



Schertz Family YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Shoot-around</b> Basketball Court					5:00AM-9:00AM (Basketball)  2:00PM-8:30PM (Basketball)	7:00AM-4:00PM (Basketball)	6:00PM-7:30PM (Basketball)
<b>Lap Swim (2 lanes)</b> Lap Pool					5:00AM-6:00AM (Aquatics)  6:00AM-7:00AM (Aquatics)  7:00AM-8:00AM (Aquatics)  8:00AM-9:00AM (Aquatics)  3:00PM-4:00PM (Aquatics)  4:00PM-5:00PM (Aquatics)  7:00PM-8:00PM (Aquatics)	7:00AM-8:00AM (Aquatics)	
<b>LES MILLS BODYBALANCE™</b> Main Studio <a href="#">Sign Up</a>					5:05AM-6:00AM (Mind Body) <i>Nikki C.</i>  10:35AM-11:30AM (Mind Body) <i>Norma S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Family Swim</b> Leisure Pool					8:00AM-9:00AM (Aquatics)  10:00AM-11:00AM (Aquatics)  11:00AM-12:00PM (Aquatics)  12:00PM-1:00PM (Aquatics)  1:00PM-2:00PM (Aquatics)  2:00PM-3:00PM (Aquatics)  3:00PM-4:00PM (Aquatics)  4:00PM-5:00PM (Aquatics)  5:00PM-6:00PM (Aquatics)  7:00PM-8:00PM (Aquatics)		
<b>ForeverWell Total Body</b> Studio 2 <a href="#">Sign Up</a>					8:00AM-8:55AM (Foreverwell) <i>Jane H.</i>		
<b>Row Circuit</b> Main Studio <a href="#">Sign Up</a>					8:15AM-9:10AM (Strength & Endurance ) <i>Lindsey G.</i>		
<b>Cycle Strength</b> Cycle Studio <a href="#">Sign Up</a>					8:30AM-9:25AM (Cycle) <i>Chenille F.</i>		
<b>Closed for Aqua Class</b> Leisure Pool					9:00AM-10:00AM (Aquatics)		
<b>Lap Swim (4 lanes)</b> Lap Pool					9:00AM-10:00AM (Aquatics)	11:00AM-12:00PM (Aquatics)  1:00PM-2:00PM (Aquatics)	
<b>ForeverWell Chair Yoga</b> Studio 2 <a href="#">Sign Up</a>					9:10AM-10:05AM (Foreverwell) <i>Liz G.</i>		
<b>Aqua Fit</b> Lap Pool <a href="#">Sign Up</a>					9:15AM-10:00AM (Aqua Group Exercise) <i>Edna M.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua Fit</b> Leisure Pool <a href="#">Sign Up</a>					9:15AM-10:00AM (Aqua Group Exercise) <i>Edna M.</i>		
<b>LES MILLS BODYPUMP™</b> Main Studio <a href="#">Sign Up</a>					9:30AM-10:25AM (Strength & Endurance ) <i>Chenille F.</i>  5:30PM-6:25PM (Strength & Endurance ) <i>Virginia M.</i>	9:00AM-9:55AM (Strength & Endurance ) <i>Shannon C.</i>	
<b>Closed for Group Exercise</b> Basketball Court					9:35AM-10:30AM (Basketball)		
<b>ZUMBA ®</b> Basketball Court <a href="#">Sign Up</a>					9:35AM-10:30AM (Cardio & Dance) <i>Jenii P.</i>		
<b>Lap Swim (8 lanes)</b> Lap Pool					10:00AM-11:00AM (Aquatics)  11:00AM-12:00PM (Aquatics)  12:00PM-1:00PM (Aquatics)  1:00PM-2:00PM (Aquatics)  2:00PM-3:00PM (Aquatics)	12:00PM-1:00PM (Aquatics)  2:00PM-3:00PM (Aquatics)  3:00PM-4:00PM (Aquatics)	1:00PM-2:00PM (Aquatics)  2:00PM-3:00PM (Aquatics)  3:00PM-4:00PM (Aquatics)  4:00PM-5:00PM (Aquatics)
<b>ForeverWell Barre</b> Studio 2 <a href="#">Sign Up</a>					10:15AM-11:10AM (Foreverwell) <i>Jane H.</i>		
<b>Closed for Programming</b> Basketball Court					10:30AM-2:00PM (Basketball)	8:30PM-4:00PM (Basketball)	
<b>ForeverWell Balance</b> Studio 2 <a href="#">Sign Up</a>					11:25AM-12:20PM (Foreverwell) <i>Nikki F.</i>		
<b>\$ Little Dancers</b> Youth and Family Programming Studio					4:30PM-6:15PM (Youth Specialty Programs) <i>Heather D.</i>		
<b>Lap Swim (1 lane)</b> Lap Pool					5:00PM-6:00PM (Aquatics)  6:00PM-7:00PM (Aquatics)	10:00AM-12:00PM (Aquatics)	
<b>Reserved for Programming</b> Leisure Pool					6:00PM-7:00PM (Aquatics)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Basketball Court Closed</b> Basketball Court					8:30PM-9:00PM (Basketball)	7:30PM-8:00PM (Basketball)	7:30PM-8:00PM (Basketball)
<b>Reserved for Programming</b> Lap Pool						8:00AM-9:00AM (Aquatics)  9:00AM-10:00AM (Aquatics)	
<b>1/2 Pool Open Swim</b> Leisure Pool						8:00AM-9:00AM (Aquatics)  9:00AM-10:00AM (Aquatics)  10:00AM-11:00AM (Aquatics)  11:00AM-12:00PM (Aquatics)  12:00PM-1:00PM (Aquatics)  1:00PM-2:00PM (Aquatics)  2:00PM-3:00PM (Aquatics)  3:00PM-4:00PM (Aquatics)	1:00PM-2:00PM (Aquatics)  2:00PM-3:00PM (Aquatics)  3:00PM-4:00PM (Aquatics)  4:00PM-5:00PM (Aquatics)
<b>LES MILLS BODYCOMBAT™</b> Main Studio <a href="#">Sign Up</a>						8:00AM-8:50AM (Cardio & Dance) <i>Nicci H.</i>	
<b>TRX® Fundamentals</b> Wellness Floor <a href="#">Sign Up</a>						8:00AM-8:55AM (Strength & Endurance ) <i>Lindsey G.</i>	
<b>Cycle</b> Cycle Studio <a href="#">Sign Up</a>						8:30AM-10:00AM (Cycle) <i>Jo P.</i>	
<b>Tai Chi</b> Main Studio <a href="#">Sign Up</a>						10:05AM-11:00AM (Mind Body) <i>Donald B.</i>	
<b>AQUA ZUMBA®</b> Lap Pool <a href="#">Sign Up</a>						10:15AM-11:00AM (Aqua Group Exercise) <i>Jennifer F.</i>	
<b>Closed for YMCA Sports</b> Basketball Court						4:00PM-7:30PM (Basketball)	1:00PM-6:00PM (Basketball)



