



Dowd YMCA | May 5th - May 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div><div>\$ Fit 3D Scan</div><div>Dowd YMCA</div><div>Book</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
Racquetball Dowd: Racquetball Court 1 Book					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 Book					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
Lap Lane: Shared Lane (Reserved) Dowd: Aquatics Center/Cool Pool Book					<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>
Pickleball Dowd YMCA Book						<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
Racquetball Dowd: Racquetball Court 2 Book						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>
Racquetball Dowd: Racquetball Court 4 Book						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>
Vinyasa Yoga Dowd: Yoga Studio Book						7:30AM-8:30AM (Group Exercise) <i>Mardee J.</i>	1:00PM-2:00PM (Group Exercise) <i>Nicole L.</i>
Cycle Dowd: Cycle Studio Book						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>
Cardio Strength Dowd: Keith Studio Book						8:00AM-8:45AM (Group Exercise) <i>Julie W.</i>	12:15PM-1:00PM (Group Exercise) <i>Claudia G.</i>
Shallow Water Cardio Fitness Dowd: Aquatics Center/Warm Pool Book						8:05AM-8:55AM (Group Exercise) <i>Donnetta C.</i>	
Barre Dowd: Barre Studio Book						8:15AM-9:15AM (Group Exercise) <i>Heather H.</i>	12:30PM-1:30PM (Group Exercise) <i>Julie W.</i>
\$ CrossFit Dowd: Sports Performance Studio Book						8:30AM-9:30AM (\$ Group Training) <i>Rotating I.</i>	

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



Harris YMCA | May 5th - May 11th

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

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



Childress Klein YMCA | May 5th - May 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: Shared Lane (Reserved) Childress Klein: Pool Book						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>
Deep Stretch Childress Klein: Annex/Studio Book						9:30AM-10:30AM (Group Exercise) <i>Dawn R.</i>	
Mixed Level Yoga Childress Klein: Annex/Studio Book							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 Book						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
Lap Lane: 3 Shared Lanes Simmons YMCA Book						7:30AM-8:00AM (Pools) Staff 7:30AM-8:00AM (Pools) Staff 8:00AM-8:30AM (Pools) Staff 8:30AM-9:00AM (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	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
Reserved for YMCA Aquatics Program Simmons YMCA Book						8:00AM-9:00AM (Pools) Staff 9:00AM-11:00AM (Pools) Staff 1:00PM-4:00PM (Pools) Staff	9:00AM-11:00AM (Pools) Staff 1:00PM-4:00PM (Pools) Staff
Deep and Shallow Water Cardio Fitness Simmons: Indoor Pool Book						8:10AM-9:00AM (Group Exercise) Ann L.	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Simmons YMCA Book						8:30AM-9:15AM (Group Exercise) <i>Simmons R.</i>	
Lap Lane: Single Lane (Reserved) Simmons: Indoor Pool Book						9:00AM-9:30AM (Pools) <i>Staff</i>	9:00AM-9:30AM (Pools) <i>Staff</i>
Lap Lane: 2 Shared Lanes Simmons YMCA Book						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>	
Family Swim Simmons YMCA Book						9:30AM-10:30AM (Pools) <i>Staff</i> 1:00PM-5:00PM (Pools) <i>Staff</i>	
Yoga Basics Simmons: Group Exercise Studio Book						9:30AM-10:30AM (Group Exercise) <i>Gloria R.</i>	
WERQ Simmons: Group Exercise Studio Book						10:45AM-11:40AM (Group Exercise) <i>Gabrielle H.</i>	
Lap Lane: 1 Shared Lane Simmons YMCA Book							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
Group Fight® Simmons: Group Exercise Studio Book							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 Book						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
Cycle Brace: Cycle Studio Book						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>
Cardio Strength Brace: Group Exercise Room 2 Book						8:00AM-8:55AM (Group Exercise) <i>Amy B.</i>	
Vinyasa Yoga Brace: Mind Body Studio Book						8:30AM-9:30AM (Group Exercise) <i>Kate L.</i>	
Water Cardio Strength Brace: Indoor Pool Book						9:05AM-9:50AM (Group Exercise) <i>Christine (.</i>	
Group Power® Brace: Group Exercise Room 2 Book						9:15AM-10:10AM (Group Exercise) <i>Cassie B.</i>	1:30PM-2:25PM (Group Exercise) <i>Chemika M.</i>
Barre Brace: Mind Body Studio Book						9:45AM-10:45AM (Group Exercise) <i>Elise M.</i>	
Reserved for Swim Lessons Brace: Indoor Pool Book						10:00AM-1:00PM (Pools) <i>Staff</i>	
High Intensity Interval Training Brace: Group Exercise Room 2 Book						10:20AM-11:05AM (Group Exercise) <i>Charity D.</i>	
Cardio Dance Brace: Group Exercise Room 2 Book						11:15AM-12:10PM (Group Exercise) <i>Irina P.</i>	
High Fitness® Brace: Group Exercise Room 2 Book							12:15PM-1:10PM (Group Exercise) <i>Jaimee P.</i>
Power Yoga Brace: Mind Body Studio Book							12:15PM-1:15PM (Group Exercise) <i>Krissy O.</i>
Hot Power Yoga Brace: Mind Body Studio Book							1:30PM-2:30PM (Group Exercise) <i>Krissy O.</i>
Zumba® Brace: Group Exercise Room 2 Book							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 Book						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
Cycle Lowe's Studio A Book						8:00AM-8:50AM (Group Exercise) <i>Finola J.</i>	
Lap Lane Cool Pool LOY Lowe's Aquatics Center/Cool Pool Book						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>
Athletic Conditioning Lowe's Studio A Book						9:00AM-9:50AM (Group Exercise) <i>Finola J.</i>	
Cardio Dance Lowe's Studio A Book						10:00AM-10:50AM (Group Exercise) <i>Kim G.</i>	
Reserved for Masters Swim Lowe's Aquatics Center/Cool Pool Book						11:00AM-12:00PM (Pools) <i>Staff</i>	



Morrison Family YMCA | May 5th - May 11th

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

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



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

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



Keith Family YMCA | May 5th - May 11th

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: Shared Lane (Reserved) Keith: Aquatics Center/Indoor Pool Book						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> 4:30PM-5:00PM (Pools) <i>Staff</i> 5:00PM-5:30PM (Pools) <i>Staff</i>

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



Lake Norman YMCA | May 5th - May 11th

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



Harris Express YMCA | May 5th - May 11th

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



Stratford Richardson YMCA | May 5th - May 11th

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



McCrorey YMCA | May 5th - May 11th

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



Johnston YMCA | May 5th - May 11th

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