



## Clark County Family YMCA | May 12th - May 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Basketball Court B	5:00AM-8:00AM (Gym) <i>N/A</i>	5:00AM-7:30PM (Gym) <i>N/A</i>	5:00AM-8:00AM (Gym)  1:00PM-7:30PM (Gym)	5:00AM-7:30PM (Gym)	5:00AM-8:00AM (Gym)  1:00PM-8:00PM (Gym)	7:00AM-5:00PM (Gym)	12:00PM-4:00PM (Gym)
<b>Open Gym</b> Basketball Court A	5:00AM-6:30AM (Gym) <i>N/A</i>  7:30AM-8:00AM (Gym) <i>N/A</i>	5:00AM-11:00AM (Gym) <i>N/A</i>  4:00PM-5:30PM (Gym)	5:00AM-8:00AM (Gym) <i>N/A</i>  1:00PM-5:30PM (Gym)	5:00AM-11:00AM (Gym)  4:00PM-5:30PM (Gym)	5:00AM-8:00AM (Gym)  1:00PM-8:00PM (Gym)	7:00AM-9:00AM (Gym)  1:30PM-5:00PM (Gym)	12:00PM-4:00PM (Gym)
<b>Open Gym</b> Auditorium A	5:00AM-8:00AM (Gym) <i>N/A</i>  1:00PM-5:30PM (Gym) <i>N/A</i>	5:00AM-11:00AM (Gym) <i>N/A</i>  4:00PM-5:30PM (Gym)	5:00AM-8:00AM (Gym)  1:00PM-5:30PM (Gym)	5:00AM-12:00PM (Gym)  4:00PM-5:30PM (Gym)	5:00AM-8:00AM (Gym)  1:00PM-8:00PM (Gym)	7:00AM-9:00AM (Gym)  1:30PM-5:00PM (Gym)	12:00PM-4:00PM (Gym)
<b>Lap Swim</b> Pool   Lap	5:00AM-8:30PM (Lap Swim) <i>N/A</i>	5:00AM-8:30PM (Lap Swim)	5:00AM-8:30PM (Lap Swim)	5:00AM-8:30PM (Lap Swim)	5:00AM-7:30PM (Lap Swim)	7:00AM-4:00PM (Lap Swim)  11:30AM-4:30PM (Lap Swim)	1:15PM-3:30PM (Lap Swim)
<b>Open Swim</b> Pool   Rec	5:00AM-10:30AM (Pool Schedule)  11:15AM-4:30PM (Pool Schedule)  7:00PM-8:30PM (Pool Schedule)	5:00AM-9:00AM (Pool Schedule)  10:00AM-5:15PM (Pool Schedule)  7:30PM-8:30PM (Pool Schedule)	5:00AM-9:00AM (Pool Schedule)  10:00AM-4:30PM (Pool Schedule)	5:00AM-9:00AM (Pool Schedule)  9:45AM-5:15PM (Pool Schedule)  7:30PM-8:30PM (Pool Schedule)	5:00AM-10:30AM (Pool Schedule)  11:15AM-7:30PM (Pool Schedule)	7:00AM-8:15AM (Pool Schedule)  11:30AM-4:30PM (Pool Schedule)	12:00PM-3:30PM (Pool Schedule)
<b>HIIT/Bootcamp</b> C	5:30AM-6:15AM (Cardio & Strength) <i>Mary A.</i>	6:00PM-6:45PM (Cardio & Strength) <i>Mary A.</i>		6:00PM-6:45PM (Cardio & Strength) <i>Sherri C.</i>			
<b>Adult Pickleball</b> Auditorium A	8:00AM-1:00PM (Adult Sports) <i>N/A</i>	11:00AM-4:00PM (Adult Sports) <i>N/A</i>	8:00AM-1:00PM (Adult Sports)	11:00AM-4:00PM (Adult Sports)	9:00AM-12:00PM (Adult Sports)		
<b>Adult Pickleball</b> Basketball Court B	8:00AM-1:00PM (Adult Sports) <i>N/A</i>		8:00AM-1:00PM (Adult Sports)		8:00AM-1:00PM (Adult Sports)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Adult Pickleball</b> Basketball Court A	8:00AM-1:00PM (Adult Sports) <i>N/A</i>	11:00AM-4:00PM (Adult Sports) <i>N/A</i>	8:00AM-1:00PM (Adult Sports)	11:00AM-4:00PM (Adult Sports)	8:00AM-1:00PM (Adult Sports)		
