (Cycle) <i>Josie S.</i>  6:00PM-6:50PM (Cycle) <i>Josie S.</i>		5:00PM-5:50PM (Cycle) <i>Josie S.</i>		
<b>SilverSneakers® Classic</b> Studio 1 <a href="#">Sign Up</a>			8:45AM-9:35AM (Foreverwell) <i>Lourdes I.</i>	11:45AM-12:35PM (Foreverwell) <i>Lourdes I.</i>			
<b>Aqua Combat</b> Small Pool <a href="#">Sign Up</a>			9:00AM-9:50AM (Aqua Group Exercise) <i>Cindy A.</i>				
<b>Aqua Combat</b> Large Pool <a href="#">Sign Up</a>			9:00AM-9:50AM (Aqua Group Exercise) <i>Cindy A.</i>				
<b>Yoga Flow</b> Studio 2 <a href="#">Sign Up</a>			9:45AM-10:35AM (Mind Body) <i>Andreu O.</i>				
<b>Core FX</b> Studio 1			10:40AM-11:05AM (Strength & Endurance ) <i>Josie S.</i>	1:00PM-1:50PM (Strength & Endurance ) <i>Virtual I.</i>	10:40AM-11:05AM (Strength & Endurance ) <i>Carolyn W.</i>	1:00PM-1:50PM (Strength & Endurance ) <i>Virtual I.</i>	
<b>CANCELED: Yoga Pelvic Floor 101</b> Studio 2 <a href="#">Sign Up</a>			7:05PM-7:55PM (Mind Body) <i>Gabby Z.</i>				
<b>Yoga Strength</b> Studio 1 <a href="#">Sign Up</a>				5:05AM-5:50AM (Mind Body) <i>Virtual</i>			
<b>Surge Strength</b> Studio 1 <a href="#">Sign Up</a>				9:45AM-10:35AM (Strength & Endurance ) <i>Michelle W.</i>			
<b>Barre</b> Studio 2 <a href="#">Sign Up</a>				9:45AM-10:35AM (Mind Body) <i>Miryam M.</i>			
<b>SilverSneakers® EnerChi</b> Studio 2 <a href="#">Sign Up</a>					8:45AM-9:35AM (Foreverwell) <i>Lourdes I.</i>		
<b>High Fitness - HIGH</b> Studio 1 <a href="#">Sign Up</a>					8:45AM-9:35AM (Cardio & Dance) <i>Michelle W.</i>		



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ForeverWell Chair Yoga</b> Studio 2 <a href="#">Sign Up</a>					9:45AM-10:35AM (Foreverwell) <i>Lourdes I.</i>		
<b>ZUMBA® Toning</b> Basketball Court <a href="#">Sign Up</a>					10:00AM-10:50AM (Cardio & Dance) <i>Cindy A.</i>		
<b>Yoga Foundations</b> Studio 2 <a href="#">Sign Up</a>					10:45AM-11:35AM (Mind Body) <i>Andreu O.</i>		1:15PM-2:05PM (Mind Body) <i>Elizabeth K.</i>
<b>Reps FX</b> Studio 2 <a href="#">Sign Up</a>						8:45AM-9:35AM (Strength & Endurance ) <i>Lourdes I.</i>	
<b>DANCE FX</b> Studio 1 <a href="#">Sign Up</a>						9:35AM-10:25AM (Cardio & Dance) <i>Jordan L.</i>	
<b>Closed for YMCA Sports</b> Basketball Court						2:00PM-6:00PM (Basketball)	6:00PM-8:00PM (Basketball)
<b>CANCELED: Boxing FX</b> Studio 1						2:00PM-2:50PM (Cardio & Dance) <i>Virtual I.</i>	
<b>CANCELED: Shoot-around</b> Basketball Court						6:00PM-7:45PM (Basketball)	
<b>Family Gym</b> Basketball Court							1:00PM-3:00PM (Basketball)



## Boerne Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYCOMBAT™</b> Group Ex Studio <a href="#">Sign Up</a>	5:30AM-6:15AM (Cardio & Dance) <i>Candi K.</i>		7:00AM-7:45AM (Cardio & Dance) <i>Candi K.</i>	4:30PM-5:15PM (Cardio & Dance) <i>Candi K.</i>	8:15AM-9:00AM (Cardio & Dance) <i>Candi K.</i>		
<b>\$ Pilates Reformer Strong &amp; Balanced Level 2/3</b> Pilates Reformer Studio	5:45AM-6:30AM (Pilates Reformer) <i>Danelle P.</i>  8:00AM-8:55AM (Pilates Reformer) <i>Danelle P.</i>						
<b>\$ Pilates Reformer Strong &amp; Balanced Level 1/2</b> Pilates Reformer Studio	7:00AM-7:55AM (Pilates Reformer) <i>Danelle P.</i>		5:45AM-6:30AM (Pilates Reformer) <i>Danelle P.</i>  7:00AM-7:55AM (Pilates Reformer) <i>Danelle P.</i>				
<b>LES MILLS SPRINT™</b> Community Room <a href="#">Sign Up</a>	8:15AM-8:45AM (Cycle) <i>Catherine H.</i>			8:30AM-9:00AM (Cycle) <i>Catherine H.</i>			
<b>Step FX</b> Group Ex Studio <a href="#">Sign Up</a>	8:30AM-9:20AM (Cardio & Dance) <i>Cheryl S.</i>	5:30PM-6:20PM (Cardio & Dance) <i>Karen T.</i>	8:30AM-9:20AM (Cardio & Dance) <i>Cheryl S.</i>				
<b>SilverSneakers® YOGA</b> Community Room <a href="#">Sign Up</a>	9:00AM-9:50AM (Foreverwell) <i>Kelli G.</i>						
<b>\$ Pilates Reformer Level 1/2</b> Pilates Reformer Studio	9:30AM-10:25AM (Pilates Reformer) <i>Cheryl S.</i>  5:30PM-6:25PM (Pilates Reformer) <i>Colleen B.</i>	8:30AM-9:25AM (Pilates Reformer) <i>Cheryl S.</i>  9:30AM-10:25AM (Pilates Reformer) <i>Cheryl S.</i>  5:30PM-6:25PM (Pilates Reformer) <i>Kenny B.</i>	9:30AM-10:25AM (Pilates Reformer) <i>Cheryl S.</i>  10:45AM-11:40AM (Pilates Reformer) <i>Nadia C.</i>  6:30PM-7:25PM (Pilates Reformer) <i>Colleen B.</i>	7:15AM-8:10AM (Pilates Reformer) <i>Colleen B.</i>  8:30AM-9:25AM (Pilates Reformer) <i>Colleen B.</i>  9:30AM-10:25AM (Pilates Reformer) <i>Cheryl S.</i>  7:00PM-7:55PM (Pilates Reformer) <i>Nilaja W.</i>	9:30AM-10:25AM (Pilates Reformer) <i>Cheryl S.</i>  10:30AM-11:25AM (Pilates Reformer) <i>Cheryl S.</i>	9:00AM-9:55AM (Pilates Reformer) <i>Danelle P.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CANCELED: HIIT FX</b> Community Room <a href="#">Sign Up</a>	10:00AM-10:50AM (Strength & Endurance ) <i>Lisa W.</i>						
