



**Simmons YMCA | April 21st - April 27th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Lane: Single Lane (Reserved)</b> Simmons YMCA <a href="#">Book</a>							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>							6:00AM-6:30AM (Pools) Staff  6:30AM-7:00AM (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  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
<b>Lap Lane: Single Lane (Reserved)</b> Simmons: Indoor Pool <a href="#">Book</a>							9:00AM-9:30AM (Pools) Staff
<b>Reserved for YMCA Aquatics Program</b> Simmons YMCA <a href="#">Book</a>							9:00AM-11:00AM (Pools) Staff  1:00PM-4:00PM (Pools) Staff

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>



## Childress Klein YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Lane: Shared Lane (Reserved)</b> Childress Klein: Pool <a href="#">Book</a>							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>Pickleball</b> Childress Klein: Basketball Court <a href="#">Book</a>							10:00AM-11:00AM (Reserve a Court) <i>Court 1.</i>  11:00AM-12:00PM (Reserve a Court) <i>Court 1.</i>  12:00PM-1:00PM (Reserve a Court) <i>Court 1.</i>  1:00PM-2:00PM (Reserve a Court) <i>Court 1.</i>



## Saras YMCA | April 21st - April 27th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Yin Yoga</b> Sara's: Mind/Body Studio <a href="#">Book</a>							10:30AM-11:30AM (Group Exercise) <i>Karen H.</i>
<b>Cardio Strength</b> Sara's: Group Exercise Studio <a href="#">Book</a>							10:30AM-11:20AM (Group Exercise) <i>Brenda C.</i>
<b>Hot Vinyasa Yoga</b> Sara's: Mind/Body Studio <a href="#">Book</a>							12:00PM-1:00PM (Group Exercise) <i>Kate L.</i>



## Lowes YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Lane   Cool Pool LOY</b> Lowe's Aquatics Center/Cool Pool <a href="#">Book</a>							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>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Lap Swim   Warm Pool LOY</b> Lowe's Aquatics Center/Warm Pool <a href="#">Book</a>							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>





## Dowd YMCA | April 21st - April 27th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Racquetball</b> Dowd: Racquetball Court 1 <a href="#">Book</a>							12:00PM-1:00PM (Reserve a Court) <i>Court 1.</i>  1:00PM-2:00PM (Reserve a Court) <i>Court 1.</i>  2:00PM-3:00PM (Reserve a Court) <i>Court 1.</i>  3:00PM-4:00PM (Reserve a Court) <i>Court 1.</i>  4:00PM-5:00PM (Reserve a Court) <i>Court 1.</i>  5:00PM-6:00PM (Reserve a Court) <i>Court 1.</i>
<b>Racquetball</b> Dowd: Racquetball Court 3 <a href="#">Book</a>							12:00PM-1:00PM (Reserve a Court) <i>Court 3.</i>  1:00PM-2:00PM (Reserve a Court) <i>Court 3.</i>  2:00PM-3:00PM (Reserve a Court) <i>Court 3.</i>  3:00PM-4:00PM (Reserve a Court) <i>Court 3.</i>  4:00PM-5:00PM (Reserve a Court) <i>Court 3.</i>  5:00PM-6:00PM (Reserve a Court) <i>Court 3.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Lane: Shared Lane (Reserved)</b> Dowd: Aquatics Center/Cool Pool <a href="#">Book</a>							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>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Lap Lane: Shared Lane (Reserved)</b> Dowd: Aquatics Center/Warm Pool <a href="#">Book</a>							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>Cardio Strength</b> Dowd: Keith Studio <a href="#">Book</a>							12:15PM-1:00PM (Group Exercise) <i>Claudia G.</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Racquetball</b> Dowd: Racquetball Court 2 <a href="#">Book</a>							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>							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>\$ PT 60mins</b> Dowd YMCA <a href="#">Book</a>							12:30PM-1:30PM (Appointments) <i>Julie W.</i>
<b>Barre</b> Dowd: Barre Studio <a href="#">Book</a>							12:30PM-1:30PM (Group Exercise) <i>Mardee J.</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>\$ Fit 3D Scan</b> Dowd YMCA <a href="#">Book</a>							1:00PM-1:20PM (Appointments) <i>Dowd Y.</i>  1:20PM-1:40PM (Appointments) <i>Dowd Y.</i>  1:40PM-2:00PM (Appointments) <i>Dowd Y.</i>  2:00PM-2:20PM (Appointments) <i>Dowd Y.</i>  2:20PM-2:40PM (Appointments) <i>Dowd Y.</i>  2:40PM-3:00PM (Appointments) <i>Dowd Y.</i>  3:00PM-3:20PM (Appointments) <i>Dowd Y.</i>  3:20PM-3:40PM (Appointments) <i>Dowd Y.</i>  3:40PM-4:00PM (Appointments) <i>Dowd Y.</i>  4:00PM-4:20PM (Appointments) <i>Dowd Y.</i>  4:20PM-4:40PM (Appointments) <i>Dowd Y.</i>  4:40PM-5:00PM (Appointments) <i>Dowd Y.</i>
<b>Vinyasa Yoga</b> Dowd: Yoga Studio <a href="#">Book</a>							1:00PM-2:00PM (Group Exercise) <i>Kirsten G.</i>
<b>Cardio Dance</b> Dowd: Keith Studio <a href="#">Book</a>							1:15PM-2:00PM (Group Exercise) <i>Hameta J.</i>
<b>Cycle</b> Dowd: Cycle Studio <a href="#">Book</a>							1:15PM-2:05PM (Group Exercise) <i>Kesha D.</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Deep Stretch</b> Dowd: Yoga Studio <a href="#">Book</a>							2:15PM-3:15PM (Group Exercise) <i>Yesenia H.</i>
<b>Hot Vinyasa Yoga</b> Dowd: Yoga Studio <a href="#">Book</a>							3:30PM-4:30PM (Group Exercise) <i>Preeta D.</i>



