



## Clark County Family YMCA | March 30th - April 5th

|   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  | Sunday                            |
|---|--|--|--|--|---|---|-----------------------------------|
| <b>Open Swim</b><br>Pool   Rec                | 5:00AM-10:30AM<br>(Pool Schedule)<br><br>12:25PM-4:30PM<br>(Pool Schedule)<br><br>7:00PM-8:30PM<br>(Pool Schedule) | 5:00AM-9:00AM<br>(Pool Schedule)<br><br>9:45AM-5:15PM<br>(Pool Schedule)<br><br>7:30PM-8:30PM<br>(Pool Schedule) | 5:00AM-9:00AM<br>(Pool Schedule)<br><br>12:25PM-4:30PM<br>(Pool Schedule)                          | 5:00AM-9:00AM<br>(Pool Schedule)<br><br>9:45AM-5:15PM<br>(Pool Schedule)<br><br>7:30PM-8:30PM<br>(Pool Schedule) | 5:00AM-10:00AM<br>(Pool Schedule)<br><br>11:15AM-7:30PM<br>(Pool Schedule)                          | 7:00AM-8:15AM<br>(Pool Schedule)<br><br>11:45AM-4:30PM<br>(Pool Schedule) | 12:00PM-3:30PM<br>(Pool Schedule) |
| <b>Lap Swim</b><br>Pool   Lap                 | 5:00AM-8:30PM<br>(Lap Swim)<br><i>N/A</i>  |  |  | 5:00AM-8:30PM<br>(Lap Swim)  | 5:00AM-7:30PM<br>(Lap Swim)   | 7:00AM-4:00PM<br>(Lap Swim)<br><br>11:30AM-4:30PM<br>(Lap Swim)           |                                   |
| <b>Zumba® Gold   Dance Fitness</b><br>C       | 9:30AM-10:15AM<br>(Cardio)<br><i>Rhiannon A.</i>   |  |  |  | 9:30AM-10:15AM<br>(Cardio)<br><i>Rhiannon A.</i>  |   |                                   |
| <b>Deep H2O</b><br>Pool   Lap                 | 9:30AM-10:15AM<br>(Water Fitness)<br><i>Julie P.</i>   |  |  |  | 9:30AM-10:15AM<br>(Water Fitness)<br><i>Julie P.</i>  |   |                                   |
| <b>Lap Swim   Limited Lanes</b><br>Pool   Lap | 9:30AM-10:30AM<br>(Lap Swim)<br><br>12:00PM-1:00PM<br>(Lap Swim)<br><br>4:00PM-7:45PM<br>(Lap Swim)                | 5:00AM-8:30PM<br>(Lap Swim)<br><br>4:00PM-7:45PM<br>(Lap Swim)   | 5:00AM-8:30PM<br>(Lap Swim)<br><br>12:00PM-1:00PM<br>(Lap Swim)<br><br>4:00PM-8:30PM<br>(Lap Swim) | 4:00PM-7:45PM<br>(Lap Swim)  | 9:30AM-10:30AM<br>(Lap Swim)<br><br>12:00PM-1:00PM<br>(Lap Swim)<br><br>4:00PM-7:30PM<br>(Lap Swim) | 8:00AM-11:30AM<br>(Lap Swim)  | 12:00PM-3:30PM<br>(Lap Swim)      |
| <b>Arthritis Class</b><br>Pool   Rec          | 10:30AM-11:15AM<br>(Water Fitness)<br><i>Julie P.</i>  |  |  |  | 10:30AM-11:15AM<br>(Water Fitness)<br><i>Julie P.</i>   |   |                                   |
| <b>Glutes &amp; Core</b><br>C                 | 11:15AM-12:00PM<br>(Strength)<br><i>Sherri C.</i>  |  |  |  |   |   |                                   |
| <b>Masters Swim</b><br>Pool   Lap             | 12:00PM-1:00PM<br>(Pool Schedule)<br><i>YMCA S.</i>  | 7:45PM-8:45PM<br>(Pool Schedule)   | 12:00PM-1:00PM<br>(Pool Schedule)<br><br>7:45PM-8:45PM<br>(Pool Schedule)                          | 7:45PM-8:45PM<br>(Pool Schedule)   | 12:00PM-1:00PM<br>(Pool Schedule)   | 8:00AM-9:00AM<br>(Pool Schedule)  |                                   |
| <b>Tornadoes Swim Team</b><br>Pool   Lap      | 4:00PM-7:45PM<br>(Swim Team)   | 4:00PM-7:45PM<br>(Swim Team)   | 4:00PM-7:45PM<br>(Swim Team)   | 4:00PM-7:45PM<br>(Swim Team)   | 4:00PM-7:45PM<br>(Swim Team)  | 9:00AM-10:30AM<br>(Swim Team)   |                                   |