<b>LES MILLS BODYPUMP™</b> Group Ex Studio <a href="#">Sign Up</a>	10:00AM-10:50AM (Strength & Endurance ) <i>Sara P.</i>  5:30PM-6:20PM (Strength & Endurance ) <i>Carol F.</i>	6:30AM-7:25AM (Strength & Endurance ) <i>Candi K.</i>  8:30AM-9:25AM (Strength & Endurance ) <i>Carol F.</i>	12:00PM-12:45PM (Strength & Endurance ) <i>Jennifer B.</i>  5:30PM-6:20PM (Strength & Endurance ) <i>Amber C.</i>	6:30AM-7:25AM (Strength & Endurance ) <i>Candi K.</i>  8:30AM-9:25AM (Strength & Endurance ) <i>Carol F.</i>  5:30PM-6:20PM (Strength & Endurance ) <i>Genie C.</i>	10:00AM-10:45AM (Strength & Endurance ) <i>Sara P.</i>	9:30AM-10:20AM (Strength & Endurance ) <i>Genie C.</i>	
<b>\$ Pilates Reformer Beginner/Intro</b> Pilates Reformer Studio	10:30AM-11:25AM (Pilates Reformer) <i>Cheryl S.</i>  6:30PM-7:25PM (Pilates Reformer) <i>Colleen B.</i>	6:30PM-7:25PM (Pilates Reformer) <i>Kenny B.</i>	5:30PM-6:25PM (Pilates Reformer) <i>Colleen B.</i>			10:00AM-10:55AM (Pilates Reformer) <i>Danelle P.</i>	
<b>Mat Pilates</b> Group Ex Studio <a href="#">Sign Up</a>	11:00AM-11:50AM (Mind Body) <i>Courtney B.</i>	11:00AM-11:50AM (Mind Body) <i>Courtney B.</i>	11:00AM-11:50AM (Mind Body) <i>Courtney B.</i>		9:10AM-9:50AM (Mind Body) <i>Karen T.</i>	10:30AM-11:20AM (Mind Body) <i>Genie C.</i>	
<b>Stretch FX</b> Community Room <a href="#">Sign Up</a>	11:00AM-11:45AM (Mind Body) <i>Kelli G.</i>	9:15AM-10:00AM (Mind Body) <i>Sara P.</i>		9:15AM-10:00AM (Mind Body) <i>Sara P.</i>			
<b>\$ Pilates Reformer Level 2/3</b> Pilates Reformer Studio	4:30PM-5:25PM (Pilates Reformer) <i>Colleen B.</i>			6:00PM-6:55PM (Pilates Reformer) <i>Nilaja W.</i>			
<b>\$ Pilates Reformer All Level</b> Pilates Reformer Studio		7:15AM-8:10AM (Pilates Reformer) <i>Kiera O.</i>  4:30PM-5:25PM (Pilates Reformer) <i>Kenny B.</i>				8:05AM-8:55AM (Pilates Reformer) <i>Danelle P.</i>	
<b>Cycle</b> Community Room <a href="#">Sign Up</a>		8:15AM-9:00AM (Cycle) <i>Catherine H.</i>					
<b>ZUMBA ®</b> Group Ex Studio <a href="#">Sign Up</a>		10:00AM-10:50AM (Cardio & Dance) <i>Courtney B.</i>	10:00AM-10:50AM (Cardio & Dance) <i>Courtney B.</i>	10:00AM-10:50AM (Cardio & Dance) <i>Courtney B.</i>			
<b>Yoga Flow</b> Community Room <a href="#">Sign Up</a>		10:10AM-10:55AM (Mind Body) <i>Heather A.</i>	10:00AM-10:50AM (Mind Body) <i>Lisa H.</i>	10:10AM-10:55AM (Mind Body) <i>Heather A.</i>			
<b>HIIT FX</b> Group Ex Studio <a href="#">Sign Up</a>		4:30PM-5:00PM (Strength & Endurance ) <i>Catherine H.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga Flow</b> Group Ex Studio <a href="#">Sign Up</a>		6:30PM-7:20PM (Mind Body) <i>Samira H.</i>		6:30PM-7:20PM (Mind Body) <i>Samira H.</i>			
<b>\$ Pilates Reformer Jumpboard</b> Pilates Reformer Studio			8:00AM-8:55AM (Pilates Reformer) <i>Danelle P.</i>  4:30PM-5:25PM (Pilates Reformer) <i>Colleen B.</i>	10:45AM-11:40AM (Pilates Reformer) <i>Colleen B.</i>	8:15AM-9:10AM (Pilates Reformer) <i>Kiera O.</i>		
<b>ZUMBA ®</b> Community Room <a href="#">Sign Up</a>			9:00AM-9:50AM (Cardio & Dance) <i>Rose S.</i>				
<b>Yoga Restore</b> Community Room <a href="#">Sign Up</a>			11:00AM-11:50AM (Mind Body) <i>Lisa H.</i>		10:00AM-10:50AM (Mind Body) <i>Lisa H.</i>		
<b>\$ Pilates Reformer ForeverWell</b> Pilates Reformer Studio			12:00PM-12:55PM (Pilates Reformer) <i>Nadia C.</i>				
<b>Barre</b> Group Ex Studio <a href="#">Sign Up</a>				11:00AM-11:50AM (Mind Body) <i>Sara P.</i>			
<b>Mat Pilates</b> Community Room <a href="#">Sign Up</a>				11:00AM-11:45AM (Mind Body) <i>Karen T.</i>			
<b>\$ Pilates Reformer Stretch and Relaxation</b> Pilates Reformer Studio					7:15AM-8:10AM (Pilates Reformer) <i>Kiera O.</i>		
<b>Total Body Strength</b> Community Room <a href="#">Sign Up</a>					8:15AM-8:50AM (Strength & Endurance ) <i>Sara P.</i>		
<b>SilverSneakers® Classic</b> Community Room <a href="#">Sign Up</a>					9:00AM-9:45AM (Foreverwell) <i>Lisa H.</i>		
<b>Arts &amp; Crafts</b> Foreverwell Events <a href="#">Sign Up</a>					11:00AM-12:00PM (Events)		
<b>Core FX</b> Group Ex Studio <a href="#">Sign Up</a>					11:00AM-11:45AM (Core & Balance) <i>Sara P.</i>		
<b>Line Dancing</b> Group Ex Studio <a href="#">Sign Up</a>					12:00PM-12:50PM (Cardio & Dance) <i>Kelli G.</i>		
<b>CANCELED: LES MILLS SPRINT™</b> Community Room <a href="#">Sign Up</a>						8:30AM-9:00AM (Cycle) <i>Catherine H.</i>	





Davis-Scott Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Pickup Basketball (18+) BasketBall	6:00AM-8:00AM (Basketball)	6:00AM-8:00AM (Basketball)	6:00AM-8:00AM (Basketball)	6:00AM-8:00AM (Basketball)	6:00AM-8:00AM (Basketball)		
Basketball Open Play 1/2 Court BasketBall	8:00AM-7:50PM (Basketball)		8:00AM-7:50PM (Basketball)	8:00AM-7:50PM (Basketball)	8:00AM-7:50PM (Basketball)		



## D.R. Semmes Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>\$ Pilates Reformer Level 1/2</b> Pilates Reformer Studio	6:00AM-6:55AM (Pilates Reformer) <i>Dane B.</i>  9:30AM-10:25AM (Pilates Reformer) <i>Gia F.</i>	4:30PM-5:25PM (Pilates Reformer) <i>Felicia G.</i>	6:00AM-6:55AM (Pilates Reformer) <i>Dane B.</i>  5:30PM-6:25PM (Pilates Reformer) <i>Kenny B.</i>	10:00AM-10:55AM (Pilates Reformer) <i>Nadia C.</i>			
<b>Yoga Foundations</b> Studio 1 <a href="#">Sign Up</a>	6:00AM-6:55AM (Mind Body) <i>Magdalena V.</i>		6:00AM-6:55AM (Mind Body) <i>Magdalena V.</i>				