<b>Deep H2O</b> Pool   Lap	9:30AM-10:15AM (Water Fitness) <i>Julie P.</i>				9:30AM-10:15AM (Water Fitness) <i>Julie P.</i>		
<b>Zumba® Gold   Dance Fitness</b> C	9:30AM-10:15AM (Cardio) <i>Rhiannon A.</i>				9:30AM-10:15AM (Cardio) <i>Rhiannon A.</i>		
<b>Lap Swim   Limited Lanes</b> Pool   Lap	9:30AM-10:30AM (Lap Swim)	4:00PM-8:30PM (Lap Swim)	10:00AM-11:00AM (Lap Swim)	4:00PM-8:30PM (Lap Swim)	9:30AM-10:30AM (Lap Swim)	8:00AM-11:30AM (Lap Swim)	12:00PM-1:15PM (Lap Swim)
	12:00PM-1:00PM (Lap Swim)		12:00PM-1:00PM (Lap Swim)		12:00PM-1:00PM (Lap Swim)		
	4:00PM-8:30PM (Lap Swim)		4:00PM-8:30PM (Lap Swim)		4:00PM-7:30PM (Lap Swim)		
<b>Arthritis Class</b> Pool   Rec	10:30AM-11:15AM (Water Fitness) <i>Julie P.</i>				10:30AM-11:15AM (Water Fitness) <i>Julie P.</i>		
<b>Toddler Time</b> Pool   Rec	10:30AM-11:15AM (Pool Schedule)	9:00AM-9:45AM (Pool Schedule)	9:00AM-9:45AM (Pool Schedule)	9:00AM-9:45AM (Pool Schedule)	10:30AM-11:15AM (Pool Schedule)		
<b>Glutes &amp; Core</b> C	11:15AM-12:00PM (Strength) <i>Sherri C.</i>						
<b>Masters Swim</b> Pool   Lap	12:00PM-1:00PM (Pool Schedule) <i>YMCA S.</i>	7:45PM-8:45PM (Pool Schedule)	12:00PM-1:00PM (Pool Schedule)	7:45PM-8:45PM (Pool Schedule)	12:00PM-1:00PM (Pool Schedule)	8:00AM-9:00AM (Pool Schedule)	
			7:45PM-8:45PM (Pool Schedule)				
<b>Tornadoes Swim Team</b> Pool   Lap	4:00PM-7:45PM (Swim Team)	4:00PM-7:45PM (Swim Team)	4:00PM-7:45PM (Swim Team)	4:00PM-7:45PM (Swim Team)	4:00PM-7:45PM (Swim Team)	9:00AM-10:30AM (Swim Team)	
<b>Swim Lessons</b> Pool   Rec	4:30PM-7:00PM (Swim Lessons)	5:15PM-7:30PM (Swim Lessons)	4:30PM-7:00PM (Swim Lessons)	5:15PM-7:30PM (Swim Lessons)		8:15AM-11:30AM (Swim Lessons)	
<b>Shallow Water Aerobics</b> Pool   Rec	5:45PM-6:30PM (Water Fitness) <i>Ariel M.</i>	9:00AM-9:45AM (Water Fitness) <i>Tressa Y.</i>	5:45PM-6:30PM (Water Fitness) <i>Keslie J.</i>	9:00AM-9:45AM (Water Fitness) <i>Tressa Y.</i>			
<b>Cycle and Core</b> C	6:00PM-7:00PM (Cardio) <i>Lindi S.</i>						
<b>Pool Rental-reservation</b> Pool   Lap	7:30PM-8:30PM (Pool Schedule)		7:45PM-8:45PM (Pool Schedule)				9:30AM-1:15PM (Pool Schedule)
<b>Flow Yoga</b> C		9:30AM-10:15AM (Mind & Body) <i>Ashley H.</i>				9:45AM-10:45AM (Mind & Body) <i>Marsha M.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gentle Strength & Cardio C		10:45AM-11:30AM (Cardio & Strength) <i>Tressa Y.</i>		10:45AM-11:30AM (Cardio & Strength) <i>Tressa Y.</i>			
