



Sacramento Central YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim Indoor Pool	5:30AM-10:15AM (Lap Swim)	5:30AM-9:00AM (Lap Swim)	5:30AM-10:15AM (Lap Swim)	5:30AM-8:00AM (Lap Swim) 10:00AM-11:00AM (Lap Swim)	5:30AM-10:15AM (Lap Swim)		
Pick up Basketball Gymnasium	5:30AM-8:50AM (Open Gym)		5:30AM-8:50AM (Open Gym)		5:30AM-8:50AM (Open Gym)		
HIIT Circuit Studio A	6:00AM-6:50AM (Strength) <i>Jennifer K.</i>	4:30PM-5:20PM (Strength) <i>Jennifer K.</i>					
Ballet Barre Studio A	7:00AM-7:50AM (Core) <i>Jackie W.</i>		7:00AM-7:50AM (Core) <i>Jackie W.</i>				
Tai Chi Studio A	8:00AM-8:50AM (Restore) <i>Ron O.</i>	7:30PM-9:00PM (Restore) <i>Stan Y.</i>	8:00AM-8:50AM (Restore) <i>Ron O.</i>	7:30PM-9:00PM (Restore) <i>Stan Y.</i>			
Strength & Stability Gymnasium	9:00AM-9:50AM (Group Fitness) <i>Jackie W.</i>						
Strength and Stability Gymnasium	9:00AM-9:50AM (Strength) <i>Jackie W.</i>						
Pilates Mat Intermediate Studio A	9:00AM-9:50AM (Core) <i>Teresa L.</i>						
Dance Aerobics Gymnasium	10:00AM-11:00AM (Class) <i>Teresa L.</i> 10:00AM-10:50AM (Cardio) <i>Teresa L.</i>						
Core Express Studio A	10:00AM-10:30AM (Core) <i>Jackie W.</i>	10:00AM-10:30AM (Core) <i>Tia K.</i>					
Water Arthritis Indoor Pool	10:30AM-11:15AM (Water Classes)		10:30AM-11:15AM (Water Classes)		10:30AM-11:15AM (Water Classes)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Basketball Gym Gymnasium	11:00AM-9:00PM (Open Basketball Gym)	5:30AM-8:50AM (Open Basketball Gym) 3:15PM-9:00PM (Open Basketball Gym)	1:00PM-9:00PM (Open Basketball Gym) 3:00PM-9:00PM (Open Basketball Gym)	5:30AM-8:50AM (Open Basketball Gym)	10:00AM-8:00PM (Open Basketball Gym)		9:00AM-2:45PM (Open Basketball Gym)
Stretch and Balance for Falls Prevention Studio A	11:00AM-11:50AM (Strength) <i>Jackie W.</i>	2:00PM-2:50PM (Strength) <i>Jackie W.</i>	11:00AM-11:50AM (Strength) <i>Jackie W.</i>	10:00AM-10:50AM (Strength) <i>Elias E.</i>	11:00AM-11:50AM (Strength) <i>Elias E.</i>		
Lap Swim- Self Exercise Indoor Pool	11:15AM-1:00PM (Lap Swim)		11:30AM-1:00PM (Lap Swim) 5:00PM-6:00PM (Lap Swim)	12:00PM-2:00PM (Lap Swim)	11:30AM-1:00PM (Lap Swim)		
Lift Heavier Older Adult-SGT \$ Studio B	11:30AM-12:30PM (Strength) <i>Jennifer K.</i> 12:45PM-1:45PM (Strength) <i>Jennifer K.</i>	12:30PM-1:30PM (Strength) <i>Jennifer K.</i>		12:30PM-1:30PM (Strength) <i>Jennifer K.</i>	11:30AM-12:30PM (Strength) <i>Jennifer K.</i> 12:45PM-1:45PM (Strength) <i>Jennifer K.</i>		
Water Exercise Indoor Pool	1:00PM-2:00PM (Water Classes)		1:00PM-2:00PM (Water Classes)	7:00PM-8:15PM (Water Classes)	1:00PM-2:00PM (Water Classes)		
Open Swim Indoor Pool	2:00PM-3:30PM (Open Swim) 7:00PM-8:45PM (Open Swim)	8:15PM-8:45PM (Open Swim)	2:00PM-3:30PM (Open Swim) 7:00PM-8:45PM (Open Swim)	2:00PM-3:30PM (Open Swim) 8:15PM-8:45PM (Open Swim)	2:00PM-3:30PM (Open Swim) 5:00PM-6:00PM (Open Swim)		