## Mays Family YMCA at Potranco | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim (4 lanes)</b> Large Pool					5:00AM-5:50AM (Aquatics)  6:00AM-6:50AM (Aquatics)  12:00PM-12:50PM (Aquatics)  4:00PM-4:50PM (Aquatics)  5:00PM-5:50PM (Aquatics)  5:00PM-5:50PM (Aquatics)  6:00PM-6:50PM (Aquatics)  7:00PM-7:50PM (Aquatics)  8:00PM-8:50PM (Aquatics)		3:00PM-3:50PM (Aquatics)  4:00PM-4:50PM (Aquatics)
<b>LES MILLS BODYPUMP™</b> Studio 1 <a href="#">Sign Up</a>					5:00AM-5:50AM (Strength & Endurance ) <i>Josie S.</i>	8:30AM-9:30AM (Strength & Endurance ) <i>Josie S.</i>	3:00PM-4:00PM (Strength & Endurance ) <i>Josie S.</i>
<b>Adult Swim</b> Small Pool					6:00AM-6:50AM (Aquatics)  7:00AM-7:50AM (Aquatics)  8:00AM-8:50AM (Aquatics)  10:00AM-10:50AM (Aquatics)  11:00AM-11:50AM (Aquatics)  8:00PM-8:50PM (Aquatics)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mat Pilates</b> Studio 1 <a href="#">Sign Up</a>					6:00AM-6:45AM (Mind Body) <i>Virtual</i>  8:00AM-8:30AM (Mind Body) <i>Virtual</i>		
<b>Shoot-around</b> Basketball Court					6:00AM-8:45AM (Basketball)	6:00PM-7:45PM (Basketball)	
<b>Lap Swim (2 lanes)</b> Large Pool					7:00AM-7:50AM (Aquatics)  8:00AM-8:50AM (Aquatics)  10:00AM-10:50AM (Aquatics)  10:00AM-10:50AM (Aquatics)  11:00AM-11:50AM (Aquatics)	8:00AM-8:50AM (Aquatics)  9:00AM-9:50AM (Aquatics)  10:00AM-10:50AM (Aquatics)  11:00AM-11:50AM (Aquatics)  1:00PM-1:50PM (Aquatics)  2:00PM-2:50PM (Aquatics)	
<b>Closed for Youth &amp; Family Programming</b> Basketball Court					8:45AM-10:00AM (Basketball)  11:00AM-1:00PM (Basketball)	8:00AM-2:00PM (Basketball)	
<b>SilverSneakers® EnerChi</b> Studio 2 <a href="#">Sign Up</a>					8:45AM-9:35AM (Foreverwell) <i>Lourdes I.</i>		
<b>High Fitness - HIGH</b> Studio 1 <a href="#">Sign Up</a>					8:45AM-9:35AM (Cardio & Dance) <i>Carolyn W.</i>		
<b>AQUA ZUMBA®</b> Large Pool <a href="#">Sign Up</a>					9:00AM-9:50AM (Aqua Group Exercise) <i>Cindy A.</i>		
<b>AQUA ZUMBA®</b> Small Pool <a href="#">Sign Up</a>					9:00AM-9:50AM (Aqua Group Exercise) <i>Cindy A.</i>		
<b>ForeverWell Chair Yoga</b> Studio 2 <a href="#">Sign Up</a>					9:45AM-10:35AM (Foreverwell) <i>Lourdes I.</i>		
<b>Reps FX</b> Studio 1 <a href="#">Sign Up</a>					9:45AM-10:35AM (Strength & Endurance ) <i>Carolyn W.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Closed for Group Exercise</b> Basketball Court					10:00AM-11:00AM (Basketball)		
<b>ZUMBA® Toning</b> Basketball Court <a href="#">Sign Up</a>					10:00AM-10:50AM (Cardio & Dance) <i>Cindy A.</i>		
<b>Core FX</b> Studio 1					10:40AM-11:05AM (Strength & Endurance ) <i>Carolyn W.</i>	1:00PM-1:50PM (Strength & Endurance ) <i>Virtual I.</i>	
<b>Yoga Foundations</b> Studio 2 <a href="#">Sign Up</a>					10:45AM-11:35AM (Mind Body) <i>Andreu O.</i>		1:15PM-2:05PM (Mind Body) <i>Elizabeth K.</i>
<b>Stretch FX</b> Studio 1					11:10AM-11:35AM (Mind Body) <i>Carolyn W.</i>  2:00PM-2:50PM (Mind Body) <i>Virtual I.</i>		
<b>Family Swim</b> Small Pool					12:00PM-12:50PM (Aquatics)  4:00PM-4:50PM (Aquatics)  5:00PM-5:50PM (Aquatics)  6:00PM-6:50PM (Aquatics)  6:00PM-6:50PM (Aquatics)  7:00PM-7:50PM (Aquatics)  7:00PM-7:50PM (Aquatics)	12:00PM-12:50PM (Aquatics)  1:00PM-1:50PM (Aquatics)  2:00PM-2:50PM (Aquatics)	1:00PM-1:50PM (Aquatics)  2:00PM-2:50PM (Aquatics)  3:00PM-3:50PM (Aquatics)  4:00PM-4:50PM (Aquatics)
<b>Core FX</b> Studio 1					1:00PM-1:50PM (Core & Balance) <i>Virtual I.</i>		
<b>3v3 Basketball (Half Court)</b> Basketball Court					1:00PM-5:00PM (Basketball)		
<b>Barre</b> Studio 1					4:00PM-4:50PM (Mind Body) <i>Virtual I.</i>		
<b>Family Gym - Half Court</b> Basketball Court					5:00PM-7:00PM (Basketball)		

