



Sherwood Regional Family YMCA | June 8th - June 14th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Fitness Pool	10:00AM-11:00AM (Pool Schedule)	10:00AM-11:00AM (Pool Schedule) 6:45PM-7:35PM (Pool Schedule)	10:00AM-11:00AM (Pool Schedule)	10:00AM-11:00AM (Pool Schedule) 6:45PM-7:35PM (Lap Swim)	10:00AM-11:00AM (Pool Schedule)		
Strength and Stability Teen Center	10:45AM-11:35AM (Strength) <i>Caz T.</i>						
Toddler Time 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)			
Gentle Yoga Teen Center	11:45AM-12:35PM (Mind & Body) <i>Caz T.</i>		11:45AM-12:35PM (Mind & Body) <i>Jennifer S.</i>				
Swim Lessons Pool	12:00PM-1:00PM (Swim Lessons) 3:00PM-6:00PM (Swim Lessons)	9:00AM-10:00AM (Swim Lessons) 3:00PM-7:00PM (Swim Lessons)	12:00PM-1:00PM (Swim Lessons) 3:00PM-6:00PM (Swim Lessons)	9:00AM-10:00AM (Swim Lessons) 3:00PM-7:00PM (Swim Lessons)		8:00AM-10:30AM (Swim Lessons)	
Pool Closed Pool	1:00PM-3:00PM (Pool Schedule)	1:00PM-3:00PM (Pool Schedule)		1:00PM-3:00PM (Pool Schedule)	1:00PM-3:00PM (Pool Schedule) 5:30PM-6:00PM (Pool Schedule)		1:00PM-1:30PM (Pool Schedule)
Pedaling for Parkinsons Cycle	1:30PM-2:20PM (Cardio) <i>Caz T.</i>		1:30PM-2:20PM (Cardio) <i>Charley E.</i>				
Lap Swim, 1 Lane Pool	3:00PM-7:00PM (Lap Swim)	3:00PM-5:00PM (Lap Swim) 6:30PM-7:45PM (Lap Swim)	5:00PM-7:00PM (Lap Swim)	3:00PM-5:00PM (Lap Swim) 6:30PM-7:45PM (Lap Swim)		8:00AM-11:00AM (Lap Swim)	
Yoga Teen Center	6:00PM-6:50PM (Mind & Body) <i>Charley E.</i>			6:00PM-6:50PM (Mind & Body) <i>Charley E.</i>			
Cycle Cycle	6:00PM-6:50PM (Cardio) <i>Enrika W.</i>	8:45AM-9:35AM (Cardio) <i>Sierra B.</i>		8:45AM-9:35AM (Cardio) <i>Sierra B.</i>		8:30AM-9:20AM (Cardio) <i>Heinrich W.</i>	
Open Swim Pool	6:15PM-8:30PM (Pool Schedule)		1:00PM-3:00PM (Pool Schedule) 6:15PM-8:30PM (Pool Schedule)		11:00AM-1:00PM (Pool Schedule) 3:00PM-5:30PM (Pool Schedule) 6:00PM-7:30PM (Pool Schedule)	1:00PM-4:30PM (Pool Schedule)	1:30PM-3:30PM (Pool Schedule)
Circuit Studio 1		8:40AM-9:30AM (Strength) <i>Shelby C.</i>					

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

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Chair Yoga Teen Center					11:45AM-12:35PM (Mind & Body) <i>Tara K.</i>		
Adapted Swim Pool						11:00AM-1:00PM (Pool Schedule)	11:00AM-1:00PM (Pool Schedule)
Community Swim Pool							1:30PM-3:30PM (Pool Schedule)