Swim Lessons- Lap Swim Indoor Pool	3:30PM-5:00PM (Swim Lessons)			3:30PM-5:00PM (Swim Lessons)			
YMCA Strength Studio A	4:30PM-5:20PM (Strength) <i>Lily G.</i> 5:30PM-6:20PM (Strength) <i>Lily G.</i>		4:30PM-5:20PM (Strength) <i>Lily G.</i> 5:30PM-6:20PM (Strength) <i>Lily G.</i>				
Lap Swim- Reduced Lanes Indoor Pool	5:00PM-6:00PM (Lap Swim)	3:30PM-5:00PM (Lap Swim)	3:30PM-5:00PM (Lap Swim)	5:00PM-6:00PM (Lap Swim)	3:30PM-5:00PM (Lap Swim)		
Swim Lessons - No Lap Swim Indoor Pool	6:00PM-7:00PM (Swim Lessons)	6:00PM-7:00PM (Swim Lessons)	6:00PM-7:00PM (Swim Lessons)	6:00PM-7:00PM (Swim Lessons)		9:00AM-2:00PM (Swim Lessons)	
Cycling Studio B	6:00PM-6:50PM (Cardio) <i>Cheryl O.</i>	7:00AM-7:50AM (Cardio) <i>Cheryl O.</i>	6:00PM-6:50PM (Cardio) <i>Cheryl O.</i>	7:00AM-7:50AM (Cardio) <i>Jensen B.</i>		8:00AM-9:00AM (Cardio) <i>Holly K.</i>	
Zumba Studio A	6:30PM-7:20PM (Cardio) <i>Taylor H.</i>	6:30PM-7:20PM (Cardio) <i>Angel T.</i>		5:30PM-6:20PM (Cardio) <i>Molly G.</i>	5:30PM-6:20PM (Cardio) <i>Taylor H.</i>	10:00AM-10:50AM (Cardio) <i>Corene M.</i>	9:30AM-10:20AM (Cardio) <i>Celestine H.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp Studio A		6:00AM-6:50AM (Strength) <i>Hallie F.</i>		6:00AM-6:50AM (Strength) <i>Hallie F.</i>		9:00AM-9:50AM (Strength) <i>Elias E.</i>	
Pilates Mat Beginner Studio A		7:00AM-7:50AM (Core) <i>Tia K.</i>	10:00AM-10:50AM (Core) <i>Teresa L.</i>	7:00AM-7:50AM (Core) <i>Tia K.</i>			
Yoga Gentle Studio A		8:00AM-8:50AM (Restore) <i>Amy N.</i>					
Head to Toe Gymnasium		9:00AM-10:00AM (Head To Toe) <i>Staff S.</i>		9:00AM-10:00AM (Head To Toe)			
		9:00AM-9:50AM (Strength) <i>Amy N.</i>		9:00AM-9:50AM (Strength) <i>Elias E.</i>			
Barre + Bands Strength Studio A		9:00AM-9:50AM (Strength) <i>Tia K.</i>		8:00AM-8:50AM (Strength) <i>Tia K.</i>			
Indoor Open Pickleball Gymnasium		10:00AM-1:00PM (Pickleball)		10:00AM-1:00PM (Pickleball)			
Open Ping Pong (Half Court) Gymnasium		1:00PM-3:00PM (Ping Pong)					
Lap Swim- Swim Lessons Indoor Pool		5:00PM-6:00PM (Lap Swim)					9:00AM-2:00PM (Lap Swim)
Yoga All Levels Studio A		5:30PM-6:20PM (Restore) <i>Lisa J.</i>					10:30AM-11:20AM (Restore) <i>Lisa J.</i> 11:30AM-12:20PM (Restore) <i>Lisa J.</i>
Water Aerobics Indoor Pool		7:00PM-8:15PM (Water Classes)		11:00AM-12:00PM (Water Classes)			
Stretching/Core Express Gymnasium			9:00AM-10:00AM (Class) <i>Teresa L.</i>				
Yoga Vinyasa Studio A			9:00AM-9:50AM (Restore) <i>Amy N.</i>				
Stretching Gymnasium			9:00AM-9:50AM (Restore) <i>Teresa L.</i>		9:00AM-10:00AM (Class) <i>Jackie W.</i>		
					9:00AM-9:50AM (Restore) <i>Teresa L.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OFFSITE Stretch and Balance for Falls Prevention-Belle Cooledge Community Center: 5699 S Land Park Dr, Sacramento, CA 95822 Belle Cooledge Community Center (OFFSITE)			9:30AM-10:30AM (Strength) <i>Tia K.</i>		9:30AM-10:30AM (Strength) <i>Tia K.</i> 10:30AM-11:30AM (Strength) <i>Tia K.</i>		