Open Tai Chi D		12:00PM-1:00PM (Mind & Body) <i>N/A</i>		12:00PM-1:00PM (Mind & Body) <i>N/A</i>			
Swim Lessons Pool   Lap		4:30PM-7:45PM (Swim Lessons)	4:30PM-7:00PM (Swim Lessons)	4:30PM-7:45PM (Swim Lessons)		8:15AM-11:30AM (Swim Lessons)	
YMCA Programs Basketball Court A		5:30PM-7:30PM (Gym)	7:30PM-9:00PM (Gym)	5:30PM-7:30PM (Gym)  7:30PM-9:00PM (Gym)		9:00AM-1:30PM (Gym)	
YMCA Programs Auditorium A		5:30PM-7:30PM (Gym)	7:30PM-9:00PM (Gym)	7:30PM-9:00PM (Gym)		9:00AM-1:30PM (Gym)	
Muscle & Hustle-Youth Cardio Cardio Deck		6:00PM-6:45PM (Cardio) <i>Keslie J.</i>		6:00PM-6:45PM (Cardio) <i>Keslie J.</i>			
Water Walking Pool   Rec			9:00AM-9:45AM (Water Fitness) <i>Julie P.</i>				
Zumba®   Dance Fitness C			9:30AM-10:15AM (Cardio) <i>Rhiannon A.</i>  5:30PM-6:15PM (Cardio) <i>Melody N.</i>				
Water Volleyball Pool   Lap			10:00AM-10:45AM (Water Fitness) <i>YMCA S.</i>				
Muscle Conditioning C			11:15AM-12:00PM (Cardio & Strength) <i>Ariel S.</i>				
Yoga C			6:30PM-7:15PM (Mind & Body) <i>Ashley H.</i>				
YMCA Programs Basketball Court B			7:30PM-9:00PM (Gym)	7:30PM-9:00PM (Gym)			
Power Yoga C				9:30AM-10:15AM (Strength) <i>Marsha M.</i>			
Gentle Yoga D				10:45AM-11:30AM (Mind & Body) <i>Marsha M.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BoxMaster Circuit B				10:45AM-11:30AM (Cardio) <i>Rhiannon A.</i>			
Chair Yoga C					10:45AM-11:30AM (Mind & Body) <i>Julie M.</i>		
Balance and Agility C					12:00PM-12:45PM (Mind & Body) <i>Sherri C.</i>		
Cycle and Strength C					6:00PM-6:45PM (Cardio) <i>Ariel S.</i>		
Body Step C						8:30AM-9:15AM (Cardio & Strength) <i>Mary A.</i>	
Pool Rental-reservation Pool   Rec						4:30PM-6:00PM (Pool Schedule)	



## Sherwood Regional Family YMCA | May 12th - May 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b> Pool	5:00AM-10:00AM (Lap Swim) N/A  11:00AM-3:00PM (Lap Swim)	5:00AM-10:00AM (Lap Swim) N/A  11:00AM-3:00PM (Lap Swim)	5:00AM-10:00AM (Lap Swim)  11:00AM-3:00PM (Lap Swim)	5:00AM-10:00AM (Lap Swim) N/A  11:00AM-3:00PM (Lap Swim)	5:00AM-10:00AM (Lap Swim) N/A  11:00AM-5:30PM (Lap Swim) N/A	8:00AM-10:30AM (Lap Swim)	11:00AM-1:00PM (Lap Swim)
<b>Pilates</b> Teen Center	8:45AM-9:35AM (Mind & Body) <i>Alison J.</i>		8:45AM-9:35AM (Mind & Body) <i>Alison J.</i>		8:45AM-9:35AM (Mind & Body) <i>Alison J.</i>		
<b>Barre</b> Studio 1	8:45AM-9:35AM (Mind & Body) <i>Melinda S.</i>						
<b>Dance Fitness</b> Teen Center	9:45AM-10:35AM (Cardio) <i>Lisa B.</i>		9:45AM-10:35AM (Cardio) <i>Lisa B.</i>			9:00AM-9:50AM (Cardio) <i>Lindsey C.</i>	