|   | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   | Sunday                  |
|---|---|--|--|--|--|--|-------------------------|
| <b>Swim Lessons</b><br>Pool   Rec           | 4:30PM-7:00PM<br>(Swim Lessons)                     | 5:15PM-7:30PM<br>(Swim Lessons)                            | 4:30PM-7:00PM<br>(Swim Lessons)                                    | 5:15PM-7:30PM<br>(Swim Lessons)                            |  | 8:15AM-11:40AM<br>(Swim Lessons)                     |                         |
| <b>Shallow Water Aerobics</b><br>Pool   Rec | 5:45PM-6:30PM<br>(Water Fitness)<br><i>Ariel M.</i> | 9:00AM-9:45AM<br>(Water Fitness)<br><i>Tressa Y.</i>       | 5:45PM-6:30PM<br>(Water Fitness)<br><i>Ariel M.</i>                | 9:00AM-9:45AM<br>(Water Fitness)<br><i>Tressa Y.</i>       |  |  |                         |
| <b>Cycle and Core</b><br>C                  | 6:00PM-7:00PM<br>(Cardio)<br><i>Cameron C.</i>      |  |  |  |  |  |                         |
| <b>BoxMaster Circuit</b><br>B               | 6:45PM-7:30PM<br>(Cardio)<br><i>Sherri C.</i>       |  |  | 10:45AM-11:30AM<br>(Cardio)<br><i>Brandy H.</i>            |  |  |                         |
| <b>Toddler Time</b><br>Pool   Rec           |   | 9:00AM-9:45AM<br>(Pool Schedule)                           | 9:00AM-10:30AM<br>(Pool Schedule)                                  | 9:00AM-10:30AM<br>(Pool Schedule)                          | 10:30AM-11:15AM<br>(Pool Schedule)                   |  |                         |
| <b>Flow Yoga</b><br>C                       |   | 9:30AM-10:15AM<br>(Mind & Body)<br><i>Katy S.</i>          |  |  |  | 9:45AM-10:45AM<br>(Mind & Body)<br><i>Marsha M.</i>  |                         |
| <b>Gentle Strength &amp; Cardio</b><br>C    |   | 10:45AM-11:30AM<br>(Cardio & Strength)<br><i>Tressa Y.</i> |  | 10:45AM-11:30AM<br>(Cardio & Strength)<br><i>Tressa Y.</i> |  |  |                         |
| <b>Open Tai Chi</b><br>D                    |   | 12:00PM-1:00PM<br>(Mind & Body)<br><i>N/A</i>              |  | 12:00PM-1:00PM<br>(Mind & Body)<br><i>N/A</i>              |  |  |                         |
| <b>Swim Lessons</b><br>Pool   Lap           |   | 4:30PM-7:45PM<br>(Swim Lessons)                            | 4:30PM-7:00PM<br>(Swim Lessons)                                    | 4:30PM-7:45PM<br>(Swim Lessons)                            |  | 8:15AM-11:30AM<br>(Swim Lessons)                     |                         |
| <b>HIIT/Bootcamp</b><br>C                   |   | 6:00PM-6:45PM<br>(Cardio & Strength)<br><i>Mary A.</i>     |  | 6:00PM-6:45PM<br>(Cardio & Strength)<br><i>Keslie J.</i>   |  |  |                         |
| <b>Open Gym</b><br>Auditorium A             |   |  | 5:00AM-8:00AM<br>(Gym)<br><br>1:00PM-5:30PM<br>(Gym)               | 5:00AM-12:00PM<br>(Gym)<br><br>4:00PM-5:30PM<br>(Gym)      | 5:00AM-8:00AM<br>(Gym)<br><br>1:00PM-8:00PM<br>(Gym) | 7:00AM-9:00AM<br>(Gym)<br><br>1:30PM-5:00PM<br>(Gym) | 12:00PM-4:00PM<br>(Gym) |
| <b>Open Gym</b><br>Basketball Court B       |   |  | 5:00AM-8:00AM<br>(Gym)<br><br>1:00PM-7:30PM<br>(Gym)               | 5:00AM-7:30PM<br>(Gym)                                     | 5:00AM-8:00AM<br>(Gym)<br><br>1:00PM-8:00PM<br>(Gym) | 7:00AM-5:00PM<br>(Gym)                               | 12:00PM-4:00PM<br>(Gym) |