Gym Cleaning Gymnasium			10:00AM-11:00AM (Cleaning)				
Open Gym Gymnasium			11:00AM-1:00PM (Open Gym)				
Strength and Stability Studio A			12:00PM-12:50PM (Strength) <i>Amy N.</i>				
Over 40 Pick Up Basketball Gymnasium			1:00PM-3:00PM (Open Gym)				
OFFSITE Stretch and Balance for Falls Prevention-ACC Senior Services: 7334 Park City Dr, Sacramento ACC Senior Services (OFFSITE)			1:30PM-2:30PM (Strength) <i>Amy N.</i>				
Lap Swim- Navy Swim Test Indoor Pool				8:00AM-10:00AM (Lap Swim)			
Qigong Studio A				9:00AM-9:50AM (Restore) <i>Tia K.</i>	8:00AM-8:50AM (Restore) <i>Tia K.</i>		
S.N.A.P Indoor Pool				9:15AM-10:45AM (Rentals)			
Yoga Gentle Yin Studio A				6:30PM-7:20PM (Restore) <i>Kimberly R.</i>			
HIIT Studio A					6:00AM-6:50AM (Strength) <i>Lily G.</i>		
Morning Restore Studio A					7:00AM-7:50AM (Restore) <i>Tia K.</i>		
Top to Bottom Studio A					9:00AM-9:50AM (Strength) <i>Eliias E.</i>		

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Rollingwood YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Pool Indoor Pool	5:30AM-9:30AM (Open Swim) 10:30AM-4:00PM (Open Swim) 7:00PM-8:45PM (Open Swim)	5:30AM-9:30AM (Open Swim) 8:15PM-8:45PM (Open Swim)	5:30AM-4:00PM (Open Swim) 7:00PM-8:45PM (Open Swim)	5:30AM-9:30AM (Open Swim) 11:45AM-4:00PM (Open Swim) 7:00PM-8:00PM (Open Swim)	5:30AM-9:30AM (Open Swim) 10:30AM-8:45PM (Open Swim)	7:15AM-10:15AM (Open Swim) 11:15AM-6:45PM (Open Swim)	7:15AM-6:45PM (Open Swim)
Open Pool Outdoor Pool	5:30AM-6:00AM (Open Swim) 11:30AM-8:45PM (Open Swim)	5:30AM-4:00PM (Open Swim)	5:30AM-6:00AM (Open Swim) 11:30AM-8:45PM (Open Swim)	5:30AM-4:00PM (Open Swim) 8:15PM-8:45PM (Open Swim)	5:30AM-6:00AM (Open Swim) 7:00AM-4:00PM (Open Swim) 8:15PM-8:45PM (Open Swim)	7:15AM-6:45PM (Open Swim)	7:00AM-6:45PM (Open Swim)
Master's Swimming Outdoor Pool	6:00AM-7:00AM (Water Classes)		6:00AM-7:00AM (Water Classes)		6:00AM-7:00AM (Water Classes)		
HIIT Functional Fitness Studio A	7:00AM-8:00AM (Strength) <i>Brigitta T.</i>		7:00AM-8:00AM (Strength) <i>Brigitta T.</i>		7:00AM-8:00AM (Strength) <i>Christina R.</i>		
Yoga Flow Group Ex Studio	7:45AM-8:45AM (Restore) <i>Kate T.</i>				7:45AM-8:45AM (Restore) <i>Emily K.</i>		
Pilates Reformer (\$) Rollingwood Pilates Studio	8:15AM-9:15AM (Pilates Reformer Classes) <i>Fernanda L.</i> 9:30AM-10:30AM (Pilates Reformer Classes) <i>Rimma T.</i> 10:30AM-11:30AM (Pilates Reformer Classes) <i>Rimma T.</i>	8:30AM-9:30AM (Pilates Reformer Classes) <i>Heather M.</i> 9:30AM-10:30AM (Pilates Reformer Classes) <i>Heather M.</i> 5:30PM-6:30PM (Pilates Reformer Classes) <i>Fernanda L.</i>	7:00AM-8:00AM (Pilates Reformer Classes) <i>Fernanda L.</i> 8:15AM-9:15AM (Pilates Reformer Classes) <i>Fernanda L.