<b>BODYPUMP™</b> Studio 1	9:45AM-10:35AM (Strength) <i>Nina C.</i>		9:45AM-10:35AM (Strength) <i>Nina C.</i>				
<b>Move-N-Groove</b> Pool	10:00AM-10:50AM (Water Fitness) <i>Laurie W.</i>		10:00AM-10:50AM (Water Fitness) <i>Colleen T.</i>				
<b>Strength and Stability</b> Teen Center	10:45AM-11:35AM (Strength) <i>Caz T.</i>						
<b>Toddler Time</b> Pool	11:00AM-1:00PM (Pool Schedule)	11:00AM-1:00PM (Pool Schedule)	11:00AM-1:00PM (Pool Schedule)	11:00AM-1:00PM (Pool Schedule)	1:00PM-3:00PM (Pool Schedule) N/A	8:00AM-9:30AM (Pool Schedule) N/A	11:00AM-1:00PM (Pool Schedule)
<b>Adult Pickleball</b> Court 1 & Court 2	11:30AM-2:00PM (Adult Sports) N/A		11:00AM-1:00PM (Adult Sports) N/A		11:30AM-2:00PM (Adult Sports) N/A		
<b>Gentle Yoga</b> Teen Center	11:45AM-12:35PM (Mind & Body) <i>Caz T.</i>		11:45AM-12:35PM (Mind & Body) <i>Caz T.</i>				
<b>Open Swim</b> Pool	1:00PM-3:00PM (Pool Schedule) N/A	1:00PM-3:00PM (Pool Schedule) N/A  6:30PM-8:30PM (Pool Schedule)	1:00PM-3:00PM (Pool Schedule) N/A	1:00PM-3:00PM (Pool Schedule) N/A  6:30PM-8:30PM (Pool Schedule)	6:00PM-7:30PM (Pool Schedule) N/A	12:30PM-2:30PM (Pool Schedule) N/A	1:30PM-3:30PM (Pool Schedule)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim, 2 Lanes Pool	3:00PM-4:30PM (Lap Swim)	3:00PM-4:45PM (Lap Swim)	3:00PM-4:30PM (Lap Swim)	3:00PM-4:45PM (Lap Swim)		11:00AM-12:30PM (Lap Swim)	
Swim Lessons Pool	3:30PM-7:30PM (Swim Lessons) YMCA S.	3:30PM-7:00PM (Swim Lessons) YMCA S.	3:30PM-7:30PM (Swim Lessons) YMCA S.	3:30PM-7:00PM (Swim Lessons) YMCA S.		8:30AM-11:00AM (Swim Lessons) YMCA S.	
Lap Swim, 1 Lane Pool	4:30PM-6:00PM (Lap Swim)		4:30PM-6:00PM (Lap Swim)				
Cycle Cycle	6:00PM-6:50PM (Cardio) Enrika W.	8:45AM-9:35AM (Cardio) Sierra B.		8:45AM-9:35AM (Cardio) Sierra B.		8:30AM-9:20AM (Cardio) Heinrich W.	
Yoga Teen Center	6:00PM-6:50PM (Mind & Body) Caz T.			6:00PM-6:50PM (Mind & Body) Basia K.			
Family Swim Pool	6:30PM-8:30PM (Pool Schedule) N/A		6:30PM-8:30PM (Pool Schedule) N/A		3:30PM-5:30PM (Pool Schedule) N/A	10:30AM-12:30PM (Pool Schedule)	
Lap Swim   Limited Lanes Pool	6:30PM-8:30PM (Lap Swim)	6:30PM-8:30PM (Lap Swim)	6:30PM-8:30PM (Lap Swim)	6:30PM-8:30PM (Lap Swim)			
Circuit Studio 1		8:40AM-9:30AM (Strength) Shelby C.				8:30AM-9:20AM (Strength) Rebecca M.	
REV+FLOW by REFIT® Teen Center		8:45AM-9:35AM (Cardio & Strength) Marcella J.		8:45AM-9:35AM (Cardio & Strength) Marcella J.		10:00AM-10:50AM (Cardio & Strength) Marcella J.	
