

Clark County Family YMCA | October 20th - October 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Basketball Court A	5:00AM-6:30AM (Gym) <i>N/A</i>	5:00AM-11:00AM (Gym) <i>N/A</i>	5:00AM-8:00AM (Gym) <i>N/A</i>	5:00AM-11:00AM (Gym)	5:00AM-8:00AM (Gym)	7:00AM-9:00AM (Gym)	12:00PM-4:00PM (Gym)
	7:30AM-8:00AM (Gym) <i>N/A</i>	4:00PM-5:30PM (Gym)	1:00PM-5:30PM (Gym)	4:00PM-5:30PM (Gym)	1:00PM-8:00PM (Gym)	1:30PM-5:00PM (Gym)	
Open Gym Auditorium A	5:00AM-8:00AM (Gym) <i>N/A</i>	5:00AM-11:00AM (Gym) <i>N/A</i>	5:00AM-8:00AM (Gym)	5:00AM-12:00PM (Gym)	5:00AM-8:00AM (Gym)	7:00AM-9:00AM (Gym)	12:00PM-4:00PM (Gym)
	1:00PM-5:30PM (Gym) <i>N/A</i>	4:00PM-5:30PM (Gym)	1:00PM-5:30PM (Gym)	4:00PM-5:30PM (Gym)	1:00PM-8:00PM (Gym)	1:30PM-5:00PM (Gym)	
Lap Swim Pool Lap	5:00AM-8:30PM (Lap Swim)			5:00AM-8:30PM (Lap Swim)	5:00AM-7:30PM (Lap Swim)	7:00AM-4:00PM (Lap Swim)	1:15PM-3:30PM (Lap Swim)
	N/A					11:30AM-4:30PM (Lap Swim)	
Open Gym Basketball Court B	5:00AM-8:00AM (Gym)	5:00AM-7:30PM (Gym)	5:00AM-8:00AM (Gym)	5:00AM-7:30PM (Gym)	5:00AM-8:00AM (Gym)	7:00AM-5:00PM (Gym)	12:00PM-4:00PM (Gym)
	N/A	N/A	1:00PM-7:30PM (Gym)		1:00PM-8:00PM (Gym)		
Open Swim Pool Rec	5:00AM-10:30AM (Pool Schedule)	5:00AM-9:00AM (Pool Schedule)	5:00AM-9:00AM (Pool Schedule)	5:00AM-9:00AM (Pool Schedule)	5:00AM-10:00AM (Pool Schedule)	7:00AM-8:15AM (Pool Schedule)	12:00PM-3:30PM (Pool Schedule)
	12:25PM-4:30PM (Pool Schedule)	9:45AM-5:15PM (Pool Schedule)	12:25PM-4:30PM (Pool Schedule)	9:45AM-5:15PM (Pool Schedule)	11:15AM-7:30PM (Pool Schedule)	11:30AM-4:30PM (Pool Schedule)	
	7:00PM-8:30PM (Pool Schedule)	7:30PM-8:30PM (Pool Schedule)		7:30PM-8:30PM (Pool Schedule)			
Adult Pickleball Basketball Court A	8:00AM-1:00PM (Adult Sports) N/A	11:00AM-4:00PM (Adult Sports) N/A	8:00AM-1:00PM (Adult Sports)	11:00AM-4:00PM (Adult Sports)	8:00AM-1:00PM (Adult Sports)		
Adult Pickleball 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
Lap Swim Limited Lanes	9:30AM-10:30AM (Lap Swim)	5:00AM-8:30PM (Lap Swim)	5:00AM-8:30PM (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)	4:00PM-8:30PM (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)		
Zumba® Gold Dance Fitness	9:30AM-10:15AM (Cardio) Rhiannon A.				9:30AM-10:15AM (Cardio) Rhiannon A.		
Deep H20 Pool Lap	9:30AM-10:15AM (Water Fitness) Julie P.				9:30AM-10:15AM (Water Fitness) Julie P.		
Arthritis Class Pool Rec	10:30AM-11:15AM (Water Fitness) Julie P.				10:30AM-11:15AM (Water Fitness) Julie P.		
Glutes & Core	11:15AM-12:00PM (Strength) Sherri C.						
Masters Swim Pool Lap	12:00PM-1:00PM (Pool Schedule) YMCA S.	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)	
Swim Lessons 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)	
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) Cameron C.						
BoxMaster Circuit B	6:45PM-7:30PM (Cardio) Sherri C.			10:45AM-11:30AM (Cardio) Brandy H.			
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) Marsha M.				9:45AM-10:45AM (Mind & Body) <i>Marsha M.</i>	
Gentle Strength & Cardio		10:45AM-11:30AM (Cardio & Strength) Tressa Y.		10:45AM-11:30AM (Cardio & Strength) Tressa Y.			

