



**Dowd YMCA | May 5th - May 11th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div><div>\$ Fit 3D Scan</div><div>Dowd YMCA</div><div><a href="#">Book</a></div></div>					<div>8:40PM-9:00PM (Appointments) <i>Dowd Y.</i></div>	<div>8:00AM-8:20AM (Appointments) <i>Dowd Y.</i></div> <div>8:20AM-8:40AM (Appointments) <i>Dowd Y.</i></div> <div>8:40AM-9:00AM (Appointments) <i>Dowd Y.</i></div> <div>9:00AM-9:20AM (Appointments) <i>Dowd Y.</i></div> <div>9:20AM-9:40AM (Appointments) <i>Dowd Y.</i></div> <div>9:40AM-10:00AM (Appointments) <i>Dowd Y.</i></div> <div>10:00AM-10:20AM (Appointments) <i>Dowd Y.</i></div> <div>10:20AM-10:40AM (Appointments) <i>Dowd Y.</i></div> <div>10:40AM-11:00AM (Appointments) <i>Dowd Y.</i></div> <div>11:00AM-11:20AM (Appointments) <i>Dowd Y.</i></div> <div>11:20AM-11:40AM (Appointments) <i>Dowd Y.</i></div> <div>11:40AM-12:00PM (Appointments) <i>Dowd Y.</i></div> <div>12:00PM-12:20PM (Appointments) <i>Dowd Y.</i></div> <div>12:20PM-12:40PM (Appointments) <i>Dowd Y.</i></div> <div>12:40PM-1:00PM (Appointments) <i>Dowd Y.</i></div> <div>1:00PM-1:20PM (Appointments) <i>Dowd Y.</i></div> <div>1:20PM-1:40PM (Appointments) <i>Dowd Y.</i></div> <div>1:40PM-2:00PM (Appointments) <i>Dowd Y.</i></div> <div>2:00PM-2:20PM (Appointments) <i>Dowd Y.</i></div> <div>2:20PM-2:40PM (Appointments) <i>Dowd Y.</i></div> <div>2:40PM-3:00PM (Appointments) <i>Dowd Y.</i></div> <div>3:00PM-3:20PM (Appointments) <i>Dowd Y.</i></div> <div>3:20PM-3:40PM (Appointments) <i>Dowd Y.</i></div> <div>3:40PM-4:00PM (Appointments) <i>Dowd Y.</i></div> <div>4:00PM-4:20PM (Appointments) <i>Dowd Y.</i></div> <div>4:20PM-4:40PM (Appointments) <i>Dowd Y.</i></div> <div>4:40PM-5:00PM (Appointments) <i>Dowd Y.</i></div>	<div>1:00PM-1:20PM (Appointments) <i>Dowd Y.</i></div> <div>1:20PM-1:40PM (Appointments) <i>Dowd Y.</i></div> <div>1:40PM-2:00PM (Appointments) <i>Dowd Y.</i></div> <div>2:00PM-2:20PM (Appointments) <i>Dowd Y.</i></div> <div>2:20PM-2:40PM (Appointments) <i>Dowd Y.</i></div> <div>2:40PM-3:00PM (Appointments) <i>Dowd Y.</i></div> <div>3:00PM-3:20PM (Appointments) <i>Dowd Y.</i></div> <div>3:20PM-3:40PM (Appointments) <i>Dowd Y.</i></div> <div>3:40PM-4:00PM (Appointments) <i>Dowd Y.</i></div> <div>4:00PM-4:20PM (Appointments) <i>Dowd Y.</i></div> <div>4:20PM-4:40PM (Appointments) <i>Dowd Y.</i></div> <div>4:40PM-5:00PM (Appointments) <i>Dowd Y.</i></div>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Racquetball</b> Dowd: Racquetball Court 1 <a href="#">Book</a>					9:00PM-10:00PM (Reserve a Court) <i>Court 1.</i>  <		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: Shared Lane (Reserved) Dowd: Aquatics Center/Warm Pool <a href="#">Book</a>					9:15PM-9:45PM (Pools) Staff  9:45PM-10:15PM (Pools) Staff	7:00AM-7:30AM (Pools) Staff  7:30AM-8:00AM (Pools) Staff  8:00AM-8:30AM (Pools) Staff  8:30AM-9:00AM (Pools) Staff  9:00AM-9:30AM (Pools) Staff  9:30AM-10:00AM (Pools) Staff  9:45AM-10:15AM (Pools) Staff  10:00AM-10:30AM (Pools) Staff  10:30AM-11:00AM (Pools) Staff  11:00AM-11:30AM (Pools) Staff  11:30AM-12:00PM (Pools) Staff  12:00PM-12:30PM (Pools) Staff  12:30PM-1:00PM (Pools) Staff  1:00PM-1:30PM (Pools) Staff  1:30PM-2:00PM (Pools) Staff  2:00PM-2:45PM (Pools) Staff  3:00PM-3:30PM (Pools) Staff  3:30PM-4:00PM (Pools) Staff  4:15PM-4:45PM (Pools) Staff  4:45PM-5:15PM (Pools) Staff  8:00PM-8:30PM (Pools) Staff  8:30PM-9:00PM (Pools) Staff  9:15PM-9:45PM (Pools) Staff  9:45PM-10:15PM (Pools) Staff	12:00PM-12:30PM (Pools) Staff  12:30PM-1:00PM (Pools) Staff  1:00PM-1:30PM (Pools) Staff  1:30PM-2:00PM (Pools) Staff  2:00PM-2:30PM (Pools) Staff  2:30PM-3:00PM (Pools) Staff  3:00PM-3:30PM (Pools) Staff  3:30PM-4:00PM (Pools) Staff  4:00PM-4:30PM (Pools) Staff  4:30PM-5:00PM (Pools) Staff  5:00PM-5:30PM (Pools) Staff

