



## John Geigle YMCA (North Pinellas) | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swim Team- 5 Lanes</b> Pool		4:30AM-7:00PM (Program ) <i>Taylor D.</i>	5:00PM-7:00PM (Program ) <i>Taylor D.</i>				
<b>Lap Swim- 6 Lanes</b> Pool		5:30AM-9:50AM (Lap Swim ) <i>Taylor D.</i>	5:30AM-9:50AM (Lap Swim ) <i>Taylor D.</i>	5:30AM-9:50AM (Lap Swim ) <i>Taylor D.</i>	5:30AM-9:50AM (Lap Swim ) <i>Taylor D.</i>		
<b>Pickleball</b> Pickleball Court 4B		6:00AM-8:00AM (Pickleball)  12:00PM-2:00PM (Pickleball)  2:00PM-4:00PM (Pickleball)  4:00PM-6:00PM (Pickleball)  6:00PM-8:00PM (Pickleball)  8:00PM-9:25PM (Pickleball)	6:00AM-8:00AM (Pickleball)  12:00PM-2:00PM (Pickleball)  2:00PM-4:00PM (Pickleball)  4:00PM-6:00PM (Pickleball)  6:00PM-8:00PM (Pickleball)  8:00PM-9:25PM (Pickleball)	6:00AM-8:00AM (Pickleball)  12:00PM-2:00PM (Pickleball)  2:00PM-4:00PM (Pickleball)  4:00PM-6:00PM (Pickleball)  6:00PM-8:00PM (Pickleball)  8:00PM-9:25PM (Pickleball)	6:00AM-8:00AM (Pickleball)  8:00AM-10:00AM (Pickleball)  10:00AM-12:00PM (Pickleball)  12:00PM-2:00PM (Pickleball)  2:00PM-4:00PM (Pickleball)  4:00PM-6:00PM (Pickleball)  6:00PM-8:00PM (Pickleball)	8:00AM-10:00AM (Pickleball)  10:00AM-12:00PM (Pickleball)  10:00AM-12:00PM (Pickleball)  12:00PM-2:00PM (Pickleball)  2:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)	11:00AM-1:00PM (Pickleball)  1:00PM-3:00PM (Pickleball)  3:00PM-5:00PM (Pickleball)
<b>Pickleball</b> Pickleball Court 4C		6:00AM-8:00AM (Pickleball)  12:00PM-2:00PM (Pickleball)  2:00PM-4:00PM (Pickleball)  4:00PM-6:00PM (Pickleball)  6:00PM-8:00PM (Pickleball)  8:00PM-9:25PM (Pickleball)	6:00AM-8:00AM (Pickleball)  8:00AM-10:00AM (Pickleball)  12:00PM-2:00PM (Pickleball)  2:00PM-4:00PM (Pickleball)  4:00PM-6:00PM (Pickleball)  6:00PM-8:00PM (Pickleball)  8:00PM-9:25PM (Pickleball)	6:00AM-8:00AM (Pickleball)  12:00PM-2:00PM (Pickleball)  2:00PM-4:00PM (Pickleball)  4:00PM-6:00PM (Pickleball)  6:00PM-8:00PM (Pickleball)  8:00PM-9:25PM (Pickleball)	6:00AM-8:00AM (Pickleball)  8:00AM-10:00AM (Pickleball)  10:00AM-12:00PM (Pickleball)  12:00PM-2:00PM (Pickleball)  2:00PM-4:00PM (Pickleball)  4:00PM-6:00PM (Pickleball)	8:00AM-10:00AM (Pickleball)  10:00AM-12:00PM (Pickleball)  12:00PM-2:00PM (Pickleball)  2:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)	11:00AM-1:00PM (Pickleball)  1:00PM-3:00PM (Pickleball)  3:00PM-5:00PM (Pickleball)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pickleball</b> Pickleball Court 4D		6:00AM-8:00AM (Pickleball)  12:00PM-2:00PM (Pickleball)  2:00PM-4:00PM (Pickleball)  4:00PM-6:00PM (Pickleball)  6:00PM-8:00PM (Pickleball)  8:00PM-9:25PM (Pickleball)	6:00AM-8:00AM (Pickleball)  12:00PM-2:00PM (Pickleball)  2:00PM-4:00PM (Pickleball)  4:00PM-6:00PM (Pickleball)  6:00PM-8:00PM (Pickleball)  8:00PM-9:25PM (Pickleball)	6:00AM-8:00AM (Pickleball)  12:00PM-2:00PM (Pickleball)  2:00PM-4:00PM (Pickleball)  4:00PM-6:00PM (Pickleball)  6:00PM-8:00PM (Pickleball)  8:00PM-9:25PM (Pickleball)	6:00AM-8:00AM (Pickleball)  8:00AM-10:00AM (Pickleball)  10:00AM-12:00PM (Pickleball)  12:00PM-2:00PM (Pickleball)  2:00PM-4:00PM (Pickleball)  4:00PM-6:00PM (Pickleball)  6:00PM-8:00PM (Pickleball)	8:00AM-10:00AM (Pickleball)  10:00AM-12:00PM (Pickleball)  12:00PM-2:00PM (Pickleball)  2:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)	11:00AM-1:00PM (Pickleball)  1:00PM-3:00PM (Pickleball)  3:00PM-5:00PM (Pickleball)
<b>Pickleball</b> Pickleball Court 4A		6:00AM-8:00AM (Pickleball)  12:00PM-2:00PM (Pickleball)  2:00PM-4:00PM (Pickleball)  4:00PM-6:00PM (Pickleball)  6:00PM-8:00PM (Pickleball)  8:00PM-9:25PM (Pickleball)	6:00AM-8:00AM (Pickleball)  8:00AM-10:00AM (Pickleball)  12:00PM-2:00PM (Pickleball)  2:00PM-4:00PM (Pickleball)  4:00PM-6:00PM (Pickleball)  6:00PM-8:00PM (Pickleball)  8:00PM-9:25PM (Pickleball)	6:00AM-8:00AM (Pickleball)  12:00PM-2:00PM (Pickleball)  2:00PM-4:00PM (Pickleball)  4:00PM-6:00PM (Pickleball)  6:00PM-8:00PM (Pickleball)  8:00PM-9:25PM (Pickleball)	6:00AM-8:00AM (Pickleball)  8:00AM-10:00AM (Pickleball)  10:00AM-12:00PM (Pickleball)  12:00PM-2:00PM (Pickleball)  2:00PM-4:00PM (Pickleball)  4:00PM-6:00PM (Pickleball)	8:00AM-10:00AM (Pickleball)  10:00AM-12:00PM (Pickleball)  12:00PM-2:00PM (Pickleball)  2:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)	11:00AM-1:00PM (Pickleball)  1:00PM-3:00PM (Pickleball)  3:00PM-5:00PM (Pickleball)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Tennis</b> Court 3 Tennis		6:00AM-8:00AM (Tennis )  12:00PM-2:00PM (Tennis )  2:00PM-4:00PM (Tennis )  4:00PM-6:00PM (Tennis )  6:00PM-8:00PM (Tennis )  8:00PM-9:25PM (Tennis )	6:00AM-8:00AM (Tennis )  8:00AM-10:00AM (Tennis )  10:00AM-12:00PM (Tennis )  12:00PM-2:00PM (Tennis )  2:00PM-4:00PM (Tennis )  4:00PM-6:00PM (Tennis )  6:00PM-8:00PM (Tennis )  8:00PM-9:25PM (Tennis )	6:00AM-8:00AM (Tennis )  8:00AM-10:00AM (Tennis )  12:00PM-2:00PM (Tennis )  2:00PM-4:00PM (Tennis )  4:00PM-6:00PM (Tennis )  6:00PM-8:00PM (Tennis )  8:00PM-9:25PM (Tennis )	6:00AM-8:00AM (Tennis )  8:00AM-10:00AM (Tennis )  10:00AM-12:00PM (Tennis )  12:00PM-2:00PM (Tennis )  2:00PM-4:00PM (Tennis )  4:00PM-6:00PM (Tennis )  6:00PM-8:00PM (Tennis )  8:00PM-9:00PM (Tennis )	8:00AM-10:00AM (Tennis )  10:00AM-12:00PM (Tennis )  12:00PM-2:00PM (Tennis )  2:00PM-4:00PM (Tennis )  4:00PM-5:00PM (Tennis )	11:00AM-1:00PM (Tennis )  1:00PM-3:00PM (Tennis )  3:00PM-5:00PM (Tennis )
