

# 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.