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Lane: Shared Lane (Reserved)</b> Dowd: Aquatics Center/Cool Pool <a href="#">Book</a>					<div>9:30PM-10:00PM (Pools) Staff</div> <div>10:00PM-10:30PM (Pools) Staff</div>	<div>7:00AM-7:30AM (Pools) Staff</div> <div>7:30AM-8:00AM (Pools) Staff</div> <div>8:00AM-8:30AM (Pools) Staff</div> <div>8:30AM-9:00AM (Pools) Staff</div> <div>9:00AM-9:30AM (Pools) Staff</div> <div>9:30AM-10:00AM (Pools) Staff</div> <div>10:00AM-10:30AM (Pools) Staff</div> <div>10:30AM-11:00AM (Pools) Staff</div> <div>11:00AM-11:30AM (Pools) Staff</div> <div>11:30AM-12:00PM (Pools) Staff</div> <div>12:00PM-12:30PM (Pools) Staff</div> <div>12:30PM-1:00PM (Pools) Staff</div> <div>1:00PM-1:30PM (Pools) Staff</div> <div>1:30PM-2:00PM (Pools) Staff</div> <div>2:00PM-2:30PM (Pools) Staff</div> <div>2:30PM-3:00PM (Pools) Staff</div> <div>3:15PM-3:45PM (Pools) Staff</div> <div>3:45PM-4:15PM (Pools) Staff</div> <div>4:30PM-5:00PM (Pools) Staff</div> <div>5:00PM-5:30PM (Pools) Staff</div>	<div>12:00PM-12:30PM (Pools) Staff</div> <div>12:30PM-1:00PM (Pools) Staff</div> <div>1:00PM-1:30PM (Pools) Staff</div> <div>1:30PM-2:00PM (Pools) Staff</div> <div>2:00PM-2:30PM (Pools) Staff</div> <div>2:30PM-3:00PM (Pools) Staff</div> <div>3:00PM-3:30PM (Pools) Staff</div> <div>3:30PM-4:00PM (Pools) Staff</div> <div>4:00PM-4:30PM (Pools) Staff</div> <div>4:30PM-5:00PM (Pools) Staff</div> <div>5:00PM-5:30PM (Pools) Staff</div>
<b>Pickleball</b> Dowd YMCA <a href="#">Book</a>						<div>7:00AM-9:00AM (Open Play) Hines G.</div> <div>10:00AM-11:00AM (Reserve a Court) Court 1.</div>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Racquetball</b> Dowd: Racquetball Court 2 <a href="#">Book</a>						7:30AM-8:30AM (Reserve a Court) <i>Court 2.</i>  8:30AM-9:30AM (Reserve a Court) <i>Court 2.</i>  9:30AM-10:30AM (Reserve a Court) <i>Court 2.</i>  10:30AM-11:30AM (Reserve a Court) <i>Court 2.</i>  11:30AM-12:30PM (Reserve a Court) <i>Court 2.</i>  12:30PM-1:30PM (Reserve a Court) <i>Court 2.</i>  1:30PM-2:30PM (Reserve a Court) <i>Court 2.</i>  2:30PM-3:30PM (Reserve a Court) <i>Court 2.</i>  3:30PM-4:30PM (Reserve a Court) <i>Court 2.</i>  4:30PM-5:30PM (Reserve a Court) <i>Court 2.</i>	12:30PM-1:30PM (Reserve a Court) <i>Court 2.</i>  1:30PM-2:30PM (Reserve a Court) <i>Court 2.</i>  2:30PM-3:30PM (Reserve a Court) <i>Court 2.</i>  3:30PM-4:30PM (Reserve a Court) <i>Court 2.</i>  4:30PM-5:30PM (Reserve a Court) <i>Court 2.</i>
<b>Racquetball</b> Dowd: Racquetball Court 4 <a href="#">Book</a>						7:30AM-8:30AM (Reserve a Court) <i>Court 4.</i>  8:30AM-9:30AM (Reserve a Court) <i>Court 4.</i>  9:30AM-10:30AM (Reserve a Court) <i>Court 4.</i>  10:30AM-11:30AM (Reserve a Court) <i>Court 4.</i>  11:30AM-12:30PM (Reserve a Court) <i>Court 4.</i>  12:30PM-1:30PM (Reserve a Court) <i>Court 4.</i>  1:30PM-2:30PM (Reserve a Court) <i>Court 4.</i>  2:30PM-3:30PM (Reserve a Court) <i>Court 4.</i>  3:30PM-4:30PM (Reserve a Court) <i>Court 4.</i>  4:30PM-5:30PM (Reserve a Court) <i>Court 4.</i>	12:30PM-1:30PM (Reserve a Court) <i>Court 4.</i>  1:30PM-2:30PM (Reserve a Court) <i>Court 4.</i>  2:30PM-3:30PM (Reserve a Court) <i>Court 4.</i>  3:30PM-4:30PM (Reserve a Court) <i>Court 4.</i>  4:30PM-5:30PM (Reserve a Court) <i>Court 4.</i>
<b>Vinyasa Yoga</b> Dowd: Yoga Studio <a href="#">Book</a>						7:30AM-8:30AM (Group Exercise) <i>Mardee J.</i>	1:00PM-2:00PM (Group Exercise) <i>Nicole L.</i>
<b>Cycle</b> Dowd: Cycle Studio <a href="#">Book</a>						7:45AM-8:30AM (Group Exercise) <i>Kesha D.</i>  9:00AM-9:45AM (Group Exercise) <i>Julie W.</i>	1:15PM-2:05PM (Group Exercise) <i>Darren S.</i>
<b>Cardio Strength</b> Dowd: Keith Studio <a href="#">Book</a>						8:00AM-8:45AM (Group Exercise) <i>Julie W.</i>	12:15PM-1:00PM (Group Exercise) <i>Claudia G.</i>
<b>Shallow Water Cardio Fitness</b> Dowd: Aquatics Center/Warm Pool <a href="#">Book</a>						8:05AM-8:55AM (Group Exercise) <i>Donnetta C.</i>	
<b>Barre</b> Dowd: Barre Studio <a href="#">Book</a>						8:15AM-9:15AM (Group Exercise) <i>Heather H.</i>	12:30PM-1:30PM (Group Exercise) <i>Julie W.</i>
<b>\$ CrossFit</b> Dowd: Sports Performance Studio <a href="#">Book</a>						8:30AM-9:30AM (\$ Group Training) <i>Rotating I.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Gym Not Available</b> Dowd: Hines Gym <a href="#">Book</a>						9:00AM-10:00AM (Open Play) <i>Hines G.</i>	
<b>Athletic Conditioning</b> Dowd: Keith Studio <a href="#">Book</a>						9:00AM-9:45AM (Group Exercise) <i>Justin A.</i>	
<b>Hot Vinyasa Yoga</b> Dowd: Yoga Studio <a href="#">Book</a>						9:00AM-10:00AM (Group Exercise) <i>Mardee J.</i>	3:30PM-4:30PM (Group Exercise) <i>Kirsten G.</i>
<b>\$ CrossFit Open Gym</b> Dowd: Sports Performance Studio <a href="#">Book</a>						9:30AM-12:30PM (\$ Group Training) <i>Dowd R.</i>	
<b>Pilates</b> Dowd: Barre Studio <a href="#">Book</a>						9:30AM-10:30AM (Group Exercise) <i>Kesha D.</i>	
<b>Pickleball</b> Dowd: Hines Gym <a href="#">Book</a>						10:00AM-11:00AM (Open Play) <i>Hines G.</i>	
<b>\$ Pilates Small Group Circuit</b> Dowd: Pilates Reformer Studio <a href="#">Book</a>						10:00AM-11:00AM (\$ Group Training) <i>Julie W.</i>	
<b>Total Strength</b> Dowd: Keith Studio <a href="#">Book</a>						10:00AM-10:45AM (Group Exercise) <i>Cara B.</i>	
<b>Open Gym</b> Dowd: Hines Gym <a href="#">Book</a>						11:00AM-6:00PM (Open Play) <i>Hines G.</i>	12:00PM-6:00PM (Open Play) <i>Hines G.</i>
<b>Cardio Dance</b> Dowd: Keith Studio <a href="#">Book</a>						11:00AM-11:45AM (Group Exercise) <i>Master J.</i>	1:15PM-2:00PM (Group Exercise) <i>Pariss C.</i>
<b>Deep Stretch</b> Dowd: Yoga Studio <a href="#">Book</a>						11:00AM-12:00PM (Group Exercise) <i>Sunny G.</i>	2:15PM-3:15PM (Group Exercise) <i>Renice T.</i>
<b>\$ Private Pilates 60mins</b> Dowd YMCA <a href="#">Book</a>						11:15AM-12:15PM (Appointments) <i>Julie W.</i>	
<b>Xtreme Hip Hop Step®</b> Dowd: Keith Studio <a href="#">Book</a>						12:00PM-1:00PM (Group Exercise) <i>Letasha W.</i>	
<b>(\$) Pilates Reformer Fundamentals</b> Dowd: Pilates Reformer Studio <a href="#">Book</a>							2:00PM-3:00PM (\$ Group Training) <i>Julie W.</i>