<b>\$ Pilates Reformer Level 2/3</b> Pilates Reformer Studio	7:00AM-7:55AM (Pilates Reformer) <i>Kiera O.</i>  5:00PM-5:55PM (Pilates Reformer) <i>Shawndra C.</i>		8:30AM-9:25AM (Pilates Reformer) <i>Danielle E.</i>  4:30PM-5:25PM (Pilates Reformer) <i>Kenny B.</i>	8:00AM-8:50AM (Pilates Reformer) <i>Danelle P.</i>  9:00AM-9:55AM (Pilates Reformer) <i>Nadia C.</i>		8:00AM-8:55AM (Pilates Reformer) <i>Colleen B.</i>  8:00PM-8:55AM (Pilates Reformer) <i>Nilaja W.</i>	
<b>\$ Pilates Reformer Jumpboard</b> Pilates Reformer Studio	8:30AM-9:25AM (Pilates Reformer) <i>Gia F.</i>		9:30AM-10:25AM (Pilates Reformer) <i>Danielle E.</i>			10:00AM-10:55AM (Pilates Reformer) <i>Colleen B.</i>	
<b>ZUMBA®</b> Studio 1 <a href="#">Sign Up</a>	8:45AM-9:40AM (Cardio & Dance) <i>Dawn C.</i>  6:30PM-7:30PM (Cardio & Dance) <i>Jozy S.</i>	6:35PM-7:30PM (Cardio & Dance) <i>Madeline M.</i>	8:45AM-9:40AM (Cardio & Dance) <i>Andrea H.</i>		8:45AM-9:40AM (Cardio & Dance) <i>Jozy S.</i>	10:45AM-11:40AM (Cardio & Dance) <i>Myra G.</i>	
<b>Barre</b> Studio 1 <a href="#">Sign Up</a>	9:45AM-10:30AM (Mind Body) <i>Ilse M.</i>		9:45AM-10:30AM (Mind Body) <i>Miryam M.</i>				
<b>\$ Pilates Reformer ForeverWell</b> Pilates Reformer Studio	10:30AM-11:25AM (Pilates Reformer) <i>Gia F.</i>	11:00AM-11:55AM (Pilates Reformer) <i>Denise M.</i>		11:00AM-11:55AM (Pilates Reformer) <i>Nadia C.</i>			
<b>SilverSneakers® Classic</b> Studio 2 <a href="#">Sign Up</a>	11:00AM-11:45AM (Foreverwell) <i>Virtual I.</i>						
<b>SilverSneakers® Classic</b> Studio 1 <a href="#">Sign Up</a>	11:00AM-11:45AM (Foreverwell) <i>Caroline M.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS SPRINT™</b> Studio 2 <a href="#">Sign Up</a>	12:00PM-12:30PM (Cycle) <i>Monique O.</i>						
<b>Cycle</b> Studio 2 <a href="#">Sign Up</a>	5:15PM-6:00PM (Cycle) <i>Jammie B.</i>	12:00PM-12:30PM (Cycle) <i>Liz K.</i>	12:00PM-12:30PM (Cycle) <i>Liz K.</i>	12:00PM-12:30PM (Cycle) <i>Liz K.</i>			
<b>\$ Pilates Reformer Beginner/Intro</b> Pilates Reformer Studio	6:00PM-6:55PM (Pilates Reformer) <i>Shawndra C.</i>			6:30PM-7:25PM (Pilates Reformer) <i>Dane B.</i>		9:00AM-9:55AM (Pilates Reformer) <i>Colleen B.</i>	
<b>\$ Pilates Reformer Strong &amp; Balanced Level 1/2</b> Pilates Reformer Studio		6:00AM-6:55AM (Pilates Reformer) <i>Danelle P.</i>		6:00AM-6:55AM (Pilates Reformer) <i>Danelle P.</i>  7:00AM-7:55AM (Pilates Reformer) <i>Danelle P.</i>	6:00AM-6:55AM (Pilates Reformer) <i>Danelle P.</i>  9:30AM-10:25AM (Pilates Reformer) <i>Danelle P.</i>		
<b>Step FX</b> Studio 1 <a href="#">Sign Up</a>		6:00AM-6:55AM (Cardio & Dance) <i>Alicia D.</i>		6:00AM-7:00AM (Cardio & Dance) <i>Jozy S.</i>			
<b>\$ Pilates Reformer All Level</b> Pilates Reformer Studio		7:00AM-7:55AM (Pilates Reformer) <i>Danelle P.</i>  5:30PM-6:25PM (Pilates Reformer) <i>Nilaja W.</i>	7:00AM-7:55AM (Pilates Reformer) <i>Kenny B.</i>  10:30AM-11:25AM (Pilates Reformer) <i>Danielle E.</i>	4:30PM-5:25PM (Pilates Reformer) <i>Nadia C.</i>			
<b>Mat Pilates</b> Studio 1 <a href="#">Sign Up</a>		7:30AM-8:15AM (Mind Body) <i>Ilse M.</i>		7:30AM-8:15AM (Mind Body) <i>Kiera O.</i>			
<b>\$ Pilates Reformer Strong &amp; Balanced Level 2/3</b> Pilates Reformer Studio		8:00AM-8:50AM (Pilates Reformer) <i>Danelle P.</i>			8:30AM-9:25AM (Pilates Reformer) <i>Danelle P.</i>		
<b>\$ Pilates Reformer Combo</b> Pilates Reformer Studio		9:00AM-9:55AM (Pilates Reformer) <i>Shawndra C.</i>					
<b>Tai Chi</b> Studio 1 <a href="#">Sign Up</a>		9:45AM-10:40AM (Mind Body) <i>David C.</i>		9:45AM-10:45AM (Mind Body) <i>David C.</i>			
<b>\$ Pilates Reformer Stretch and Relaxation</b> Pilates Reformer Studio		10:00AM-10:55AM (Pilates Reformer) <i>Shawndra C.</i>	11:30AM-12:25PM (Pilates Reformer) <i>Danielle E.</i>		7:00AM-7:55AM (Pilates Reformer) <i>Danelle P.</i>		
<b>ZUMBA® GOLD</b> Studio 1 <a href="#">Sign Up</a>		11:00AM-11:55AM (Foreverwell) <i>Dawn C.</i>					
<b>\$ Pilates Reformer FitCore</b> Pilates Reformer Studio		12:00PM-12:55PM (Pilates Reformer) <i>Denise M.</i>					



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYPUMP™</b> Studio 1 <a href="#">Sign Up</a>		5:30PM-6:25PM (Strength & Endurance ) <i>Jammie B.</i>		5:30PM-6:25PM (Strength & Endurance ) <i>Atasha D.</i>		8:15AM-9:10AM (Strength & Endurance ) <i>Denise R.</i>	
<b>Yoga Foundations</b> Studio 2 <a href="#">Sign Up</a>		5:30PM-6:25PM (Mind Body) <i>Ilse M.</i>					
<b>Mat Pilates</b> Studio 2 <a href="#">Sign Up</a>		6:35PM-7:35PM (Mind Body) <i>Nilaja W.</i>					
<b>Yoga Strength</b> Studio 2 <a href="#">Sign Up</a>			9:45AM-10:30AM (Mind Body) <i>Cristina M.</i>				
