



James P. Gills Family YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Members Only 30+ Pick-up Basketball-Court 1						7:00AM-8:30AM (Sports)	
Lap Swim- 2 Lanes Family Pool						7:00AM-4:30PM (Lap Swim)	11:30AM-4:30PM (Lap Swim)
Open Gym Basketball-Court 2						7:00AM-5:00PM (Open Gym)	11:00AM-12:00PM (Open Gym)
Pickleball Pickleball-Court #2						7:30AM-4:30PM (Pickleball)	11:30AM-4:30PM (Pickleball)
Pickleball Pickleball-Court #4						7:30AM-4:30PM (Pickleball)	11:30AM-4:30PM (Pickleball)
Pickleball Pickleball-Court #3						7:30AM-4:30PM (Pickleball)	11:30AM-4:30PM (Pickleball)
Pickleball Pickleball-Court #1						7:30AM-4:30PM (Pickleball)	11:30AM-4:30PM (Pickleball)
Lap Swim- 6 Lanes Competition Pool						7:30AM-8:00AM (Lap Swim)	
BODYPUMP Group Exercise						8:00AM-9:00AM (Strength) <i>Tori W.</i>	
Lap Swim- 3 Lanes Competition Pool						8:00AM-10:00AM (Lap Swim)	
Swim Team- 3 Lanes Competition Pool						8:00AM-10:00AM (Program)	
Open Gym Basketball-Court 1						8:30AM-5:00PM (Open Gym)	11:00AM-5:00PM (Open Gym)
Swim Lessons Family Pool						9:00AM-12:30PM (Program)	
Cardio and Strength Group Exercise						9:15AM-10:00AM (Cardio) <i>Kristen P.</i>	
HIIT Cycle Cycle Studio						9:15AM-9:45AM (Cardio) <i>Tori W.</i>	
Lap Swim- 4 Lanes Competition Pool						10:00AM-4:30PM (Lap Swim)	11:30AM-4:30PM (Lap Swim)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Community Room 2						10:15AM-11:15AM (Core) <i>Kristen P.</i>	
Zumba Group Exercise						10:30AM-11:30AM (Dance) <i>Priscilla V.</i>	
Water Slide Open Family Pool						12:00PM-4:30PM (Lap Swim)	12:00PM-4:30PM (Lap Swim)
Diving Board Open Competition Pool						12:00PM-4:30PM (Lap Swim)	12:00PM-4:30PM (Lap Swim)
Chair Yoga Group Exercise						12:00PM-12:45PM (Mind Body) <i>Aura D.</i>	12:30PM-1:10PM (Mind Body) <i>Alicia A.</i>
BODYCOMBAT Group Exercise							11:10AM-12:00PM (Cardio) <i>Jean C.</i>
Members Only Open Volleyball Basketball-Court 2							12:00PM-2:00PM (Sports)
Cycling Cycle Studio							12:15PM-1:00PM (Cardio) <i>Peter R.</i>
Yoga Group Exercise							1:30PM-2:30PM (Mind Body) <i>Alicia A.</i>