<b>Tennis</b> Court 6 Tennis		6:00AM-8:00AM (Tennis )  8:00AM-10:00AM (Tennis )  2:00PM-4:00PM (Tennis )  4:00PM-6:00PM (Tennis )  6:00PM-7:00PM (Tennis )	6:00AM-8:00AM (Tennis )  8:00AM-10:00AM (Tennis )  2:00PM-3:00PM (Tennis )  8:00PM-9:25PM (Tennis )	6:00AM-8:00AM (Tennis )  2:00PM-4:00PM (Tennis )  4:00PM-6:00PM (Tennis )  6:00PM-8:00PM (Tennis )  8:00PM-9:15PM (Tennis )	6:00AM-8:00AM (Tennis )  8:00AM-10:00AM (Tennis )  12:00PM-2:00PM (Tennis )  2:00PM-4:00PM (Tennis )  4:00PM-6:00PM (Tennis )  6:00PM-8:00PM (Tennis )  8:00PM-9:00PM (Tennis )	12:00PM-2:00PM (Tennis )  2:00PM-4:00PM (Tennis )  4:00PM-5:00PM (Tennis )	11:00AM-1:00PM (Tennis )  1:00PM-3:00PM (Tennis )  3:00PM-5:00PM (Tennis )
<b>Tennis</b> Clay Court 1 Adult Round Robin		7:00AM-12:00PM (Tennis )				7:30AM-12:00PM (Tennis )	
<b>Cycling</b> Group Exercise Room		7:30AM-8:15AM (Cardio ) <i>Sue C.</i>	5:30AM-6:15AM (Cardio ) <i>Hana P.</i>	7:30AM-8:15AM (Cardio ) <i>Kim W.</i>			11:15AM-12:00PM (Cardio ) <i>Maureen W.</i>
<b>Tennis</b> Clay Court 2 Adult Round Robin		7:30AM-12:00PM (Tennis )	7:30AM-12:00PM (Tennis )	7:30AM-12:00PM (Tennis )	7:30AM-12:00PM (Tennis )	7:30AM-12:00PM (Tennis )	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pickleball</b> Pickleball Court 4C Round Robin Intermediate		8:00AM-12:00PM (Pickleball)			6:00PM-8:00PM (Pickleball)		
<b>Pickleball</b> Pickleball Court 4D Round Robin Intermediate		8:00AM-12:00PM (Pickleball)		8:00AM-12:00PM (Pickleball)			
<b>Pickleball</b> Pickleball Court 4A Round Robin Intermediate		8:00AM-12:00PM (Pickleball)		8:00AM-12:00PM (Pickleball)			
<b>Step and Strength</b> Group Exercise Room		8:30AM-9:30AM (Cardio ) <i>Pam J.</i>	7:15AM-8:15AM (Cardio ) <i>Joe H.</i>		7:15AM-8:15AM (Cardio ) <i>Joe H.</i>		
<b>CORE</b> Multipurpose Room		9:00AM-9:45AM (Strength) <i>Alina H.</i>					
<b>BODYPUMP</b> Group Exercise Room		9:45AM-10:45AM (Strength) <i>Michele K.</i>	8:30AM-9:30AM (Strength) <i>Alina H.</i>  5:30PM-6:30PM (Strength) <i>Monika G.</i>		9:45AM-10:45AM (Strength) <i>Kim W.</i>	8:15AM-9:15AM (Strength) <i>Cameron K.</i>	
<b>Water Exercise</b> Pool		10:00AM-11:00AM (Cardio ) <i>Anne M.</i>  10:00AM-11:00AM (Program ) <i>Anne M.</i>	10:00AM-11:00AM (Program ) <i>Anne M.</i>  10:00AM-11:00AM (Cardio ) <i>Anne M.</i>	10:00AM-11:00AM (Cardio ) <i>Jacquie F.</i>  10:00AM-11:00AM (Program ) <i>Jacquie F.</i>	10:00AM-11:00AM (Cardio ) <i>Anne M.</i>  10:00AM-11:00AM (Program ) <i>Anne M.</i>	9:00AM-10:00AM (Cardio ) <i>Jacquie F.</i>	
<b>Fit for Life</b> Group Exercise Room		11:00AM-12:00PM (Cardio ) <i>Kim W.</i>		11:00AM-12:00PM (Cardio ) <i>Kim W.</i>			
<b>SilverSneakers Classic</b> Multipurpose Room		11:30AM-12:15PM (Cardio ) <i>Michele K.</i>		11:30AM-12:15PM (Cardio ) <i>Linda G.</i>			
<b>Zumba Gold</b> Group Exercise Room		12:15PM-1:00PM (Dance) <i>Sheila B.</i>		12:15PM-1:00PM (Dance) <i>Sheila B.</i>			
<b>Chair Yoga</b> Multipurpose Room		12:30PM-1:15PM (Mind Body) <i>Michele K.</i>		12:30PM-1:15PM (Mind Body) <i>Linda G.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Tennis</b> Court 2 Clay		4:00PM-6:00PM (Tennis )  6:00PM-8:00PM (Tennis )  8:00PM-9:25PM (Tennis )	4:00PM-6:00PM (Tennis )  6:00PM-8:00PM (Tennis )  8:00PM-9:25PM (Tennis )	4:00PM-6:00PM (Tennis )  6:00PM-8:00PM (Tennis )  8:00PM-9:25PM (Tennis )	4:00PM-6:00PM (Tennis )  6:00PM-8:00PM (Tennis )  8:00PM-9:00PM (Tennis )	12:00PM-2:00PM (Tennis )  2:00PM-4:00PM (Tennis )  4:00PM-5:00PM (Tennis )	11:00AM-1:00PM (Tennis )  1:00PM-3:00PM (Tennis )  3:00PM-5:00PM (Tennis )
<b>PYP Swim Team</b> <b>Developmental- 5 Lanes</b> Pool		4:30PM-7:00PM (Program ) <i>Taylor D.</i>					
<b>Swim Lessons- 3 Lanes,</b> <b>Zero depth area open</b> Pool		4:30PM-5:30PM (Program ) <i>Taylor D.</i>		4:30PM-5:30PM (Program ) <i>Taylor D.</i>			
<b>Tennis</b> Court 1 Clay		6:00PM-8:00PM (Tennis )  8:00PM-9:25PM (Tennis )	4:00PM-6:00PM (Tennis )  6:00PM-8:00PM (Tennis )  8:00PM-9:25PM (Tennis )	4:00PM-6:00PM (Tennis )  6:00PM-8:00PM (Tennis )  8:00PM-9:25PM (Tennis )	4:00PM-6:00PM (Tennis )  6:00PM-8:00PM (Tennis )  8:00PM-9:00PM (Tennis )	12:00PM-2:00PM (Tennis )  2:00PM-4:00PM (Tennis )  4:00PM-5:00PM (Tennis )	11:00AM-1:00PM (Tennis )  1:00PM-3:00PM (Tennis )  3:00PM-5:00PM (Tennis )
<b>BODYCOMBAT</b> Group Exercise Room		6:00PM-7:00PM (Cardio ) <i>Shawn B.</i>	9:45AM-10:45AM (Cardio ) <i>Cameron K.</i>		8:30AM-9:30AM (Cardio ) <i>Theresa G.</i>	9:30AM-10:30AM (Cardio ) <i>Cameron K.</i>	
<b>Open Swim</b> Pool		7:00PM-9:00PM (Lap Swim ) <i>Taylor D.</i>  11:00PM-4:30PM (Lap Swim ) <i>Taylor D.</i>	11:00AM-5:00PM (Lap Swim ) <i>Taylor D.</i>  7:00PM-9:00PM (Lap Swim ) <i>Taylor D.</i>	11:00AM-4:30PM (Lap Swim ) <i>Taylor D.</i>  7:00PM-9:00PM (Lap Swim ) <i>Taylor D.</i>	11:00AM-5:00PM (Lap Swim ) <i>Taylor D.</i>  7:00PM-8:30PM (Lap Swim ) <i>Taylor D.</i>	7:00AM-8:50AM (Lap Swim )  12:50PM-4:30PM (Lap Swim ) <i>Taylor D.</i>	11:00AM-4:30PM (Lap Swim ) <i>Taylor D.</i>
<b>Tennis</b> Court 5 Tennis - Live Ball Drills for Doubles 3.0-4.0 w/ Coach Robert \$\$\$		7:00PM-8:00PM (Tennis )				10:00AM-11:00AM (Tennis )	
<b>Pickleball</b> Pickleball Court 4D Round Robin Beginners			8:00AM-12:00PM (Pickleball)				
<b>Pickleball</b> Pickleball Court 4B Round Robin Beginners			8:00AM-12:00PM (Pickleball)				
<b>Fit for Life</b> Multipurpose Room			8:30AM-9:30AM (Cardio ) <i>Teresa C.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga</b> Multipurpose Room			9:45AM-10:45AM (Mind Body) <i>Dianna T.</i>  6:00PM-7:00PM (Mind Body) <i>Alisa M.</i>		9:45AM-10:45AM (Mind Body) <i>Wendy N.</i>		
<b>Zumba Toning</b> Group Exercise Room			11:00AM-12:00PM (Dance) <i>Carrie L.</i>				
<b>SilverSneakers Circuit</b> Multipurpose Room			11:30AM-12:15PM (Strength) <i>Kim W.</i>		11:30AM-12:15PM (Strength) <i>Kim W.</i>		
<b>Cardio Drumming</b> Group Exercise Room			12:15PM-1:00PM (Cardio ) <i>Nancy B.</i>				
<b>BootCamp</b> Group Exercise Room				5:30AM-6:15AM (Cardio ) <i>Dominique P.</i>			
<b>Pickleball</b> Pickleball Court 4B Round Robin Intermediate				8:00AM-12:00PM (Pickleball)			