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<b>Cycle</b> Studio 1 <a href="#">Sign Up</a>					5:00PM-5:50PM (Cycle) <i>Josie S.</i>		
<b>Step FX</b> Studio 1 <a href="#">Sign Up</a>					6:00PM-6:50PM (Cardio & Dance) <i>Kari T.</i>		
<b>Family Volleyball (7+)</b> Basketball Court					7:00PM-8:30PM (Volleyball)		
<b>Adult Volleyball (13+)</b> Basketball Court					8:30PM-10:45PM (Volleyball)		
<b>Reserved for Programming</b> Large Pool						8:00AM-8:50AM (Aquatics)  9:00AM-9:50AM (Aquatics)  10:00AM-10:50AM (Aquatics)  11:00AM-11:50PM (Aquatics)  3:00PM-5:00PM (Aquatics)	
<b>Reps FX</b> Studio 2 <a href="#">Sign Up</a>						8:45AM-9:35AM (Strength & Endurance ) <i>Lourdes I.</i>	
<b>DANCE FX</b> Studio 1 <a href="#">Sign Up</a>						9:35AM-10:25AM (Cardio & Dance) <i>Jordan L.</i>	
<b>LES MILLS BODYCOMBAT™</b> Studio 1 <a href="#">Sign Up</a>						10:30AM-11:20AM (Cardio & Dance) <i>Brian J.</i>	1:30PM-2:30PM (Cardio & Dance) <i>Brian J.</i>
<b>Yoga Strength</b> Studio 2 <a href="#">Sign Up</a>						11:45AM-12:35PM (Mind Body) <i>Andreu O.</i>	
<b>Lap Swim (3 lanes)</b> Large Pool						12:00PM-12:50PM (Aquatics)  2:00PM-2:50PM (Aquatics)	1:00PM-1:50PM (Aquatics)
<b>Reserved for Programming</b> Small Pool						12:00PM-12:50PM (Aquatics)	
<b>Closed for YMCA Sports</b> Basketball Court						2:00PM-6:00PM (Basketball)	6:00PM-8:00PM (Basketball)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Boxing FX</b> Studio 1						2:00PM-2:50PM (Cardio & Dance) <i>Virtual I.</i>	
<b>CANCELED: Lap Swim (4 lanes)</b> Large Pool						3:00PM-3:50PM (Aquatics)  4:00PM-4:50PM (Aquatics)	
<b>CANCELED: Family Swim</b> Small Pool						3:00PM-3:50PM (Aquatics)  4:00PM-4:50PM (Aquatics)	
<b>Family Gym</b> Basketball Court							1:00PM-3:00PM (Basketball)
<b>ADULT 5v5 Basketball (13+)</b> Basketball Court							3:00PM-6:00PM (Basketball)