John Geigle YMCA (North Pinellas) | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Pool						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>
SPRINT Group Exercise Room						7:15AM-7:45AM (Cardio) <i>Michele K.</i>	
Tennis Clay Court 1 Adult Round Robin						7:30AM-12:00PM (Tennis)	
Tennis Clay Court 2 Adult Round Robin						7:30AM-12:00PM (Tennis)	
Pickleball Pickleball Court 4B						8:00AM-10:00AM (Pickleball) 10:00AM-12:00AM (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
Pickleball Pickleball Court 4A						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)
Pickleball Pickleball Court 4C						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)
Tennis Court 3 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)
Pickleball Pickleball Court 4D						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
Tennis Court 5 Tennis						8:00AM-10:00AM (Tennis) 10:00AM-12:00PM (Tennis) 12:00PM-5:00PM (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)
Tennis Court 6 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)
BODYPUMP Group Exercise Room						8:15AM-9:15AM (Strength) <i>Cameron K.</i>	
Pilates Multipurpose Room						8:15AM-9:15AM (Core) <i>Sue C.</i>	
Water Exercise Pool						9:00AM-10:00AM (Cardio) <i>Jacquie F.</i>	
Water Exercise- 5 Lanes Pool						9:00AM-10:00AM (Program) <i>Jacquie F.</i>	
BODYCOMBAT Group Exercise Room						9:30AM-10:30AM (Cardio) <i>Cameron K.</i>	
Power Yoga Multipurpose Room						9:30AM-10:30AM (Mind Body) <i>Alisa M.</i>	
Swim Lessons Pool						10:00AM-12:45PM (Program) <i>Anne M.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Group Exercise Room						10:45AM-11:45AM (Dance) <i>Susie M.</i>	1:00PM-2:00PM (Dance) <i>Patricia R.</i>
Tennis Court 2 Clay						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)
Tennis Court 1 Clay						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)
Cycling Group Exercise Room							11:15AM-12:00PM (Cardio) <i>Maureen W.</i>
BODYBALANCE Multipurpose Room							11:15AM-12:15PM (Mind Body) <i>Alina H.</i>
Beginner's Line Dancing Group Exercise Room							2:25PM-3:25PM (Dance) <i>Brenda D.</i>
Line Dancing Group Exercise Room							3:30PM-4:30PM (Dance) <i>Brenda D.</i>



Citrus Memorial Health Foundation YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Competition Pool						7:00AM-9:00AM (Lap Swim)	
PYP Swim Team Advanced- 6 Lanes Competition Pool						7:30AM-9:30AM (Program)	
Swim Lessons- 2 Lanes Competition Pool						9:00AM-12:10PM (Program)	
BODYPUMP Group Exercise						9:00AM-10:00AM (Strength)	
Tai Chi Outdoors						9:00AM-10:00AM (Mind Body) <i>Dorcas W.</i>	
Cycling Cycling Room						9:30AM-10:30AM (Cardio) <i>Barbara C.</i> 11:00AM-12:00PM (Cardio) <i>Barbara C.</i>	
Lap Swim- 4 Lanes Competition Pool						9:30AM-11:00AM (Lap Swim)	
Chair Yoga HLC A						9:45AM-10:45AM (Mind Body) <i>Caryn H.</i>	11:45AM-12:45PM (Mind Body) <i>Liz L.</i>
Taji Fit Group Exercise						10:15AM-11:15AM (Mind Body) <i>Dorcas W.</i>	
Pool Open Family Pool						11:00AM-4:00PM (Program)	11:00AM-4:00PM (Program)
Family Swim Family Pool						11:00AM-4:00PM (Program)	11:00AM-4:00PM (Program)
Lap Swim- 1 Lane Competition Pool						11:00AM-12:30PM (Lap Swim)	
Yoga HLC A						11:00AM-12:00PM (Mind Body) <i>Caryn H.</i>	1:00PM-2:00PM (Mind Body) <i>Liz L.</i>
Water Exercise- 5 Lanes Competition Pool						11:15AM-12:15PM (Program)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Exercise Competition Pool						11:15AM-12:15PM (Cardio) <i>Chez I.</i>	
Zumba Group Exercise						12:00PM-1:00PM (Dance) <i>Renee C.</i>	12:00PM-1:00PM (Dance) <i>Dang K.</i>
Lap Swim- 6 Lanes Competition Pool						12:30PM-5:30PM (Lap Swim)	11:00AM-5:30PM (Lap Swim)
Family Swim- 2 Lanes Competition Pool						12:30PM-5:30PM (Program)	11:00AM-5:30PM (Program)