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Pool Rec	5:00AM-10:30AM (Pool Schedule) 12:25PM-4:30PM (Pool Schedule) 6:30PM-8:30PM (Pool Schedule)	5:00AM-9:00AM (Pool Schedule) 9:45AM-5:05PM (Pool Schedule) 6:55PM-8:30PM (Pool Schedule)	5:00AM-9:00AM (Pool Schedule) 12:25PM-4:30PM (Pool Schedule) 6:30PM-8:30PM (Pool Schedule)	5:00AM-9:00AM (Pool Schedule) 9:45AM-5:05PM (Pool Schedule) 6:55PM-8:30PM (Pool Schedule)	5:00AM-10:00AM (Pool Schedule) 11:15AM-7:30PM (Pool Schedule)	7:00AM-8:15AM (Pool Schedule) 11:45AM-4:30PM (Pool Schedule)	12:00PM-3:30PM (Pool Schedule)
Lap Swim Pool Lap	5:00AM-8:30PM (Lap Swim) <i>N/A</i>			5:00AM-8:30PM (Lap Swim)	5:00AM-7:30PM (Lap Swim)	7:00AM-4:00PM (Lap Swim) 11:30AM-4:30PM (Lap Swim)	
Zumba® Gold Dance Fitness C	9:30AM-10:15AM (Cardio) <i>Rhiannon A.</i>		9:30AM-10:15AM (Cardio) <i>Rhiannon A.</i>		9:30AM-10:15AM (Cardio) <i>Rhiannon A.</i>		
Lap Swim Limited Lanes Pool Lap	9:30AM-10:30AM (Lap Swim) 12:00PM-1:00PM (Lap Swim) 4:00PM-8:30PM (Lap Swim)	5:00AM-8:30PM (Lap Swim) 4:00PM-7:45PM (Lap Swim)	5:00AM-8:30PM (Lap Swim) 12:00PM-1:00PM (Lap Swim) 4:00PM-8:30PM (Lap Swim)	4:00PM-7:45PM (Lap Swim)	9:30AM-10:30AM (Lap Swim) 12:00PM-1:00PM (Lap Swim) 4:00PM-7:30PM (Lap Swim)	8:00AM-11:30AM (Lap Swim)	12:00PM-3:30PM (Lap Swim)
Deep H2O Pool Lap	9:30AM-10:15AM (Water Fitness) <i>Julie P.</i>				9:30AM-10:15AM (Water Fitness) <i>Julie P.</i>		
Arthritis Class Pool Rec	10:30AM-11:15AM (Water Fitness) <i>Julie P.</i>				10:30AM-11:15AM (Water Fitness) <i>Julie P.</i>		
Glutes & Core C	11:15AM-12:00PM (Strength) <i>Sherri C.</i>						
Masters Swim 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)	7:45PM-8:45PM (Pool Schedule)	12:00PM-1:00PM (Pool Schedule)	8:00AM-9:00AM (Pool Schedule)	
Tornadoes Swim Team 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)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Lessons Pool Rec	4:30PM-7:00PM (Swim Lessons)	5:10PM-6:50PM (Swim Lessons)	4:30PM-7:00PM (Swim Lessons)	5:10PM-6:50PM (Swim Lessons)		8:15AM-11:40AM (Swim Lessons)	
Swim Lessons Pool Lap	4:35PM-7:15PM (Swim Lessons)	4:30PM-7:15PM (Swim Lessons)	4:30PM-7:15PM (Swim Lessons)	4:30PM-7:45PM (Swim Lessons)		8:15AM-11:40AM (Swim Lessons)	
Shallow Water Aerobics 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>Ariel M.</i>	9:00AM-9:45AM (Water Fitness) <i>Tressa Y.</i>			
Cycle and Core C	6:00PM-7:00PM (Cardio) <i>Cameron C.</i>						
Toddler Time Pool Rec		9:00AM-9:45AM (Pool Schedule)	9:00AM-10:30AM (Pool Schedule)	9:00AM-10:30AM (Pool Schedule)	10:30AM-11:15AM (Pool Schedule)		
Flow Yoga C		9:30AM-10:15AM (Mind & Body) <i>Katy S.</i>				9:45AM-10:45AM (Mind & Body) <i>Marsha M.</i>	
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>			
Tai Chi C		12:00PM-12:45PM (Mind & Body) <i>Luis O.</i>					
HIIT/Bootcamp C		6:00PM-6:45PM (Cardio & Strength) <i>Mary A.</i>		6:00PM-6:45PM (Cardio & Strength) <i>Keslie J.</i>			
Water Walking Pool Rec			9:00AM-9:45AM (Water Fitness) <i>Julie P.</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>				
Barre C			5:30PM-6:15PM (Mind & Body) <i>Sherri C.</i>				
Yoga C			6:30PM-7:15PM (Mind & Body) <i>Ashley H.</i>				
Hi-Lo Fitness D			6:30PM-7:15PM (Cardio) <i>Mary A.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Rental-reservation Pool Lap			7:45PM-8:45PM (Pool Schedule)				
Power Yoga C				9:30AM-10:15AM (Strength) <i>Marsha M.</i>			
BoxMaster Circuit B				10:45AM-11:30AM (Cardio) <i>Brandy H.</i>			
Gentle Yoga D				10:45AM-11:30AM (Mind & Body) <i>Katy S.</i>			
Muscle & Hustle-Youth Cardio Cardio Deck				6:00PM-6:45PM (Cardio) <i>Braedon M.</i>			
Chair Yoga C					10:45AM-11:30AM (Mind & Body) <i>Katy S.</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>		
Pilates C						8:30AM-9:15AM (Mind & Body) <i>Anne M.</i>	
Pool Rental-reservation Pool Rec						4:30PM-6:00PM (Pool Schedule)	