Grove City YMCA | May 12th - May 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium				5:15AM-10:30AM (Gymnasium) 3:00PM-8:45PM (Gymnasium)	5:15AM-10:30AM (Gymnasium) 3:00PM-6:45PM (Gymnasium)	8:00AM-4:45PM (Gymnasium)	11:00AM-2:00PM (Gymnasium)
Cycling Studio One				6:30AM-7:15AM (Cycling) *Johnny S.* 9:30AM-10:15AM (Cycling) *Susanna G.*			
Yoga Flow Studio A/B				9:15AM-10:15AM (Mind Body) *Toni W.*			
Scheduled Programming Gymnasium				10:30AM-12:00PM (Gymnasium)	10:30AM-12:00PM (Gymnasium)		
SilverSneakers Classic Gymnasium				11:00AM-11:45AM (Active Older Adult) *Traci H.*			
Pickleball Gymnasium				12:00PM-3:00PM (Gymnasium)	12:00PM-3:00PM (Gymnasium)		2:00PM-4:45PM (Gymnasium)
6 Lap Lanes Indoor Pool				4:00PM-5:30PM (Lap Pool) 6:30PM-8:45PM (Lap Pool)		8:15AM-9:00AM (Lap Pool) 11:00AM-12:00PM (Lap Pool) 12:00PM-4:45PM (Lap Pool)	
BODYPUMP™ Studio One				5:00PM-6:00PM (Les Mills) *Angie J.*	8:00AM-9:00AM (Les Mills) *Barb K.*		
3 Lap Lanes Indoor Pool				5:30PM-6:30PM (Lap Pool)		10:30AM-11:00AM (Lap Pool)	
Pilates Studio A/B				5:45PM-6:45PM (Fitness) *Kelly B.*			
Zumba Studio One				6:15PM-6:45PM (Dance) *Monica W.*		11:00AM-12:00PM (Dance) *Monica W.*	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pound Studio One				7:00PM-7:45PM (Cardio) *Kelly B.*			
Family Open Swim Indoor Pool				7:35PM-8:45PM (Lap Pool)		12:10PM-4:45PM (Lap Pool)	
BODYBALANCE® Studio A/B					6:00AM-7:00AM (Les Mills) *Heidi R.*		
Step & Strength Studio One					9:30AM-10:30AM (Cardio) *Traci H.*		
Strictly Core Studio A/B					10:30AM-11:00AM (Fitness) *Susanna G.*		
AOA Functional Fitness Gymnasium					10:45AM-11:45AM (Active Older Adult) *Barb K.*		
Zumba® Gold Studio One					12:15PM-1:00PM (Dance) *Barb K.*		
BODYCOMBAT™ Studio One						8:15AM-9:00AM (Les Mills) *Britanya M.*	
Shallow Water Area Indoor Pool						8:15AM-8:45AM (Lap Pool)	
BODYBALANCE® Studio One						9:15AM-10:15AM (Les Mills) *Britanya M.*	