<b>SilverSneakers® Circuit</b> Studio 1 <a href="#">Sign Up</a>			11:00AM-11:45AM (Foreverwell) <i>Caroline M.</i>		11:00AM-11:45AM (Foreverwell) <i>Caroline M.</i>		
<b>SilverSneakers® Circuit</b> Studio 2 <a href="#">Sign Up</a>			11:00AM-11:40AM (Foreverwell) <i>Virtual I.</i>		11:00AM-11:45AM (Foreverwell) <i>Virtual I.</i>		
<b>Barre Flow</b> Studio 1 <a href="#">Sign Up</a>			6:30PM-7:20PM (Mind Body) <i>Ilse M.</i>				
<b>Tai Chi</b> Studio 2 <a href="#">Sign Up</a>			6:30PM-7:30PM (Mind Body) <i>David C.</i>				
<b>Yoga Flow</b> Studio 1 <a href="#">Sign Up</a>				11:00AM-11:55AM (Mind Body) <i>Cristina M.</i>			
<b>DANCE FX</b> Studio 1 <a href="#">Sign Up</a>				6:30PM-7:30PM (Cardio & Dance) <i>Mauricio G.</i>			
<b>STRONG Nation®</b> Studio 1 <a href="#">Sign Up</a>					8:00AM-8:30AM (Strength & Endurance ) <i>Jozy S.</i>		
<b>Stretch FX</b> Studio 1 <a href="#">Sign Up</a>					9:45AM-10:45AM (Mind Body) <i>Florence P.</i>		
<b>\$ Pilates Reformer Strong &amp; Balanced ForeverWell</b> Pilates Reformer Studio					10:30AM-11:25AM (Pilates Reformer) <i>Danelle P.</i>		
<b>Reps FX</b> Studio 1 <a href="#">Sign Up</a>					12:00PM-1:00PM (Strength & Endurance ) <i>Cassandra C.</i>		
<b>CANCELED: Ballroom Dancing</b> Studio 1 <a href="#">Sign Up</a>					6:00PM-7:00PM (Cardio & Dance) <i>Arthur F.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Boot Camp</b> Outside <a href="#">Sign Up</a>						9:00AM-9:55AM (Strength & Endurance ) <i>Francisco M.</i>	
<b>LES MILLS BODYBALANCE™</b> Studio 1 <a href="#">Sign Up</a>						9:30AM-10:25AM (Mind Body) <i>Karen M.</i>	



## YMCA at O.P. Schnabel Park | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Studio 1 <a href="#">Sign Up</a>	6:00AM-6:45AM (Cycle) <i>Megan C.</i>		6:00AM-6:45AM (Cycle) <i>Megan C.</i>	6:00PM-6:45PM (Cycle) <i>Josie S.</i>			
<b>Open Swim</b> Pool	8:00AM-8:00PM (Aquatics)	8:00AM-1:00PM (Aquatics)  3:30PM-8:00PM (Aquatics)	8:00AM-8:00PM (Aquatics)	8:00AM-8:00PM (Aquatics)	8:00AM-1:00PM (Aquatics)  3:30PM-8:00PM (Aquatics)	9:00AM-6:00PM (Aquatics)	1:00PM-5:00PM (Aquatics)
<b>Aqua Fit</b> Pool <a href="#">Sign Up</a>	8:00AM-8:50AM (Aqua Group Exercise) <i>Anabel (.</i>						
<b>DANCE FX</b> Studio 2 <a href="#">Sign Up</a>	8:20AM-9:05AM (Cardio & Dance) <i>Katelyn V.</i>						
<b>LES MILLS BODYPUMP™</b> Studio 1 <a href="#">Sign Up</a>	8:30AM-9:30AM (Strength & Endurance ) <i>Angela B.</i>  7:00PM-8:00PM (Strength & Endurance ) <i>Samantha B.</i>		8:30AM-9:30AM (Strength & Endurance ) <i>Stephanie W.</i>  7:10PM-8:10PM (Strength & Endurance ) <i>Samantha B.</i>		8:30AM-9:30AM (Strength & Endurance ) <i>Stephanie W.</i>	8:30AM-9:30AM (Strength & Endurance ) <i>Tracie O.</i>	
<b>Open Swim</b> Splash Pad	9:00AM-8:00PM (Aquatics)	9:00AM-1:00PM (Aquatics)  3:30PM-8:00PM (Aquatics)	9:00AM-8:00PM (Aquatics)	9:00AM-8:00PM (Aquatics)	9:00AM-1:00PM (Aquatics)  3:30PM-8:00PM (Aquatics)	9:00AM-6:00PM (Aquatics)	1:00PM-5:00PM (Aquatics)
<b>Boot Camp</b> Patio <a href="#">Sign Up</a>	9:00AM-10:00AM (Strength & Endurance ) <i>Emily B.</i>	6:30PM-7:30PM (Strength & Endurance ) <i>Monica S.</i>	9:00AM-10:00AM (Strength & Endurance ) <i>Carolyn W.</i>	6:30PM-7:30PM (Strength & Endurance ) <i>Monica S.</i>	9:00AM-10:00AM (Strength & Endurance ) <i>Emily B.</i>		
<b>POUND®</b> Studio 2 <a href="#">Sign Up</a>	9:15AM-10:05AM (Cardio & Dance) <i>Savannah J.</i>				9:00AM-9:50AM (Cardio & Dance) <i>Savannah J.</i>		
<b>Surge Strength</b> Studio 1 <a href="#">Sign Up</a>	9:45AM-10:45AM (Strength & Endurance ) <i>Carolyn W.</i>	7:00PM-8:00PM (Strength & Endurance ) <i>Carolyn W.</i>					
<b>Stretch FX</b> Y Land <a href="#">Sign Up</a>	10:05AM-10:35AM (Mind Body) <i>Emily B.</i>		10:05AM-10:35AM (Mind Body) <i>Carolyn W.</i>				
<b>ZUMBA® GOLD</b> Studio 1 <a href="#">Sign Up</a>	11:00AM-11:45AM (Foreverwell) <i>Theresa S.</i>		12:00PM-12:45PM (Foreverwell) <i>Cindy A.</i>		12:00PM-12:45PM (Foreverwell) <i>Robyn J.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SilverSneakers® Classic</b> Studio 1 <a href="#">Sign Up</a>	12:00PM-12:45PM (Foreverwell) <i>Theresa S.</i>		11:00AM-11:45AM (Foreverwell) <i>Theresa S.</i>				
<b>ForeverWell Tai Chi</b> Studio 1 <a href="#">Sign Up</a>	1:00PM-1:45PM (Cardio & Dance) <i>Theresa S.</i>						
<b>High Fitness - LOW</b> Studio 1 <a href="#">Sign Up</a>	5:10PM-5:55PM (Cardio & Dance) <i>Kennadee H.</i>						
<b>ZUMBA ®</b> Studio 1 <a href="#">Sign Up</a>	6:00PM-6:50PM (Cardio & Dance) <i>Vanessa A.</i>				9:45AM-10:45AM (Cardio & Dance) <i>Robyn J.</i>		
<b>Yoga Restore</b> Studio 2 <a href="#">Sign Up</a>	7:10PM-8:00PM (Mind Body) <i>Christine C.</i>					8:30AM-9:20AM (Mind Body) <i>Elizabeth K.</i>	
<b>Mat Pilates</b> Studio 1 <a href="#">Sign Up</a>		6:00AM-6:50AM (Mind Body) <i>Virtual I.</i>		6:00AM-6:50AM (Mind Body)			
<b>Yoga Flow</b> Studio 2 <a href="#">Sign Up</a>		8:30AM-9:20AM (Mind Body) <i>Andreu O.</i>					