Thousand Oaks Family YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Adult Pickup Basketball (18+)</b> Basketball Court - Full Court					5:00AM-7:00AM (Basketball)		
<b>Challenge Court</b> Racquetball Court 3					5:00AM-11:00PM (Racquetball)	7:00AM-8:00PM (Racquetball)	12:00PM-8:00PM (Racquetball)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>Reserve a Court</div> <div>Racquetball Court 4</div> <div><a href="#">Sign Up</a></div>					<div>5:00AM-6:00AM</div> <div>(Racquetball)</div> <div>6:00AM-7:00AM</div> <div>(Racquetball)</div> <div>9:00AM-10:00AM</div> <div>(Racquetball)</div> <div>10:00AM-11:00AM</div> <div>(Racquetball)</div> <div>11:00AM-12:00PM</div> <div>(Racquetball)</div> <div>12:00PM-1:00PM</div> <div>(Racquetball)</div> <div>1:00PM-2:00PM</div> <div>(Racquetball)</div> <div>2:00PM-3:00PM</div> <div>(Racquetball)</div> <div>3:00PM-4:00PM</div> <div>(Racquetball)</div> <div>4:00PM-5:00PM</div> <div>(Racquetball)</div> <div>5:00PM-6:00PM</div> <div>(Racquetball)</div> <div>6:00PM-7:00PM</div> <div>(Racquetball)</div> <div>7:00PM-8:00PM</div> <div>(Racquetball)</div> <div>8:00PM-9:00PM</div> <div>(Racquetball)</div> <div>9:00PM-10:00PM</div> <div>(Racquetball)</div> <div>10:00PM-11:00PM</div> <div>(Racquetball)</div>	<div>7:00AM-8:00AM</div> <div>(Racquetball)</div> <div>8:00AM-9:00AM</div> <div>(Racquetball)</div> <div>10:00AM-11:00AM</div> <div>(Racquetball)</div> <div>11:00AM-12:00PM</div> <div>(Racquetball)</div> <div>12:00PM-1:00PM</div> <div>(Racquetball)</div> <div>1:00PM-2:00PM</div> <div>(Racquetball)</div> <div>2:00PM-3:00PM</div> <div>(Racquetball)</div> <div>3:00PM-4:00PM</div> <div>(Racquetball)</div> <div>4:00PM-5:00PM</div> <div>(Racquetball)</div> <div>5:00PM-6:00PM</div> <div>(Racquetball)</div> <div>6:00PM-7:00PM</div> <div>(Racquetball)</div>	<div>1:00PM-2:00PM</div> <div>(Racquetball)</div> <div>2:00PM-3:00PM</div> <div>(Racquetball)</div> <div>3:00PM-4:00PM</div> <div>(Racquetball)</div> <div>4:00PM-5:00PM</div> <div>(Racquetball)</div> <div>5:00PM-6:00PM</div> <div>(Racquetball)</div> <div>6:00PM-7:00PM</div> <div>(Racquetball)</div> <div>7:00PM-8:00PM</div> <div>(Racquetball)</div>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserve a Court</b> Racquetball Court 5 <a href="#">Sign Up</a>					5:00AM-6:00AM (Racquetball)  6:00AM-7:00AM (Racquetball)  7:00AM-8:00AM (Racquetball)  8:00AM-9:00AM (Racquetball)  9:00AM-10:00AM (Racquetball)  10:00AM-11:00AM (Racquetball)  11:00AM-12:00PM (Racquetball)  12:00PM-1:00PM (Racquetball)  1:00PM-2:00PM (Racquetball)  2:00PM-3:00PM (Racquetball)  3:00PM-4:00PM (Racquetball)  5:00PM-6:00PM (Racquetball)  6:00PM-7:00PM (Racquetball)  7:00PM-8:00PM (Racquetball)  8:00PM-9:00PM (Racquetball)  9:00PM-10:00PM (Racquetball)  10:00PM-11:00PM (Racquetball)	7:00AM-8:00AM (Racquetball)  8:00AM-9:00AM (Racquetball)  9:00AM-10:00AM (Racquetball)  10:00AM-11:00AM (Racquetball)  11:00AM-12:00PM (Racquetball)  12:00PM-1:00PM (Racquetball)  1:00PM-2:00PM (Racquetball)  2:00PM-3:00PM (Racquetball)  3:00PM-4:00PM (Racquetball)  4:00PM-5:00PM (Racquetball)  5:00PM-6:00PM (Racquetball)  6:00PM-7:00PM (Racquetball)	1:00PM-2:00PM (Racquetball)  2:00PM-3:00PM (Racquetball)  3:00PM-4:00PM (Racquetball)  4:00PM-5:00PM (Racquetball)  5:00PM-6:00PM (Racquetball)  6:00PM-7:00PM (Racquetball)  7:00PM-8:00PM (Racquetball)
<b>Cycle</b> Main Group Ex Studio <a href="#">Sign Up</a>					5:05AM-5:55AM (Cycle) <i>Loyda C.</i>	9:05AM-9:55AM (Cycle) <i>Loyda C.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYPUMP™</b> Main Group Ex Studio <a href="#">Sign Up</a>					6:10AM-7:10AM (Strength & Endurance ) <i>Loyda C.</i>  11:10AM-12:10PM (Strength & Endurance ) <i>Samantha T.</i>	10:05AM-11:00AM (Strength & Endurance ) <i>Loyda C.</i>	1:30PM-2:30PM (Strength & Endurance ) <i>Samantha T.</i>
<b>Basketball Court Closed</b> Basketball Court: Side A					7:00AM-6:00PM (Basketball)		
<b>Open Swim</b> Outdoor Pool					7:00AM-8:00PM (Aquatics)	9:00AM-6:00PM (Aquatics)	1:00PM-5:00PM (Aquatics)
<b>Reserved for Senior League</b> Tennis Court 1-3					7:00AM-11:30AM (Tennis)		
<b>Reserved for Senior League</b> Tennis Court 5&6					7:00AM-11:00AM (Tennis)		
<b>Reserved for Programming</b> Tennis Court 4					8:00AM-5:00PM (Tennis)		
<b>Reps FX</b> Main Group Ex Studio <a href="#">Sign Up</a>					8:10AM-9:00AM (Strength & Endurance ) <i>Beth B.</i>		
<b>Pickleball Open Play</b> Pickleball Courts 1-10					8:30AM-12:30PM (Pickleball)		
<b>Closed for Youth &amp; Family Programming</b> Basketball Court: Side B					8:45AM-11:00AM (Basketball)  1:30PM-3:00PM (Basketball)		
<b>Yoga Restore</b> Mind Body Studio <a href="#">Sign Up</a>					9:10AM-10:00AM (Mind Body) <i>Laura A.</i>		
<b>Barre</b> Main Group Ex Studio <a href="#">Sign Up</a>					9:10AM-10:00AM (Mind Body) <i>Beth B.</i>		
<b>TRX®</b> Queenax <a href="#">Sign Up</a>					9:10AM-10:00PM (Strength & Endurance ) <i>Trish B.</i>		
<b>ZUMBA ®</b> Main Group Ex Studio <a href="#">Sign Up</a>					10:10AM-11:00AM (Cardio & Dance) <i>Graciela P.</i>		
<b>Yoga Strength</b> Mind Body Studio <a href="#">Sign Up</a>					10:10AM-11:00AM (Mind Body) <i>Nicole J.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Closed for Group Exercise</b> Basketball Court - Full Court					11:00AM-12:00PM (Basketball)		
<b>ForeverWell Sculpt</b> Basketball Court - Full Court <a href="#">Sign Up</a>					11:00AM-11:50AM (Foreverwell) <i>Lisa G.</i>		
<b>Reserved for Programming</b> Mind Body Studio					11:30AM-12:20PM (Wellness Events) <i>Virtual I.</i>		
<b>Reserve a Court</b> Tennis Court 1 <a href="#">Sign Up</a>					11:30AM-12:00PM (Tennis)  12:00PM-1:00PM (Tennis)  1:00PM-2:00PM (Tennis)  2:00PM-3:00PM (Tennis)  3:00PM-4:00PM (Tennis)  4:00PM-5:00PM (Tennis)  5:00PM-6:00PM (Tennis)  6:00PM-7:00PM (Tennis)  7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	5:00PM-6:00PM (Tennis)  6:00PM-7:00PM (Tennis)	6:00PM-7:00PM (Tennis)  7:00PM-7:30PM (Tennis)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>Reserve a Court</div> <div>Tennis Court 2</div> <div><a href="#">Sign Up</a></div>					<div>11:30AM-12:00PM</div> <div>(Tennis)</div> <div>12:00PM-1:00PM</div> <div>(Tennis)</div> <div>1:00PM-2:00PM</div> <div>(Tennis)</div> <div>2:00PM-3:00PM</div> <div>(Tennis)</div> <div>3:00PM-4:00PM</div> <div>(Tennis)</div> <div>4:00PM-5:00PM</div> <div>(Tennis)</div> <div>5:00PM-6:00PM</div> <div>(Tennis)</div> <div>6:00PM-7:00PM</div> <div>(Tennis)</div> <div>7:00PM-8:00PM</div> <div>(Tennis)</div> <div>8:00PM-9:00PM</div> <div>(Tennis)</div> <div>9:00PM-10:30PM</div> <div>(Tennis)</div>	<div>5:00PM-6:00PM</div> <div>(Tennis)</div> <div>6:00PM-7:00PM</div> <div>(Tennis)</div>	<div>6:00PM-7:30PM</div> <div>(Tennis)</div>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserve a Court</b> Tennis Court 6 <a href="#">Sign Up</a>					11:30AM-12:00PM (Tennis)  12:00PM-1:00PM (Tennis)  1:00PM-2:00PM (Tennis)  2:00PM-3:00PM (Tennis)  3:00PM-4:00PM (Tennis)  4:00PM-5:00PM (Tennis)  5:00PM-6:00PM (Tennis)  6:00PM-7:00PM (Tennis)  7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	8:00AM-9:00AM (Tennis)  9:00AM-10:00AM (Tennis)  10:00AM-11:00AM (Tennis)  11:00AM-12:00PM (Tennis)  5:00PM-6:00PM (Tennis)  6:00PM-7:00PM (Tennis)	4:00PM-5:00PM (Tennis)  5:00PM-6:00PM (Tennis)  6:00PM-7:30PM (Tennis)