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Yoga C				9:30AM-10:15AM (Strength) Marsha M.			
Gentle Yoga D				10:45AM-11:30AM (Mind & Body) Cameron C.			
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					6:00PM-6:45PM (Cardio) Ariel S.		
Pilates C						8:30AM-9:15AM (Mind & Body) Anne M.	
Pool Rental-reservation Pool Rec						4:30PM-6:00PM (Pool Schedule)	



Sherwood Regional Family YMCA | October 20th - October 26th

	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)		
Lap Swim Pool	7:00AM-9:45AM (Lap Swim)	7:00AM-9:45AM (Lap Swim)	7:00AM-9:45AM (Lap Swim)	7:00AM-9:45AM (Lap Swim)	7:00AM-9:45AM (Lap Swim)	11:00AM-1:00PM (Lap Swim)	11:00AM-1:00PM (Lap Swim)
	11:00AM-1:00PM (Lap Swim)	11:00AM-1:00PM (Lap Swim)	11:00AM-1:00PM (Lap Swim)	11:00AM-1:00PM (Lap Swim)	11:00AM-1:00PM (Lap Swim)	3:00PM-4:30PM (Lap Swim)	
	7:15PM-8:30PM (Lap Swim)		7:15PM-8:30PM (Lap Swim)		3:00PM-5:30PM (Lap Swim)		
Pilates Teen Center	8:45AM-9:35AM (Mind & Body) Alison J.		8:45AM-9:35AM (Mind & Body) Alison J.		8:45AM-9:35AM (Mind & Body) Alison J.		
Barre Studio 1	8:45AM-9:35AM (Mind & Body) <i>Melinda S.</i>				8:45AM-9:35AM (Mind & Body) Melinda S.		
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>Caz T.</i>	
BODYPUMP™ Studio 1	9:45AM-10:35AM (Strength) <i>Nina C.</i>		7:40AM-8:30AM (Strength) Nina C.				
Move-N-Groove Pool	10:00AM-10:50AM (Water Fitness) Laurie W.		10:00AM-10:50AM (Water Fitness) Colleen T.				
Water Fitness Pool	10:00AM-11:00AM (Pool Schedule)	10:00AM-11:00AM (Pool Schedule)	10:00AM-11:00AM (Pool Schedule)	10:00AM-11:00AM (Pool Schedule)	10:00AM-11:00AM (Pool Schedule)		
		7:15PM-8:15PM (Pool Schedule)		7:15PM-8:15PM (Lap Swim)			
Strength and Stability Teen Center	10:45AM-11:35AM (Strength) Caz T.						
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) Caz T.		11:45AM-12:35PM (Mind & Body) Jennifer S.				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Lessons Pool	12:00PM-1:00PM (Swim Lessons)	9:00AM-10:00AM (Swim Lessons)	12:00PM-1:00PM (Swim Lessons)	9:00AM-10:00AM (Swim Lessons)		8:00AM-11:00AM (Swim Lessons)	
	3:00PM-7:00PM (Swim Lessons)	3:00PM-7:00PM (Swim Lessons)	3:00PM-7:00PM (Swim Lessons)	3:00PM-7:00PM (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		1:00PM-1:30PM (Pool Schedule)
					(Pool Schedule)		
Pedaling for Parkinsons Cycle	1:30PM-2:20PM (Cardio) <i>Caz T.</i>		1:30PM-2:20PM (Cardio) Charley E.				
Lap Swim, 1 Lane Pool	3:00PM-5:00PM (Lap Swim)	3:00PM-5:00PM (Lap Swim)	3:00PM-5:00PM (Lap Swim)	3:00PM-5:00PM (Lap Swim)		8:00AM-11:00AM (Lap Swim)	
	6:00PM-7:00PM (Lap Swim)	6:00PM-7:00PM (Lap Swim)	6:00PM-7:15PM (Lap Swim)	6:00PM-8:30PM (Lap Swim)			
		7:15PM-8:30PM (Lap Swim)					
Swim Team Pool	5:00PM-6:00PM (Swim Team)		5:00PM-6:00PM (Swim Team)				
No Lap Swim Pool	5:00PM-6:00PM (Lap Swim)	5:00PM-6:00PM (Lap Swim)	5:00PM-6:00PM (Lap Swim)	5:00PM-6:00PM (Lap Swim)			
Yoga Teen Center	6:00PM-6:50PM (Mind & Body) Charley E.			6:00PM-6:50PM (Mind & Body) <i>Charley E.</i>			
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.	
Open Swim Pool	7:15PM-8:30PM (Pool Schedule)		1:00PM-3:00PM (Pool Schedule)		11:00AM-1:00PM (Pool Schedule)	1:00PM-4:30PM (Pool Schedule)	1:30PM-3:30PM (Pool Schedule)
			7:15PM-8:30PM (Pool Schedule)		3:00PM-5:30PM (Pool Schedule)		
					6:00PM-7:30PM (Pool Schedule)		
Circuit Studio 1		8:40AM-9:30AM (Strength) Shelby C.					
REV+FLOW by REFIT® Teen Center		8:45AM-9:35AM (Cardio & Strength) <i>Marcella J.</i>		8:45AM-9:35AM (Cardio & Strength) Marcella J.		10:00AM-10:50AM (Cardio & Strength) Marcella J.	
Shallow Water Aerobics Pool		10:00AM-10:50AM (Water Fitness) Marilee P.					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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) <i>Mary W.</i>		11:45AM-12:35PM (Cardio) <i>Mary W.</i>			
unior Swim Team		4:45PM-6:00PM (Swim Team)		4:45PM-6:00PM (Swim Team)			
Quarterly Release Feen Center		5:00PM-5:50PM (Pop Up Fitness) Basia K.		9:45AM-10:35AM (Pop Up Fitness) Caz T.			
REFIT® Dance Fitness Feen Center		6:00PM-6:50PM (Cardio) <i>Marcella J.</i>					
Aqua-Exercise Pool		7:15PM-8:05PM (Water Fitness) Felicia W.		7:15PM-8:05PM (Water Fitness) Colleen T.			
Cardio Kickboxing Studio 1			8:45AM-9:35AM (Cardio) <i>Marcella J.</i>				
REV+FLOW by REFIT® Studio 1			6:00PM-6:50PM (Cardio & Strength) Caz T.				
Yoga Nidra Teen Center			7:00PM-7:45PM (Mind & Body) <i>Caz T.</i>				
Tabata Turn Up Studio 1				8:40AM-9:30AM (Cardio) Shelby C.			
Deep H20 Pool				10:00AM-10:50AM (Water Fitness) Laurie W.			
YMCA Programs Court 2				11:00AM-2:00PM (Gym)			
Body Sculpt Teen Center					9:45AM-10:35AM (Strength) Matthew L.		
BRIT Pool					10:00AM-10:50AM (Water Fitness) Laurie W.		
Tai Chi Teen Center					10:45AM-11:35AM (Mind & Body) <i>Caz T.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga Teen Center					11:45AM-12:35PM (Mind & Body) <i>Tara K.</i>		
YMCA Programs Court 1 & Court 2					5:00PM-9:00PM (Gym)		
Adapted Swim Pool						11:00AM-1:00PM (Pool Schedule)	11:00AM-1:00PM (Pool Schedule)