## Harris YMCA | May 5th - May 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>\$ PT 30mins</b> Harris YMCA <a href="#">Book</a>						7:00AM-7:30AM (Appointments) <i>Jamal J.</i>	
<b>Mixed Level Yoga</b> Harris: Group Exercise <a href="#">Book</a>						7:15AM-8:15AM (Group Exercise) <i>Linda M.</i>	
<b>Cycle</b> Harris: Cycle Studio <a href="#">Book</a>						8:00AM-8:45AM (Group Exercise) <i>Ashley R.</i>  9:15AM-10:00AM (Group Exercise) <i>Matthew P.</i>	12:30PM-1:15PM (Group Exercise) <i>Shannan S.</i>
<b>Group Power®</b> Harris: Gymnasium - Court A <a href="#">Book</a>						8:30AM-9:25AM (Group Exercise) <i>Linda M.</i>	
<b>Step</b> Harris: Group Exercise <a href="#">Book</a>						9:00AM-9:55AM (Group Exercise) <i>Carolyn B.</i>	
<b>TurboKick®</b> Harris: Gymnasium - Court A <a href="#">Book</a>						10:15AM-11:10AM (Group Exercise) <i>Carolyn B.</i>	
<b>Barre</b> Harris: Group Exercise <a href="#">Book</a>						10:15AM-11:10AM (Group Exercise) <i>Linda M.</i>	
<b>Yoga Basics</b> Harris: Group Exercise <a href="#">Book</a>						11:45AM-12:45PM (Group Exercise) <i>Mary D.</i>	
<b>Cardio Dance</b> Harris: Group Exercise <a href="#">Book</a>						1:00PM-1:55PM (Group Exercise) <i>Sammi D.</i>	
<b>Group Power®</b> Harris: Group Exercise <a href="#">Book</a>							12:15PM-1:10PM (Group Exercise) <i>Linda M.</i>
<b>Athletic Conditioning</b> Harris: Cotty Athletic Fields <a href="#">Book</a>							12:30PM-1:25PM (Group Exercise) <i>Neal P.</i>
<b>Cardio Dance</b> Harris YMCA <a href="#">Book</a>							1:00PM-1:55PM (Group Exercise) <i>James R.</i>