</i> 9:30AM-10:30AM (Pilates Reformer Classes) <i>Fernanda L.</i>	9:30AM-10:30AM (Pilates Reformer Classes) <i>Fernanda L.</i> 10:30AM-11:30AM (Pilates Reformer Classes) <i>Heather M.</i> 5:00PM-6:00PM (Pilates Reformer Classes) <i>Rimma T.</i> 6:00PM-7:00PM (Pilates Reformer Classes) <i>Rimma T.</i>	6:30AM-7:30AM (Pilates Reformer Classes) <i>Fernanda L.</i> 10:30AM-11:30AM (Pilates Reformer Classes) <i>Fernanda L.</i>		7:30AM-8:30AM (Pilates Reformer Classes) <i>Fernanda L.</i>
Body Blast Group Ex Studio	9:00AM-10:00AM (Strength) <i>Affi E.</i>		5:00PM-6:00PM (Strength) <i>Affi E.</i>		9:00AM-10:00AM (Strength) <i>Affi E.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim FUNDamentals Outdoor Pool	9:30AM-11:30AM (Water Classes)		9:30AM-11:30AM (Water Classes)				
Splash & Tone Indoor Pool	9:30AM-10:30AM (Water Classes) <i>Karalynn P.</i>	9:30AM-10:30AM (Water Classes) <i>Karalynn P.</i>		9:30AM-10:30AM (Water Classes) <i>Karalynn P.</i>	9:30AM-10:30AM (Water Classes) <i>Karalynn P.</i>		
TRX Functional Fitness Studio B	9:30AM-10:30AM (Strength) <i>Fernanda L.</i>		9:30AM-10:30AM (Strength) <i>Heather M.</i>				
Yoga Gentle Group Ex Studio	10:15AM-11:15AM (Restore) <i>Kate T.</i>						
Pilates Reformer Orientation - NEW REGISTRANTS ONLY Pilates Studio	11:30AM-12:30PM (Pilates Reformer Classes) <i>Rimma T.</i>			4:00PM-5:00PM (Pilates Reformer Classes) <i>Rimma T.</i>			
Pilates Chair Group Ex Studio	11:30AM-12:30PM (Core) <i>Toni M.</i>						
Yoga Chair Group Ex Studio	1:30PM-2:30PM (Restore) <i>Jeannette D.</i>	12:30PM-1:30PM (Restore) <i>Paula A.</i>	2:00PM-3:00PM (Restore) <i>Paula A.</i>	1:30PM-2:30PM (Restore) <i>Paula A.</i>	11:30AM-12:30PM (Restore) <i>Jeannette D.</i>		
Swim Lessons Indoor Pool	4:00PM-6:00PM (Swim Lessons)	4:00PM-7:00PM (Swim Lessons)		4:00PM-7:00PM (Swim Lessons)			
Cycling Sculpt Cycle	5:00PM-6:00PM (Cardio) <i>Brigitta T.</i>				9:00AM-10:00AM (Cardio) <i>Christina R.</i>	8:45AM-9:45AM (Cardio) <i>Philipp S.</i>	
Aqua Blast Indoor Pool	6:00PM-7:00PM (Water Classes) <i>Joilynn H.</i>		6:00PM-7:00PM (Water Classes) <i>Joilynn H.</i>			10:15AM-11:15AM (Water Classes)	
Tai Chi Group Ex Studio	6:00PM-7:00PM (Restore) <i>Showen F.</i>			8:00AM-9:00AM (Restore) <i>Showen F.</i>			
Bootcamp Group Ex Studio		7:00AM-8:00AM (Strength) <i>Brigitta T.</i>					
Kettlebell Functional Fitness Studio A		8:00AM-9:00AM (Strength) <i>Brigitta T.</i>		8:00AM-9:00AM (Strength) <i>Christina R.</i>			
Cycling Cycle		9:00AM-10:00AM (Cardio) <i>Holly K.</i>		9:00AM-10:00AM (Cardio) <i>Holly K.</i>			
Body Sculpt Group Ex Studio		10:00AM-11:00AM (Strength) <i>Holly K.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Arthritis Indoor Pool		10:45AM-11:45AM (Water Classes) <i>Joilynn H.</i>		10:45AM-11:45AM (Water Classes) <i>Karalynn P.</i>			