| <b>Open Gym</b><br>Basketball Court A       |   |  | 5:00AM-8:00AM<br>(Gym)<br><i>N/A</i><br><br>1:00PM-5:30PM<br>(Gym) | 5:00AM-11:00AM<br>(Gym)<br><br>4:00PM-5:30PM<br>(Gym)      | 5:00AM-8:00AM<br>(Gym)<br><br>1:00PM-8:00PM<br>(Gym) | 7:00AM-9:00AM<br>(Gym)<br><br>1:30PM-5:00PM<br>(Gym) | 12:00PM-4:00PM<br>(Gym) |
| <b>Adult Pickleball</b><br>Auditorium A     |   |  | 8:00AM-1:00PM<br>(Adult Sports)                                    | 11:00AM-4:00PM<br>(Adult Sports)                           | 9:00AM-12:00PM<br>(Adult Sports)                     |  |                         |

|  | Monday | Tuesday | Wednesday   | Thursday   | Friday                          | Saturday               | Sunday |
|--|--------|---------|---|--|---------------------------------|------------------------|--------|
| <b>Adult Pickleball</b><br>Basketball Court B          |        |         | 8:00AM-1:00PM<br>(Adult Sports)                           |  | 8:00AM-1:00PM<br>(Adult Sports) |                        |        |
| <b>Adult Pickleball</b><br>Basketball Court A          |        |         | 8:00AM-1:00PM<br>(Adult Sports)                           | 11:00AM-4:00PM<br>(Adult Sports)                     | 8:00AM-1:00PM<br>(Adult Sports) |                        |        |
| <b>Water Walking</b><br>Pool   Rec                     |        |         | 9:00AM-9:45AM<br>(Water Fitness)<br><i>Julie P.</i>       |  |                                 |                        |        |
| <b>Zumba®   Dance Fitness</b><br>C                     |        |         | 9:30AM-10:15AM<br>(Cardio)<br><i>Rhiannon A.</i>          |  |                                 |                        |        |
| <b>Water Volleyball</b><br>Pool   Lap                  |        |         | 10:00AM-10:45AM<br>(Water Fitness)<br><i>YMCA S.</i>      |  |                                 |                        |        |
| <b>Muscle Conditioning</b><br>C                        |        |         | 11:15AM-12:00PM<br>(Cardio & Strength)<br><i>Ariel S.</i> |  |                                 |                        |        |
| <b>Barre</b><br>C                                      |        |         | 5:30PM-6:15PM<br>(Mind & Body)<br><i>Sherri C.</i>        |  |                                 |                        |        |
| <b>Hi-Lo Fitness</b><br>D                              |        |         | 6:30PM-7:15PM<br>(Cardio)<br><i>Mary A.</i>               |  |                                 |                        |        |
| <b>Yoga</b><br>C                                       |        |         | 6:30PM-7:15PM<br>(Mind & Body)<br><i>Ashley H.</i>        |  |                                 |                        |        |
| <b>Pool Rental-reservation</b><br>Pool   Lap           |        |         | 7:45PM-8:45PM<br>(Pool Schedule)                          |  |                                 |                        |        |
| <b>Power Yoga</b><br>C                                 |        |         |   | 9:30AM-10:15AM<br>(Strength)<br><i>Marsha M.</i>     |                                 |                        |        |
