



Sherwood Regional Family YMCA | February 16th - February 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance Fitness Teen Center			9:45AM-10:35AM (Cardio) <i>Lisa B.</i>			9:00AM-9:50AM (Cardio) <i>Lisa B.</i>	
Group Power® Studio 1			9:45AM-10:35AM (Strength) <i>Caz T.</i>	8:40AM-9:30AM (Strength) <i>Nina C.</i>	9:45AM-10:35AM (Strength) <i>Caz T.</i>		
Move-N-Groove Pool			10:00AM-10:50AM (Water Fitness) <i>Colleen T.</i>				
Water Fitness Pool			10:00AM-11:00AM (Pool Schedule)	10:00AM-11:00AM (Pool Schedule) 6:45PM-7:35PM (Lap Swim)	10:00AM-11:00AM (Pool Schedule)		
Seniors on Strength Teen Center			10:45AM-11:35AM (Strength) <i>Heinrich W.</i>	10:45AM-11:35AM (Strength) <i>Patricia W.</i>			
Toddler Time Pool			11:00AM-1:00PM (Pool Schedule)	11:00AM-1:00PM (Pool Schedule)			
Lap Swim Pool			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)
Gentle Yoga Teen Center			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)		8:00AM-10:30AM (Swim Lessons)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Pool			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)
Pedaling for Parkinsons Cycle			1:30PM-2:20PM (Cardio) <i>Charley E.</i>				
High School Swim Team Pool			2:45PM-4:30PM (Swim Team)				
Lap Swim, 1 Lane Pool			5:00PM-7:00PM (Lap Swim)	3:00PM-5:00PM (Lap Swim) 6:00PM-6:45PM (Lap Swim)		8:00AM-11:00AM (Lap Swim)	
REV+FLOW by REFIT® Studio 1			6:00PM-6:50PM (Cardio & Strength) <i>Marcella J.</i>				
Lap/Fitness Swim Pool				5:00AM-7:00AM (Lap Swim)	5:00AM-7:00AM (Lap Swim)		
Cycle Cycle				8:45AM-9:35AM (Cardio) <i>Sierra B.</i>		8:30AM-9:20AM (Cardio) <i>Heinrich W.</i>	
REV+FLOW by REFIT® Teen Center				8:45AM-9:35AM (Cardio & Strength) <i>Marcella J.</i>			
Deep H2O Pool				10:00AM-10:50AM (Water Fitness) <i>Laurie W.</i>			
Pool Closed Pool				1:00PM-3:00PM (Pool Schedule)	1:00PM-3:00PM (Pool Schedule) 5:30PM-6:00PM (Pool Schedule)		1:00PM-1:30PM (Pool Schedule)
Junior Swim Team Pool				4:45PM-6:00PM (Swim Team)			
No Lap Swim Pool				5:00PM-6:00PM (Lap Swim)			
Yoga Teen Center				6:00PM-6:50PM (Mind & Body) <i>Charley E.</i>			
Aqua-Exercise Pool				6:45PM-7:35PM (Water Fitness) <i>Colleen T.</i>			

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Quarterly Release Teen Center				7:00PM-7:50PM (Pop Up Fitness) <i>Marcella J.</i>			
Pilates Teen Center					8:45AM-9:35AM (Mind & Body) <i>Alison J.</i>		
Barre Studio 1					8:45AM-9:35AM (Mind & Body) <i>Melinda S.</i>		
BRIT Pool					10:00AM-10:50AM (Water Fitness) <i>Laurie W.</i>		
Tai Chi Teen Center					10:45AM-11:35AM (Mind & Body) <i>Caz T.</i>		
Chair Yoga Teen Center					11:45AM-12:35PM (Mind & Body) <i>Tara K.</i>		
Pop Up Fitness Class Studio 1					6:00PM-6:50PM (Pop Up Fitness) <i>Caz T.</i>		
Adapted Swim Pool						11:00AM-1:00PM (Pool Schedule)	11:00AM-1:00PM (Pool Schedule)