<b>Yin Yoga</b> Multipurpose Room				8:30AM-9:30AM (Mind Body) <i>Michele K.</i>			
<b>CORE</b> Group Exercise Room				9:00AM-9:30AM (Strength) <i>Alina H.</i>			
<b>Barre</b> Multipurpose Room				9:45AM-10:45AM (Strength) <i>Dianna T.</i>	8:30AM-9:30AM (Strength) <i>Wendy N.</i>		
<b>Tabata</b> Group Exercise Room				9:45AM-10:45AM (Cardio ) <i>Hana P.</i>			
<b>SilverSneakers Stability</b> Multipurpose Room				10:50AM-11:20AM (Strength) <i>Linda G.</i>			
<b>PYP Swim Team</b> <b>Advanced- 5 Lanes</b> Pool				4:30PM-7:00PM (Program ) <i>Taylor D.</i>	5:00PM-7:00PM (Program ) <i>Taylor D.</i>		
<b>Zumba</b> Group Exercise Room				5:30PM-6:30PM (Dance) <i>Nancy B.</i>	11:00AM-12:00PM (Dance) <i>Susie M.</i>	10:45AM-11:45AM (Dance) <i>Nancy B.</i>	1:00PM-2:00PM (Dance) <i>Patricia R.</i>
<b>BODYBALANCE</b> Multipurpose Room				6:00PM-7:00PM (Mind Body) <i>Annette B.</i>			11:15AM-12:15PM (Mind Body) <i>Annette B.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Tennis</b> Court 5 Tennis Live Ball Drills for Doubles 1.0-2.5 W/Coach Robert \$\$\$					9:00AM-10:00AM (Tennis )		
<b>Stretch</b> Group Exercise Room					12:15PM-1:00PM (Mind Body) <i>Michele K.</i>		
<b>Pickleball</b> Pickleball Court 4A Round Robin Beginners					6:00PM-8:00PM (Pickleball)		
<b>SPRINT</b> Group Exercise Room						7:15AM-7:45AM (Cardio ) <i>Hana P.</i>	
<b>Pilates</b> Multipurpose Room						8:15AM-9:15AM (Core) <i>Sue C.</i>	
<b>Water Exercise- 5 Lanes</b> Pool						9:00AM-10:00AM (Program ) <i>Jacquie F.</i>	
<b>Power Yoga</b> Multipurpose Room						9:30AM-10:30AM (Mind Body) <i>Alisa M.</i>	
<b>Swim Lessons</b> Pool						10:00AM-12:45PM (Program ) <i>Anne M.</i>	
<b>Tennis</b> Court 5 Tennis							11:00AM-1:00PM (Tennis )  1:00PM-3:00PM (Tennis )  3:00PM-5:00PM (Tennis )



## Hernando County YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Court</b> Outdoor Courts		5:00AM-7:00AM (Basketball )  9:30AM-9:30PM (Basketball )	5:00AM-7:00AM (Basketball )  9:30AM-9:30PM (Basketball )	5:00AM-7:00AM (Basketball )  9:00AM-4:00PM (Basketball )  8:00PM-9:30PM (Basketball )	5:00AM-7:00AM (Basketball )  9:30AM-9:00PM (Basketball )	11:30AM-6:00PM (Basketball )	11:00AM-5:00PM (Basketball )
<b>BootCamp</b> Entrance		5:45AM-6:30AM (Cardio ) <i>Deanne M.</i>	6:00PM-7:00PM (Cardio ) <i>Franklin L.</i>	5:45AM-6:30AM (Cardio ) <i>Deanne M.</i>			
<b>Pickleball</b> Outdoor Courts		7:00AM-9:30AM (Pickleball)	7:00AM-9:30AM (Pickleball)	7:00AM-9:30AM (Pickleball)  4:00PM-6:00PM (Pickleball)	7:00AM-9:30AM (Pickleball)	7:00AM-9:00AM (Pickleball)	
<b>Kettlebell</b> MP1		8:00AM-8:30AM (Strength) <i>Michelle C.</i>		8:00AM-8:30AM (Strength) <i>Michelle C.</i>			
<b>Pilates</b> MP2		8:30AM-9:30AM (Core) <i>Kati M.</i>		8:30AM-9:30AM (Core) <i>Terrie B.</i>			
<b>Water Exercise</b> Pool		9:00AM-10:00AM (Cardio ) <i>Linda N.</i>  10:30AM-11:30AM (Cardio ) <i>Linda N.</i>	9:00AM-10:00AM (Cardio ) <i>Diane H.</i>  10:30AM-11:30AM (Cardio ) <i>Lynn R.</i>	9:00AM-10:00AM (Cardio ) <i>Linda N.</i>  10:30AM-11:30AM (Cardio ) <i>Lynn R.</i>	9:00AM-10:00AM (Cardio ) <i>Linda N.</i>  10:30AM-11:30AM (Cardio ) <i>Connie L.</i>	8:00AM-8:45AM (Cardio ) <i>Tara T.</i>	
<b>BODYCOMBAT</b> MP1		9:00AM-10:00AM (Cardio ) <i>Monica K.</i>	5:45PM-6:45PM (Cardio ) <i>Monica K.</i>	9:00AM-10:00AM (Cardio ) <i>Monica K.</i>	5:45PM-6:45PM (Cardio ) <i>Meredith M.</i>	9:45AM-10:45AM (Cardio ) <i>Monica K.</i>	12:50PM-1:50PM (Cardio ) <i>Meredith M.</i>
<b>SilverSneakers Classic</b> MP2		9:45AM-10:30AM (Cardio ) <i>Lynn R.</i>	11:00AM-11:45AM (Cardio ) <i>Diane H.</i>	9:45AM-10:30AM (Cardio ) <i>Kathy K.</i>	11:00AM-11:45AM (Cardio ) <i>Donna B.</i>		



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycling</b> Cycling		10:00AM-10:45AM (Cardio ) <i>Deanne M.</i>  5:00PM-5:30PM (Cardio ) <i>Michelle C.</i>	5:40AM-6:10AM (Cardio ) <i>Deanne M.</i>  10:00AM-10:30AM (Cardio ) <i>Deanne M.</i>  6:00PM-6:30PM (Cardio ) <i>Deanne M.</i>	10:00AM-10:45AM (Cardio ) <i>Deanne M.</i>  5:00PM-5:30PM (Cardio ) <i>Michelle C.</i>	5:40AM-6:10AM (Cardio ) <i>Stacey G.</i>	8:05AM-8:35AM (Cardio ) <i>Stacey G.</i>	
<b>Yoga</b> MP1		10:15AM-11:15AM (Mind Body) <i>Ashlee S.</i>		10:15AM-11:15AM (Mind Body) <i>Ashlee S.</i>			
<b>SilverSneakers Stability</b> MP2		10:45AM-11:30AM (Strength) <i>Michelle C.</i>		10:45AM-11:30AM (Strength) <i>Michelle C.</i>			
<b>SilverSneakers Circuit</b> MP2		11:45AM-12:30PM (Strength) <i>Michelle C.</i>		11:45AM-12:30PM (Strength) <i>Michelle C.</i>			
<b>Chair Yoga</b> MP1		1:00PM-1:45PM (Mind Body) <i>Nelson S.</i>	1:00PM-1:45PM (Mind Body) <i>Nelson S.</i>	1:00PM-1:45PM (Mind Body) <i>Nelson S.</i>			
<b>Zumba Toning</b> MP1		3:30PM-4:15PM (Dance) <i>Beth S.</i>		3:30PM-4:15PM (Dance) <i>Beth S.</i>			
<b>HIIT</b> MP1		4:45PM-5:30PM (Cardio ) <i>Kati M.</i>		4:45PM-5:30PM (Cardio ) <i>Kati M.</i>			11:15AM-12:00PM (Cardio ) <i>Michelle C.</i>
<b>BODYPUMP</b> MP1		5:40PM-6:25PM (Strength) <i>Meredith M.</i>	6:15AM-7:00AM (Strength) <i>Stacey G.</i>  9:00AM-10:00AM (Strength) <i>Monica K.</i>	5:40PM-6:25PM (Strength) <i>Meredith M.</i>	6:15AM-7:00AM (Strength) <i>Stacey G.</i>  9:00AM-10:00AM (Strength) <i>Monica K.</i>		
<b>Barre</b> MP1		6:35PM-7:20PM (Strength) <i>Meghan A.</i>		6:35PM-7:20PM (Strength) <i>Meghan A.</i>			
<b>Cardio and Strength</b> MP1			8:00AM-8:45AM (Cardio ) <i>Donna C.</i>		8:00AM-8:45AM (Cardio ) <i>Monica K.</i>		
<b>Yoga</b> MP2			8:45AM-9:45AM (Mind Body) <i>Barb G.</i>  5:45PM-6:45PM (Mind Body) <i>Nelson S.</i>		8:45AM-9:45AM (Mind Body) <i>Nelson S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Barre</b> MP2			10:00AM-10:45AM (Strength) <i>Meghan A.</i>		10:00AM-10:45AM (Strength) <i>Meghan A.</i>		