| <b>Gentle Yoga</b><br>D                                |        |         |   | 10:45AM-11:30AM<br>(Mind & Body)<br><i>Katy S.</i>   |                                 |                        |        |
| <b>YMCA Programs</b><br>Basketball Court A             |        |         |   | 5:30PM-7:30PM<br>(Gym)<br><br>7:30PM-9:00PM<br>(Gym) |                                 | 9:00AM-1:30PM<br>(Gym) |        |
| <b>Muscle &amp; Hustle-Youth Cardio</b><br>Cardio Deck |        |         |   | 6:00PM-6:45PM<br>(Cardio)<br><i>YMCA S.</i>          |                                 |                        |        |
| <b>YMCA Programs</b><br>Basketball Court B             |        |         |   | 7:30PM-9:00PM<br>(Gym)                               |                                 |                        |        |
| <b>YMCA Programs</b><br>Auditorium A                   |        |         |   | 7:30PM-9:00PM<br>(Gym)                               |                                 | 9:00AM-1:30PM<br>(Gym) |        |

|  | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b> | <b>Thursday</b> | <b>Friday</b>  | <b>Saturday</b>                                  | <b>Sunday</b> |
|--|---------------|----------------|------------------|-----------------|--|--|---------------|
| <b>Chair Yoga</b><br>C                       |               |                |                  |                 | 10:45AM-11:30AM<br>(Mind & Body)<br><i>Katy S.</i>   |  |               |
| <b>Balance and Agility</b><br>C              |               |                |                  |                 | 12:00PM-12:45PM<br>(Mind & Body)<br><i>Sherri C.</i> |  |               |
| <b>Cycle and Strength</b><br>C               |               |                |                  |                 | 6:00PM-6:45PM<br>(Cardio)<br><i>Ariel S.</i>         |  |               |
| <b>Pilates</b><br>C                          |               |                |                  |                 |  | 8:30AM-9:15AM<br>(Mind & Body)<br><i>Anne M.</i> |               |
| <b>Pool Rental-reservation</b><br>Pool   Rec |               |                |                  |                 |  | 4:30PM-6:00PM<br>(Pool Schedule)                 |               |



## Sherwood Regional Family YMCA | March 30th - April 5th

|                                     | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  | Sunday                       |
|-------------------------------------|---|--|--|--|--|---|------------------------------|
| <b>Lap/Fitness Swim</b><br>Pool     | 5:00AM-7:00AM<br>(Lap Swim)   | 5:00AM-7:00AM<br>(Lap Swim)  | 5:00AM-7:00AM<br>(Lap Swim)  | 5:00AM-7:00AM<br>(Lap Swim)  | 5:00AM-7:00AM<br>(Lap Swim)  |   |                              |
| <b>Quarterly Release</b><br>Cycle   | 5:30AM-6:20AM<br>(Pop Up Fitness)<br><i>Savannah R.</i>   |  | 5:30AM-6:20AM<br>(Pop Up Fitness)<br><i>Savannah R.</i><br><br>6:00PM-6:50PM<br>(Pop Up Fitness)<br><i>Suresh V.</i> |  |  |   |                              |
