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Monday 22	Tuesday 23	Wednesday 24 YMCA CLOSES 2:30pm	Thursday 25 (CLOSED)	Friday 26	Saturday 27
Bootcamp with Jay 5:45 – 6:30 am MPR 		Bootcamp with Jay 5:45 – 6:30 am MPR 		Bootcamp with Jay 5:45 – 6:30 am MPR 	
	Circuit with Christina 7:30-830 am MPR 	Circuit with Christina 730-830am MPR 			Water Walking with Kim 9 – 10 am Pool 
Strength & Conditioning with Cathy 9 – 10 am MPR 	Chair Yoga with Cathy 9 – 10 am MPR 		Chair Yoga with Cathy 9 – 10 am MPR 	Strength & Conditioning with Cathy 9 – 10 am MPR 	Pump & Tone with Jen 7:45 – 8:45 am MPR 
Silver Sneakers with Miss Dee 10 – 10:45 am Gym 	Silver Sneakers with Miss Dee 10 – 10:45 am Gym 	Silver Sneakers with Miss Dee 10 – 10:45 am Gym 	Silver Sneakers with Miss Dee 10 – 10:45 am Gym 		<div>Key</div> <div>Multi-Purpose Room</div> <div>Pool</div> <div>Gym</div> <div>Studio</div> <div>Racquetball Court</div> <div></div> <div>Strength &amp; Conditioning</div> <div></div> <div>Aquatics</div> <div></div> <div>Mind Body</div> <div></div> <div>Low Impact</div> <div></div>
Tight & Tone with Ray 9-10am Pool 		Tight & Tone with Ray 9-10am Pool 		Tight & Tone with Ray 9-10am Pool 	
Silver Sneakers Water Aerobics with Julie 10 – 11 am Pool 	Silver Sneakers Water Aerobics with Elena 10 – 11 am Pool 	Silver Sneakers Water Aerobics with Julie 10 – 11 am Pool 	Silver Sneakers Water Aerobics with Elena 10 – 11 am Pool 	Silver Sneakers Water Aerobics with Julie 10 – 11 am Pool 	
	Hyrdo Worx with Zing 11:00am – 12:00pm Pool 	THINKnFIT with Zing 11:00am – 12:00pm MPR 	Hyrdo Worx with Zing 11:00am – 12:00pm Pool 	THINKnFIT with Zing 11:00am – 12:00pm MPR 	
Pump & Tone with Jen 5:15 – 6:15 pm MPR 	*Beginner Tai Chi with Gary & Patti 11 a.m. – Noon MPR 	Pump & Tone with Jen 5:15 – 6:15 pm MPR 	*Beginner Tai Chi with Gary & Patti 11 a.m. – Noon MPR 		
	Advanced Tai Chi with Gary & Patti Noon – 1 pm MPR 		Advanced Tai Chi with Gary & Patti Noon – 1 pm MPR 		
Flow Yoga with Rich 6:00 – 7:00 pm Studio 		Gentle Yoga with Rich 6:00 – 7:00pm Studio 			
	Dance & Burn with Jaye 6 – 7 pm MPR 		Dance & Burn with Jaye 6 – 7 pm MPR 		
Adult Aqua Fit with Elena 6:15 – 7:15 pm Pool 	Adult Aqua Fit with Elena 615 – 715 pm Pool 	Adult Aqua Fit with Elena 6:15 – 7:15 pm Pool 