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Power Yoga</b> Harris: Group Exercise <a href="#">Book</a>							1:30PM-2:30PM (Group Exercise) <i>Sarah O.</i>
<b>Core Strength</b> Harris YMCA <a href="#">Book</a>							3:00PM-3:55PM (Group Exercise) <i>Gay G.</i>
<b>Deep Stretch</b> Harris: Group Exercise <a href="#">Book</a>							4:15PM-5:15PM (Group Exercise) <i>Gay G.</i>



**Childress Klein YMCA | May 5th - May 11th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Lane: Shared Lane (Reserved)</b> Childress Klein: Pool <a href="#">Book</a>						7:00AM-7:30AM (Pools) <i>Staff</i>  7:30AM-8:00AM (Pools) <i>Staff</i>  8:45AM-9:15AM (Pools) <i>Staff</i>  9:30AM-10:00AM (Pools) <i>Staff</i>  10:00AM-10:30AM (Pools) <i>Staff</i>  10:45AM-11:15AM (Pools) <i>Staff</i>  11:15AM-11:45AM (Pools) <i>Staff</i>  12:00PM-12:30PM (Pools) <i>Staff</i>  12:30PM-1:00PM (Pools) <i>Staff</i>  1:15PM-1:45PM (Pools) <i>Staff</i>  1:45PM-2:15PM (Pools) <i>Staff</i>  2:30PM-3:00PM (Pools) <i>Staff</i>  3:00PM-3:30PM (Pools) <i>Staff</i>	8:15AM-8:45AM (Pools) <i>Staff</i>  10:00AM-10:30AM (Pools) <i>Staff</i>  10:30AM-11:00AM (Pools) <i>Staff</i>  11:15AM-11:45AM (Pools) <i>Staff</i>  11:45AM-12:15PM (Pools) <i>Staff</i>  12:30PM-1:00PM (Pools) <i>Staff</i>  1:00PM-1:30PM (Pools) <i>Staff</i>
<b>Deep Stretch</b> Childress Klein: Annex/Studio <a href="#">Book</a>						9:30AM-10:30AM (Group Exercise) <i>Dawn R.</i>	
<b>Mixed Level Yoga</b> Childress Klein: Annex/Studio <a href="#">Book</a>							11:00AM-12:00PM (Group Exercise) <i>Dawn R.</i>





**Simmons YMCA | May 5th - May 11th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: Single Lane (Reserved) Simmons YMCA <a href="#">Book</a>						7:00AM-7:30AM (Pools) Staff  7:30AM-8:00AM (Pools) Staff  7:30AM-8:00AM (Pools) Staff  8:00AM-8:30AM (Pools) Staff  8:30AM-9:00AM (Pools) Staff  9:30AM-10:00AM (Pools) Staff  10:30AM-11:00AM (Pools) Staff  11:00AM-11:30AM (Pools) Staff  11:30AM-12:00PM (Pools) Staff  12:00PM-12:30PM (Pools) Staff  12:30PM-1:00PM (Pools) Staff  4:00PM-4:30PM (Pools) Staff  5:30PM-6:00PM (Pools) Staff  7:00PM-7:30PM (Pools) Staff  7:30PM-8:00PM (Pools) Staff	6:00AM-6:30AM (Pools) Staff  6:30AM-7:00AM (Pools) Staff  7:00AM-7:30AM (Pools) Staff  7:30AM-8:00AM (Pools) Staff  8:00AM-8:30AM (Pools) Staff  8:30AM-9:00AM (Pools) Staff  9:30AM-10:00AM (Pools) Staff  10:30AM-11:00AM (Pools) Staff  11:00AM-11:30AM (Pools) Staff  11:30AM-12:00PM (Pools) Staff  12:00PM-12:30PM (Pools) Staff  12:30PM-1:00PM (Pools) Staff  4:00PM-4:30PM (Pools) Staff  5:00PM-5:30PM (Pools) Staff  5:30PM-6:00PM (Pools) Staff  7:00PM-7:30PM (Pools) Staff  7:30PM-8:00PM (Pools) Staff  8:00PM-8:45PM (Pools) Staff