| <b>Lap Swim</b><br>Pool             | 7:00AM-9:45AM<br>(Lap Swim)<br><br>11:00AM-1:00PM<br>(Lap Swim)<br><br>7:00PM-8:30PM<br>(Lap Swim)<br><br>7:15PM-8:30PM<br>(Lap Swim) | 7:00AM-9:45AM<br>(Lap Swim)<br><br>11:00AM-1:00PM<br>(Lap Swim)<br><br>7:45PM-8:30PM<br>(Lap Swim) | 7:00AM-9:45AM<br>(Lap Swim)<br><br>11:00AM-1:00PM<br>(Lap Swim)<br><br>7:00PM-8:30PM<br>(Lap Swim)                   | 7:00AM-9:45AM<br>(Lap Swim)<br><br>11:00AM-1:00PM<br>(Lap Swim)<br><br>7:45PM-8:30PM<br>(Lap Swim) | 7:00AM-9:45AM<br>(Lap Swim)<br><br>11:00AM-1:00PM<br>(Lap Swim)<br><br>3:00PM-5:30PM<br>(Lap Swim) | 11:00AM-1:00PM<br>(Lap Swim)<br><br>3:00PM-4:30PM<br>(Lap Swim) | 11:00AM-1:00PM<br>(Lap Swim) |
| <b>Barre</b><br>Studio 1            | 8:45AM-9:35AM<br>(Mind & Body)<br><i>Melinda S.</i>   |  |  |  | 8:45AM-9:35AM<br>(Mind & Body)<br><i>Melinda S.</i>  |   |                              |
| <b>Pilates</b><br>Teen Center       | 8:45AM-9:35AM<br>(Mind & Body)<br><i>Alison J.</i>  |  | 8:45AM-9:35AM<br>(Mind & Body)<br><i>Alison J.</i>   |  | 8:45AM-9:35AM<br>(Mind & Body)<br><i>Alison J.</i>   |   |                              |
| <b>Dance Fitness</b><br>Teen Center | 9:45AM-10:35AM<br>(Cardio)<br><i>Lisa B.</i>  |  | 9:45AM-10:35AM<br>(Cardio)<br><i>Lisa B.</i>   |  |  | 9:00AM-9:50AM<br>(Cardio)<br><i>Marcella J.</i>                 |                              |
| <b>Group Power®</b><br>Studio 1     | 9:45AM-10:35AM<br>(Strength)<br><i>Nina C.</i>  | 12:30PM-1:20PM<br>(Strength)<br><i>Jodie H.</i>  | 7:40AM-8:30AM<br>(Strength)<br><i>Nina C.</i><br><br>9:45AM-10:35AM<br>(Strength)<br><i>Caz T.</i>                   |  | 9:45AM-10:35AM<br>(Strength)<br><i>Caz T.</i>  |   |                              |
| <b>Water Fitness</b><br>Pool        | 10:00AM-11:00AM<br>(Pool Schedule)  | 10:00AM-11:00AM<br>(Pool Schedule)<br><br>6:45PM-7:35PM<br>(Pool Schedule)                         | 10:00AM-11:00AM<br>(Pool Schedule)   | 10:00AM-11:00AM<br>(Pool Schedule)<br><br>6:45PM-7:35PM<br>(Lap Swim)                              | 10:00AM-11:00AM<br>(Pool Schedule)   |   |                              |

|  | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>   | <b>Saturday</b>  | <b>Sunday</b>                    |
|--|---|---|--|---|---|--|----------------------------------|
| <b>Move-N-Groove</b><br>Pool                 | 10:00AM-10:50AM<br>(Water Fitness)<br><i>Laurie W.</i>                  |   | 10:00AM-10:50AM<br>(Water Fitness)<br><i>Colleen T.</i>                  |   |   |  |                                  |
| <b>Strength and Stability</b><br>Teen Center | 10:45AM-11:35AM<br>(Strength)<br><i>Caz T.</i>                          |   |  |   |   |  |                                  |
| <b>Toddler Time</b><br>Pool                  | 11:00AM-1:00PM<br>(Pool Schedule)                                       | 11:00AM-1:00PM<br>(Pool Schedule)                                       | 11:00AM-1:00PM<br>(Pool Schedule)  | 11:00AM-1:00PM<br>(Pool Schedule)                                       |   |  |                                  |
| <b>Gentle Yoga</b><br>Teen Center            | 11:45AM-12:35PM<br>(Mind & Body)<br><i>Caz T.</i>                       |   | 11:45AM-12:35PM<br>(Mind & Body)<br><i>Jennifer S.</i>                   |   |   |  |                                  |
