



West Park-Fairview Family YMCA | January 9th - January 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym	6:00AM-10:15AM (Other Sports) 11:30AM-5:20PM (Other Sports)	6:00AM-10:15AM (Other Sports) 11:30AM-5:00PM (Other Sports)	6:00AM-10:15AM (Other Sports) 11:30AM-3:45PM (Other Sports)	6:00AM-10:15AM (Other Sports) 11:30AM-5:20PM (Other Sports)	6:00AM-10:15AM (Other Sports) 11:30AM-5:00PM (Other Sports)	12:00PM-3:45PM (Other Sports)	
Balance & Strength Group Exe room	10:30AM-11:15AM (Group Exercise Classes) <i>Teresa</i>						
Swim Lesson Pool	4:45PM-6:00PM (Swim Lessons - Private)	4:45PM-7:00PM (Swim Lessons - Private)		4:45PM-7:00PM (Swim Lessons - Private)			
Aqua Aerobics Pool	6:15PM-7:00PM (Aquatic Exercise Classes)						
Pure Strength Group Exe room	6:15PM-7:00PM (Group Exercise Classes) <i>Andrea</i>	9:15AM-10:00AM (Group Exercise Classes) <i>Adria</i>		6:30PM-7:15PM (Group Exercise Classes) <i>Jessica</i>		8:30AM-9:15AM (Group Exercise Classes) <i>Kim</i>	
Yoga Flow Vinyasa Group Exe room	7:15PM-8:00PM (Yoga) <i>Kim W.</i>			9:15AM-10:00AM (Yoga) <i>Kim W.</i>			
Silver Sneaker Classic Gym		10:30AM-11:15AM (Group Exercise Classes) <i>Christine</i>		10:30AM-11:15AM (Group Exercise Classes) <i>Teresa</i>			
Family Boot Camp Gym		6:00PM-7:00PM (Group Exercise Classes) <i>Alex</i>					
Barre Group Exe room		7:00PM-7:45PM (Group Exercise Classes) <i>Alex</i>					
Tai Chi Gym			10:00AM-10:45AM (Group Exercise Classes) <i>Chris</i>				
Chair Yoga Group Exe room			11:00AM-11:45AM (Yoga) <i>Ann</i>				
Family Swim Pool			5:30PM-7:00PM (Drop-In Swim)		4:00PM-7:40PM (Drop-In Swim)	11:30AM-2:00PM (Drop-In Swim)	12:00PM-2:00PM (Drop-In Swim)
Yoga Flow Group Exe room			7:00PM-7:45PM (Yoga) <i>Kim</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Preschool Swim Pool				9:30AM-10:30AM (Swim Lessons - Child with Adult)			
Step Express Group Exe room				5:45PM-6:30PM (Group Exercise Classes) <i>Delinda/Mary</i>			
Pilates Group Exe room				7:30PM-8:15PM (Group Exercise Classes) <i>Delinda</i>			
Cardio Combo Group Exe room					9:15AM-10:00AM (Group Exercise Classes) <i>Adria</i>		
Fitness after 50 Group Exe room					10:30AM-11:15AM (Group Exercise Classes) <i>Mo</i>		
Boot Camp Gym						9:30AM-10:15AM (Group Exercise Classes) <i>Alex</i>	
Pilates Express Group Exe room						9:30AM-10:00AM (Group Exercise Classes) <i>Kim</i>	
adult basketball league Gym							10:00AM-3:45PM (Sports Leagues)