



YMCA at O.P. Schnabel Park | May 5th - May 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CANCELED: DANCE FX Studio 2 Sign Up	8:20AM-9:05AM (Cardio & Dance) <i>Kristy W.</i>						
LES MILLS TONE™ Studio 1 Sign Up	8:30AM-9:30AM (Strength & Endurance) <i>Angela B.</i>						
Boot Camp Patio Sign Up	9:00AM-10:00AM (Strength & Endurance) <i>Emily B.</i>	6:30PM-7:30PM (Strength & Endurance) <i>Emily B.</i>	9:00AM-10:00AM (Strength & Endurance) <i>Carolyn W.</i>	6:30PM-7:30PM (Strength & Endurance) <i>Monica S.</i>	9:00AM-10:00AM (Strength & Endurance) <i>Emily B.</i>		
POUND® Studio 2 Sign Up	9:15AM-10:05AM (Cardio & Dance) <i>Savannah J.</i>				9:00AM-9:50AM (Cardio & Dance) <i>Savannah J.</i>		
Surge Strength Studio 1 Sign Up	9:45AM-10:45AM (Strength & Endurance) <i>Carolyn W.</i>	7:00PM-8:00PM (Strength & Endurance) <i>Michelle W.</i>					
Stretch FX Y Land Sign Up	10:05AM-10:35AM (Mind Body) <i>Emily B.</i>		10:05AM-10:35AM (Mind Body) <i>Carolyn W.</i>		10:05AM-10:35AM (Mind Body) <i>Emily B.</i>		
ZUMBA® GOLD Studio 1 Sign Up	11:00AM-11:45AM (Foreverwell) <i>Carol G.</i>		12:00PM-12:45PM (Foreverwell) <i>Cindy A.</i>		12:00PM-12:45PM (Foreverwell) <i>Robyn J.</i>		
SilverSneakers® Classic Studio 1 Sign Up	12:00PM-12:45PM (Foreverwell) <i>Alexis R.</i>		11:00AM-11:45AM (Foreverwell) <i>Theresa S.</i>				
ForeverWell Tai Chi Studio 1 Sign Up	1:00PM-1:45PM (Cardio & Dance) <i>Ava M.</i>						
High Fitness - LOW Studio 1 Sign Up	5:10PM-5:55PM (Cardio & Dance) <i>Kennadee H.</i>						
ZUMBA® Studio 1 Sign Up	6:00PM-6:50PM (Cardio & Dance) <i>Vanessa A.</i>				9:45AM-10:45AM (Cardio & Dance) <i>Robyn J.</i>		
LES MILLS BODYPUMP™ Studio 1 Sign Up	7:00PM-8:00PM (Strength & Endurance) <i>Tracie O.</i>		8:30AM-9:30AM (Strength & Endurance) <i>Stephanie W.</i> 7:10PM-8:10PM (Strength & Endurance) <i>Tracie O.</i>		8:30AM-9:30AM (Strength & Endurance) <i>Stephanie W.</i>	8:30AM-9:30AM (Strength & Endurance) <i>Samantha B.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Restore Studio 2 Sign Up	7:10PM-8:00PM (Mind Body) Christine C.					8:30AM-9:20AM (Mind Body) Elizabeth K.	
LES MILLS BODYCOMBAT™ Studio 1 Sign Up		8:30AM-9:30AM (Cardio & Dance) Angela B.	6:00PM-7:00PM (Cardio & Dance) Cheryl P.	9:45AM-10:45AM (Cardio & Dance) Angela B.			
Yoga Flow Studio 2 Sign Up		8:30AM-9:20AM (Mind Body) Andreu O.					
High Fitness - HIGH Studio 1 Sign Up		9:45AM-10:40AM (Cardio & Dance) Stephanie W.	5:10PM-5:55PM (Cardio & Dance) Carolyn W.			9:45AM-10:40AM (Cardio & Dance) Stephanie W.	
ForeverWell Chair Yoga Studio 1 Sign Up		11:00AM-11:45AM (Foreverwell) Claudia S.		11:00AM-11:45AM (Foreverwell) Elizabeth K.			
SilverSneakers® Boom Muscle Studio 1 Sign Up		12:00PM-12:45PM (Foreverwell) Robyn J.		12:00PM-12:45PM (Foreverwell) Robyn J.			
DANCE FX Studio 1 Sign Up		6:00PM-6:50PM (Cardio & Dance) Kristy W.	9:45AM-10:45AM (Cardio & Dance) Robyn J.				
UpBeat Barre Studio 1 Sign Up				8:30AM-9:30AM (Strength & Endurance) Stephanie W.			
High Fitness - HIGH Studio 2 Sign Up				9:45AM-10:40AM (Cardio & Dance) Carolyn W.			
High Fitness - YO Y Land Sign Up				10:45AM-11:15AM (Mind Body) Carolyn W.		10:50AM-11:40AM (Mind Body) Carolyn W.	
POUND® Studio 1 Sign Up				5:00PM-5:50PM (Cardio & Dance) Savannah J.			
Cycle Studio 1 Sign Up				6:00PM-6:45PM (Cycle) Josie S.			
High Fitness - Tone Y Land Sign Up					9:30AM-10:00AM (Strength & Endurance) Stephanie W.		
ForeverWell Total Body Studio 1 Sign Up					11:00AM-11:45AM (Foreverwell) Alexis R.	11:00AM-11:45AM (Foreverwell) Alexis R.	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mommy & Me Tea Patio Sign Up						11:00AM-12:30PM (Events) <i>Crystal W.</i>	