

Wellness Classes

| Monday | Tuesday | Wednesday | | Thursday | Friday | Saturday | Sunday |
|--|---|--|---------------------------------------|--|--|----------|--------|
| Cycling with Jen 6:05-6:45am | Circuit Training with Danielle 6:05-6:45am | Cycling with Jen 6:05-6:45am | | Circuit Training with Danielle 6:05-6:45am | Cycling with Jen 6:05-6:45am | | |
| Sr Strength Training with Matt 8:00-8:45am | | Sr Strength Training with Matt 8:00-8:45am | | | Sr Strength Training with Matt 8:00-8:45am | | |
| | Silver Sneakers with Matt 9:00-9:45am | | | Silver Sneakers with Matt 9:00-9:45am | | | |
| Yoga* with Stephanie 10:30-11:30am | | Yoga* with Stephanie 10:30-11:30am | | | | | |
| | Circuit Training with Kristin 12:15-12:50pm | Circuit Training with Matt 12:15-12:50pm | | Circuit Training with Matt 12:15-12:50pm | | | |
| Circuit Training with Sue 6:00-7:00pm | Yoga* with Kat 6:00-7:00pm | Circuit Training with Sue 6:00-7:00pm | Zumba* with Adriana 6:00-7:00pm | | | | |
| | | | | | | | |
| | | | | | | | |
| * Class in the YMCA Annex | | | | | | | |

Gym Schedule

| Monday | Tuesday | Wednesday | | Thursday | Friday | Saturday | Sunday |
|----------------------------|---------------------------------------|----------------------------|--|----------------------------|-----------------------------|-------------------------------------|--------|
| Open Gym 6:00-10:00am | Open Gym 6:00-10:00am | Open Gym 6:00-10:00am | | Open Gym 6:00-10:00am | Open Gym 6:00-10:00am | Lunch Bunch 8:00-10:00am | |
| Childcare 10:00-11:30am | Childcare 10:00-11:30am | Childcare 10:00-11:30am | | Childcare 10:00-11:30am | Childcare 10:00-11:30am | Youth Floor Hockey 10:00-11:00am | |
| Open Gym 11:30-3:30pm | Homeschool Gym & Swim 12:00-2:00pm | Open Gym 11:30-3:30pm | | Open Gym 11:30-3:30pm | Lunch Bunch 12:00-2:00pm | Open Gym 11:00-1:00pm | |
| | Open Gym 2:00-3:30pm | | | | Open Gym 2:00-3:30pm | | |
| Childcare 3:30-4:30pm | Childcare 3:30-4:30pm | Childcare 3:30-4:30pm | | Childcare 3:30-4:30pm | Childcare 3:30-4:30pm | | |
| Open Gym 4:30-8:00pm | Open Gym 4:30-8:00pm | Open Gym 4:30-8:00pm | | Open Gym 4:30-8:00pm | Open Gym 4:30-8:00pm | | |
| | | | | | | | |
| | | | | | | | |

Schedule is subject to change.