<b>Reserve a Court</b> Tennis Court 3 <a href="#">Sign Up</a>					11:30AM-12:00PM (Tennis)  12:00PM-1:00PM (Tennis)  5:00PM-6:00PM (Tennis)  7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	5:00PM-6:00PM (Tennis)  6:00PM-7:00PM (Tennis)	5:00PM-6:00PM (Tennis)  6:00PM-7:30PM (Tennis)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserve a Court</b> Pickleball Court 4 <a href="#">Sign Up</a>					12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)	
<b>Reserve a Court</b> Pickleball Court 8 <a href="#">Sign Up</a>					12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:30PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)	
<b>Reserve a Court</b> Pickleball 10 <a href="#">Sign Up</a>					12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:30PM (Pickleball)  6:00PM-7:00PM (Pickleball)  7:00PM-8:00PM (Pickleball)  8:00PM-9:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)	1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserve a Court</b> Pickleball Court 9 <a href="#">Sign Up</a>					12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:30PM (Pickleball)  6:00PM-7:00PM (Pickleball)  7:00PM-8:00PM (Pickleball)  8:00PM-9:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)	1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)
<b>Reserve a Court</b> Pickleball 7 <a href="#">Sign Up</a>					12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:30PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)	
<b>Reserved for Programming</b> Main Group Ex Studio					12:30PM-1:30PM (Wellness Events) <i>Virtual I.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserve a Court</b> Pickleball Court 1 <a href="#">Sign Up</a>					12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)	
<b>Reserve a Court</b> Pickleball Court 2 <a href="#">Sign Up</a>					12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserve a Court</b> Pickleball Court 5 <a href="#">Sign Up</a>					12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)	
<b>Reserve a Court</b> Pickleball Court 6 <a href="#">Sign Up</a>					12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserve a Court</b> Pickleball Court 3 <a href="#">Sign Up</a>					12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)	12:30PM-1:00PM (Pickleball)  1:00PM-2:00PM (Pickleball)  2:00PM-3:00PM (Pickleball)  3:00PM-4:00PM (Pickleball)  4:00PM-5:00PM (Pickleball)  5:00PM-6:00PM (Pickleball)  6:00PM-7:00PM (Pickleball)	
<b>Reserve a Court</b> Tennis Court 7 <a href="#">Sign Up</a>					4:00PM-5:00PM (Tennis)  6:00PM-7:00PM (Tennis)  7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	1:00PM-2:00PM (Tennis)	5:00PM-6:00PM (Tennis)
<b>AQUA ZUMBA®</b> Outdoor Pool <a href="#">Sign Up</a>					4:00PM-5:00PM (Aqua Group Exercise) <i>Alexis R.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Reserve a Court</b> Tennis Court 4 <a href="#">Sign Up</a>					5:00PM-6:00PM (Tennis)  6:00PM-7:00PM (Tennis)  7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	8:00AM-9:00AM (Tennis)  9:00AM-10:00AM (Tennis)  10:00AM-11:00AM (Tennis)  11:00AM-12:00PM (Tennis)  12:00PM-1:00PM (Tennis)  1:00PM-2:00PM (Tennis)  2:00PM-3:00PM (Tennis)  3:00PM-4:00PM (Tennis)  4:00PM-5:00PM (Tennis)  5:00PM-6:00PM (Tennis)  6:00PM-7:00PM (Tennis)	1:00PM-2:00PM (Tennis)  2:00PM-3:00PM (Tennis)  3:00PM-4:00PM (Tennis)  4:00PM-5:00PM (Tennis)  5:00PM-6:00PM (Tennis)  6:00PM-7:30PM (Tennis)
<b>Reserve a Court</b> Tennis Court 5 <a href="#">Sign Up</a>					5:00PM-6:00PM (Tennis)  6:00PM-7:00PM (Tennis)  7:00PM-8:00PM (Tennis)  8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)	8:00AM-9:00AM (Tennis)  9:00AM-10:00AM (Tennis)  10:00AM-11:00AM (Tennis)  11:00AM-12:00PM (Tennis)  5:00PM-6:00PM (Tennis)  6:00PM-7:00PM (Tennis)	4:00PM-5:00PM (Tennis)  5:00PM-6:00PM (Tennis)  6:00PM-7:30PM (Tennis)
<b>Family Gym - Half Court</b> Basketball Court: Side A <a href="#">Sign Up</a>					5:30PM-6:30PM (Basketball)	5:30PM-6:30PM (Basketball)	5:30PM-6:30PM (Basketball)
<b>Pickleball Open Play</b> Pickleball Courts 1-8					5:30PM-9:30PM (Pickleball)	8:00AM-12:30PM (Pickleball)	1:00PM-6:00PM (Pickleball)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>\$ Youth Athletic Performance: Volleyball Skills</b> Basketball Court - Full Court					6:00PM-8:00PM (Athletic Performance)		1:00PM-4:00PM (Athletic Performance)
<b>Basketball Court Closed</b> Basketball Court - Full Court					6:00PM-11:00PM (Basketball)		7:45PM-8:00PM (Basketball)
<b>Aqua Tai Chi</b> Outdoor Pool <a href="#">Sign Up</a>					7:00PM-7:45PM (Aqua Group Exercise) <i>Alexis R.</i>		
<b>Reserve a Court</b> Tennis Court 8 <a href="#">Sign Up</a>					8:00PM-9:00PM (Tennis)  9:00PM-10:30PM (Tennis)		
<b>Closed for Programming</b> Basketball Court - Full Court						7:00AM-8:00PM (Basketball)	
<b>Reserved for Programming</b> Outdoor Pool						8:00AM-9:00AM (Wellness Events) <i>Instructor N.</i>	
<b>LES MILLS BODYCOMBAT™</b> Main Group Ex Studio <a href="#">Sign Up</a>						8:00AM-9:00AM (Cardio & Dance) <i>Matthew C.</i>	
<b>Reserved for Programming</b> Pickleball Courts 9&10						9:00AM-11:00AM (Pickleball)	
<b>Yoga Foundations</b> Mind Body Studio <a href="#">Sign Up</a>						9:05AM-9:55AM (Mind Body) <i>Beth B.</i>  6:05PM-6:55PM (Mind Body) <i>Laura A.</i>	
<b>Tai Chi</b> Mind Body Studio <a href="#">Sign Up</a>						10:05AM-10:55AM (Mind Body) <i>Debra C.</i>	
<b>Stretch FX</b> Mind Body Studio <a href="#">Sign Up</a>						11:05AM-11:55AM (Mind Body) <i>Cheryl O.</i>	
<b>DANCE FX</b> Main Group Ex Studio <a href="#">Sign Up</a>						11:10AM-12:10PM (Cardio & Dance) <i>Shannon C.</i>	
<b>Yoga Flow</b> Mind Body Studio <a href="#">Sign Up</a>							2:30PM-3:30PM (Mind Body) <i>Lyn L.</i>
<b>Shoot-around</b> Basketball Court: Side A							4:00PM-8:00PM (Basketball)