Beginning Balance Group Ex Studio		11:30AM-12:30PM (Restore) <i>Paula A.</i>			2:00PM-3:00PM (Restore) <i>Paula A.</i>		
Senior Groove Group Ex Studio		1:30PM-2:30PM (Cardio) <i>Paula A.</i>			12:30PM-1:30PM (Cardio) <i>Kenia F.</i>		
Swim Clinic Outdoor Pool		4:00PM-8:15PM (Swim Team)		4:00PM-8:15PM (Swim Team)	4:00PM-8:15PM (Swim Team)		
Yoga Vin Yin Group Ex Studio		6:30PM-7:20PM (Restore) <i>Emily K.</i>					
Yoga Vinyasa Group Ex Studio			7:45AM-8:45AM (Restore) <i>Kate T.</i>				9:30AM-10:30AM (Restore) <i>Affi E.</i>
Stretch, Core & More Group Ex Studio			9:00AM-10:00AM (Core) <i>Sandra D.</i>				
Total Barre Group Ex Studio			10:15AM-11:15AM (Core) <i>Affi E.</i>		10:15AM-11:15AM (Core) <i>Affi E.</i>		
Women's Total Workout (\$) Functional Fitness Studio A			10:30AM-11:30AM (Strength) <i>Heather M.</i>				
Perfect Balance Group Ex Studio			11:30AM-12:30PM (Restore) <i>Kenia F.</i>				
Pilates Mat Intermediate Group Ex Studio				9:00AM-10:00AM (Core) <i>Paula A.</i>			
Core + More Group Ex Studio				10:00AM-11:00AM (Core) <i>Holly K.</i>			
Zumba Gold Group Ex Studio				11:00AM-11:45AM (Cardio) <i>Sednima S.</i>			
Core Express Gentle Group Ex Studio				12:00PM-12:45PM (Core) <i>Toni M.</i>			
Yoga Restorative Group Ex Studio				6:30PM-7:30PM (Restore) <i>Jeannette D.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Circuit Functional Fitness Studio A					10:15AM-11:15AM (Strength) <i>Kenia F.</i>		
Yoga All Levels Group Ex Studio						7:45AM-8:45AM (Restore) <i>Jeannette D.</i>	
Strength & Tone Group Ex Studio							8:30AM-9:30AM (Strength) <i>Affi E.</i>
Zumba Group Ex Studio							11:00AM-12:00PM (Cardio) <i>Sednima S.</i>



Capital YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Gentle Yin Mind and Body Studio	8:00AM-8:50AM (Restore) <i>Johanna B.</i>	8:00AM-8:50AM (Restore) <i>Johanna B.</i>					
Over 40 Pick Up Basketball Gymnasium	4:00PM-6:00PM (Open Gym)						
Lap Swim Outdoor Pool	4:30PM-7:30PM (Lap Swim)	4:00PM-7:00PM (Lap Swim)	4:30PM-7:30PM (Lap Swim)	4:00PM-7:00PM (Lap Swim)	4:30PM-7:30PM (Lap Swim)	9:30AM-1:00PM (Lap Swim)	
Pilates Reformer (\$) Capital YMCA Pilates Studio	5:30PM-6:30PM (Pilates Reformer Classes) <i>Mari M.</i>		12:00PM-1:00PM (Pilates Reformer Classes) <i>Mari M.</i> 5:30PM-6:30PM (Pilates Reformer Classes) <i>Stefanie F.</i>	5:30PM-6:30PM (Pilates Reformer Classes) <i>Stefanie F.</i>	9:30AM-10:30AM (Pilates Reformer Classes) <i>Mari M.</i>		
Rowdy Yoga Group Fitness		12:00PM-12:50PM (Strength) <i>Katherine O.</i>					
Pilates Mat All Levels Group Fitness		1:00PM-1:50PM (Core) <i>Stefanie F.</i>	4:30PM-5:20PM (Core) <i>Stefanie F.</i>	12:15PM-1:00PM (Core) <i>Stefanie F.</i>			
Adult Volleyball Open Play Gymnasium		5:30PM-8:30PM (Adult Sports)					
Zumba Group Fitness			12:30PM-1:15PM (Cardio) <i>Jackie W.</i> 6:30PM-7:20PM (Cardio) <i>Angel T.</i>				