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Lane: 3 Shared Lanes</b> Simmons YMCA <a href="#">Book</a>						<div>7:30AM-8:00AM (Pools) Staff</div> <div>7:30AM-8:00AM (Pools) Staff</div> <div>8:00AM-8:30AM (Pools) Staff</div> <div>8:30AM-9:00AM (Pools) Staff</div> <div>10:30AM-11:00AM (Pools) Staff</div> <div>11:00AM-11:30AM (Pools) Staff</div> <div>11:30AM-12:00PM (Pools) Staff</div> <div>12:00PM-12:30PM (Pools) Staff</div> <div>12:30PM-1:00PM (Pools) Staff</div> <div>4:00PM-4:30PM (Pools) Staff</div> <div>5:00PM-5:30PM (Pools) Staff</div> <div>5:30PM-6:00PM (Pools) Staff</div> <div>7:00PM-7:30PM (Pools) Staff</div> <div>7:30PM-8:00PM (Pools) Staff</div>	<div>6:00AM-6:30AM (Pools) Staff</div> <div>6:30AM-7:00AM (Pools) Staff</div> <div>7:30AM-8:00AM (Pools) Staff</div> <div>7:30AM-8:00AM (Pools) Staff</div> <div>8:00AM-8:30AM (Pools) Staff</div> <div>8:30AM-9:00AM (Pools) Staff</div> <div>4:00PM-4:30PM (Pools) Staff</div> <div>5:00PM-5:30PM (Pools) Staff</div> <div>5:30PM-6:00PM (Pools) Staff</div> <div>7:00PM-7:30PM (Pools) Staff</div> <div>7:30PM-8:00PM (Pools) Staff</div> <div>8:00PM-8:45PM (Pools) Staff</div>
<b>Reserved for YMCA Aquatics Program</b> Simmons YMCA <a href="#">Book</a>						<div>8:00AM-9:00AM (Pools) Staff</div> <div>9:00AM-11:00AM (Pools) Staff</div> <div>1:00PM-4:00PM (Pools) Staff</div>	<div>9:00AM-11:00AM (Pools) Staff</div> <div>1:00PM-4:00PM (Pools) Staff</div>
<b>Deep and Shallow Water Cardio Fitness</b> Simmons: Indoor Pool <a href="#">Book</a>						<div>8:10AM-9:00AM (Group Exercise) Ann L.</div>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Simmons YMCA <a href="#">Book</a>						8:30AM-9:15AM (Group Exercise) <i>Simmons R.</i>	
<b>Lap Lane: Single Lane (Reserved)</b> Simmons: Indoor Pool <a href="#">Book</a>						9:00AM-9:30AM (Pools) <i>Staff</i>	9:00AM-9:30AM (Pools) <i>Staff</i>
<b>Lap Lane: 2 Shared Lanes</b> Simmons YMCA <a href="#">Book</a>						9:00AM-9:30AM (Pools) <i>Staff</i>  10:00AM-10:30AM (Pools) <i>Staff</i>  1:00PM-1:30PM (Pools) <i>Staff</i>  1:30PM-2:00PM (Pools) <i>Staff</i>  2:00PM-2:30PM (Pools) <i>Staff</i>  2:30PM-3:00PM (Pools) <i>Staff</i>  3:00PM-3:30PM (Pools) <i>Staff</i>  3:30PM-4:00PM (Pools) <i>Staff</i>	
<b>Family Swim</b> Simmons YMCA <a href="#">Book</a>						9:30AM-10:30AM (Pools) <i>Staff</i>  1:00PM-5:00PM (Pools) <i>Staff</i>	
<b>Yoga Basics</b> Simmons: Group Exercise Studio <a href="#">Book</a>						9:30AM-10:30AM (Group Exercise) <i>Gloria R.</i>	
<b>WERQ</b> Simmons: Group Exercise Studio <a href="#">Book</a>						10:45AM-11:40AM (Group Exercise) <i>Gabrielle H.</i>	
<b>Lap Lane: 1 Shared Lane</b> Simmons YMCA <a href="#">Book</a>							12:00PM-1:00PM (Pools) <i>Staff</i>  2:00PM-3:00PM (Pools) <i>Staff</i>  3:00PM-4:00PM (Pools) <i>Staff</i>  4:00PM-4:45PM (Pools) <i>Staff</i>



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Fight®</b> Simmons: Group Exercise Studio <a href="#">Book</a>							2:00PM-2:55PM (Group Exercise) <i>Colinthia W.</i>



**Brace Family YMCA | May 5th - May 11th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: Shared Lane (Reserved) Brace: Indoor Pool <a href="#">Book</a>						7:00AM-7:30AM (Pools) Brace F.  7:30AM-8:00AM (Pools) Brace F.  8:00AM-8:30AM (Pools) Brace F.  8:30AM-9:00AM (Pools) Brace F.  11:00AM-11:30AM (Pools) Brace F.  11:30AM-12:00PM (Pools) Brace F.  12:00PM-12:30PM (Pools) Brace F.  12:30PM-1:00PM (Pools) Brace F.  1:00PM-1:30PM (Pools) Brace F.  1:30PM-2:00PM (Pools) Brace F.  2:00PM-2:30PM (Pools) Brace F.  2:30PM-3:00PM (Pools) Brace F.  3:00PM-3:30PM (Pools) Brace F.  3:30PM-4:00PM (Pools) Brace F.  4:00PM-4:30PM (Pools) Brace F.  4:30PM-5:00PM (Pools) Brace F.  5:00PM-5:45PM (Pools) Brace F.	12:00PM-12:30PM (Pools) Brace F.  12:30PM-1:00PM (Pools) Brace F.  1:00PM-1:30PM (Pools) Brace F.  1:30PM-2:00PM (Pools) Brace F.  2:00PM-2:30PM (Pools) Brace F.  2:30PM-3:00PM (Pools) Brace F.  3:00PM-3:30PM (Pools) Brace F.  3:30PM-4:00PM (Pools) Brace F.  4:00PM-4:30PM (Pools) Brace F.  4:30PM-5:00PM (Pools) Brace F.  5:00PM-5:45PM (Pools) Brace F.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Brace: Cycle Studio <a href="#">Book</a>						8:00AM-8:55AM (Group Exercise) <i>Jaimee P.</i>  3:00PM-3:45PM (Group Exercise) <i>Joe F.</i>	1:30PM-2:25PM (Group Exercise) <i>Jaimee P.</i>
<b>Cardio Strength</b> Brace: Group Exercise Room 2 <a href="#">Book</a>						8:00AM-8:55AM (Group Exercise) <i>Amy B.</i>	
<b>Vinyasa Yoga</b> Brace: Mind Body Studio <a href="#">Book</a>						8:30AM-9:30AM (Group Exercise) <i>Kate L.</i>	
<b>Water Cardio Strength</b> Brace: Indoor Pool <a href="#">Book</a>						9:05AM-9:50AM (Group Exercise) <i>Christine (.</i>	
<b>Group Power®</b> Brace: Group Exercise Room 2 <a href="#">Book</a>						9:15AM-10:10AM (Group Exercise) <i>Cassie B.</i>	1:30PM-2:25PM (Group Exercise) <i>Chemika M.</i>
<b>Barre</b> Brace: Mind Body Studio <a href="#">Book</a>						9:45AM-10:45AM (Group Exercise) <i>Elise M.</i>	
<b>Reserved for Swim Lessons</b> Brace: Indoor Pool <a href="#">Book</a>						10:00AM-1:00PM (Pools) <i>Staff</i>	
<b>High Intensity Interval Training</b> Brace: Group Exercise Room 2 <a href="#">Book</a>						10:20AM-11:05AM (Group Exercise) <i>Charity D.</i>	
<b>Cardio Dance</b> Brace: Group Exercise Room 2 <a href="#">Book</a>						11:15AM-12:10PM (Group Exercise) <i>Irina P.</i>	
<b>High Fitness®</b> Brace: Group Exercise Room 2 <a href="#">Book</a>							12:15PM-1:10PM (Group Exercise) <i>Jaimee P.</i>
<b>Power Yoga</b> Brace: Mind Body Studio <a href="#">Book</a>							12:15PM-1:15PM (Group Exercise) <i>Krissy O.</i>
<b>Hot Power Yoga</b> Brace: Mind Body Studio <a href="#">Book</a>							1:30PM-2:30PM (Group Exercise) <i>Krissy O.</i>
<b>Zumba®</b> Brace: Group Exercise Room 2 <a href="#">Book</a>							2:45PM-3:40PM (Group Exercise) <i>Ely J.</i>



