Wellness Classes										
Monday	Tuesday	Wednesday		Thursday	Friday	Saturday	Sunday			
Cycling	Circuit Training	Cycling		Circuit Training	Cycling					
with Jen	with Danielle	with Jen		with Danielle	with Jen					
6:05-6:45am	6:05-6:45am	6:05-6:45am		6:05-6:45am	6:05-6:45am					
Sr Strength Training		Sr Strength Training			Sr Strength Training					
with Matt		with Matt			with Matt					
8:00-8:45am		8:00-8:45am			8:00-8:45am					
	Silver Sneakers			Silver Sneakers						
	with Matt			with Matt						
	9:00-9:45am			9:00-9:45am						
Yoga*		Yog	a*							
with Stephanie		with Stephanie								
10:30-11:30am		10:30-11:30am								
	Circuit Training	Circuit Training		Circuit Training						
	with Krisitin B	with Matt		with Matt						
	12:15-12:55pm	12:15-12:55pm		12:15-12:55pm						
Circuit Training	Yoga*	Circuit Training	Zumba*	Yoga*						
with Sue	with Kat	-		with Kat						
6:00-7:00pm	6:00-7:00pm	with Sue 6:00-	with Adriana	6:00-7:00pm						
		7:00pm	6:00-7:00pm							
				* Class in the YMCA Annex						

Gym Schedule								
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Lunch Bunch			
6:00-10:00am	6:00-10:00am	6:00-10:00am	6:00-10:00am	6:00-10:00am	8:00-10:00am			
Childcare	Childcare	Childcare	Childcare	Childcare				
10:00-11:30am	10:00-11:30am	10:00-11:30am	10:00-11:30am	10:00-11:30am	Open Gym			
Lunch Bunch	Homeschool Gym & Swim	Lunch Bunch		Lunch Bunch	10:00-1:00pm			
12:00-2:00pm	12:00-2:00pm	12:00-2:00pm	Open Gym	12:00-2:00pm				
Open Gym	Open Gym	Open Gym	11:30-3:00pm	Open Gym				
2:00-3:00pm	2:00-3:00pm	2:00-3:00pm		2:00-3:00pm				
Childcare	Childcare	Childcare	Childcare	Childcare	1			
3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm	3:00-4:30pm				
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	1			
4:30-6:30pm	4:30-6:00pm	4:30-8:00pm	4:30-6:00pm	4:30-6:00pm				
	Basketball		Basketball	Basketball	1			
Basketball	6:00-7:00pm	Basketball	6:00-7:00pm	6:00-7:00pm				
6:30-8:00pm	Open Gym	6:30-8:00pm	Open Gym	Open Gym				
	7:00-8:00pm		7:00-8:00pm	7:00-8:00pm				

Schedule is subject to change.