<b>Zumba</b> MP1			10:15AM-11:00AM (Dance) <i>Dana S.</i>  11:45AM-12:30PM (Dance) <i>Dana S.</i>		10:15AM-11:00AM (Dance) <i>Monica M.</i>  11:45AM-12:30PM (Dance) <i>Monica M.</i>	11:00AM-11:45AM (Dance) <i>Beth S.</i>	
<b>Chair Volleyball</b> MP1			2:30PM-4:00PM (Cardio ) <i>Nancy M.</i>				
<b>BODYBALANCE</b> MP1			4:30PM-5:30PM (Mind Body) <i>Kathryn P.</i>		4:30PM-5:30PM (Mind Body) <i>Monica K.</i>		
<b>CORE</b> MP1			6:50PM-7:20PM (Strength) <i>Meredith M.</i>		6:50PM-7:20PM (Strength) <i>Meredith M.</i>		12:15PM-12:45PM (Strength) <i>Meredith M.</i>
<b>YMCA Programs - Youth Sports</b> Outdoor Courts				6:00PM-8:00PM (Basketball )		9:00AM-11:30AM (Basketball )	
<b>SPRINT</b> Cycling					10:15AM-10:45AM (Cardio ) <i>Monica K.</i>		
<b>SilverSneakers Yoga</b> MP2					2:30PM-3:15PM (Mind Body) <i>Donna B.</i>		
<b>Strength and Resistance</b> MP1						8:45AM-9:30AM (Strength) <i>Stacey G.</i>	
<b>Cardio Drumming</b> MP2						10:00AM-11:00AM (Cardio ) <i>Kelly B.</i>	



## James P. Gills Family YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Basketball-Court 1		5:00AM-9:00AM (Open Gym )  11:00AM-3:00PM (Open Gym )	5:00AM-9:00AM (Open Gym )  11:00AM-3:00PM (Open Gym )  8:00PM-9:30PM (Open Gym )	5:00AM-9:00AM (Open Gym )  11:00AM-3:00PM (Open Gym )	5:00AM-9:00AM (Open Gym )  11:00AM-3:00PM (Open Gym )		11:00AM-5:00PM (Open Gym )
<b>Open Gym</b> Basketball-Court 2		5:00AM-9:00AM (Open Gym )  11:00AM-3:00PM (Open Gym )	5:00AM-9:00AM (Open Gym )  11:00AM-11:30AM (Open Gym )	5:00AM-9:00AM (Open Gym )  11:00AM-3:00PM (Open Gym )	5:00AM-9:00AM (Open Gym )  11:00AM-11:30AM (Open Gym )	7:00AM-8:30AM (Open Gym )  3:30PM-5:00PM (Open Gym )	11:00AM-12:00PM (Open Gym )  4:30PM-5:00PM (Open Gym )
<b>Lap Swim- 2 Lanes</b> Family Pool		5:30AM-10:00AM (Lap Swim )  10:00AM-9:00PM (Lap Swim )	5:30AM-10:00AM (Lap Swim )  10:00AM-9:00PM (Lap Swim )	5:30AM-10:00AM (Lap Swim )  10:00AM-9:00PM (Lap Swim )	5:30AM-10:00AM (Lap Swim )  10:00AM-9:00PM (Lap Swim )	7:30AM-4:30PM (Lap Swim )	11:30AM-4:30PM (Lap Swim )
<b>Lap Swim- 4 Lanes</b> Competition Pool		5:30AM-7:00AM (Lap Swim )  8:00PM-9:00PM (Lap Swim )	5:30AM-7:00AM (Lap Swim )  8:00PM-9:00PM (Lap Swim )	5:30AM-7:00AM (Lap Swim )  8:00PM-9:00PM (Lap Swim )	5:30AM-7:00AM (Lap Swim )  8:00PM-9:00PM (Lap Swim )	10:00AM-4:30PM (Lap Swim )	11:30AM-4:30PM (Lap Swim )
<b>Strength and Resistance</b> Group Exercise		5:50AM-6:35AM (Strength) <i>Karen E.</i>					
<b>Lap Swim- 6 Lanes</b> Competition Pool		7:00AM-10:00AM (Lap Swim )	7:00AM-10:00AM (Lap Swim )	7:00AM-10:00AM (Lap Swim )	7:00AM-10:00AM (Lap Swim )	7:30AM-8:00AM (Lap Swim )	
<b>Group Exercise Class</b> Basketball-Court 2		9:00AM-11:00AM (Group Exercise )	9:00AM-11:00AM (Group Exercise )	9:00AM-11:00AM (Group Exercise )	9:00AM-11:00AM (Group Exercise )		
<b>Group Exercise Class</b> Basketball-Court 1		9:00AM-11:00AM (Group Exercise )	9:00AM-11:00AM (Group Exercise )	9:00AM-11:00AM (Group Exercise )	9:00AM-11:00AM (Group Exercise )		
<b>Cycling</b> Cycle Studio		9:00AM-9:45AM (Cardio ) <i>Clark P.</i>	5:50AM-6:35AM (Cardio ) <i>Peter R.</i>  9:00AM-9:45AM (Cardio ) <i>Cortney B.</i>	9:00AM-9:45AM (Cardio ) <i>Clark P.</i>	5:50AM-6:35AM (Cardio ) <i>Peter R.</i>  9:00AM-9:45AM (Cardio ) <i>Clark P.</i>		12:15PM-1:00PM (Cardio ) <i>Carrie R.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cardio Lite</b> Group Exercise		9:00AM-9:45AM (Cardio ) <i>Cathy R.</i>	9:00AM-9:30AM (Cardio ) <i>Cathy R.</i>	9:00AM-9:30AM (Cardio ) <i>Cathy R.</i>			
<b>Cardio and Strength</b> Basketball-Court 1		9:05AM-9:50AM (Cardio ) <i>Denise F.</i>		9:05AM-9:50AM (Cardio ) <i>Denise F.</i>			
<b>Water Exercise</b> Family Pool		10:00AM-11:00AM (Program )	10:00AM-11:00AM (Program )	10:00AM-11:00AM (Cardio ) <i>Meridith H.</i>  10:00AM-11:00AM (Program )	10:00AM-11:00AM (Program )		
<b>BODYCOMBAT</b> Group Exercise		10:00AM-10:55AM (Cardio ) <i>Carrie R.</i>	7:00PM-7:30PM (Cardio ) <i>Tori W.</i>		10:00AM-11:00AM (Cardio ) <i>Carrie R.</i>		11:10AM-12:00PM (Cardio ) <i>Carrie R.</i>
<b>Pool Closed</b> Competition Pool		10:00AM-3:30PM (Program )	10:00AM-3:30PM (Program )	10:00AM-3:30PM (Program )	10:00AM-3:30PM (Program )		
<b>Pilates</b> Group Exercise		11:15AM-12:15PM (Core) <i>Colleen B.</i>					
<b>SilverSneakers Circuit</b> Group Exercise		1:15PM-2:15PM (Strength) <i>Cathy R.</i>					
<b>Afterschool Teens Program</b> Basketball-Court 2		3:00PM-6:00PM (Youth Programs )	3:00PM-6:00PM (Youth Programs )	3:00PM-6:00PM (Youth Programs )	3:00PM-6:00PM (Youth Programs )		
<b>Afterschool Teens Program</b> Basketball-Court 1		3:00PM-6:00PM (Youth Programs )	3:00PM-6:00PM (Youth Programs )	3:00PM-6:00PM (Youth Programs )	3:00PM-6:00PM (Youth Programs )		
<b>Swim Team- 6 Lanes</b> Competition Pool		3:30PM-8:00PM (Program )	3:30PM-8:00PM (Program )	3:30PM-8:00PM (Program )	3:30PM-8:00PM (Program )		
<b>BODYBALANCE</b> Group Exercise		4:55PM-5:50PM (Mind Body) <i>Zhanna W.</i>		5:50AM-6:40AM (Mind Body) <i>Carrie R.</i>  10:10AM-11:05AM (Mind Body) <i>Denise F.</i>	11:15AM-12:15PM (Mind Body) <i>Carrie R.</i>		
<b>Swim Lessons</b> Family Pool		5:00PM-8:00PM (Program )	5:00PM-8:00PM (Program )	5:00PM-8:00PM (Program )	5:00PM-8:00PM (Program )	9:00AM-12:30PM (Program )	
<b>Strong Nation</b> Community Room 2		5:10PM-6:00PM (Strength) <i>Jean C.</i>					
<b>Cardio and Strength</b> Group Exercise		6:00PM-6:50PM (Cardio ) <i>Kristen P.</i>				9:15AM-10:00AM (Cardio ) <i>Kristen P.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>HIIT Cycle</b> Cycle Studio		6:00PM-6:30PM (Cardio ) <i>Tori W.</i>		6:00PM-6:30PM (Cardio ) <i>Tori W.</i>		9:15AM-9:45AM (Cardio ) <i>Tori W.</i>	
<b>Youth Basketball</b> Basketball-Court 1		6:00PM-9:00PM (Youth Programs )		6:00PM-9:00PM (Youth Programs )	6:00PM-9:30PM (Youth Programs )	9:00AM-3:30PM (Youth Programs )	