**Lowe's YMCA | May 5th - May 11th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim   Warm Pool LOY Lowe's Aquatics Center/Warm Pool <a href="#">Book</a>						7:00AM-7:30AM (Pools) Staff  7:30AM-8:00AM (Pools) Staff  8:00AM-8:30AM (Pools) Staff  8:30AM-9:00AM (Pools) Staff  9:00AM-9:30AM (Pools) Staff  9:30AM-10:00AM (Pools) Staff  10:00AM-10:30AM (Pools) Staff  10:30AM-11:00AM (Pools) Staff  11:00AM-11:30AM (Pools) Staff  11:30AM-12:00PM (Pools) Staff  12:00PM-12:30PM (Pools) Staff  12:30PM-1:00PM (Pools) Staff  1:00PM-1:30PM (Pools) Staff  1:30PM-2:00PM (Pools) Staff  2:00PM-2:30PM (Pools) Staff  2:30PM-3:00PM (Pools) Staff  3:00PM-3:30PM (Pools) Staff  3:30PM-4:00PM (Pools) Staff  4:00PM-4:30PM (Pools) Staff  4:30PM-5:00PM (Pools) Staff  5:00PM-5:30PM (Pools) Staff	12:00PM-12:30PM (Pools) Staff  12:30PM-1:00PM (Pools) Staff  1:00PM-1:30PM (Pools) Staff  1:30PM-2:00PM (Pools) Staff  2:00PM-2:30PM (Pools) Staff  2:30PM-3:00PM (Pools) Staff  3:00PM-3:30PM (Pools) Staff  3:30PM-4:00PM (Pools) Staff  4:00PM-4:30PM (Pools) Staff  4:30PM-5:00PM (Pools) Staff  5:00PM-5:30PM (Pools) Staff

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> Lowe's Studio A <a href="#">Book</a>						8:00AM-8:50AM (Group Exercise) <i>Finola J.</i>	
<b>Lap Lane   Cool Pool LOY</b> Lowe's Aquatics Center/Cool Pool <a href="#">Book</a>						9:00AM-9:30AM (Pools) <i>Staff</i>  9:30AM-10:00AM (Pools) <i>Staff</i>  10:00AM-10:30AM (Pools) <i>Staff</i>  10:30AM-11:00AM (Pools) <i>Staff</i>  12:00PM-12:30PM (Pools) <i>Staff</i>  12:30PM-1:00PM (Pools) <i>Staff</i>  1:00PM-1:30PM (Pools) <i>Staff</i>  1:30PM-2:00PM (Pools) <i>Staff</i>  2:00PM-2:30PM (Pools) <i>Staff</i>  2:30PM-3:00PM (Pools) <i>Staff</i>  3:00PM-3:30PM (Pools) <i>Staff</i>  3:30PM-4:00PM (Pools) <i>Staff</i>  4:00PM-4:30PM (Pools) <i>Staff</i>  4:30PM-5:00PM (Pools) <i>Staff</i>  5:00PM-5:30PM (Pools) <i>Staff</i>	12:00PM-12:30PM (Pools) <i>Staff</i>  12:30PM-1:00PM (Pools) <i>Staff</i>  1:00PM-1:30PM (Pools) <i>Staff</i>  1:30PM-2:00PM (Pools) <i>Staff</i>  2:00PM-2:30PM (Pools) <i>Staff</i>  2:30PM-3:00PM (Pools) <i>Staff</i>  3:00PM-3:30PM (Pools) <i>Staff</i>  3:30PM-4:00PM (Pools) <i>Staff</i>  4:00PM-4:30PM (Pools) <i>Staff</i>  4:30PM-5:00PM (Pools) <i>Staff</i>  5:00PM-5:30PM (Pools) <i>Staff</i>
<b>Athletic Conditioning</b> Lowe's Studio A <a href="#">Book</a>						9:00AM-9:50AM (Group Exercise) <i>Finola J.</i>	
<b>Cardio Dance</b> Lowe's Studio A <a href="#">Book</a>						10:00AM-10:50AM (Group Exercise) <i>Kim G.</i>	
<b>Reserved for Masters Swim</b> Lowe's Aquatics Center/Cool Pool <a href="#">Book</a>						11:00AM-12:00PM (Pools) <i>Staff</i>	