Nia® Studio 1		9:45AM-10:35AM (Mind & Body) Caz T.					
Shallow Water Aerobics Pool		10:00AM-10:50AM (Water Fitness) Marilee P.					
Seniors on Strength Teen Center		10:45AM-11:35AM (Strength) Patricia W.	10:45AM-11:35AM (Strength) Heinrich W.	10:45AM-11:35AM (Strength) Patricia W.			
Zumba® Gold   Dance Fitness Teen Center		11:45AM-12:35PM (Cardio) Caz T.					
No Lap Swim Pool		4:45PM-6:00PM (Lap Swim)		4:45PM-6:00PM (Lap Swim)		12:30PM-2:30PM (Lap Swim) N/A	
Swim Team Pool		4:45PM-6:00PM (Swim Team) YMCA S.		4:45PM-6:00PM (Swim Team) YMCA S.			
REFIT®   Dance Fitness Teen Center		6:00PM-6:50PM (Cardio) Melinda S.					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cardio Kickboxing</b> Studio 1			8:45AM-9:35AM (Cardio) <i>Marcella J.</i>				
<b>Muscle Conditioning</b> Studio 1			6:00PM-6:50PM (Cardio & Strength) <i>Caz T.</i>				
<b>Tabata Turn Up</b> Studio 1				8:40AM-9:30AM (Cardio) <i>Shelby C.</i>			
<b>Quarterly Release</b> Teen Center				9:45AM-10:35AM (Pop Up Fitness) <i>Marcella J.</i>			
<b>Quarterly Release</b> Studio 1				9:45AM-10:30AM (Pop Up Fitness) <i>Caz T.</i>			
<b>Deep H2O</b> Pool				10:00AM-10:50AM (Water Fitness) <i>Laurie W.</i>			
<b>Body Sculpt</b> Teen Center					9:45AM-10:35AM (Strength) <i>Alison J.</i>		
<b>BRIT</b> Pool					10:00AM-10:50AM (Water Fitness) <i>Laurie W.</i>		
<b>Tai Chi</b> Teen Center					10:45AM-11:35AM (Mind & Body) <i>Tara K.</i>		
<b>Chair Yoga</b> Teen Center					11:45AM-12:35PM (Mind & Body) <i>Tara K.</i>		
<b>Pool Closed</b> Pool					5:30PM-6:00PM (Pool Schedule)		1:00PM-1:30PM (Pool Schedule)
<b>Pop Up   Fitness Class</b> Teen Center						12:30PM-2:30PM (Pop Up Fitness) <i>YMCA S.</i>	



Beaverton Family YMCA | May 12th - May 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Court 1	8:00AM-9:00PM (Gym)	8:00AM-9:00PM (Gym)	8:00AM-9:00PM (Gym)	8:00AM-9:00PM (Gym)	8:00AM-9:00PM (Gym)	9:00AM-1:00PM (Gym)	
<b>Adult Pickleball</b> Court 5	9:00AM-3:00PM (Adult Sports)	9:00AM-3:00PM (Adult Sports)	9:00AM-3:00PM (Adult Sports)	9:00AM-3:00PM (Adult Sports)	9:00AM-3:00PM (Adult Sports)		
<b>REV+FLOW by REFIT®</b> Fitness Center Yellow Studio <i>Megan R.</i>	9:30AM-10:20AM (Cardio & Strength)						
<b>Seniors on Strength</b> Fitness Center Yellow Studio <i>Gavin B.</i>	10:30AM-11:20AM (Strength)	10:30AM-11:20AM (Strength) <i>Rachael P.</i>	10:30AM-11:20AM (Strength) <i>Gavin B.</i>	10:30AM-11:20AM (Strength) <i>Rachael P.</i>	10:30AM-11:20AM (Strength) <i>Gavin B.</i>		
<b>Cardio Strength</b> Fitness Center Blue Studio		9:30AM-10:20AM (Strength) <i>Rachael P.</i>		9:30AM-10:20AM (Strength) <i>Rachael P.</i>			
<b>Open Run Basketball</b> Courts 1&4		11:45AM-1:15PM (Adult Sports)		11:45AM-1:15PM (Adult Sports)			