<b>Youth Basketball</b> Basketball-Court 2		6:00PM-9:00PM (Youth Programs )		6:00PM-9:00PM (Youth Programs )	6:00PM-9:30PM (Youth Programs )	9:00AM-3:30PM (Youth Programs )	
<b>BootCamp</b> Group Exercise		7:05PM-8:05PM (Cardio ) <i>Heather G.</i>					
<b>Masters Swim- 2 Lanes</b> Competition Pool			5:30AM-7:00AM (Program )		5:30AM-7:00AM (Program )		
<b>BODYPUMP</b> Group Exercise			5:50AM-6:40AM (Strength) <i>Tori W.</i>  6:00PM-6:50PM (Strength) <i>Heather G.</i>	5:45PM-6:30PM (Strength) <i>Heather G.</i>		8:00AM-9:00AM (Strength) <i>Tori W.</i>	
<b>HIIT</b> Basketball-Court 1			9:05AM-9:50AM (Cardio ) <i>Katie S.</i>				
<b>Strength Lite</b> Group Exercise			9:30AM-10:00AM (Strength) <i>Cathy R.</i>	9:30AM-10:00AM (Strength) <i>Cathy R.</i>			
<b>BODYPUMP</b> Basketball-Court 1			10:00AM-11:00AM (Strength) <i>Denise F.</i>				
<b>Balance and Mobility</b> Group Exercise			10:15AM-11:00AM (Core) <i>Carrie R.</i>				
<b>EnhanceFitness</b> Community Room 2			10:15AM-11:15AM (Community Health ) <i>Meridith H.</i>		10:15AM-11:15AM (Community Health ) <i>Clark P.</i>		
<b>Chair Yoga</b> Group Exercise			11:10AM-11:50AM (Mind Body) <i>Alicia A.</i>	11:10AM-11:50AM (Mind Body) <i>Colleen B.</i>		12:00PM-12:45PM (Mind Body) <i>Aura D.</i>	12:30PM-1:10PM (Mind Body) <i>Alicia A.</i>
<b>Pickleball</b> Basketball-Court 2			11:30AM-2:30PM (Sports )		11:30AM-2:30PM (Sports )		2:00PM-4:30PM (Sports )
<b>Yoga</b> Group Exercise			12:00PM-1:00PM (Mind Body) <i>Alicia A.</i>	12:00PM-1:00PM (Mind Body) <i>Colleen B.</i>			1:30PM-2:30PM (Mind Body) <i>Alicia A.</i>
<b>SilverSneakers Classic</b> Group Exercise			1:15PM-2:15PM (Cardio ) <i>Cathy R.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>HIIT</b> Group Exercise			5:00PM-5:45PM (Cardio ) <i>Lauren S.</i>				
<b>Yogalates</b> Community Room 2			6:00PM-6:55PM (Mind Body) <i>Zhanna W.</i>				
<b>Youth Volleyball</b> Basketball-Court 1			6:00PM-8:00PM (Youth Programs )				
<b>Youth Volleyball</b> Basketball-Court 2			6:00PM-8:00PM (Youth Programs )				
<b>Members Only Open Volleyball</b> Basketball-Court 2			8:00PM-9:30PM (Sports )				12:00PM-2:00PM (Sports )
<b>Zumba Gold</b> Group Exercise				1:15PM-2:15PM (Dance) <i>Cathy R.</i>			
<b>Core and Glute</b> Community Room 2				6:45PM-7:30PM (Strength) <i>Tori W.</i>			
<b>Zumba</b> Group Exercise				7:00PM-8:00PM (Dance) <i>Ashley W.</i>		10:30AM-11:30AM (Dance) <i>Roxanne W.</i>	
<b>Cardio Lite</b> Community Room 2					9:00AM-9:30AM (Cardio ) <i>Lauren S.</i>		
<b>Core and Glute</b> Group Exercise					9:05AM-9:50AM (Strength) <i>Denise F.</i>		
<b>Strength Lite</b> Community Room 2					9:30AM-10:00AM (Strength) <i>Lauren S.</i>		
<b>Members Only 30+ Pick-up</b> Basketball-Court 1						7:00AM-8:30AM (Sports )	
<b>Swim Team- 3 Lanes</b> Competition Pool						8:00AM-10:00AM (Program )	
<b>Lap Swim- 3 Lanes</b> Competition Pool						8:00AM-10:00AM (Lap Swim )	
<b>Pilates</b> Community Room 2						10:15AM-11:15AM (Core) <i>Kristen P.</i>	
<b>Diving Board Open</b> Competition Pool						12:00PM-4:30PM (Lap Swim )	12:00PM-4:30PM (Lap Swim )

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Slide Open Family Pool						12:00PM-4:30PM (Lap Swim )	12:00PM-4:30PM (Lap Swim )



## Citrus Memorial Health Foundation YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim- 6 Lanes</b> Competition Pool		5:00AM-6:00AM (Lap Swim )  7:30AM-9:30AM (Lap Swim )  1:00PM-3:30PM (Lap Swim )  7:00PM-9:00PM (Lap Swim )	5:00AM-6:00AM (Lap Swim )  7:30AM-8:45AM (Lap Swim )  1:00PM-3:30PM (Lap Swim )  7:00PM-9:00PM (Lap Swim )	5:00AM-6:00AM (Lap Swim )  7:30AM-9:30AM (Lap Swim )  1:00PM-3:30PM (Lap Swim )  7:00PM-9:00PM (Lap Swim )	5:00AM-6:00AM (Lap Swim )  7:30AM-9:30AM (Lap Swim )  1:00PM-3:30PM (Lap Swim )  5:30PM-8:30PM (Lap Swim )	9:30AM-11:00AM (Lap Swim )  12:30PM-5:30PM (Lap Swim )	11:00AM-5:30PM (Lap Swim )
<b>Masters Swim- 5 Lanes</b> Competition Pool		6:00AM-7:30AM (Program )	6:00AM-7:30AM (Program )	6:00AM-7:30AM (Program )	6:00AM-7:30AM (Program )		
<b>Lap Swim- 2 Lanes</b> Competition Pool		6:00AM-7:30AM (Lap Swim )  9:30AM-11:00AM (Lap Swim )	6:00AM-7:30AM (Lap Swim )	6:00AM-7:30AM (Lap Swim )  9:30AM-11:00AM (Lap Swim )	6:00AM-7:30AM (Lap Swim )		
<b>BootCamp</b> Outdoors		6:00AM-7:00AM (Cardio )		6:00AM-7:00AM (Cardio )			
<b>Step</b> Group Exercise		7:30AM-8:15AM (Cardio ) <i>Cathy W.</i>		7:30AM-8:30AM (Cardio ) <i>Joyce S.</i>			
<b>Stretch</b> HLC A		8:15AM-9:15AM (Mind Body) <i>Dagmar P.</i>			9:30AM-10:30AM (Mind Body) <i>Dagmar P.</i>		
<b>BODYPUMP</b> Group Exercise		8:30AM-9:30AM (Strength) <i>Cynthia H.</i>	5:15PM-6:15PM (Strength) <i>Amy G.</i>	8:30AM-9:30AM (Strength) <i>Joyce S.</i>		9:00AM-10:00AM (Strength)	
<b>Zumba</b> Levy		8:30AM-9:30AM (Dance) <i>Amy M.</i>		8:30AM-9:30AM (Dance) <i>Amy M.</i>			
<b>Swim Lessons- 2 Lanes</b> Competition Pool		9:00AM-10:00AM (Program )  5:30PM-7:30PM (Program )		9:00AM-10:00AM (Program )  5:30PM-7:30PM (Program )		9:00AM-12:10PM (Program )	
<b>Water Exercise- 4 Lanes</b> Competition Pool		9:45AM-10:45AM (Program )		9:45AM-10:45AM (Program )			



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SilverSneakers Classic</b> HLC A		9:45AM-10:45AM (Cardio ) <i>Cathy W.</i>		9:45AM-10:45AM (Cardio ) <i>Jeff J.</i>	8:15AM-9:15AM (Cardio ) <i>Cathy W.</i>		
<b>HIIT</b> Group Exercise		9:45AM-10:45AM (Cardio ) <i>Cathy W.</i>		9:45AM-10:45AM (Cardio ) <i>Cathy W.</i>	11:00AM-12:00PM (Cardio ) <i>Cathy W.</i>		
<b>Aqua Tabata</b> Competition Pool		9:45AM-10:45AM (Cardio ) <i>Debra S.</i>					
<b>CCSB Water Safety- 2 Lanes</b> Competition Pool		10:00AM-1:00PM (Program )	10:00AM-1:00PM (Program )	10:00AM-1:00PM (Program )	10:00AM-1:00PM (Program )		