Hernando County YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball Outdoor Courts						7:00AM-9:00AM (Pickleball)	
Water Exercise Pool						8:00AM-8:45AM (Cardio) <i>Tara T.</i>	
Cycling Cycling						8:05AM-8:35AM (Cardio) <i>Stacey G.</i>	
Tai Chi MP2						8:30AM-9:30AM (Mind Body) <i>Rocco O.</i>	
Strength and Resistance MP1						8:45AM-9:30AM (Strength) <i>Stacey G.</i>	
BODYCOMBAT MP1						9:45AM-10:45AM (Cardio) <i>Norm D.</i>	12:50PM-1:50PM (Cardio) <i>Meredith M.</i>
Cardio Drumming MP2						10:00AM-11:00AM (Cardio) <i>Kelly B.</i>	
Zumba MP1						11:00AM-11:45AM (Dance) <i>Beth S.</i>	
Open Court Outdoor Courts							11:00AM-5:00PM (Basketball)
HIIT MP1							11:15AM-12:00PM (Cardio) <i>Michelle C.</i>
CORE MP1							12:15PM-12:45PM (Strength) <i>Meredith M.</i>



Greater Palm Harbor YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Team- 8 Lanes Competition Pool						8:00AM-10:00AM (Program)	
Power Zone- Conditioning PowerZone						8:15AM-9:05AM (Functional Training \$) <i>Tracie W.</i> 9:15AM-10:05AM (Functional Training \$) <i>Tracie W.</i>	11:15AM-12:05PM (Functional Training \$) <i>Tracie W.</i>
Pickleball Pickle Ball						8:30AM-11:30AM (Pickleball)	
Little Spikers Volleyball Ages 7-10 Field House						8:30AM-12:00PM (Volleyball)	
Strength Lite Group Exercise						8:30AM-9:15AM (Strength) <i>Deanna R.</i>	
Water Exercise Family Pool						9:00AM-9:55AM (Cardio) <i>Karen B.</i> 9:30AM-10:25AM (Program)	
Cycling Cycle Room						9:15AM-10:05AM (Cardio) <i>Maria C.</i>	
BODYCOMBAT Group Exercise						9:30AM-10:30AM (Cardio) <i>Ann S.</i>	
Lap Swim- 8 Lanes Competition Pool						10:00AM-1:30PM (Lap Swim) 3:00PM-4:30PM (Lap Swim)	11:30AM-11:45AM (Lap Swim) 1:00PM-4:30PM (Lap Swim)
Swim Lessons- 2 Lanes, Zero depth area open Family Pool						10:00AM-1:15PM (Program)	
Lap Swim- 1 Lane Family Pool						10:00AM-1:15PM (Lap Swim)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Group Exercise						10:40AM-11:40AM (Strength) <i>Michele K.</i>	
Restorative Yoga Multi Purpose Room						10:45AM-11:45AM (Mind Body) <i>Barbara G.</i>	
Barre Group Exercise						12:00PM-12:30PM (Strength) <i>Wilda S.</i>	
Adult Dance Mix Group Exercise						12:30PM-1:00PM (Dance) <i>Wilda S.</i>	
Big Hitters Volleyball 11-14 years Field House						1:00PM-4:30PM (Volleyball)	
Family Swim Family Pool						1:15PM-4:30PM (Program)	12:00PM-4:30PM (Program)
Tri- Clinic Competition Pool						1:30PM-3:00PM (Program)	
Lap Swim- 3 Lanes Competition Pool						1:30PM-3:00PM (Lap Swim)	
Special Olympics- 3 Lanes Competition Pool						2:00PM-3:00PM (Program)	11:45AM-1:00PM (Program)
Yoga Group Exercise							11:15AM-12:15PM (Mind Body) <i>Wilda S.</i>
Lap Swim- 5 Lanes Competition Pool							11:45AM-1:00PM (Lap Swim)



Greater Ridgecrest YMCA | June 23rd - June 29th

	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)	
Swim Lessons Pool						10:30AM-1:30PM (Program) 10:30PM-1:30PM (Program)	
Water Exercise Pool						12:00PM-1:00PM (Cardio) <i>Karen B.</i>	
Water Exercise Lap Pool						12:00PM-1:00PM (Program)	
Lap Swim- 3 Lanes Lap Swim						12:00PM-1:00PM (Lap Swim)	
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)	
Pickleball Full Gym							10:00AM-1:00PM (Sports) <i>Judy M.</i>