Beaverton Family YMCA | October 20th - October 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 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)	
REV+FLOW by REFIT® Fitness Center Yellow Studio	9:00AM-9:50AM (Cardio & Strength) Megan R.						
Seniors on Strength Fitness Center Yellow Studio	10:00AM-10:50AM (Strength) Gavin B.	10:00AM-10:50AM (Strength) Rachael P.	10:00AM-10:50AM (Strength) Gavin B.	10:00AM-10:50AM (Strength) Rachael P.	10:00AM-10:50AM (Strength) Gavin B.		
Cardio Strength Fitness Center Yellow Studio		9:00AM-9:50AM (Strength) Rachael P.		9:00AM-9:50AM (Strength) Rachael P.			
REFIT® Dance Fitness Fitness Center Blue Studio		9:00AM-9:50AM (Cardio) <i>Megan R</i> .		9:00AM-9:50AM (Cardio) Megan R.			
Open Run Basketball Courts 1&4		11:45AM-1:15PM (Adult Sports)		11:45AM-1:15PM (Adult Sports)			
HIIT/Bootcamp YMCA Main Building Mezzanine			9:00AM-9:50AM (Cardio & Strength) Rachael P.				
REV+FLOW by REFIT® Fitness Center Gym (YDC)			9:00AM-9:50AM (Cardio & Strength) Megan R.				
Power Yoga Fitness Center Yellow Studio			6:00PM-6:50PM (Strength) Lauryn L.				