[illegible]





## D.R. Semmes Family YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>\$ Pilates Reformer Strong &amp; Balanced Level 1/2</b> Pilates Reformer Studio					6:00AM-6:55AM (Pilates Reformer) <i>Danelle P.</i>  9:30AM-10:25AM (Pilates Reformer) <i>Danelle P.</i>		
<b>\$ Pilates Reformer Stretch and Relaxation</b> Pilates Reformer Studio					7:00AM-7:55AM (Pilates Reformer) <i>Danelle P.</i>		
<b>STRONG Nation®</b> Studio 1 <a href="#">Sign Up</a>					8:00AM-8:30AM (Strength & Endurance ) <i>Jozy S.</i>		
<b>\$ Pilates Reformer Strong &amp; Balanced Level 2/3</b> Pilates Reformer Studio					8:30AM-9:25AM (Pilates Reformer) <i>Danelle P.</i>		
<b>ZUMBA ®</b> Studio 1 <a href="#">Sign Up</a>					8:45AM-9:40AM (Cardio & Dance) <i>Jozy S.</i>	10:45AM-11:40AM (Cardio & Dance) <i>Myra G.</i>	
<b>Stretch FX</b> Studio 1 <a href="#">Sign Up</a>					9:45AM-10:45AM (Mind Body) <i>Florence P.</i>		
<b>\$ Pilates Reformer Strong &amp; Balanced ForeverWell</b> Pilates Reformer Studio					10:30AM-11:25AM (Pilates Reformer) <i>Danelle P.</i>		
<b>SilverSneakers® Circuit</b> Studio 1 <a href="#">Sign Up</a>					11:00AM-11:45AM (Foreverwell) <i>Caroline M.</i>		
<b>SilverSneakers® Circuit</b> Studio 2 <a href="#">Sign Up</a>					11:00AM-11:45AM (Foreverwell) <i>Virtual I.</i>		
<b>Reps FX</b> Studio 1 <a href="#">Sign Up</a>					12:00PM-1:00PM (Strength & Endurance ) <i>Cassandra C.</i>		
<b>\$ Pilates Reformer Level 2/3</b> Pilates Reformer Studio						8:00AM-8:55AM (Pilates Reformer) <i>Colleen B.</i>  8:00PM-8:55AM (Pilates Reformer) <i>Nilaja W.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYPUMP™</b> Studio 1 <a href="#">Sign Up</a>						8:15AM-9:10AM (Strength & Endurance ) <i>Alicia D.</i>	
<b>\$ Pilates Reformer Beginner/Intro</b> Pilates Reformer Studio						9:00AM-9:55AM (Pilates Reformer) <i>Colleen B.</i>	
<b>Boot Camp</b> Outside <a href="#">Sign Up</a>						9:00AM-9:55AM (Strength & Endurance ) <i>Francisco M.</i>	
<b>LES MILLS BODYBALANCE™</b> Studio 1 <a href="#">Sign Up</a>						9:30AM-10:25AM (Mind Body) <i>Karen M.</i>	
<b>\$ Pilates Reformer Jumpboard</b> Pilates Reformer Studio						10:00AM-10:55AM (Pilates Reformer) <i>Colleen B.</i>	



Davis-Scott Family YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Pickup Basketball (18+) BasketBall					6:00AM-8:00AM (Basketball)		
Basketball Open Play 1/2 Court BasketBall					8:00AM-7:50PM (Basketball)		
LES MILLS GRIT™ GroupX Studio					6:45PM-7:20PM (Cardio & Dance) <i>Les M.</i>		