| <b>Swim Lessons</b><br>Pool                  | 12:00PM-1:00PM<br>(Swim Lessons)<br><br>3:00PM-6:00PM<br>(Swim Lessons) | 9:00AM-10:00AM<br>(Swim Lessons)<br><br>3:00PM-7:00PM<br>(Swim Lessons) | 12:00PM-1:00PM<br>(Swim Lessons)<br><br>3:00PM-6:00PM<br>(Swim Lessons)  | 9:00AM-10:00AM<br>(Swim Lessons)<br><br>3:00PM-7:00PM<br>(Swim Lessons) |   | 8:00AM-10:30AM<br>(Swim Lessons)                             |                                  |
| <b>Pool Closed</b><br>Pool                   | 1:00PM-3:00PM<br>(Pool Schedule)  | 1:00PM-3:00PM<br>(Pool Schedule)  |  | 1:00PM-3:00PM<br>(Pool Schedule)  | 1:00PM-3:00PM<br>(Pool Schedule)<br><br>5:30PM-6:00PM<br>(Pool Schedule)  |  | 1:00PM-1:30PM<br>(Pool Schedule) |
| <b>Lap Swim, 1 Lane</b><br>Pool              | 3:00PM-7:00PM<br>(Lap Swim)   | 3:00PM-5:00PM<br>(Lap Swim)<br><br>6:00PM-6:45PM<br>(Lap Swim)          | 5:00PM-7:00PM<br>(Lap Swim)  | 3:00PM-5:00PM<br>(Lap Swim)<br><br>6:00PM-6:45PM<br>(Lap Swim)          |   | 8:00AM-11:00AM<br>(Lap Swim)                                 |                                  |
| <b>Cycle</b><br>Cycle                        | 6:00PM-6:50PM<br>(Cardio)<br><i>Enrika W.</i>                           | 8:45AM-9:35AM<br>(Cardio)<br><i>Sierra B.</i>                           |  | 8:45AM-9:35AM<br>(Cardio)<br><i>Sierra B.</i>                           |   | 8:30AM-9:20AM<br>(Cardio)<br><i>Heinrich W.</i>              |                                  |
| <b>Yoga</b><br>Teen Center                   | 6:00PM-6:50PM<br>(Mind & Body)<br><i>Charley E.</i>                     |   |  | 6:00PM-6:50PM<br>(Mind & Body)<br><i>Charley E.</i>                     |   |  |                                  |
| <b>Open Swim</b><br>Pool                     | 6:15PM-8:30PM<br>(Pool Schedule)  |   | 1:00PM-3:00PM<br>(Pool Schedule)<br><br>6:15PM-8:30PM<br>(Pool Schedule) |   | 11:00AM-1:00PM<br>(Pool Schedule)<br><br>3:00PM-5:30PM<br>(Pool Schedule)<br><br>6:00PM-7:30PM<br>(Pool Schedule) | 1:00PM-4:30PM<br>(Pool Schedule)                             | 1:30PM-3:30PM<br>(Pool Schedule) |
| <b>Circuit</b><br>Studio 1                   |   | 8:40AM-9:30AM<br>(Strength)<br><i>Shelby C.</i>                         |  |   |   |  |                                  |
| <b>REV+FLOW by REFIT®</b><br>Teen Center     |   | 8:45AM-9:35AM<br>(Cardio & Strength)<br><i>Marcella J.</i>              |  | 8:45AM-9:35AM<br>(Cardio & Strength)<br><i>Marcella J.</i>              |   | 10:00AM-10:50AM<br>(Cardio & Strength)<br><i>Marcella J.</i> |                                  |

|   | Monday | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday | Sunday |
|---|--------|---|--|---|---|----------|--------|
| <b>Nia®</b><br>Studio 1                           |        | 9:45AM-10:35AM<br>(Mind & Body)<br><i>Caz T.</i>        |  |   |   |          |        |
| <b>Shallow Water Aerobics</b><br>Pool             |        | 10:00AM-10:50AM<br>(Water Fitness)<br><i>Marilee P.</i> |  |   |   |          |        |