<b>LES MILLS BODYCOMBAT™</b> Studio 1 <a href="#">Sign Up</a>		8:30AM-9:30AM (Cardio & Dance) <i>Angela B.</i>	6:00PM-7:00PM (Cardio & Dance) <i>Brian J.</i>	9:45AM-10:45AM (Cardio & Dance) <i>Angela B.</i>			
<b>Kids Fit</b> Y Land <a href="#">Sign Up</a>		9:30AM-10:15AM (Youth) <i>Carolyn W.</i>					
<b>High Fitness - HIGH</b> Studio 1 <a href="#">Sign Up</a>		9:45AM-10:40AM (Cardio & Dance) <i>Stephanie W.</i>	5:10PM-5:55PM (Cardio & Dance) <i>Claire J.</i>			9:45AM-10:40AM (Cardio & Dance) <i>Stephanie W.</i>	
<b>ForeverWell Chair Yoga</b> Studio 1 <a href="#">Sign Up</a>		11:00AM-11:45AM (Foreverwell) <i>Christine C.</i>		11:00AM-11:45AM (Foreverwell) <i>Elizabeth K.</i>			
<b>SilverSneakers® Boom Muscle</b> Studio 1 <a href="#">Sign Up</a>		12:00PM-12:45PM (Foreverwell) <i>Robyn J.</i>		12:00PM-12:45PM (Foreverwell) <i>Robyn J.</i>			
<b>DANCE FX</b> Studio 1 <a href="#">Sign Up</a>		6:00PM-6:50PM (Cardio & Dance) <i>Maria B.</i>	9:45AM-10:45AM (Cardio & Dance) <i>Robyn J.</i>				
<b>Aqua Volleyball</b> Pool <a href="#">Sign Up</a>			8:00AM-9:00AM (Aqua Group Exercise)		8:00AM-9:00AM (Aqua Group Exercise)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>UpBeat Barre</b> Studio 1 <a href="#">Sign Up</a>				8:30AM-9:30AM (Strength & Endurance ) <i>Stephanie W.</i>			
<b>High Fitness - HIGH</b> Studio 2 <a href="#">Sign Up</a>				8:30AM-9:15AM (Cardio & Dance) <i>Carolyn W.</i>			
<b>High Fitness - YO</b> Y Land <a href="#">Sign Up</a>				9:30AM-10:00AM (Mind Body) <i>Carolyn W.</i>		10:50AM-11:40AM (Mind Body) <i>Carolyn W.</i>	
<b>POUND®</b> Studio 1 <a href="#">Sign Up</a>				5:00PM-5:50PM (Cardio & Dance) <i>Savannah J.</i>			
<b>Generation POUND®</b> Y Land <a href="#">Sign Up</a>					10:00AM-10:45AM (Youth) <i>Savannah J.</i>		
<b>Stretch FX</b> Patio <a href="#">Sign Up</a>					10:05AM-10:35AM (Mind Body) <i>Emily B.</i>		
<b>ForeverWell Total Body</b> Studio 1 <a href="#">Sign Up</a>					11:00AM-11:45AM (Foreverwell) <i>Alexis R.</i>	11:00AM-11:45AM (Foreverwell) <i>Alexis R.</i>	



## Westside Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim (2 lanes)</b> Indoor Pool	6:15AM-9:00AM (Aquatics)  4:00PM-6:00PM (Aquatics)	6:15AM-10:00AM (Aquatics)  4:00PM-5:00PM (Aquatics)	6:15AM-10:00AM (Aquatics)  4:00PM-6:00PM (Aquatics)	6:15AM-10:00AM (Aquatics)  4:00PM-5:00PM (Aquatics)	6:15AM-10:00AM (Aquatics)  4:00PM-7:45PM (Aquatics)	8:00AM-9:00AM (Aquatics)	
<b>Open Swim</b> Indoor Pool	6:15AM-9:00AM (Aquatics)  4:00PM-6:00PM (Aquatics)  6:00PM-7:00PM (Aquatics)	7:00AM-10:00AM (Aquatics)	6:15AM-11:00AM (Aquatics)  6:00PM-7:45PM (Aquatics)	6:15AM-10:00AM (Aquatics)  4:00PM-5:00PM (Aquatics)	6:15AM-10:00AM (Aquatics)  4:00PM-7:15PM (Aquatics)	8:00AM-9:00AM (Aquatics)  10:00AM-12:00PM (Aquatics)	
<b>Total Body Strength</b> Group Exercise Room <a href="#">Sign Up</a>	8:30AM-9:20AM (Strength & Endurance ) <i>Doris S.</i>		8:30AM-9:20AM (Strength & Endurance ) <i>Doris S.</i>				
<b>Lap Swim (1 lane)</b> Indoor Pool	9:00AM-11:00AM (Aquatics)		10:00AM-11:00AM (Aquatics)				
<b>DANCE FX</b> Group Exercise Room <a href="#">Sign Up</a>	9:30AM-10:20AM (Cardio & Dance) <i>Doris S.</i>						
<b>ForeverWell Aqua Arthritis</b> Indoor Pool <a href="#">Sign Up</a>	10:00AM-10:50AM (Aqua Group Exercise) <i>Kat P.</i>						
<b>ForeverWell Chair Yoga</b> Group Exercise Room <a href="#">Sign Up</a>	10:30AM-11:20AM (Foreverwell) <i>Staff</i>		10:30AM-11:20AM (Foreverwell) <i>Staff</i>				
<b>Foreverwell Senior Activity</b> Multipurpose Room <a href="#">Sign Up</a>	11:00AM-12:00PM (Events) <i>Troy R.</i>						
<b>Boot Camp</b> Group Exercise Room <a href="#">Sign Up</a>	5:30PM-6:15PM (Strength & Endurance ) <i>Troy R.</i>		5:30PM-6:15PM (Strength & Endurance ) <i>Troy R.</i>				
<b>Reserved for Programming</b> Indoor Pool	6:00PM-7:45PM (Aquatics)	6:00PM-7:00PM (Aquatics)  7:00PM-7:45PM (Aquatics)	6:00PM-7:45PM (Aquatics)	6:00PM-7:45PM (Aquatics)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ZUMBA ®</b> Group Exercise Room <a href="#">Sign Up</a>	6:30PM-7:20PM (Cardio & Dance) <i>Gabriela R.</i>		6:30PM-7:20PM (Cardio & Dance) <i>Gabriela R.</i>		5:30PM-6:20PM (Cardio & Dance) <i>Gabriela R.</i>		
<b>Core FX</b> Group Exercise Room <a href="#">Sign Up</a>	7:30PM-8:00PM (Core & Balance) <i>Staff</i>		7:30PM-8:00PM (Core & Balance) <i>Staff</i>		7:00PM-7:45PM (Core & Balance) <i>Staff</i>		
<b>SilverSneakers® Cardio Fit</b> Group Exercise Room <a href="#">Sign Up</a>		8:30AM-9:20AM (Foreverwell) <i>Troy R.</i>		8:30AM-9:20AM (Foreverwell) <i>Troy R.</i>			
<b>Pickleball Open Play</b> Basketball Court <a href="#">Sign Up</a>		9:00AM-10:00AM (Pickleball)  10:00AM-11:00AM (Pickleball)  11:00AM-12:00PM (Pickleball)		9:00AM-10:00AM (Pickleball)  10:00AM-11:00AM (Pickleball)  11:00AM-12:00PM (Pickleball)			
<b>CANCELED: Line Dancing</b> Group Exercise Room <a href="#">Sign Up</a>		9:30AM-10:20AM (Cardio & Dance) <i>Victoria R.</i>					
<b>Line Dancing</b> Group Exercise Room <a href="#">Sign Up</a>		9:30AM-10:20AM (Cardio & Dance) <i>Virtual C.</i>					
