



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap/Fitness Swim</b> 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)		
<b>Quarterly Release</b> 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>				
<b>Lap Swim</b> 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)
<b>Barre</b> Studio 1	8:45AM-9:35AM (Mind & Body) <i>Melinda S.</i>				8:45AM-9:35AM (Mind & Body) <i>Melinda S.</i>		
<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>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>Marcella J.</i>	
<b>Group Power®</b> Studio 1	9:45AM-10:35AM (Strength) <i>Nina C.</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>		9:45AM-10:35AM (Strength) <i>Caz T.</i>		
<b>Water Fitness</b> 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)		

	<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> 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)			
<b>Gentle Yoga</b> Teen Center	11:45AM-12:35PM (Mind & Body) <i>Caz T.</i>		11:45AM-12:35PM (Mind & Body) <i>Jennifer S.</i>				
<b>Swim Lessons</b> 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)	
<b>Pool Closed</b> 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)
<b>Lap Swim, 1 Lane</b> Pool	3:00PM-7:00PM (Lap Swim)	3:00PM-5:00PM (Lap Swim)  6:00PM-6:45PM (Lap Swim)	5:00PM-7:00PM (Lap Swim)	3:00PM-5:00PM (Lap Swim)  6:00PM-6:45PM (Lap Swim)		8:00AM-11:00AM (Lap Swim)	
<b>Cycle</b> 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>	
<b>Yoga</b> Teen Center	6:00PM-6:50PM (Mind & Body) <i>Charley E.</i>			6:00PM-6:50PM (Mind & Body) <i>Charley E.</i>			
<b>Open Swim</b> 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)
<b>Circuit</b> Studio 1		8:40AM-9:30AM (Strength) <i>Shelby C.</i>					
<b>REV+FLOW by REFIT®</b> Teen Center		8:45AM-9:35AM (Cardio & Strength) <i>Marcella J.</i>		8:45AM-9:35AM (Cardio & Strength) <i>Marcella J.</i>		10:00AM-10:50AM (Cardio & Strength) <i>Marcella J.</i>	

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

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