



YMCA at O.P. Schnabel Park | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed Pool	1:00AM-11:55PM (Aquatics)	1:00AM-11:55PM (Aquatics)	1:00AM-11:55PM (Aquatics)	1:00AM-11:55PM (Aquatics)	1:00AM-11:55PM (Aquatics)	1:00AM-11:55PM (Aquatics)	1:00AM-11:55PM (Aquatics)
Cycle Studio 1 Sign Up	6:00AM-6:45AM (Cycle) <i>Megan C.</i>		6:00AM-6:45AM (Cycle) <i>Megan C.</i>	6:00PM-6:45PM (Cycle) <i>Josie S.</i>			
LES MILLS BODYPUMP™ Studio 1 Sign Up	8:30AM-9:30AM (Strength & Endurance) <i>Angela B.</i> 7:00PM-8:00PM (Strength & Endurance) <i>Samantha B.</i>		8:30AM-9:30AM (Strength & Endurance) <i>Stephanie W.</i> 7:10PM-8:10PM (Strength & Endurance) <i>Samantha B.</i>		8:30AM-9:30AM (Strength & Endurance) <i>Stephanie W.</i>	8:30AM-9:30AM (Strength & Endurance) <i>Tracie O.</i>	
Boot Camp Patio Sign Up	9:00AM-10:00AM (Strength & Endurance) <i>Emily B.</i>	6:30PM-7:30PM (Strength & Endurance) <i>Monica S.</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>		
Surge Strength Studio 1 Sign Up	9:45AM-10:45AM (Strength & Endurance) <i>Carolyn W.</i>	6:30PM-7:30PM (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>				
ZUMBA® GOLD Studio 1 Sign Up	11:00AM-11:45AM (Foreverwell) <i>Theresa S.</i>		12:00PM-12:45PM (Foreverwell) <i>Luz J.</i>		11:00AM-11:45AM (Foreverwell) <i>Robyn J.</i>		
SilverSneakers® Classic Studio 1 Sign Up	12:00PM-12:45PM (Foreverwell) <i>Theresa S.</i>		11:00AM-11:45AM (Foreverwell) <i>Theresa S.</i>				
ForeverWell Tai Chi Studio 1 Sign Up	1:00PM-1:45PM (Cardio & Dance) <i>Theresa S.</i>						
High Fitness - LOW Studio 1 Sign Up	5:10PM-5:55PM (Cardio & Dance) <i>Megan C.</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>		
Yoga Restore Studio 2 Sign Up	7:10PM-8:00PM (Mind Body) <i>Christine C.</i>					8:30AM-9:20AM (Mind Body) <i>Elizabeth K.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYCOMBAT™ Studio 1 Sign Up		8:30AM-9:30AM (Cardio & Dance) <i>Angela B.</i>	6:00PM-7:00PM (Cardio & Dance) <i>Brian J.</i>	9:45AM-10:45AM (Cardio & Dance) <i>Angela B.</i>			
Yoga Flow Studio 2 Sign Up		8:30AM-9:20AM (Mind Body) <i>Andreu O.</i>					
High Fitness - HIGH Studio 1 Sign Up		9:45AM-10:40AM (Cardio & Dance) <i>Stephanie W.</i>				9:45AM-10:40AM (Cardio & Dance) <i>Stephanie W.</i>	
High Fitness - YO Y Land Sign Up		10:45AM-11:35AM (Mind Body) <i>Carolyn W.</i>		10:45AM-11:15AM (Mind Body) <i>Carolyn W.</i>			
ForeverWell Chair Yoga Studio 1 Sign Up		11:00AM-11:45AM (Foreverwell) <i>Claudia S.</i>		11:00AM-11:45AM (Foreverwell) <i>Elizabeth K.</i>			
SilverSneakers® Boom Muscle Studio 1 Sign Up		12:00PM-12:45PM (Foreverwell) <i>Robyn J.</i>		12:00PM-12:45PM (Foreverwell) <i>Robyn J.</i>			
DANCE FX Studio 1 Sign Up			9:45AM-10:45AM (Cardio & Dance) <i>Robyn J.</i>				
CANCELED: High Fitness - HIGH Studio 1 Sign Up			5:10PM-5:55PM (Cardio & Dance) <i>Claire J.</i>				
UpBeat Barre Studio 1 Sign Up				8:30AM-9:30AM (Strength & Endurance) <i>Stephanie W.</i>			
High Fitness - HIGH Studio 2 Sign Up				9:45AM-10:35AM (Cardio & Dance) <i>Carolyn W.</i>			
Yoga Foundations Studio 1 Sign Up				1:00PM-1:50PM (Mind Body) <i>Christine C.</i>			
POUND® Studio 1 Sign Up				5:00PM-5:50PM (Cardio & Dance) <i>Savannah J.</i>			
Stretch FX Patio Sign Up					10:05AM-10:35AM (Mind Body) <i>Emily B.</i>		
ForeverWell Total Body Studio 1 Sign Up					12:00PM-12:45PM (Foreverwell) <i>Alexis R.</i>		