<b>Zumba</b> Group Exercise		10:55AM-11:55AM (Dance) <i>Amy M.</i>	8:30AM-9:30AM (Dance) <i>Virgie P.</i>  11:45AM-12:45PM (Dance) <i>Virgie P.</i>  7:15PM-8:15PM (Dance) <i>Dang K.</i>	10:55AM-11:55AM (Dance) <i>Amy M.</i>	12:00PM-1:00PM (Dance) <i>Anna O.</i>	12:00PM-1:00PM (Dance) <i>Barbara H.</i>	12:00PM-1:00PM (Dance) <i>Dang K.</i>
<b>Lap Swim- 4 Lanes</b> Competition Pool		11:00AM-1:00PM (Lap Swim )	12:00PM-1:00PM (Lap Swim )	11:00AM-1:00PM (Lap Swim )	11:00AM-1:00PM (Lap Swim )		
<b>Zumba Gold</b> HLC A		11:00AM-12:00PM (Dance) <i>Barbara H.</i>		11:00AM-12:00PM (Dance) <i>Barbara H.</i>			
<b>Cycling</b> Cycling Room		11:45AM-12:45PM (Cardio ) <i>Barbara C.</i>	5:45AM-6:45AM (Cardio ) <i>Dondi C.</i>  6:00PM-7:00PM (Cardio ) <i>Barbara C.</i>	11:45AM-12:45PM (Cardio ) <i>Barbara C.</i>	5:45AM-6:45AM (Cardio ) <i>Dondi C.</i>  11:45AM-12:45PM (Cardio ) <i>Barbara C.</i>	9:30AM-10:30AM (Cardio ) <i>Barbara C.</i>  11:00AM-12:00PM (Cardio ) <i>Barbara C.</i>	
<b>Line Dancing</b> Group Exercise		12:00PM-1:00PM (Dance) <i>Tom C.</i>		12:00PM-1:00PM (Dance)			
<b>Yoga</b> HLC A		12:00PM-1:00PM (Mind Body) <i>Kira K.</i>		12:00PM-1:00PM (Mind Body) <i>Kira K.</i>		11:00AM-12:00PM (Mind Body) <i>Kira K.</i>	1:00PM-2:00PM (Mind Body) <i>Liz L.</i>
<b>Family Swim- 2 Lanes</b> Competition Pool		1:00PM-3:30PM (Program )  7:30PM-9:00PM (Program )	1:00PM-3:30PM (Program )  7:00PM-9:00PM (Program )	1:00PM-3:30PM (Program )  7:30PM-9:00PM (Program )	1:00PM-3:30PM (Program )  5:30PM-8:30PM (Program )	12:30PM-5:30PM (Program )	11:00AM-5:30PM (Program )

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Chair Yoga</b> Group Exercise		1:30PM-2:30PM (Mind Body) <i>Kira K.</i>		1:30PM-2:30PM (Mind Body) <i>Kira K.</i>	9:45AM-10:45AM (Mind Body) <i>Kira K.</i>		
<b>Taji Fit</b> Group Exercise		2:45PM-3:45PM (Mind Body) <i>Dorcas W.</i>		2:45PM-3:45PM (Mind Body) <i>Dorcas W.</i>			
<b>PYP Swim Team Advanced- 6 Lanes</b> Competition Pool		3:30PM-5:30PM (Program )	3:30PM-5:30PM (Program )	3:30PM-5:30PM (Program )	3:30PM-5:30PM (Program )	7:30AM-9:30AM (Program )	
<b>Pool Open</b> Family Pool		3:30PM-6:00PM (Program )	3:30PM-6:00PM (Program )	3:30PM-6:00PM (Program )	3:30PM-6:00PM (Program )	11:00AM-4:00PM (Program )	11:00AM-4:00PM (Program )
<b>Family Swim</b> Family Pool		3:30PM-6:00PM (Program )	3:30PM-6:00PM (Program )	3:30PM-6:00PM (Program )	3:30PM-6:00PM (Program )	11:00AM-4:00PM (Program )	11:00AM-4:00PM (Program )
<b>BODYCOMBAT</b> Group Exercise		5:15PM-6:15PM (Cardio ) <i>Joyce S.</i>					
<b>PYP Swim Team Developmental- 6 Lanes</b> Competition Pool		5:30PM-7:00PM (Program )	5:30PM-7:00PM (Program )	5:30PM-7:00PM (Program )			
<b>Zumba Toning</b> HLC A		5:30PM-6:30PM (Dance) <i>Anna O.</i>					
<b>Zumba</b> Crystal River		6:15PM-7:15PM (Dance) <i>Ana D.</i>		6:15PM-7:15PM (Dance) <i>Renee C.</i>			
<b>Yoga</b> Group Exercise		7:00PM-8:00PM (Mind Body) <i>Kira K.</i>	7:00AM-8:00AM (Mind Body) <i>Kira K.</i>  1:00PM-2:00PM (Mind Body) <i>Liz L.</i>  3:00PM-4:00PM (Mind Body) <i>Liz L.</i>	4:00PM-5:00PM (Mind Body) <i>Kira K.</i>	7:00AM-8:00AM (Mind Body) <i>Kira K.</i>  1:00PM-2:00PM (Mind Body) <i>Liz L.</i>		
<b>PYP Swim Team Advanced- 1 Lane</b> Competition Pool			5:45AM-6:45AM (Program )		5:45AM-6:45AM (Program )		
<b>SilverSneakers Stability</b> HLC A			8:15AM-9:15AM (Strength) <i>Cathy W.</i>				
<b>Lap Swim- 3 Lanes</b> Competition Pool			8:45AM-10:00AM (Lap Swim )				
<b>Chair Yoga</b> Crystal River			9:00AM-10:00AM (Mind Body) <i>Kira K.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Water Exercise- 5 Lanes</b> Competition Pool			9:00AM-10:00AM (Program )  11:00AM-12:00PM (Program )		9:45AM-10:45AM (Program )	11:15AM-12:15PM (Program )	
<b>Aqua Zumba</b> Competition Pool			9:00AM-10:00AM (Dance) <i>Anna O.</i>				
<b>Cardio and Strength</b> Group Exercise			9:45AM-10:45AM (Cardio ) <i>Cynthia H.</i>				
<b>SilverSneakers Cardio Fit</b> HLC A			9:45AM-10:45AM (Cardio ) <i>Tammy K.</i>	8:15AM-9:15AM (Cardio ) <i>Cathy W.</i>			
<b>Lap Swim- 1 Lane</b> Competition Pool			10:00AM-12:00PM (Lap Swim )		9:30AM-11:00AM (Lap Swim )	11:00AM-12:30PM (Lap Swim )	
<b>Zumba Gold</b> Group Exercise			11:00AM-11:30AM (Dance) <i>Virgie P.</i>				
<b>Water Exercise</b> Competition Pool			11:00AM-12:00PM (Cardio ) <i>Debra S.</i>			11:15AM-12:15PM (Cardio ) <i>Chez I.</i>	
<b>Yin Yoga</b> Group Exercise			4:00PM-5:00PM (Mind Body) <i>Liz L.</i>		3:30PM-4:30PM (Mind Body) <i>Liz L.</i>		
<b>CORE</b> Group Exercise			6:30PM-7:00PM (Strength) <i>Amy G.</i>				
<b>Pilates</b> HLC A				7:00AM-8:00AM (Core) <i>Cathy W.</i>	7:00AM-8:00AM (Core) <i>Cathy W.</i>		
<b>Deep Water Exercise</b> Competition Pool				9:45AM-10:45AM (Cardio ) <i>Cathy W.</i>			
<b>Zumba Toning</b> Group Exercise					8:30AM-9:30AM (Dance) <i>Virgie P.</i>		
<b>SilverSplash</b> Competition Pool					9:45AM-10:45AM (Cardio ) <i>Cathy W.</i>		
<b>Tai Chi</b> Levy					10:00AM-11:00AM (Mind Body) <i>Dorcas W.</i>		
<b>Yoga</b> Crystal River					11:30AM-12:30PM (Mind Body) <i>Kira K.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chair Yoga HLC A						9:45AM-10:45AM (Mind Body) <i>Kira K.</i>	11:45AM-12:45PM (Mind Body) <i>Liz L.</i>