Top to Bottom Group Fitness			5:30PM-6:20PM (Strength) <i>Kristen M.</i>				
Adult Pick Up Basketball Gymnasium					11:00AM-2:00PM (Open Gym)		
Adult Basketball - Closed gym Gymnasium							9:00AM-12:00PM (Adult Sports)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Reformer Circuit (\$) Pilates Studio							11:00AM-12:00PM (Pilates Reformer Classes) <i>Stefanie F.</i>



Oroville YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Chair Gymnasium	9:00AM-9:50AM (Restore) <i>Karen L.</i>		9:00AM-9:50AM (Restore) <i>Karen L.</i>		9:00AM-9:50AM (Restore) <i>Karen L.</i>		
Head to Toe Gymnasium	10:00AM-10:50AM (Strength) <i>Arla W.</i>		10:00AM-10:50AM (Strength) <i>Arla W.</i>				
U-Jam Mind Body Studio	5:45PM-6:45PM (Cardio) <i>Staff S.</i>				10:00AM-10:50AM (Cardio) <i>Staff S.</i>		
Yogalates Mind Body Studio		9:00AM-9:50AM (Core) <i>Karen L.</i>		9:00AM-9:50AM (Core) <i>Karen L.</i>			
Zumba Toning Mind Body Studio		5:30PM-6:45PM (Cardio) <i>Karen L.</i>		5:45PM-6:45PM (Cardio) <i>Karen L.</i>			
Zumba Mind Body Studio						9:00AM-9:50AM (Cardio) <i>Karen L.</i>	
Yoga Renew Mind Body Studio						10:00AM-10:50AM (Strength) <i>Karen L.</i>	



Yolo County YMCA College Street | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Fireside Room	9:00AM-8:00PM (Open Gym)		9:00AM-5:00PM (Open Gym)		9:00AM-5:00PM (Open Gym)		
Yoga Chair Gymnasium	9:00AM-9:50AM (Restore) <i>Jennifer H.</i>				9:00AM-9:50AM (Restore) <i>Jennifer H.</i>		
Indoor Open Pickleball Gymnasium	11:00AM-1:00PM (Pickleball)	11:00AM-1:00PM (Pickleball)	12:00AM-2:00PM (Pickleball)	11:00AM-1:00PM (Pickleball)	11:00AM-1:00PM (Pickleball)		
Rowdy Yoga Gymnasium			10:00AM-10:50AM (Strength) <i>Katherine O.</i>				
Line Dancing Gymnasium			11:00AM-11:50AM (Cardio) <i>Katherine O.</i>				



Woodland YMCA Gym and Fitness Center | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Viniyoga Fitness Center: Gymnasium	5:30PM-6:20PM (Restore) <i>Jennifer H.</i>		5:30PM-6:20PM (Restore) <i>Jennifer H.</i>		5:30PM-6:20PM (Restore) <i>Jennifer H.</i>		
Cycling Open Fitness Center: Gymnasium		6:30AM-7:20AM (Cardio) <i>Kelly H.</i>			6:30AM-7:20AM (Cardio) <i>Kelly H.</i>		
Chair Fitness Fitness Center: Gymnasium		11:30AM-12:10PM (Strength) <i>Sabrina V.</i>		11:30AM-12:10PM (Strength) <i>Sabrina V.</i>			
Zumba Fitness Center: Gymnasium		5:30PM-6:20PM (Cardio) <i>Vanessa G.</i>		5:30PM-6:20PM (Cardio) <i>Vanessa G.</i>			
Yoga All Levels Fitness Center: Gymnasium		6:30PM-7:20PM (Restore) <i>Ebony M.</i>		6:30AM-7:20AM (Restore) <i>Jennifer H.</i>			
Pilates Mat Beginner Fitness Center: Gymnasium			7:00AM-7:50AM (Core) <i>Beth C.</i>				
Tai Chi Fitness Center: Gymnasium			11:30AM-12:10PM (Restore) <i>Susan B.</i>		11:30AM-12:10PM (Restore) <i>Susan B.</i>		
Yoga Flow Fitness Center: Gymnasium				6:30PM-7:20PM (Restore) <i>Lauren P.</i>			