## Morrison Family YMCA | May 5th - May 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>\$ PT 30mins</b> Morrison Family YMCA <a href="#">Book</a>						7:45AM-8:15AM (Appointments) <i>Kathryn A.</i>  8:15AM-8:45AM (Appointments) <i>Kathryn A.</i>	
<b>Total Strength</b> Morrison: Main Group Exercise Room <a href="#">Book</a>						8:15AM-9:05AM (Group Exercise) <i>Jayme G.</i>	
<b>Vinyasa Yoga</b> Morrison: Dhaliwal Studio <a href="#">Book</a>						8:30AM-9:30AM (Group Exercise) <i>Kelly O.</i>	
<b>Cycle</b> Morrison: Cycle Studio <a href="#">Book</a>						9:00AM-9:45AM (Group Exercise) <i>John Z.</i>	
<b>\$ CrossFit</b> Morrison: Athletic Training Center <a href="#">Book</a>						9:30AM-10:30AM (\$ Group Training) <i>Kevin D.</i>	
<b>Kickboxing</b> Morrison: Main Group Exercise Room <a href="#">Book</a>						9:30AM-10:20AM (Group Exercise) <i>Nicole P.</i>	
<b>Pilates</b> Morrison: Dhaliwal Studio <a href="#">Book</a>						9:45AM-10:35AM (Group Exercise) <i>April R.</i>	
<b>\$ PT 45mins</b> Morrison Family YMCA <a href="#">Book</a>						10:30AM-11:15AM (Appointments) <i>Kathryn A.</i>  11:30AM-12:15PM (Appointments) <i>Patricia P.</i>	
<b>Cardio Strength</b> Morrison: Main Group Exercise Room <a href="#">Book</a>						10:45AM-11:35AM (Group Exercise) <i>Cassidy H.</i>	



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Barre</b> Morrison: Dhaliwal Studio <a href="#">Book</a>						11:00AM-11:50AM (Group Exercise) <i>Renee G.</i>	
<b>Special Event Cardio Class</b> Morrison: Main Group Exercise Room <a href="#">Book</a>						12:00PM-12:50PM (Group Exercise) <i>Michelle S.</i>	
<b>Upbeat Barre®</b> Morrison: Dhaliwal Studio <a href="#">Book</a>							12:15PM-1:15PM (Group Exercise) <i>Kris A.</i>
<b>Zumba®</b> Morrison: Main Group Exercise Room <a href="#">Book</a>							1:30PM-2:20PM (Group Exercise) <i>Elizabeth M.</i>



# Sara's YMCA | May 5th - May 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Hot Vinyasa Yoga</b> Sara's: Mind/Body Studio <a href="#">Book</a>						8:00AM-9:00AM (Group Exercise) <i>Ashley C.</i>  9:30AM-10:30AM (Group Exercise) <i>Ashley C.</i>	12:00PM-1:00PM (Group Exercise) <i>Mallory H.</i>
<b>\$ PT 45mins</b> Sara's YMCA <a href="#">Book</a>						9:30AM-10:15AM (Appointments) <i>Sonya P.</i>	
<b>Cardio Dance</b> Sara's: Group Exercise Studio <a href="#">Book</a>						10:30AM-11:20AM (Group Exercise) <i>Andreia W.</i>	
<b>Special Event Yoga Class! - Fascia Workshop</b> Sara's: Mind/Body Studio <a href="#">Book</a>						11:00AM-12:15PM (Group Exercise) <i>Shaileen P.</i>	
<b>Yin Yoga</b> Sara's: Mind/Body Studio <a href="#">Book</a>						1:00PM-2:00PM (Group Exercise) <i>Shaileen P.</i>	10:30AM-11:30AM (Group Exercise) <i>Manasee G.</i>
<b>Mixed Level Yoga</b> Sara's: Mind/Body Studio <a href="#">Book</a>						2:30PM-3:30PM (Group Exercise) <i>Kate L.</i>	
<b>Athletic Conditioning</b> Sara's: Group Exercise Studio <a href="#">Book</a>							10:30AM-11:20AM (Group Exercise) <i>Connie S.</i>