## Greater Palm Harbor YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Power Zone- Conditioning</b> PowerZone		5:15AM-6:05AM (Functional Training \$ ) <i>Chris A.</i>  6:15AM-7:05AM (Functional Training \$ ) <i>Chris A.</i>  8:15AM-9:05AM (Functional Training \$ ) <i>Tracie W.</i>  9:15AM-10:05AM (Functional Training \$ ) <i>Tracie W.</i>  4:15PM-5:05PM (Functional Training \$ ) <i>Tracie W.</i>  5:15PM-6:05PM (Functional Training \$ ) <i>Tracie W.</i>  6:15PM-7:05PM (Functional Training \$ ) <i>Tracie W.</i>		5:15AM-6:05AM (Functional Training \$ ) <i>Chris A.</i>  6:15AM-7:05AM (Functional Training \$ ) <i>Chris A.</i>  8:15AM-9:05AM (Functional Training \$ ) <i>Tracie W.</i>  9:15AM-10:05AM (Functional Training \$ ) <i>Tracie W.</i>  4:15PM-5:05PM (Functional Training \$ ) <i>Johnny T.</i>  5:15PM-6:05PM (Functional Training \$ ) <i>Johnny T.</i>  6:15PM-7:05PM (Functional Training \$ ) <i>Johnny T.</i>		8:15AM-9:05AM (Functional Training \$ ) <i>Chris A.</i>  9:15AM-10:05AM (Functional Training \$ ) <i>Chris A.</i>	11:15AM-12:05PM (Functional Training \$ ) <i>Chris A.</i>
<b>Lap Swim- 8 Lanes</b> Competition Pool		5:30AM-6:30AM (Lap Swim )  7:30AM-3:00PM (Lap Swim )  7:00PM-9:00PM (Lap Swim )	5:30AM-6:30AM (Lap Swim )  7:30AM-9:30AM (Lap Swim )  10:30AM-3:00PM (Lap Swim )  7:00PM-9:00PM (Lap Swim )	5:30AM-6:30AM (Lap Swim )  7:30AM-3:00PM (Lap Swim )  7:00PM-9:00PM (Lap Swim )	7:30AM-9:30AM (Lap Swim )  10:55AM-3:00PM (Lap Swim )  6:30PM-9:00PM (Lap Swim )	10:00AM-1:30PM (Lap Swim )  3:00PM-4:30PM (Lap Swim )	11:30AM-4:30PM (Lap Swim )
<b>BODYPUMP</b> Group Exercise		5:40AM-6:40AM (Strength) <i>Michele K.</i>  6:40PM-7:40PM (Strength) <i>Sara E.</i>	9:30AM-10:30AM (Strength) <i>Chrissy R.</i>	5:40AM-6:40AM (Strength) <i>Hana P.</i>  6:40PM-7:40PM (Strength) <i>Sara E.</i>	9:30AM-10:30AM (Strength) <i>Jessica F.</i>	10:40AM-11:40AM (Strength) <i>Ann S.</i>	
<b>Lap Swim- 3 Lanes</b> Competition Pool		6:30AM-7:30AM (Lap Swim )	6:30AM-7:30AM (Lap Swim )	6:30AM-7:30AM (Lap Swim )	6:30AM-7:30AM (Lap Swim )		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Masters Swim- 5 Lanes</b> Competition Pool		6:30AM-7:30AM (Program )	6:30AM-7:30AM (Program )	6:30AM-7:30AM (Program )	6:30AM-7:30AM (Program )		
<b>Strength Lite</b> Group Exercise		8:30AM-9:20AM (Strength) <i>Teresa O.</i>		8:30AM-9:20AM (Strength) <i>Wilda S.</i>		8:30AM-9:15AM (Strength) <i>Deanna R.</i>	
<b>BODYBALANCE</b> Multi Purpose Room		8:45AM-9:35AM (Mind Body) <i>Carrie S.</i>  6:40PM-7:35PM (Mind Body) <i>Ann S.</i>		8:45AM-9:35AM (Mind Body) <i>Jordan S.</i>  6:40PM-7:35PM (Mind Body) <i>Carrie S.</i>			
<b>RPM</b> Cycle Room		9:15AM-10:05AM (Cardio ) <i>Shawn B.</i>					
<b>BODYCOMBAT</b> Group Exercise		9:30AM-10:30AM (Cardio ) <i>Jessica F.</i>	6:00PM-6:50PM (Cardio ) <i>Jessica F.</i>	9:30AM-10:30AM (Cardio ) <i>Cameron K.</i>		9:30AM-10:30AM (Cardio ) <i>Ann S.</i>	
<b>Group Fitness Class</b> Field House		9:45AM-10:35AM (Group Exercise)  11:40AM-12:35PM (Group Exercise)	9:30AM-10:30AM (Group Exercise)	9:45AM-10:35AM (Group Exercise)	9:30AM-10:30AM (Group Exercise)  12:30PM-1:15PM (Group Exercise)		
<b>Pilates</b> Field House		9:45AM-10:35AM (Core) <i>Teresa O.</i>		9:45AM-10:35AM (Core) <i>Wilda S.</i>			
<b>Water Exercise</b> Family Pool		10:00AM-10:55AM (Cardio ) <i>Dee A.</i>  10:00AM-10:55AM (Program )  5:30PM-6:25PM (Program )  5:30PM-6:25PM (Cardio ) <i>Sandra M.</i>		10:00AM-10:55AM (Program )  10:00AM-10:55AM (Cardio ) <i>Dee A.</i>  5:30PM-6:25PM (Cardio ) <i>Sandra M.</i>  5:30PM-6:25PM (Program )		9:30AM-10:25AM (Cardio ) <i>Karen B.</i>	
<b>Zumba</b> Group Exercise		10:40AM-11:30AM (Dance) <i>Susie M.</i>  5:30PM-6:30PM (Dance) <i>Yahaira A.</i>		10:40AM-11:30AM (Dance) <i>Susie M.</i>  5:30PM-6:30PM (Dance) <i>Yahaira A.</i>			
<b>Yoga</b> Multi Purpose Room		11:40AM-12:35PM (Mind Body) <i>Ronni F.</i>	6:45PM-7:40PM (Mind Body) <i>Barbara G.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SilverSneakers Classic</b> Group Exercise		11:45AM-12:30PM (Cardio ) <i>Dee A.</i>	12:00PM-12:50PM (Cardio ) <i>George D.</i>	11:45AM-12:30PM (Cardio ) <i>Dee A.</i>	12:00PM-12:50PM (Cardio ) <i>George D.</i>		
<b>SilverSneakers Boom-MOVE</b> Group Exercise		12:45PM-1:35PM (Dance) <i>Michelle D.</i>		12:45PM-1:35PM (Dance) <i>Michelle D.</i>			
<b>Swim Team- 8 Lanes</b> Competition Pool		3:00PM-7:00PM (Program )	3:00PM-5:00PM (Program )	3:00PM-7:00PM (Program )	3:00PM-5:00PM (Program )	8:00AM-10:00AM (Program )	
<b>Swim Lessons- 2 Lanes</b> Family Pool		3:00PM-7:15PM (Program )		3:00PM-7:15PM (Program )			
<b>Pickleball</b> Pickle Ball		5:00PM-8:00PM (Pickleball)	8:00AM-11:00AM (Pickleball)	5:00PM-8:00PM (Pickleball)	8:00AM-11:00AM (Pickleball)	8:30AM-11:30AM (Pickleball)	
<b>Taekwondo Program Ages 6-10</b> Field House		6:00PM-6:45PM (Taekwondo)					
<b>HIIT Cycle</b> Cycle Room		6:00PM-6:30PM (Cardio ) <i>Niko G.</i>		6:00PM-6:30PM (Cardio ) <i>Victoria H.</i>			
<b>CORE</b> Multi Purpose Room		6:00PM-6:30PM (Strength) <i>Ann S.</i>		6:00PM-6:30PM (Strength) <i>Carrie S.</i>			
<b>Taekwondo Program 11 &amp; up Ages</b> Field House		6:45PM-7:30PM (Taekwondo)					
<b>Adult Basketball Pickup 35 &amp; Up</b> Field House		7:30PM-9:00PM (Basketball Program)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Power Zone- Strength</b> PowerZone			5:15AM-6:05AM (Functional Training \$ ) <i>Chris A.</i>  6:15AM-7:05AM (Functional Training \$ ) <i>Chris A.</i>  8:15AM-9:05AM (Functional Training \$ ) <i>Johnny T.</i>  9:15AM-10:05AM (Functional Training \$ ) <i>Johnny T.</i>  4:15PM-5:05PM (Functional Training \$ ) <i>Johnny T.</i>  5:15PM-6:05PM (Functional Training \$ ) <i>Johnny T.</i>  6:15PM-7:05PM (Functional Training \$ ) <i>Johnny T.</i>		5:15AM-6:05AM (Functional Training \$ ) <i>Chris A.</i>  6:15AM-7:05AM (Functional Training \$ ) <i>Chris A.</i>  8:15AM-9:05AM (Functional Training \$ ) <i>Johnny T.</i>  9:15AM-10:05AM (Functional Training \$ ) <i>Johnny T.</i>  4:15PM-5:05PM (Functional Training \$ ) <i>Wilda S.</i>  5:15PM-6:05PM (Functional Training \$ ) <i>Wilda S.</i>		
<b>Cycling</b> Cycle Room			5:30AM-6:20AM (Cardio ) <i>Victoria H.</i>  8:30AM-9:20AM (Cardio ) <i>Hana P.</i>  6:00PM-6:50PM (Cardio ) <i>Deanna R.</i>		5:30AM-6:20AM (Cardio ) <i>Nancy B.</i>  8:30AM-9:20AM (Cardio ) <i>Maria C.</i>	9:15AM-10:05AM (Cardio ) <i>Maria C.</i>	