<b>Deep Water Adult Swim</b> Indoor Pool		10:00AM-11:00AM (Aquatics)  5:00PM-6:00PM (Aquatics)		5:00PM-6:00PM (Aquatics)	10:00AM-11:00AM (Aquatics)	9:00AM-10:00AM (Aquatics)	
<b>Aqua Fit</b> Indoor Pool <a href="#">Sign Up</a>		5:00PM-5:50PM (Aqua Group Exercise) <i>Stefanie P.</i>		5:00PM-5:50PM (Aqua Group Exercise) <i>Kat P.</i>		9:00AM-9:50AM (Aqua Group Exercise) <i>Kat P.</i>	
<b>Yoga Flow</b> Group Exercise Room <a href="#">Sign Up</a>		5:30PM-6:20PM (Mind Body) <i>Karen M.</i>					
<b>ZUMBA® GOLD</b> Group Exercise Room <a href="#">Sign Up</a>			9:30AM-10:20AM (Foreverwell) <i>Veronica B.</i>			9:00AM-9:50AM (Foreverwell) <i>Veronica B.</i>	
<b>Aqua Volleyball</b> Indoor Pool <a href="#">Sign Up</a>			10:00AM-10:50AM (Aqua Group Exercise) <i>Member L.</i>				
<b>Adult Pickup Basketball (18+)</b> Basketball Court			12:00PM-2:00PM (Basketball)				
<b>Barre</b> Group Exercise Room <a href="#">Sign Up</a>				9:30AM-10:20AM (Mind Body) <i>Staff</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Bible Study</b> Multipurpose Room				11:00AM-12:00PM (Events) <i>Martha S.</i>			
<b>Muscle Pump</b> Group Exercise Room <a href="#">Sign Up</a>				5:30PM-6:20PM (Strength & Endurance ) <i>Stefanie P.</i>		10:00AM-10:50AM (Strength & Endurance ) <i>Stefanie P.</i>	
<b>ForeverWell Sculpt</b> Group Exercise Room <a href="#">Sign Up</a>					8:30AM-9:20AM (Foreverwell) <i>Kat P.</i>		
<b>ForeverWell Stretch</b> Group Exercise Room <a href="#">Sign Up</a>					9:30AM-10:20AM (Foreverwell) <i>Kat P.</i>		
<b>AQUA ZUMBA®</b> Indoor Pool <a href="#">Sign Up</a>					10:00AM-10:50AM (Aqua Group Exercise) <i>Veronica B.</i>		
<b>Step FX</b> Group Exercise Room <a href="#">Sign Up</a>					11:30AM-12:20PM (Cardio & Dance) <i>Staff</i>		
<b>Closed for Programming</b> Basketball Court					12:00PM-2:00PM (Basketball)		
<b>Pilates Fusion</b> Group Exercise Room <a href="#">Sign Up</a>						11:00AM-11:50AM (Mind Body) <i>Kat P.</i>	





## Harvey E. Najim Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Core FX</b> Group Exercise Studio <a href="#">Sign Up</a>	7:30AM-8:20AM (Core & Balance) <i>staff</i>				7:00AM-7:35AM (Core & Balance) <i>Staff</i>		
<b>ForeverWell Sculpt</b> Group Exercise Studio <a href="#">Sign Up</a>	8:30AM-9:25AM (Foreverwell) <i>Amanda G.</i>		8:30AM-9:30AM (Foreverwell) <i>Liz H.</i>				
<b>ForeverWell Balance</b> Group Exercise Studio <a href="#">Sign Up</a>	9:30AM-10:30AM (Foreverwell) <i>Victoria R.</i>			9:30AM-10:30AM (Foreverwell) <i>TaVia B.</i>			
<b>CANCELED: Cycle Circuit</b> Group Exercise Studio <a href="#">Sign Up</a>	12:00PM-12:30PM (Cycle) <i>Staff</i>						
<b>Kids Fit</b> Outdoor Basketball Court <a href="#">Sign Up</a>	5:45PM-6:45PM (Youth) <i>Hilda M.</i>		5:45PM-6:45PM (Youth) <i>Hilda M.</i>				
<b>ZUMBA ®</b> Group Exercise Studio <a href="#">Sign Up</a>	5:45PM-6:45PM (Cardio & Dance) <i>Kimberly P.</i>			7:00PM-7:55PM (Cardio & Dance) <i>Liz S.</i>			
<b>Cycle Strength</b> Group Exercise Studio <a href="#">Sign Up</a>	6:50PM-7:50PM (Cycle) <i>Mandi J.</i>		6:45PM-7:45PM (Cycle) <i>Mandi J.</i>				
<b>Step FX</b> Group Exercise Studio <a href="#">Sign Up</a>		7:30AM-8:00AM (Cardio & Dance) <i>Staff</i>		7:30AM-8:00AM (Cardio & Dance) <i>Staff</i>			
<b>ZUMBA® GOLD</b> Group Exercise Studio <a href="#">Sign Up</a>		8:30AM-9:30AM (Foreverwell) <i>Theresa S.</i>		8:30AM-9:30AM (Foreverwell) <i>Veronica B.</i>	8:00AM-9:00AM (Foreverwell) <i>Clarissa Z.</i>		
<b>Mat Pilates</b> Group Exercise Studio		9:35AM-10:30AM (Mind Body) <i>staff</i>					
<b>LES MILLS BODYPUMP™</b> Group Exercise Studio <a href="#">Sign Up</a>		5:45PM-6:45PM (Strength & Endurance ) <i>Brian J.</i>					
<b>LES MILLS BODYCOMBAT™</b> Group Exercise Studio <a href="#">Sign Up</a>		6:45PM-7:45PM (Cardio & Dance) <i>Brian J.</i>	5:45PM-6:45PM (Cardio & Dance) <i>Roger M.</i>	5:45PM-6:45PM (Cardio & Dance) <i>Roger M.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Core FX</b> Group Exercise Studio <a href="#">Sign Up</a>			7:30AM-8:00AM (Strength & Endurance ) <i>staff</i>		6:15PM-6:45PM (Strength & Endurance ) <i>staff</i>		
<b>Yoga Flow</b> Community Room <a href="#">Sign Up</a>			6:45PM-7:45PM (Mind Body) <i>Johana H.</i>				
<b>Pilates Fusion</b> Group Exercise Studio <a href="#">Sign Up</a>				10:30AM-11:30AM (Mind Body) <i>Virtual</i>			
<b>ForeverWell Total Body</b> Group Exercise Studio <a href="#">Sign Up</a>					9:30AM-10:25AM (Foreverwell) <i>TaVia B.</i>		
<b>LES MILLS TONE™</b> Group Exercise Studio <a href="#">Sign Up</a>						8:30AM-9:30AM (Strength & Endurance ) <i>Cheryl P.</i>	



## Walzem Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pickleball Open Play</b> Walzem Gym	8:00AM-12:00PM (Pickleball) Staff S.	5:00PM-7:00PM (Pickleball) Staff S.	8:00AM-12:00PM (Pickleball) Staff S.	8:00AM-12:00PM (Pickleball) Staff S.	8:00AM-12:00PM (Pickleball) Staff S.		
