



Gahanna/John E. Bickley YMCA | July 14th - July 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium					5:30AM-8:20AM (Gymnasium) 11:00AM-6:30PM (Gymnasium)	8:00AM-5:30PM (Gymnasium)	3:00PM-5:30PM (Gymnasium)
7 Lap Lanes & Shallow Water Area Indoor Pool					5:45AM-1:00PM (Lap Pool)		
SilverSneakers BOOM Move Gymnasium					8:30AM-9:30AM (Active Older Adult) <i>Beth R.</i>		
Break-It-Up Cycling Studio Two					8:30AM-9:30AM (Cycling) <i>Serena K.</i>		
Yoga Flow Studio One					9:00AM-9:45AM (Mind Body) <i>Barry D.</i>		
6 Lap Lanes & Family Swim Indoor Pool					9:15AM-10:15AM (Lap Pool)		
Pilates Studio One					10:00AM-10:45AM (Fitness) <i>Barry D.</i>		
Pure Strength Studio 2					10:00AM-10:45AM (Strength) <i>Serena K.</i>		
7 Lap Lanes & Family Swim Indoor Pool					10:15AM-1:00PM (Lap Pool)	8:00AM-1:00PM (Lap Pool)	
SilverSneakers Circuit Studio One					11:00AM-11:45AM (Active Older Adult) <i>Karen E.</i>		
Chair Yoga Studio One					12:00PM-12:45PM (Mind Body) <i>Karen E.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP™ Studio One					5:30PM-6:30PM (Les Mills) <i>Les Y.</i>	9:00AM-10:00AM (Les Mills) <i>Tori D.</i> 11:30AM-12:30PM (Les Mills) <i>Kris C.</i>	12:45PM-1:45PM (Les Mills) <i>Colleen K.</i>
Les Mills GRIT™ Series Studio One						8:15AM-8:45AM (Les Mills) <i>Kevin P.</i>	
Pilates Studio Two						8:30AM-9:15AM (Fitness) <i>Margaret M.</i>	
Les Mills TONE™ Studio Two						9:30AM-10:15AM (Les Mills) <i>Kevin P.</i>	
Zumba Studio One						10:15AM-11:15AM (Dance) <i>Kris C.</i>	
Les Mills CORE™ Studio Two							12:45PM-1:30PM (Les Mills) <i>Kris C.</i>
BODYBALANCE® Studio 2							1:45PM-2:45PM (Les Mills) <i>Kris C.</i>