



## Lakewood Family YMCA | September 13th - September 19th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b> Pool	6:00AM-7:50AM (Drop-In Swim)  10:00AM-2:00PM (Drop-In Swim)  4:30PM-6:30PM (Drop-In Swim)	6:00AM-7:50AM (Drop-In Swim)  10:00AM-3:00PM (Drop-In Swim)	6:00AM-7:50AM (Drop-In Swim)  10:00AM-2:00PM (Drop-In Swim)	6:00AM-7:50AM (Drop-In Swim)  10:00AM-3:00PM (Drop-In Swim)	6:00AM-7:50AM (Drop-In Swim)  10:00AM-2:00PM (Drop-In Swim)  4:30PM-6:30PM (Drop-In Swim)	7:00AM-8:30AM (Drop-In Swim)	8:00AM-12:00PM (Drop-In Swim)
<b>Aqua Fit - Deep Water</b>	8:00AM-8:50AM (Aquatic Exercise Classes)	8:00AM-8:50AM (Aquatic Exercise Classes)  7:00PM-7:50PM (Aquatic Exercise Classes)	8:00AM-8:50AM (Aquatic Exercise Classes)	8:00AM-8:50AM (Aquatic Exercise Classes)  7:00PM-7:50PM (Aquatic Exercise Classes)	8:00AM-8:50AM (Aquatic Exercise Classes)		
<b>Aqua Fit - Shallow Water</b>	9:00AM-9:50AM (Aquatic Exercise Classes)	9:00AM-9:50AM (Aquatic Exercise Classes)	9:00AM-9:50AM (Aquatic Exercise Classes)	9:00AM-9:50AM (Aquatic Exercise Classes)	9:00AM-9:50AM (Aquatic Exercise Classes)	8:30AM-9:15AM (Aquatic Exercise Classes)	
<b>Arthritis Water Fitness</b>	2:00PM-2:50PM (Aquatic Exercise Classes) <i>Ursula</i>		2:00PM-2:50PM (Aquatic Exercise Classes) <i>Ursula</i>		2:00PM-2:50PM (Aquatic Exercise Classes) <i>Ursula</i>		
<b>Family Swim</b> Pool	3:00PM-4:30PM (Drop-In Swim)	3:00PM-4:30PM (Drop-In Swim)	3:00PM-4:30PM (Drop-In Swim)	3:00PM-4:30PM (Drop-In Swim)	3:00PM-4:30PM (Drop-In Swim)	1:00PM-4:00PM (Drop-In Swim)	12:00PM-4:00PM (Drop-In Swim)
<b>Cycle</b> Cycle Studio	6:00PM-6:50PM (Group Exercise Classes) <i>Alexandria</i>						
<b>Power Yoga</b>	6:00PM-6:50PM (Yoga) <i>Meghan</i>						
<b>Family Swim</b>	6:30PM-8:00PM (Drop-In Swim)				6:30PM-8:00PM (Drop-In Swim)		
<b>Cycle &amp; Strength</b>		6:15AM-7:05AM (Group Exercise Classes) <i>Shannon</i>		6:15AM-7:05AM (Group Exercise Classes) <i>Shannon</i>			
<b>Step Fusion</b>		8:00AM-9:20AM (Group Exercise Classes) <i>Meagan</i>		8:00AM-9:20AM (Group Exercise Classes) <i>Meagan</i>			
<b>BOOM Move®</b>		9:30AM-9:55AM (Group Exercise Classes) <i>Cindy</i>					
<b>Lap Swim (Appointment Only)</b> Pool		5:00PM-7:00PM (Drop-In Swim)	5:00PM-7:00PM (Drop-In Swim)	5:00PM-7:00PM (Drop-In Swim)			

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<b>Cycle</b>		6:00PM-6:50PM (Group Exercise Classes) <i>Laura</i>				8:00AM-8:50AM (Group Exercise Classes) <i>Tom</i>	9:00AM-9:50AM (Group Exercise Classes) <i>Shannon</i>
<b>Step</b>		6:00PM-6:50PM (Group Exercise Classes) <i>Mary</i>		7:00PM-7:50PM (Group Exercise Classes) <i>Mary</i>		10:00AM-10:50AM (Group Exercise Classes) <i>Mary</i>	
<b>Tai Chi</b>			8:00AM-8:50AM (Group Exercise Classes) <i>Chris</i>				
<b>Rebound</b>			6:00PM-6:50PM (Group Exercise Classes) <i>Mary</i>				
<b>Aqua Fit - Shallow Water</b> Pool			7:00PM-7:50PM (Aquatic Exercise Classes)				
<b>SilverSneakers Circuit®</b>				10:00AM-10:50AM (Group Exercise Classes) <i>Mo</i>			
<b>Kid's Fitness</b> Community Room or Courtyard				6:00PM-6:50PM (Youth Exercise Classes) <i>Josh/Angie</i>			
<b>Meditation</b>				6:00PM-6:50PM (Group Exercise Classes) <i>Mercedes</i>			
<b>TRX</b> TRX Room				7:00PM-7:50PM (Small Group and Specialty Training) <i>TBA</i>			
<b>Barre</b>					6:15AM-7:05AM (Group Exercise Classes) <i>Patty</i>		
<b>MS Water Class</b> Pool					5:30PM-6:30PM (Group Exercise Classes)		
<b>Slow Flow Yoga</b> Community Room					6:00PM-6:50PM (Yoga) <i>Sara</i>		
<b>Cardio Dance</b>					6:30PM-7:20PM (Group Exercise Classes) <i>Gail</i>		
<b>Swim Lessons</b> Pool						9:00AM-1:00PM (Swim Lessons - Youth)	
<b>Aqua Fit - Deep Water</b> Pool						9:15AM-10:00AM (Aquatic Exercise Classes)	
<b>Cycle Ride</b>						10:00AM-10:50AM (Group Exercise Classes) <i>TBA</i>	

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<b>Yoga: Healthy Spine &amp; Hips</b> Community Room						11:00AM-11:50AM (Yoga) <i>Sara</i>	
<b>Pure Strength</b>							10:15AM-11:05AM (Group Exercise Classes) <i>Laura</i>