



## Grove City YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> 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)
<b>6 Lap Lanes &amp; Shallow Water Area</b> Indoor Pool				5:30AM-7:00AM (Lap Pool)  7:15AM-9:15AM (Lap Pool)  11:00AM-4:00PM (Lap Pool)	5:30AM-7:00AM (Lap Pool)  7:15AM-10:00AM (Lap Pool)  11:00AM-6:45PM (Lap Pool)	12:00PM-4:45PM (Lap Pool)	11:00AM-4:45PM (Lap Pool)
<b>Cycling</b> Studio One				6:30AM-7:15AM (Cycling) <i>Johnny S.</i>  9:30AM-10:15AM (Cycling) <i>Susanna G.</i>			
<b>Lifeguard Break</b> Indoor Pool				7:00AM-7:15AM (Lap Pool)	7:00AM-7:15AM (Lap Pool)		
<b>4 Lap Lanes &amp; Shallow Water Area</b> Indoor Pool				9:15AM-11:00AM (Lap Pool)			
<b>Yoga Flow</b> Studio A/B				9:15AM-10:15AM (Mind Body) <i>Toni W.</i>			11:15AM-12:15PM (Mind Body) <i>Ashlie S.</i>
<b>Scheduled Programming</b> Gymnasium				10:30AM-12:00PM (Gymnasium)	10:30AM-12:00PM (Gymnasium)		
<b>SilverSneakers Classic</b> Gymnasium				11:00AM-11:45AM (Active Older Adult) <i>Traci H.</i>			
<b>Pickleball</b> Gymnasium				12:00PM-3:00PM (Gymnasium)	12:00PM-3:00PM (Gymnasium)		2:00PM-4:45PM (Gymnasium)
<b>6 Lap Lanes</b> Indoor Pool				4:00PM-5:30PM (Lap Pool)  6:30PM-8:45PM (Lap Pool)	10:00AM-11:00AM (Lap Pool)	8:15AM-9:00AM (Lap Pool)  11:00AM-12:00PM (Lap Pool)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP™</b> Studio One				5:00PM-6:00PM (Les Mills) <i>Angie J.</i>	8:00AM-9:00AM (Les Mills) <i>Barb K.</i>		
<b>3 Lap Lanes</b> Indoor Pool				5:30PM-6:30PM (Lap Pool)		10:30AM-11:00AM (Lap Pool)	
<b>Pilates</b> Studio A/B				5:45PM-6:45PM (Fitness) <i>Kelly B.</i>			
<b>Pound</b> Studio One				7:00PM-7:45PM (Cardio) <i>Kelly B.</i>			
<b>Family Open Swim</b> Indoor Pool				7:45PM-8:45PM (Lap Pool)			
<b>BODYBALANCE®</b> Studio A/B					6:00AM-7:00AM (Les Mills) <i>Heidi R.</i>		
<b>Step &amp; Strength</b> Studio One					9:30AM-10:30AM (Cardio) <i>Traci H.</i>		
<b>Strictly Core</b> Studio A/B					10:30AM-11:00AM (Fitness) <i>Susanna G.</i>		
<b>AOA Functional Fitness</b> Gymnasium					10:45AM-11:45AM (Active Older Adult) <i>Barb K.</i>		
<b>Zumba® Gold</b> Studio One					12:15PM-1:00PM (Dance) <i>Barb K.</i>		
<b>Shallow Water Area</b> Indoor Pool						8:15AM-8:45AM (Lap Pool)	
<b>BODYCOMBAT™</b> Studio One						8:15AM-9:00AM (Les Mills) <i>Britanya M.</i>	
<b>BODYBALANCE®</b> Studio One						9:15AM-10:15AM (Les Mills) <i>Britanya M.</i>	
<b>Zumba</b> Studio One						11:00AM-12:00PM (Dance) <i>Chris B.</i>	11:30AM-12:30PM (Dance) <i>Chris B.</i>