## Westside Family YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim (2 lanes)</b> Indoor Pool					6:15AM-10:00AM (Aquatics)  4:00PM-7:45PM (Aquatics)	8:00AM-9:00AM (Aquatics)	
<b>Open Swim</b> Indoor Pool					6:15AM-10:00AM (Aquatics)  4:00PM-7:15PM (Aquatics)	8:00AM-9:00AM (Aquatics)  10:00AM-12:00PM (Aquatics)	
<b>ForeverWell Sculpt</b> Group Exercise Room <a href="#">Sign Up</a>					8:30AM-9:20AM (Foreverwell) <i>Kat P.</i>		
<b>ForeverWell Stretch</b> Group Exercise Room <a href="#">Sign Up</a>					9:30AM-10:20AM (Foreverwell) <i>Victoria R.</i>		
<b>Deep Water Adult Swim</b> Indoor Pool					10:00AM-11:00AM (Aquatics)	9:00AM-10:00AM (Aquatics)	
<b>AQUA ZUMBA®</b> Indoor Pool <a href="#">Sign Up</a>					10:00AM-10:50AM (Aqua Group Exercise) <i>Kat P.</i>		
<b>Step FX</b> Group Exercise Room <a href="#">Sign Up</a>					11:30AM-12:20PM (Cardio & Dance) <i>Staff</i>		
<b>Closed for Programming</b> Basketball Court					12:00PM-2:00PM (Basketball)		
<b>ZUMBA ®</b> Group Exercise Room <a href="#">Sign Up</a>					5:30PM-6:20PM (Cardio & Dance) <i>Gabriela R.</i>		
<b>Core FX</b> Group Exercise Room <a href="#">Sign Up</a>					7:00PM-7:45PM (Core & Balance) <i>Staff</i>		
<b>ZUMBA® GOLD</b> Group Exercise Room <a href="#">Sign Up</a>						9:00AM-9:50AM (Foreverwell) <i>Veronica B.</i>	
<b>Aqua Fit</b> Indoor Pool <a href="#">Sign Up</a>						9:00AM-9:50AM (Aqua Group Exercise) <i>Kat P.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Muscle Pump</b> Group Exercise Room <a href="#">Sign Up</a>						10:00AM-10:50AM (Strength & Endurance ) <i>Stefanie P.</i>  10:00PM-10:50AM (Strength & Endurance ) <i>Stefanie P.</i>	
<b>Pilates Fusion</b> Group Exercise Room <a href="#">Sign Up</a>						11:00AM-11:50AM (Mind Body) <i>Kat P.</i>	



Harvey E. Najim Family YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Core FX</b> Group Exercise Studio <a href="#">Sign Up</a>					7:00AM-7:35AM (Core & Balance) <i>Staff</i>		
<b>ZUMBA® GOLD</b> Group Exercise Studio <a href="#">Sign Up</a>					8:00AM-9:00AM (Foreverwell) <i>Clarissa Z.</i>		
<b>ForeverWell Total Body</b> Group Exercise Studio <a href="#">Sign Up</a>					9:30AM-10:25AM (Foreverwell) <i>TaVia B.</i>		
<b>Core FX</b> Group Exercise Studio <a href="#">Sign Up</a>					6:15PM-6:45PM (Strength & Endurance ) <i>staff</i>		
<b>LES MILLS TONE™</b> Group Exercise Studio <a href="#">Sign Up</a>						8:30AM-9:30AM (Strength & Endurance ) <i>Roger M.</i>	



## Boerne Family YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>\$ Pilates Reformer Stretch and Relaxation</b> Pilates Reformer Studio					7:15AM-8:10AM (Pilates Reformer) <i>Kiera O.</i>		
<b>\$ Pilates Reformer Jumpboard</b> Pilates Reformer Studio					8:15AM-9:10AM (Pilates Reformer) <i>Kiera O.</i>		
<b>Total Body Strength</b> Community Room <a href="#">Sign Up</a>					8:15AM-8:50AM (Strength & Endurance ) <i>Sara P.</i>		
<b>HIIT FX</b> Group Ex Studio <a href="#">Sign Up</a>					8:15AM-9:00AM (Strength & Endurance ) <i>Catherine H.</i>		
<b>SilverSneakers® Classic</b> Community Room <a href="#">Sign Up</a>					9:00AM-9:45AM (Foreverwell) <i>Lisa H.</i>		
<b>Mat Pilates</b> Group Ex Studio <a href="#">Sign Up</a>					9:10AM-9:50AM (Mind Body) <i>Karen T.</i>	10:30AM-11:20AM (Mind Body) <i>Genie C.</i>	
<b>\$ Pilates Reformer Level 1/2</b> Pilates Reformer Studio					9:30AM-10:25AM (Pilates Reformer) <i>Cheryl S.</i>  10:30AM-11:25AM (Pilates Reformer) <i>Cheryl S.</i>	9:00AM-9:55AM (Pilates Reformer) <i>Danelle P.</i>	
<b>LES MILLS BODYPUMP™</b> Group Ex Studio <a href="#">Sign Up</a>					10:00AM-10:45AM (Strength & Endurance ) <i>Sara P.</i>	9:30AM-10:20AM (Strength & Endurance ) <i>Genie C.</i>	
<b>Yoga Restore</b> Community Room <a href="#">Sign Up</a>					10:00AM-10:50AM (Mind Body) <i>Lisa H.</i>		
<b>Core FX</b> Group Ex Studio <a href="#">Sign Up</a>					11:00AM-11:45AM (Core & Balance) <i>Sara P.</i>		
<b>Line Dancing</b> Group Ex Studio <a href="#">Sign Up</a>					12:00PM-12:50PM (Cardio & Dance) <i>Kelli G.</i>		
<b>\$ Pilates Reformer All Level</b> Pilates Reformer Studio						8:05AM-8:55AM (Pilates Reformer) <i>Danelle P.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS SPRINT™</b> Community Room <a href="#">Sign Up</a>						8:30AM-9:00AM (Cycle) <i>Catherine H.</i>	
<b>\$ Pilates Reformer Beginner/Intro</b> Pilates Reformer Studio						10:00AM-10:55AM (Pilates Reformer) <i>Danelle P.</i>	





Walzem Family YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pickleball Open Play</b> Walzem Gym					8:00AM-12:00PM (Pickleball) <i>Staff S.</i>		
<b>Total Body Strength</b> Group Exercise Studio <a href="#">Sign Up</a>					8:30AM-9:15AM (Strength & Endurance ) <i>Mark A.</i>		
<b>Line Dancing</b> Group Exercise Studio <a href="#">Sign Up</a>					9:30AM-10:15AM (Cardio & Dance) <i>Instructor S.</i>		
<b>ForeverWell Chair Yoga</b> Group Exercise Studio <a href="#">Sign Up</a>					10:30AM-11:15AM (Foreverwell) <i>Jen M.</i>		
<b>Basketball Open Play 1/2 Court</b> Walzem Gym					12:00PM-1:00PM (Basketball) <i>Staff S.</i>	12:00PM-1:00PM (Basketball) <i>Staff S.</i>	12:00PM-1:00PM (Basketball) <i>Staff S.</i>