| <b>Seniors on Strength</b><br>Teen Center         |        | 10:45AM-11:35AM<br>(Strength)<br><i>Patricia W.</i>     | 10:45AM-11:35AM<br>(Strength)<br><i>Heinrich W.</i>        | 10:45AM-11:35AM<br>(Strength)<br><i>Patricia W.</i>     |   |          |        |
| <b>Zumba® Gold   Dance Fitness</b><br>Teen Center |        | 11:45AM-12:35PM<br>(Cardio)<br><i>Mary W.</i>           |  | 11:45AM-12:35PM<br>(Cardio)<br><i>Mary W.</i>           |   |          |        |
| <b>Junior Swim Team</b><br>Pool                   |        | 4:45PM-6:00PM<br>(Swim Team)                            |  | 4:45PM-6:00PM<br>(Swim Team)                            |   |          |        |
| <b>No Lap Swim</b><br>Pool                        |        | 5:00PM-6:00PM<br>(Lap Swim)                             |  | 5:00PM-6:00PM<br>(Lap Swim)                             |   |          |        |
| <b>REFIT®   Dance Fitness</b><br>Teen Center      |        | 6:00PM-6:50PM<br>(Cardio)<br><i>Marcella J.</i>         |  |   |   |          |        |
| <b>Aqua-Exercise</b><br>Pool                      |        | 6:45PM-7:35PM<br>(Water Fitness)<br><i>Felicia W.</i>   |  | 6:45PM-7:35PM<br>(Water Fitness)<br><i>Colleen T.</i>   |   |          |        |
| <b>Cardio Kickboxing</b><br>Studio 1              |        |   | 8:45AM-9:35AM<br>(Cardio)<br><i>Renee B.</i>               |   |   |          |        |
| <b>REV+FLOW by REFIT®</b><br>Studio 1             |        |   | 6:00PM-6:50PM<br>(Cardio & Strength)<br><i>Marcella J.</i> |   |   |          |        |
| <b>Tabata Turn Up</b><br>Studio 1                 |        |   |  | 8:40AM-9:30AM<br>(Cardio)<br><i>Shelby C.</i>           |   |          |        |
| <b>Roll &amp; Release</b><br>Teen Center          |        |   |  | 9:45AM-10:35AM<br>(Mind & Body)<br><i>Caz T.</i>        |   |          |        |
| <b>Deep H2O</b><br>Pool                           |        |   |  | 10:00AM-10:50AM<br>(Water Fitness)<br><i>Marilee P.</i> |   |          |        |
| <b>BRIT</b><br>Pool                               |        |   |  |   | 10:00AM-10:50AM<br>(Water Fitness)<br><i>Felicia W.</i> |          |        |
| <b>Tai Chi</b><br>Teen Center                     |        |   |  |   | 10:45AM-11:35AM<br>(Mind & Body)<br><i>Caz T.</i>       |          |        |

|                                  | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b> | <b>Thursday</b> | <b>Friday</b>                                      | <b>Saturday</b>                   | <b>Sunday</b>                     |
|----------------------------------|---------------|----------------|------------------|-----------------|--|-----------------------------------|-----------------------------------|
| <b>Chair Yoga</b><br>Teen Center |               |                |                  |                 | 11:45AM-12:35PM<br>(Mind & Body)<br><i>Tara K.</i> |                                   |                                   |
| <b>Adapted Swim</b><br>Pool      |               |                |                  |                 |  | 11:00AM-1:00PM<br>(Pool Schedule) | 11:00AM-1:00PM<br>(Pool Schedule) |



## Beaverton Family YMCA | March 30th - April 5th

|   | Monday  | Tuesday  | Wednesday              | Thursday                         | Friday                 | Saturday               | Sunday |