## Brace Family YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Lane: Shared Lane (Reserved)</b> Brace: Indoor Pool <a href="#">Book</a>							12:00PM-12:30PM (Pools) <i>Brace F.</i>  12:30PM-1:00PM (Pools) <i>Brace F.</i>  1:00PM-1:30PM (Pools) <i>Brace F.</i>  1:30PM-2:00PM (Pools) <i>Brace F.</i>  2:00PM-2:30PM (Pools) <i>Brace F.</i>  2:30PM-3:00PM (Pools) <i>Brace F.</i>  3:00PM-3:30PM (Pools) <i>Brace F.</i>  3:30PM-4:00PM (Pools) <i>Brace F.</i>  4:00PM-4:30PM (Pools) <i>Brace F.</i>  4:30PM-5:00PM (Pools) <i>Brace F.</i>  5:00PM-5:45PM (Pools) <i>Brace F.</i>
<b>Power Yoga</b> Brace: Mind Body Studio <a href="#">Book</a>							12:15PM-1:15PM (Group Exercise) <i>Aimee A.</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>High Fitness®</b> Brace: Group Exercise Room 2 <a href="#">Book</a>							12:15PM-1:10PM (Group Exercise) <i>Jaimee P.</i>
<b>Group Power®</b> Brace: Group Exercise Room 2 <a href="#">Book</a>							1:30PM-2:25PM (Group Exercise) <i>Chemika M.</i>
<b>Hot Power Yoga</b> Brace: Mind Body Studio <a href="#">Book</a>							1:30PM-2:30PM (Group Exercise) <i>Aimee A.</i>
<b>Cycle</b> Brace: Cycle Studio <a href="#">Book</a>							1:30PM-2:25PM (Group Exercise) <i>Jaimee P.</i>
<b>Zumba®</b> Brace: Group Exercise Room 2 <a href="#">Book</a>							2:45PM-3:40PM (Group Exercise) <i>Ely J.</i>
<b>Pickleball</b> Brace Family YMCA <a href="#">Book</a>							4:00PM-5:00PM (Reserve a Court) <i>Court 1.</i>  5:00PM-6:00PM (Reserve a Court) <i>Court 1.</i>





## Keith Family YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Lane: Shared Lane (Reserved)</b> Keith: Aquatics Center/Indoor Pool <a href="#">Book</a>							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>Cardio Dance</b> Keith: Group Exercise Studio <a href="#">Book</a>							12:15PM-1:15PM (Group Exercise) <i>Neesh J.</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Mixed Level Yoga</b> Keith: Group Exercise Studio <a href="#">Book</a>							1:30PM-2:30PM (Group Exercise) <i>Shené S.</i>



## Harris YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Power®</b> Harris: Group Exercise <a href="#">Book</a>							12:15PM-1:10PM (Group Exercise) <i>Linda M.</i>
<b>Cycle</b> Harris: Cycle Studio <a href="#">Book</a>							12:30PM-1:15PM (Group Exercise) <i>Shannan S.</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: Gymnasium <a href="#">Book</a>							1:00PM-1:55PM (Group Exercise) <i>Marie D.</i>
<b>Power Yoga</b> Harris: Group Exercise <a href="#">Book</a>							1:30PM-2:30PM (Group Exercise) <i>Greg L.</i>
<b>Core Strength</b> Harris: YMCA <a href="#">Book</a>							3:00PM-3:55PM (Group Exercise) <i>Linda M.</i>
<b>Deep Stretch</b> Harris: Group Exercise <a href="#">Book</a>							4:15PM-5:15PM (Group Exercise) <i>Dawn R.</i>



## Morrison Family YMCA | April 21st - April 27th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Upbeat Barre®</b> Morrison: Dhaliwal Studio <a href="#">Book</a>							12:15PM-1:15PM (Group Exercise) <i>Madison F.</i>
<b>Zumba®</b> Morrison: Main Group Exercise Room <a href="#">Book</a>							1:30PM-2:20PM (Group Exercise) <i>Elizabeth M.</i>



## Johnston YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<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>



## Lake Norman YMCA | April 21st - April 27th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>\$ PT 60mins</b> Lake Norman YMCA <a href="#">Book</a>							12:30PM-1:30PM (Appointments) <i>Sevi W.</i>



## Stratford Richardson YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Line Dance</b> Stratford Richardson YMCA <a href="#">Book</a>							1:00PM-2:00PM (Group Exercise) Anjanete S.



## McCrorey YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Mixed Level Yoga</b> McCrorey: Multipurpose Room 1 <a href="#">Book</a>							1:30PM-2:30PM (Group Exercise) EJ C.