Keith Family YMCA | May 5th - May 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Deep and Shallow Water Cardio Fitness</b> Keith: Aquatics Center/Indoor Pool <a href="#">Book</a>						8:00AM-8:45AM (Group Exercise) <i>Deborah J.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Lane: Shared Lane (Reserved)</b> Keith: Aquatics Center/Indoor Pool <a href="#">Book</a>						8:00AM-8:30AM (Pools) <i>Staff</i>  8:30AM-9:00AM (Pools) <i>Staff</i>  9:30AM-10:00AM (Pools) <i>Staff</i>  12:00PM-12:30PM (Pools) <i>Staff</i>  12:30PM-1:00PM (Pools) <i>Staff</i>  1:00PM-1:30PM (Pools) <i>Staff</i>  1:30PM-2:00PM (Pools) <i>Staff</i>  2:00PM-2:30PM (Pools) <i>Staff</i>  2:30PM-3:00PM (Pools) <i>Staff</i>  3:00PM-3:30PM (Pools) <i>Staff</i>  3:30PM-4:00PM (Pools) <i>Staff</i>  4:00PM-4:30PM (Pools) <i>Staff</i>  4:30PM-5:00PM (Pools) <i>Staff</i>  5:00PM-5:30PM (Pools) <i>Staff</i>	12:00PM-12:30PM (Pools) <i>Staff</i>  12:30PM-1:00PM (Pools) <i>Staff</i>  1:00PM-1:30PM (Pools) <i>Staff</i>  1:30PM-2:00PM (Pools) <i>Staff</i>  2:00PM-2:30PM (Pools) <i>Staff</i>  2:30PM-3:00PM (Pools) <i>Staff</i>  3:00PM-3:30PM (Pools) <i>Staff</i>  3:30PM-4:00PM (Pools) <i>Staff</i>  4:00PM-4:30PM (Pools) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Lane: Shared Lane (Reserved)</b> Keith Family YMCA <a href="#">Book</a>						9:00AM-9:30AM (Pools) <i>Staff</i>	
<b>Zumba®</b> Keith: Group Exercise Studio <a href="#">Book</a>						9:30AM-10:15AM (Group Exercise) <i>James R.</i>	
<b>Cycle/Strength</b> Keith: Fitness Center Studio <a href="#">Book</a>						10:00AM-10:45AM (Group Exercise) <i>Keith I.</i>	
<b>Power Yoga</b> Keith: Group Exercise Studio <a href="#">Book</a>						10:45AM-11:45AM (Group Exercise) <i>Claudette S.</i>	
<b>Cardio Dance</b> Keith: Group Exercise Studio <a href="#">Book</a>							12:15PM-1:15PM (Group Exercise) <i>Neesh J.</i>
<b>Mixed Level Yoga</b> Keith: Group Exercise Studio <a href="#">Book</a>							1:30PM-2:30PM (Group Exercise) <i>Shené S.</i>



## Lake Norman YMCA | May 5th - May 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>\$ SGT 60mins</b> Lake Norman YMCA <a href="#">Book</a>						8:15AM-9:15AM (Group Exercise) <i>Mary D.</i>	
<b>Cycle</b> Lake Norman: Cycle Studio <a href="#">Book</a>						8:30AM-9:15AM (Group Exercise) <i>Sherri M.</i>	
<b>Group Power®</b> Lake Norman YMCA <a href="#">Book</a>						9:15AM-10:15AM (Group Exercise) <i>Crystal Z.</i>	
<b>Power Yoga</b> Lake Norman YMCA <a href="#">Book</a>						9:15AM-10:15AM (Group Exercise) <i>Cary W.</i>	
<b>Barre</b> Lake Norman YMCA <a href="#">Book</a>						10:30AM-11:15AM (Group Exercise) <i>Carrie G.</i>	
<b>Deep Stretch</b> Lake Norman: Yoga Studio <a href="#">Book</a>						10:30AM-11:29AM (Group Exercise) <i>Erica C.</i>	
<b>Meditation</b> Lake Norman: Yoga Studio <a href="#">Book</a>						11:35AM-11:50AM (Group Exercise) <i>Erica C.</i>	



## Harris Express YMCA | May 5th - May 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Athletic Conditioning</b> Harris Express: Group Exercise <a href="#">Book</a>						8:15AM-9:10AM (Group Exercise) Gay G.	
<b>Core Strength</b> Harris Express: Group Exercise <a href="#">Book</a>						9:30AM-10:25AM (Group Exercise) Gay G.	
<b>Mixed Level Yoga</b> Harris Express YMCA <a href="#">Book</a>						10:45AM-11:45AM (Group Exercise) Karen C.	



## Stratford Richardson YMCA | May 5th - May 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> <a href="#">Book</a>						9:30AM-10:15AM (Group Exercise) <i>Tamika C.</i>	
<b>Cycle</b> Stratford Richardson YMCA <a href="#">Book</a>						9:30AM-10:15AM (Group Exercise) <i>Tamika C.</i>	
<b>MixedFit®</b> <a href="#">Book</a>						10:30AM-11:15AM (Group Exercise) <i>Martika G.</i>	
<b>MixedFit®</b> Stratford Richardson YMCA <a href="#">Book</a>						10:30AM-11:15AM (Group Exercise) <i>Nadege B.</i>	2:00PM-2:45PM (Group Exercise) <i>Nadege B.</i>
<b>line dance</b> Stratford Richardson YMCA <a href="#">Book</a>							1:00PM-2:00PM (Group Exercise) <i>maxie m.</i>





McCrorey YMCA | May 5th - May 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Zumba®</b> McCrorey: Multipurpose Room 1 <a href="#">Book</a>						9:30AM-10:15AM (Group Exercise) <i>Alisa K.</i>	
<b>Barre</b> McCrorey YMCA <a href="#">Book</a>						10:30AM-11:15AM (Group Exercise) <i>Preeta D.</i>	
<b>Mixed Level Yoga</b> McCrorey: Multipurpose Room 1 <a href="#">Book</a>							1:30PM-2:30PM (Group Exercise) <i>Cassandra C.</i>



## Johnston YMCA | May 5th - May 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mixed Level Yoga</b> Johnston: Front Lawn <a href="#">Book</a>						10:00AM-11:00AM (Group Exercise) <i>Ann W.</i>	
<b>Group Power®</b> Johnston: Group Exercise Studio <a href="#">Book</a>							12:30PM-1:30PM (Group Exercise) <i>Preeta D.</i>
<b>Slow Flow Yoga</b> Johnston: Mind/Body Studio <a href="#">Book</a>							1:30PM-2:30PM (Group Exercise) <i>Preeta D.</i>