<b>On the Ball</b> Group Exercise			7:30AM-8:20AM (Core) <i>George D.</i>		7:30AM-8:20AM (Core) <i>Wilda S.</i>		
<b>Barre</b> Multi Purpose Room			8:30AM-9:20AM (Strength) <i>Tiffany O.</i>				
<b>Cardio and Strength</b> Group Exercise			8:30AM-9:20AM (Cardio ) <i>Michele K.</i>				
<b>BootCamp</b> Outdoors			9:00AM-9:45AM (Cardio ) <i>Tracie W.</i>		9:00AM-9:45AM (Cardio ) <i>Chris A.</i>		
<b>Lap Swim- 5 Lanes</b> Competition Pool			9:30AM-10:30AM (Lap Swim )		9:30AM-10:30AM (Lap Swim )		



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Deep Water Exercise</b> Competition Pool			9:30AM-10:25AM (Cardio ) <i>MaryAnne W.</i>				
<b>Water Exercise- 3 Lanes, Dive well</b> Competition Pool			9:30AM-10:30AM (Program ) <i>MaryAnne W.</i>		9:30AM-10:30AM (Program ) <i>MaryAnne W.</i>		
<b>Restorative Yoga</b> Field House			9:30AM-10:30AM (Mind Body) <i>Sandy B.</i>				
<b>Hot Yoga</b> Multi Purpose Room			10:45AM-11:45AM (Mind Body) <i>Belle G.</i>		10:45AM-11:45AM (Mind Body) <i>Belle G.</i>		
<b>Zumba Gold</b> Group Exercise			10:45AM-11:35AM (Dance) <i>Sheila B.</i>				
<b>SilverSneakers Yoga</b> Group Exercise			1:00PM-1:50PM (Mind Body) <i>Dee A.</i>		1:00PM-1:50PM (Mind Body) <i>Dee A.</i>		
<b>Swim Lessons- 2 Lanes, Zero depth area open</b> Family Pool			3:00PM-7:15PM (Program )			10:00AM-1:15PM (Program )	
<b>Lap Swim- 1 Lane</b> Family Pool			3:00PM-7:15PM (Lap Swim )			10:00AM-1:15PM (Lap Swim )	
<b>EnhanceFitness</b> Group Exercise			3:45PM-4:45PM (Community Health )		3:45PM-4:45PM (Community Health )		
<b>Swim Team- 6 Lanes</b> Competition Pool			5:00PM-7:00PM (Program )		5:00PM-6:30PM (Program )		
<b>Lap Swim- 2 Lanes</b> Competition Pool			5:00PM-7:00PM (Lap Swim )		5:00PM-6:30PM (Lap Swim )		
<b>Mini All Starts Sports Sampler Ages 3-6</b> Field House			5:00PM-5:45PM (Sports Sampler)				
<b>Pilates</b> Multi Purpose Room			5:40PM-6:25PM (Core) <i>Teresa O.</i>				
<b>Little All Stars Sports Sampler 7-10 years</b> Field House			6:00PM-6:45PM (Sports Sampler)				
<b>Big All Stars Sports Sampler 11-14 years</b> Field House			7:00PM-7:45PM (Sports Sampler)				
<b>Basketball League 6-7 years old</b> Field House				5:00PM-5:45PM (Basketball Program)		9:00AM-9:45AM (Basketball Program)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Basketball League 8-10 years old</b> Field House				5:45PM-6:30PM (Basketball Program)  6:30PM-7:15PM (Basketball Program)		9:45AM-11:15AM (Basketball Program)	
<b>Basketball League 11-14 years old</b> Field House				7:15PM-8:00PM (Basketball Program)  8:00PM-8:45PM (Basketball Program)		11:15AM-12:45PM (Basketball Program)	
<b>Swim Team- 4 Lanes</b> Competition Pool					5:30AM-6:30AM (Program )		
<b>Lap Swim- 4 Lanes</b> Competition Pool					5:30AM-6:30AM (Lap Swim )		
<b>Tabata</b> Group Exercise					8:30AM-9:20AM (Cardio ) <i>Wilda S.</i>		
<b>Yoga</b> Field House					9:30AM-10:30AM (Mind Body) <i>Sandy B.</i>		
<b>AQUA Drums Vibes</b> Competition Pool					9:30AM-10:25AM (Cardio ) <i>Sandra M.</i>		
<b>Stretch</b> Multi Purpose Room					12:30PM-1:15PM (Mind Body) <i>Jessica F.</i>		
<b>Line Dancing</b> Group Exercise					5:30PM-7:00PM (Dance) <i>Jeanne A.</i>		
<b>Little Spikers Volleyball Ages 7-10</b> Field House					6:00PM-6:45PM (Volleyball)		
<b>Big Hitters Volleyball 11-14 years</b> Field House					7:00PM-7:45PM (Volleyball)		
<b>Restorative Yoga</b> Multi Purpose Room						10:45AM-11:45AM (Mind Body) <i>Ronni F.</i>	
<b>Barre</b> Group Exercise						12:00PM-12:30PM (Strength) <i>Wilda S.</i>	
<b>Adult Dance Mix</b> Group Exercise						12:30PM-1:00PM (Dance) <i>Wilda S.</i>	
<b>Lap Swim- 6 Lanes</b> Competition Pool						1:30PM-3:00PM (Lap Swim )	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tri- Clinic Competition Pool						1:30PM-3:00PM (Program )	
Yoga Group Exercise							11:15AM-12:15PM (Mind Body) Wilda S.



## Greater Ridgecrest YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycling</b> Group Studio - 2nd Floor		9:00AM-10:00AM (Cardio ) <i>DeAnne H.</i>		9:00AM-10:00AM (Cardio ) <i>DeAnne H.</i>			
<b>Yoga</b> Group Studio - 2nd Floor		11:00AM-11:45AM (Mind Body) <i>Jennifer S.</i>		11:00AM-11:45AM (Mind Body) <i>Jennifer S.</i>	9:00AM-9:45AM (Mind Body) <i>Jennifer S.</i>		
<b>Chair Yoga</b> Multipurpose Room (downstairs)		12:00PM-1:00PM (Mind Body) <i>Jennifer S.</i>					
<b>Water Exercise</b> Pool		4:00PM-5:00PM (Cardio ) <i>Karen B.</i>		4:00PM-5:00PM (Cardio ) <i>Karen B.</i>		12:00PM-1:00PM (Cardio ) <i>Karen B.</i>	
<b>Line Dancing</b> 1/2 Gym		7:00PM-8:00PM (Dance) <i>Leslie H.</i>					
<b>SilverSneakers Classic</b> Full Gym			10:00AM-11:00AM (Cardio ) <i>Sheri J.</i>		10:00AM-11:00AM (Cardio ) <i>Sheri J.</i>		
<b>Pickleball</b> Full Gym			11:00AM-2:00PM (Sports ) <i>Judy M.</i>  6:00PM-8:00PM (Sports ) <i>Judy M.</i>		11:00AM-2:00PM (Sports ) <i>Judy M.</i>		10:00AM-1:00PM (Sports ) <i>Judy M.</i>
<b>Chair Volleyball</b> 1/2 Gym				10:00AM-11:00AM (Cardio ) <i>Edith M.</i>			
<b>Chair Yoga</b> Group Studio - 2nd Floor				12:00PM-1:00PM (Mind Body) <i>Jennifer S.</i>			
<b>Open Gym</b> Full Gym				6:00PM-8:00PM (Open Gym )			
<b>Line Dancing</b> Group Studio - 2nd Floor				7:00PM-8:00PM (Dance) <i>Leslie H.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim- 4 Lanes Lap Swim						10:00AM-12:00PM (Lap Swim )  1:00PM-4:00PM (Lap Swim )	
BootCamp 1/2 Gym						10:00AM-11:00AM (Cardio )	
Lap Swim- 3 Lanes Lap Swim						12:00PM-1:00PM (Lap Swim )	
Water Exercise Lap Pool						12:00PM-1:00PM (Program )	
Family Swim- 2 Lanes Lap Pool						1:30PM-4:00PM (Program )	
Water Slide Open Lap Pool						1:30PM-4:00PM (Lap Swim )	
Pool Closed Pool						4:00PM-5:00PM (Program )	



**Clearwater Y in Motion | April 28th - May 4th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Coachman Park						8:00AM-9:00AM (Mind Body)	