



Gahanna/John E. Bickley YMCA | April 21st - April 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 Lap Lanes & Family Swim Indoor Pool	5:45AM-9:00AM (Lap Pool) 11:30AM-1:00PM (Lap Pool) 3:30PM-8:00PM (Lap Pool) 7:30PM-8:00PM (Lap Pool)	5:45AM-10:00AM (Lap Pool) 11:30AM-1:00PM (Lap Pool) 3:30PM-5:00PM (Lap Pool)	5:45AM-9:15AM (Lap Pool) 11:30AM-1:00PM (Lap Pool) 3:30PM-5:00PM (Lap Pool)	5:45AM-10:15AM (Lap Pool) 11:30AM-1:00PM (Lap Pool) 3:30PM-5:00PM (Lap Pool) 7:30PM-8:00PM (Lap Pool)	10:15AM-1:00PM (Lap Pool) 3:30PM-4:00PM (Lap Pool) 6:00PM-6:45PM (Lap Pool)	8:00AM-10:45AM (Lap Pool)	
Les Mills GRIT™ Series Gymnasium	5:45AM-6:15AM (Les Mills) <i>Erica R.</i>						
Open Gym Gymnasium	6:25AM-8:20AM (Gymnasium) 9:40AM-10:20AM (Gymnasium) 11:45AM-5:15PM (Gymnasium) 7:00PM-8:30PM (Gymnasium)	5:30AM-9:20AM (Gymnasium) 12:30PM-5:00PM (Gymnasium)	5:30AM-9:15AM (Gymnasium) 11:45AM-8:30PM (Gymnasium)	5:30AM-9:20AM (Gymnasium) 12:30PM-5:00PM (Gymnasium)	5:30AM-8:20AM (Gymnasium) 11:00AM-6:30PM (Gymnasium)		3:00PM-5:30PM (Gymnasium)
Zumba® Toning Gymnasium	8:30AM-9:30AM (Dance) <i>Beth R.</i>						
5 Lap Lanes & Shallow Water Area Indoor Pool	9:00AM-11:30AM (Lap Pool)		9:15AM-11:30AM (Lap Pool)				
Yoga Flow Studio One	9:00AM-9:45AM (Mind Body) <i>Barry D.</i>		9:00AM-9:45AM (Mind Body) <i>Barry D.</i>		9:00AM-9:45AM (Mind Body) <i>Barry D.</i>		
Pilates Studio One	10:00AM-10:45AM (Fitness) <i>Barry D.</i>	10:30AM-11:15AM (Fitness) <i>Beth R.</i>	10:00AM-10:45AM (Fitness) <i>Barry D.</i>	10:30AM-11:15AM (Fitness) <i>Margaret M.</i>	10:00AM-10:45AM (Fitness) <i>Barry D.</i>		
AOA Functional Fitness Gymnasium	10:45AM-11:30AM (Active Older Adult) <i>Beth R.</i>	11:30AM-12:15PM (Active Older Adult) <i>Beth R.</i>	10:45AM-11:30AM (Active Older Adult) <i>Anjie S.</i>	11:30AM-12:15PM (Active Older Adult) <i>Margaret M.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers Circuit Studio One	12:45PM-1:45PM (Active Older Adult) <i>Karen E.</i>				11:00AM-11:45AM (Active Older Adult) <i>Karen E.</i>		
6 Lap Lanes & Family Swim Indoor Pool	5:30PM-7:30PM (Lap Pool)	5:00PM-5:30PM (Lap Pool) 7:30PM-8:00PM (Lap Pool)	5:00PM-5:30PM (Lap Pool) 7:30PM-8:00PM (Lap Pool)		9:15AM-10:15AM (Lap Pool) 4:00PM-6:00PM (Lap Pool)		12:00PM-4:00PM (Lap Pool)
BODYPUMP™ Studio One	5:30PM-6:30PM (Les Mills) <i>Les Y.</i>		5:45PM-6:45PM (Les Mills) <i>Amanda W.</i>		5:30PM-6:30PM (Les Mills) <i>Les Y.</i>	9:00AM-10:00AM (Les Mills) <i>Colleen K.</i> 11:30AM-12:30PM (Les Mills) <i>Kevin S.</i>	12:45PM-1:45PM (Les Mills) <i>Colleen K.</i>
BODYCOMBAT™ Studio Two	6:00PM-6:45PM (Les Mills) <i>Erika M.</i>	6:00PM-6:45PM (Les Mills) <i>Tori D.</i>					
Zumba Studio One	6:45PM-7:45PM (Dance) <i>Leisan (.</i>	6:00PM-6:50PM (Dance) <i>Radina J.</i>		5:15PM-6:15PM (Dance) <i>Leisan (.</i>			
Cycling Studio 2		5:45AM-6:30AM (Cycling) <i>Barb R.</i>	9:00AM-10:00AM (Cycling) <i>Karen S.</i>				
Yoga Flow Studio 2		9:15AM-10:15AM (Mind Body) <i>Line M.</i>		9:15AM-10:15AM (Mind Body) <i>Line M.</i>			
Zumba® Gold Gymnasium		9:30AM-10:30AM (Dance) <i>Beth R.</i>					
5 Lap Lanes & Family Swim Indoor Pool		10:00AM-11:30AM (Lap Pool) 5:30PM-6:30PM (Lap Pool)		10:30AM-11:30AM (Lap Pool)		10:45AM-2:15PM (Lap Pool)	
Les Mills GRIT™ Series Studio One		5:20PM-5:50PM (Les Mills) <i>Sarah N.</i>				8:15AM-8:45AM (Les Mills) <i>Kevin S.</i>	
4 Lap Lanes & Family Swim Indoor Pool		6:30PM-7:30PM (Lap Pool)		5:00PM-7:30PM (Lap Pool)			
Les Mills CORE™ Studio Two		7:00PM-7:45PM (Les Mills) <i>Tori D.</i>		6:15PM-6:45PM (Les Mills) <i>Rochelle C.</i>			12:45PM-1:30PM (Les Mills) <i>Tori D.</i>
BODYPUMP™ Studio 2			6:00AM-6:45AM (Les Mills) <i>Colleen K.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pure Strength Gymnasium			9:30AM-10:15AM (Strength) <i>Serena K.</i>		10:00AM-10:45AM (Strength) <i>Serena K.</i>		
3 Lap Lanes & Family Swim Indoor Pool			5:30PM-7:30PM (Lap Pool)				
Zumba® Gold- Toning Gymnasium				9:30AM-10:30AM (Dance) <i>Cherryl N.</i>			
Les Mills GRIT™ Series Studio Two				5:45PM-6:15PM (Les Mills) <i>Rochelle C.</i>			
Yoga Flow Studio Two				7:00PM-7:45PM (Mind Body) <i>Kristi B.</i>			
7 Lap Lanes & Shallow Water Area Indoor Pool					5:45AM-1:00PM (Lap Pool)		
Break-It-Up Cycling Studio Two					8:30AM-9:30AM (Cycling) <i>Serena K.</i>		
SilverSneakers BOOM Move Gymnasium					8:30AM-9:30AM (Active Older Adult) <i>Beth R.</i>		
Chair Yoga Studio One					12:00PM-12:45PM (Mind Body) <i>Karen E.</i>		
Scheduled Programming Gymnasium						8:00AM-3:00PM (Gymnasium)	
Pilates Studio Two						8:30AM-9:15AM (Fitness) <i>Margaret M.</i>	