<b>ForeverWell Total Body</b> Group Exercise Studio <a href="#">Sign Up</a>	8:30AM-9:15AM (Foreverwell) Max S.		8:30AM-9:15AM (Foreverwell) Catherine J.				
<b>SilverSneakers® Classic</b> Group Exercise Studio <a href="#">Sign Up</a>	10:30AM-11:15AM (Foreverwell) Mark A.						
<b>Basketball Open Play 1/2 Court</b> Walzem Gym	12:00PM-1:00PM (Basketball) Staff S.	12:00PM-1:00PM (Basketball) Staff S.	12:00PM-1:00PM (Basketball) Staff S.	12:00PM-1:00PM (Basketball) Staff S.	12:00PM-1:00PM (Basketball) Staff S.	12:00PM-1:00PM (Basketball) Staff S.	12:00PM-1:00PM (Basketball) Staff S.
<b>Full Court Play (13yrs+)</b> Walzem Gym	4:00PM-7:00PM (Basketball)		4:00PM-7:00PM (Basketball)	4:00PM-7:00PM (Basketball)			
<b>ZUMBA®</b> Group Exercise Studio <a href="#">Sign Up</a>		9:00AM-9:50AM (Cardio & Dance) Instructor S.					
<b>ForeverWell Barre</b> Group Exercise Studio <a href="#">Sign Up</a>			9:30AM-10:15AM (Foreverwell) Catherine J.				
<b>ZUMBA® GOLD</b> Group Exercise Studio <a href="#">Sign Up</a>				9:00AM-9:50AM (Foreverwell) Dawn C.			
<b>SilverSneakers® Circuit</b> Group Exercise Studio <a href="#">Sign Up</a>				10:00AM-10:45AM (Foreverwell) Dawn C.			
<b>Total Body Strength</b> Group Exercise Studio <a href="#">Sign Up</a>					8:30AM-9:15AM (Strength & Endurance ) Mark A.		
<b>Line Dancing</b> Group Exercise Studio <a href="#">Sign Up</a>					9:30AM-10:15AM (Cardio & Dance) Instructor N.		
<b>ForeverWell Chair Yoga</b> Group Exercise Studio <a href="#">Sign Up</a>					10:30AM-11:15AM (Foreverwell) Jen M.		



## St. Philip`s Aquatic Center | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Adult Swim</b> Pool <a href="#">Sign Up</a>	8:00AM-8:30AM (Aquatics)	8:00AM-8:50AM (Aquatics)	8:00AM-8:50AM (Aquatics)	8:00AM-8:50AM (Aquatics)	8:00AM-8:50AM (Aquatics)		
<b>Deep Water Adult Swim</b> Pool <a href="#">Sign Up</a>	8:30AM-9:30AM (Aquatics)	10:00AM-10:50AM (Aquatics)	9:00AM-9:50AM (Aquatics)  10:00AM-10:50AM (Aquatics)	10:00AM-10:50AM (Aquatics)	10:00AM-10:50AM (Aquatics)		
<b>Aqua Fit</b> Group Exercise <a href="#">Sign Up</a>	8:30AM-9:30AM (Aqua Group Exercise) <i>Shelly B.</i>	10:00AM-10:50AM (Aqua Group Exercise) <i>Maci G.</i>	9:00AM-9:50AM (Aqua Group Exercise) <i>Alexis R.</i>	10:00AM-10:50AM (Aqua Group Exercise) <i>Shelly B.</i>			
<b>Aqua Volleyball</b> Pool <a href="#">Sign Up</a>	10:00AM-11:00AM (Aquatics)		10:00AM-11:00AM (Aquatics)		10:00AM-11:00AM (Aquatics)		
<b>1/2 Pool Open Swim</b> Pool <a href="#">Sign Up</a>	10:00AM-11:00AM (Aquatics)  11:00AM-11:50AM (Aquatics)	9:00AM-9:50AM (Aquatics)  11:00AM-11:50AM (Aquatics)	11:00AM-11:50AM (Aquatics)	9:00AM-9:50AM (Aquatics)  11:00AM-11:50AM (Aquatics)	9:00AM-9:50AM (Aquatics)  11:00AM-11:50AM (Aquatics)		
<b>Family Swim</b> Pool <a href="#">Sign Up</a>	12:00PM-1:00PM (Aquatics)	12:00PM-1:00PM (Aquatics)	12:00PM-1:00PM (Aquatics)	12:00PM-1:00PM (Aquatics)	12:00PM-1:00PM (Aquatics)		
<b>Aqua Fit</b> Pool <a href="#">Sign Up</a>					8:15AM-9:10AM (Aqua Group Exercise) <i>Anabel (.</i>		



## Cibolo Family YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pickleball Open Play</b> Court 1	8:30AM-12:00PM (Pickleball) <i>Staff</i>		8:30AM-12:00PM (Pickleball) <i>Staff</i>		8:30AM-12:00PM (Pickleball) <i>Staff</i>		
<b>Pickleball Open Play</b> Court 2	8:30AM-12:00PM (Pickleball) <i>Staff</i>		8:30AM-12:00PM (Pickleball) <i>Staff</i>		8:30AM-12:00PM (Pickleball) <i>Staff</i>		
<b>Pickleball Open Play</b> Basketball Court	8:30AM-12:00PM (Pickleball) <i>Staff</i>	1:00PM-3:00PM (Pickleball) <i>Staff</i>	8:30AM-12:00PM (Pickleball) <i>Staff</i>	1:00PM-3:00PM (Pickleball) <i>Staff</i>	8:30AM-12:00PM (Pickleball) <i>Staff</i>		
<b>LES MILLS BODYPUMP™</b> Group Exercise Studio <a href="#">Sign Up</a>	8:30AM-9:25AM (Strength & Endurance ) <i>Iris G.</i>	5:30PM-6:25PM (Strength & Endurance ) <i>Christine G.</i>	9:35AM-10:30AM (Strength & Endurance ) <i>Staff</i>	5:30PM-6:25PM (Strength & Endurance ) <i>Christine G.</i>	8:30AM-9:25AM (Strength & Endurance ) <i>Iris G.</i>		