## YMCA at O.P. Schnabel Park | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Swim</b> Pool					8:00AM-1:00PM (Aquatics)  3:30PM-8:00PM (Aquatics)	9:00AM-6:00PM (Aquatics)	1:00PM-5:00PM (Aquatics)
<b>Aqua Volleyball</b> Pool <a href="#">Sign Up</a>					8:00AM-9:00AM (Aqua Group Exercise)		
<b>CANCELED: LES MILLS BODYPUMP™</b> Studio 1 <a href="#">Sign Up</a>					8:30AM-9:30AM (Strength & Endurance ) <i>Stephanie W.</i>		
<b>Open Swim</b> Splash Pad					9:00AM-1:00PM (Aquatics)  3:30PM-8:00PM (Aquatics)	9:00AM-6:00PM (Aquatics)	1:00PM-5:00PM (Aquatics)
<b>POUND®</b> Studio 2 <a href="#">Sign Up</a>					9:00AM-9:50AM (Cardio & Dance) <i>Megan C.</i>		
<b>Boot Camp</b> Patio <a href="#">Sign Up</a>					9:00AM-10:00AM (Strength & Endurance ) <i>Emily B.</i>		
<b>ZUMBA®</b> Studio 1 <a href="#">Sign Up</a>					9:45AM-10:45AM (Cardio & Dance) <i>Robyn J.</i>		
<b>Generation POUND®</b> Y Land <a href="#">Sign Up</a>					10:00AM-10:45AM (Youth) <i>Savannah J.</i>		
<b>Stretch FX</b> Patio <a href="#">Sign Up</a>					10:05AM-10:35AM (Mind Body) <i>Emily B.</i>		
<b>ForeverWell Total Body</b> Studio 1 <a href="#">Sign Up</a>					11:00AM-11:45AM (Foreverwell) <i>Alexis R.</i>	11:00AM-11:45AM (Foreverwell) <i>Alexis R.</i>	
<b>ZUMBA® GOLD</b> Studio 1 <a href="#">Sign Up</a>					12:00PM-12:45PM (Foreverwell) <i>Robyn J.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYPUMP™</b> Studio 1 <a href="#">Sign Up</a>						8:30AM-9:30AM (Strength & Endurance ) <i>Tracie O.</i>	
<b>Yoga Restore</b> Studio 2 <a href="#">Sign Up</a>						8:30AM-9:20AM (Mind Body) <i>Elizabeth K.</i>	
<b>High Fitness - HIGH</b> Studio 1 <a href="#">Sign Up</a>						9:45AM-10:40AM (Cardio & Dance) <i>Carolyn W.</i>	
<b>High Fitness - YO</b> Y Land <a href="#">Sign Up</a>						10:50AM-11:40AM (Mind Body) <i>Carolyn W.</i>	



## St. Philip`s Aquatic Center | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Adult Swim</b> Pool <a href="#">Sign Up</a>					8:00AM-8:50AM (Aquatics)		
<b>Aqua Fit</b> Pool <a href="#">Sign Up</a>					8:15AM-9:10AM (Aqua Group Exercise) <i>Anabel (.</i>		
<b>1/2 Pool Open Swim</b> Pool <a href="#">Sign Up</a>					9:00AM-9:50AM (Aquatics)		
<b>Deep Water Adult Swim</b> Pool <a href="#">Sign Up</a>					10:00AM-10:50AM (Aquatics)		
<b>Aqua Volleyball</b> Pool <a href="#">Sign Up</a>					10:00AM-11:00AM (Aquatics)		
<b>CANCELED: 1/2 Pool Open Swim</b> Pool <a href="#">Sign Up</a>					11:00AM-11:50AM (Aquatics)		
<b>Family Swim</b> Pool <a href="#">Sign Up</a>					12:00PM-1:00PM (Aquatics)		



## Cibolo Family YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pickleball Open Play</b> Court 1					8:30AM-12:00PM (Pickleball) <i>Staff</i>		
<b>Pickleball Open Play</b> Court 2					8:30AM-12:00PM (Pickleball) <i>Staff</i>		
<b>Pickleball Open Play</b> Basketball Court					8:30AM-12:00PM (Pickleball) <i>Staff</i>		
<b>LES MILLS BODYPUMP™</b> Group Exercise Studio <a href="#">Sign Up</a>					8:30AM-9:25AM (Strength & Endurance ) <i>Iris G.</i>		
<b>Boot Camp</b> Group Exercise Studio <a href="#">Sign Up</a>					9:35AM-10:30AM (Strength & Endurance ) <i>Kim N.</i>	9:30AM-10:25AM (Strength & Endurance ) <i>Marian L.</i>	
<b>Yoga Restore</b> Group Exercise Studio <a href="#">Sign Up</a>					10:35AM-11:30AM (Mind Body) <i>Liz G.</i>		
<b>Shoot-around</b> Basketball Court					12:00PM-1:00PM (Basketball) <i>Staff</i>  2:00PM-5:00PM (Basketball) <i>Staff</i>		
<b>Y Walk</b> Court 1					1:00PM-2:00PM (Other Activities) <i>Staff</i>		
<b>Shoot-around</b> Court 2					1:00PM-2:00PM (Basketball) <i>Staff</i>		
<b>CANCELED: ZUMBA®</b> Group Exercise Studio <a href="#">Sign Up</a>					6:30PM-7:25PM (Cardio & Dance) <i>Sothy N.</i>		
<b>ForeverWell Total Body</b> Group Exercise Studio <a href="#">Sign Up</a>						7:25AM-8:15AM (Foreverwell) <i>Nikki F.</i>	
<b>Yoga Flow</b> Group Exercise Studio <a href="#">Sign Up</a>						8:30AM-9:25AM (Mind Body) <i>Aubrei W.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ZUMBA® GOLD</b> Group Exercise Studio <a href="#">Sign Up</a>						10:35AM-11:30AM (Foreverwell) <i>Sothy N.</i>	
<b>\$ Youth Athletic</b> <b>Performance: Basketball</b> <b>Skills:</b> Court 2							1:00PM-2:30PM (Athletic Performance) <i>Adam C.</i>



Antioch Sports Complex | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ForeverWell Balance</b> Group Exercise / Basketball court <a href="#">Sign Up</a>					8:30AM-9:30AM (Foreverwell) <i>Liz H.</i>		