|---|---|--|------------------------|----------------------------------|------------------------|------------------------|--------|
| <b>Circuit</b><br>Fitness Center Gym (YDC)                    | 6:00AM-6:50AM<br>(Strength)<br><i>Rocky (.</i>          |  |                        |                                  |                        |                        |        |
| <b>BoxMaster Circuit</b><br>Fitness Center Gym (YDC)          | 7:00AM-7:50AM<br>(Cardio)<br><i>Rocky (.</i>            |  |                        |                                  |                        |                        |        |
| <b>Open Gym</b><br>Court 1                                    | 8:00AM-9:00PM<br>(Gym)                                  | 8:00AM-9:00PM<br>(Gym)                             | 8:00AM-9:00PM<br>(Gym) | 8:00AM-9:00PM<br>(Gym)           | 8:00AM-9:00PM<br>(Gym) | 9:00AM-1:00PM<br>(Gym) |        |
| <b>REV+FLOW by REFIT®</b><br>Fitness Center Yellow Studio     | 9:00AM-9:50AM<br>(Cardio & Strength)<br><i>Megan R.</i> |  |                        |                                  |                        |                        |        |
| <b>Seniors on Strength</b><br>Fitness Center Yellow Studio    | 10:00AM-10:50AM<br>(Strength)<br><i>Rocky (.</i>        | 10:00AM-10:50AM<br>(Strength)<br><i>Rachael P.</i> |                        |                                  |                        |                        |        |
| <b>Circuit</b><br>Fitness Center                              | 5:15PM-6:00PM<br>(Strength)<br><i>Ashland C.</i>        |  |                        |                                  |                        |                        |        |
| <b>Yoga</b><br>Fitness Center Yellow Studio                   | 6:00PM-6:50PM<br>(Mind & Body)<br><i>Kimberly S.</i>    |  |                        |                                  |                        |                        |        |
| <b>Cardio Strength</b><br>Fitness Center Gym (YDC)            |   | 9:00AM-9:50AM<br>(Strength)<br><i>Rachael P.</i>   |                        |                                  |                        |                        |        |
| <b>REFIT®   Dance Fitness</b><br>Fitness Center Yellow Studio |   | 9:00AM-9:50AM<br>(Cardio)<br><i>Megan R.</i>       |                        |                                  |                        |                        |        |
| <b>Open Run Basketball</b><br>Courts 1&4                      |   | 11:45AM-1:15PM<br>(Adult Sports)                   |                        | 11:45AM-1:15PM<br>(Adult Sports) |                        |                        |        |
| <b>Barre</b><br>Fitness Center Yellow Studio                  |   | 5:15PM-6:00PM<br>(Mind & Body)<br><i>YMCA S.</i>   |                        |                                  |                        |                        |        |
| <b>Zumba®   Dance Fitness</b><br>Fitness Center Yellow Studio |   | 6:15PM-7:00PM<br>(Cardio)<br><i>YMCA S.</i>        |                        |                                  |                        |                        |        |