



Hilliard/Ray Patch Family YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step & Strength Studio One			8:15AM-9:15AM (Cardio) <i>Alison H.</i>				
Scheduled Programming Gymnasium			9:00AM-10:00AM (Gymnasium)	9:30AM-10:30AM (Gymnasium)	9:00AM-10:00AM (Gymnasium)		2:00PM-4:00PM (Gymnasium)
SilverSneakers Classic Gymnasium			9:00AM-10:00AM (Active Older Adult) <i>Lory D.</i>		9:00AM-10:00AM (Active Older Adult) <i>Lory D.</i>		
Bootcamp Studio One			9:30AM-10:30AM (Fitness) <i>Sharon D.</i>				
Pickleball Gymnasium			10:15AM-1:15PM (Gymnasium)	11:00AM-2:00PM (Gymnasium)	11:00AM-2:30PM (Gymnasium)	8:00AM-10:00AM (Gymnasium)	
SilverSneakers EnerChi Studio A/B			10:15AM-11:00AM (Active Older Adult) <i>Lory D.</i>		10:15AM-11:15AM (Active Older Adult) <i>Lory D.</i>		
7 Lap Lanes & Shallow Water Area Indoor Pool			10:30AM-12:00PM (Lap Pool)				
BODYPUMP™ Studio One			10:45AM-11:45AM (Les Mills) <i>Jackie W.</i> 5:15PM-6:15PM (Les Mills) <i>Todd A.</i>	6:00AM-7:00AM (Les Mills) <i>Phil D.</i> 6:30PM-7:30PM (Les Mills) <i>Mary N.</i>		9:30AM-10:30AM (Les Mills) <i>Phil D.</i>	10:30AM-11:30AM (Les Mills) <i>Phil D.</i>
8 Lap Lane & Shallow Water Area Indoor Pool			12:00PM-3:00PM (Lap Pool)	5:30AM-10:00AM (Lap Pool) 11:00AM-3:00PM (Lap Pool)	5:30AM-9:00AM (Lap Pool) 10:30AM-11:00AM (Lap Pool) 12:00PM-3:00PM (Lap Pool)		
Enhance Fitness Studio One			12:00PM-1:00PM (Active Older Adult) <i>Alison H.</i>		12:30PM-1:30PM (Active Older Adult) <i>Alison H.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium			1:25PM-6:20PM (Gymnasium)	5:30AM-9:20AM (Gymnasium) 10:30AM-10:50AM (Gymnasium) 2:15PM-8:45PM (Gymnasium)	5:30AM-8:50AM (Gymnasium) 10:00AM-10:50AM (Gymnasium) 2:30PM-7:45PM (Gymnasium)	10:00AM-5:30PM (Gymnasium)	10:00AM-1:50PM (Gymnasium) 4:00PM-5:30PM (Gymnasium)
4 Lap Lanes & Family Swim Indoor Pool			3:00PM-4:00PM (Lap Pool) 6:30PM-8:45PM (Lap Pool)	3:00PM-8:45PM (Lap Pool)	3:00PM-7:45PM (Lap Pool)		
3 Lap Lanes & Family Swim Indoor Pool			4:00PM-6:30PM (Lap Pool)				
Half Gym Open Court Gymnasium			5:20PM-7:15PM (Gymnasium)				
Break-It-Up Cycling Studio A/B			5:30PM-6:30PM (Cycling) <i>Monica T.</i>				
Half Gym Open Court Court 1			6:20PM-8:30PM (Gymnasium)		5:30PM-7:30PM (Gymnasium)		
Pick Up Volleyball Court 2			6:30PM-8:30PM (Gymnasium)				
Zumba Studio One			6:30PM-7:30PM (Dance) <i>Carmen P.</i>			11:00AM-12:00PM (Dance) <i>Carmen P.</i>	
Cycling Studio A/B				6:00AM-7:00AM (Cycling) <i>Sharon D.</i> 9:30AM-10:30AM (Cycling) <i>Alison H.</i>	8:05AM-9:00AM (Cycling) <i>Sharon D.</i>		
SilverSneakers Circuit Studio A/B				8:15AM-9:15AM (Active Older Adult) <i>Elissa S.</i>			
Pure Strength Studio One				8:20AM-9:20AM (Strength) <i>Alison H.</i>			
SilverSneakers Circuit Gymnasium				9:30AM-10:30AM (Active Older Adult) <i>Lory D.</i>			
PiYo Live Studio One				9:30AM-10:30AM (Fitness) <i>Traci R.</i>			

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5 Lap Lanes & Shallow Water Area Indoor Pool				10:00AM-11:00AM (Lap Pool)	9:00AM-10:30AM (Lap Pool)		
Yoga Stretch Studio One				11:00AM-12:00PM (Mind Body) <i>Debbie R.</i>			
TRX Studio One				5:30PM-6:15PM (Strength) <i>Elissa S.</i>			
Slide Open Indoor Pool				6:00PM-7:00PM (Slide)	6:00PM-7:00PM (Slide)		
Pound Studio A/B				6:00PM-6:45PM (Cardio) <i>Robin M.</i>			
Yoga Mind Studio One					6:00AM-7:00AM (Mind Body) <i>Sarah B.</i>		
Y Stretch Studio One					9:15AM-10:15AM (Mind Body) <i>Laura G.</i>		
5 Lap Lanes Indoor Pool					11:00AM-12:00PM (Lap Pool)		
Line Dance Studio One					11:15AM-12:15PM (Dance) <i>Lory D.</i>		
Pick Up Basketball Court 2					5:30PM-7:30PM (Gymnasium)		
6 Lap Lanes & Shallow Water Area Indoor Pool						8:00AM-5:45PM (Lap Pool)	
BODYCOMBAT™ Studio One						8:05AM-8:50AM (Les Mills) <i>Sara S.</i>	
Yoga Flow Studio A/B						9:00AM-10:00AM (Mind Body) <i>Sara S.</i>	12:00PM-1:00PM (Mind Body) <i>Phil D.</i>
Pound Studio One							1:30PM-2:30PM (Cardio) <i>Robin M.</i>