<b>Boot Camp</b> Group Exercise Studio <a href="#">Sign Up</a>	9:35AM-10:30AM (Strength & Endurance ) <i>Kim N.</i>		8:35AM-9:30AM (Strength & Endurance ) <i>Marian L.</i>		9:35AM-10:30AM (Strength & Endurance ) <i>Kim N.</i>	9:30AM-10:25AM (Strength & Endurance ) <i>Marian L.</i>	
<b>ZUMBA® GOLD</b> Group Exercise Studio <a href="#">Sign Up</a>	10:35AM-11:30AM (Foreverwell) <i>Nancy C.</i>					10:35AM-11:30AM (Foreverwell) <i>Staff</i>	
<b>Shoot-around</b> Basketball Court	12:00PM-1:00PM (Basketball) <i>Staff</i>  2:00PM-5:00PM (Basketball)	5:00AM-5:00PM (Basketball) <i>Staff</i>  3:00PM-5:00PM (Basketball) <i>Staff</i>	12:00PM-1:00PM (Basketball) <i>Staff</i>  2:00PM-5:00PM (Basketball) <i>Staff</i>	5:00AM-5:00PM (Basketball) <i>Staff</i>  3:00PM-5:00PM (Basketball) <i>Staff</i>	12:00PM-1:00PM (Basketball) <i>Staff</i>  2:00PM-5:00PM (Basketball) <i>Staff</i>		
<b>Shoot-around</b> Court 2	1:00PM-2:00PM (Basketball) <i>Staff</i>		1:00PM-2:00PM (Basketball) <i>Staff</i>		1:00PM-2:00PM (Basketball) <i>Staff</i>		
<b>Y Walk</b> Court 1	1:00PM-2:00PM (Other Activities) <i>Staff</i>		1:00PM-2:00PM (Other Activities) <i>Staff</i>		1:00PM-2:00PM (Other Activities) <i>Staff</i>		
<b>Yoga Flow</b> Group Exercise Studio <a href="#">Sign Up</a>	5:00PM-5:55PM (Mind Body) <i>Ashley S.</i>	9:00AM-9:55AM (Mind Body) <i>Aubrei W.</i>	5:00PM-5:55PM (Mind Body) <i>Rose L.</i>	9:00AM-9:55AM (Mind Body) <i>Aubrei W.</i>		8:30AM-9:25AM (Mind Body) <i>Staff</i>	
<b>LES MILLS BODYPUMP EXPRESS™</b> Group Exercise Studio <a href="#">Sign Up</a>	6:00PM-6:30PM (Strength & Endurance ) <i>Jazmin W.</i>		6:00PM-6:30PM (Strength & Endurance ) <i>Jazmin W.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ZUMBA ®</b> Group Exercise Studio <a href="#">Sign Up</a>	6:35PM-7:30PM (Cardio & Dance) <i>Shannon C.</i>	10:00AM-10:55AM (Cardio & Dance) <i>Andrea H.</i>	6:35PM-7:30PM (Cardio & Dance) <i>Nancy C.</i>	10:00AM-10:55AM (Cardio & Dance) <i>Jennifer F.</i>	6:30PM-7:25PM (Cardio & Dance) <i>Sothy N.</i>		
<b>Y-Fit</b> Group Exercise Studio <a href="#">Sign Up</a>		5:15AM-5:55AM (Strength & Endurance ) <i>Melissa R.</i>		5:15AM-5:55AM (Strength & Endurance ) <i>Melissa R.</i>			
<b>HIIT FX</b> Group Exercise Studio <a href="#">Sign Up</a>		8:15AM-8:55AM (Strength & Endurance ) <i>Brianna T.</i>		8:15AM-8:55AM (Strength & Endurance ) <i>Brianna T.</i>			
<b>Kids Fit</b> Court 1		10:00AM-10:50AM (Kids Fit) <i>Don G.</i>		10:00AM-10:50AM (Kids Fit) <i>Don G.</i>			
<b>ForeverWell Total Body</b> Group Exercise Studio <a href="#">Sign Up</a>		11:15AM-12:10PM (Foreverwell) <i>Edna M.</i>		11:15AM-12:10PM (Foreverwell) <i>Sandy V.</i>		7:25AM-8:15AM (Foreverwell) <i>Sandy V.</i>	
<b>LES MILLS PILATES™</b> Group Exercise Studio <a href="#">Sign Up</a>		6:35PM-7:30PM (Mind Body) <i>Jennifer H.</i>		6:35PM-7:30PM (Mind Body) <i>Jennifer H.</i>			
<b>Xtreme Hip-Hop Step™</b> Group Exercise Studio <a href="#">Sign Up</a>		7:35PM-8:30PM (Cardio & Dance) <i>Chasity D.</i>					
<b>Yoga Foundations</b> Group Exercise Studio <a href="#">Sign Up</a>			10:35AM-11:25AM (Mind Body) <i>Liz G.</i>				
<b>Yoga Restore</b> Group Exercise Studio <a href="#">Sign Up</a>					10:35AM-11:30AM (Mind Body) <i>Liz G.</i>		
<b>\$ Youth Athletic Performance: Basketball Skills:</b> Court 2							1:00PM-2:30PM (Athletic Performance) <i>Adam C.</i>



Antioch Sports Complex | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Line Dancing</b> Group Exercise / Basketball court <a href="#">Sign Up</a>	9:00AM-10:00AM (Cardio & Dance) <i>Arianna S.</i>						
<b>ForeverWell Circuit</b> Group Exercise / Basketball court <a href="#">Sign Up</a>	10:00AM-10:55AM (Foreverwell) <i>Shelly B.</i>			8:30AM-8:55AM (Foreverwell) <i>Shelly B.</i>			
<b>ForeverWell Sculpt</b> Group Exercise / Basketball court <a href="#">Sign Up</a>		8:15AM-9:05AM (Foreverwell) <i>Maci G.</i>	9:00AM-9:55AM (Foreverwell) <i>Dolores C.</i>				
<b>ForeverWell Balance</b> Group Exercise / Basketball court <a href="#">Sign Up</a>					8:30AM-9:30AM (Foreverwell) <i>Liz H.</i>		