



Liberty Township/ Powell YMCA | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium		5:30AM-8:00AM (Gymnasium) 3:00PM-9:00PM (Gymnasium)	11:45AM-6:00PM (Gymnasium) 7:30PM-9:00PM (Gymnasium)	3:00PM-9:00PM (Gymnasium)	5:30AM-8:00AM (Gymnasium) 3:00PM-8:00PM (Gymnasium)	10:30AM-5:00PM (Gymnasium)	11:00AM-5:00PM (Gymnasium)
8 Lap Lanes & Family Swim Indoor Pool		6:00AM-7:15AM (Lap Pool) 7:30AM-9:00AM (Lap Pool) 11:30AM-3:00PM (Lap Pool)	6:00AM-7:15AM (Lap Pool) 7:30AM-9:00AM (Lap Pool) 10:00AM-3:00PM (Lap Pool) 3:00PM-4:00PM (Lap Pool)	6:00AM-7:15AM (Lap Pool) 7:30AM-9:00AM (Lap Pool) 11:25AM-1:00PM (Lap Pool) 3:00PM-3:45PM (Lap Pool)	6:00AM-7:15AM (Lap Pool) 7:30AM-9:00AM (Lap Pool) 9:00AM-3:00PM (Lap Pool)	8:00AM-12:00PM (Lap Pool)	11:00AM-12:00PM (Lap Pool)
Strength Balance Form & Cardio Studio One REGISTER		7:00AM-7:45AM (Fitness) <i>Denise K.</i>					
Lifeguard Break Indoor Pool		7:15AM-7:30AM (Lap Pool)	7:15AM-7:30AM (Lap Pool)	7:15AM-7:30AM (Lap Pool)	7:15AM-7:30AM (Lap Pool)		
Scheduled Programming Gymnasium		8:00AM-9:00AM (Gymnasium) 9:15AM-10:00AM (Gymnasium) 10:15AM-11:15AM (Gymnasium)	8:00AM-11:45AM (Gymnasium) 6:15PM-7:30PM (Gymnasium)	8:00AM-11:45AM (Gymnasium) 11:00AM-11:45AM (Gymnasium)	8:00AM-11:45AM (Gymnasium)	8:15AM-10:30AM (Gymnasium) 9:30PM-3:30PM (Gymnasium)	
Relentless Gymnasium REGISTER		8:00AM-9:00AM (Fitness) <i>Michelle C.</i>					
5 Lap Lanes Indoor Pool		9:00AM-11:00AM (Lap Pool)		9:00AM-11:00PM (Lap Pool)			
Zumba® Gold Gymnasium REGISTER		9:15AM-10:00AM (Dance) <i>Lynda A.</i>		11:00AM-11:45AM (Dance) <i>Lynda A.</i>			
Yoga Strength Studio Two REGISTER		9:15AM-10:00AM (Mind Body) <i>Denise K.</i>		7:00AM-7:45AM (Mind Body) <i>Denise K.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling Cycling Studio REGISTER		9:15AM-10:00AM (Cycling) <i>Michelle C.</i>	5:15PM-5:45PM (Cycling) <i>Kristin S.</i>	5:45AM-6:30AM (Cycling) <i>Amy Z.</i> 9:15AM-10:00AM (Cycling) <i>Meredith D.</i>			
Zumba Gymnasium REGISTER		10:15AM-11:15AM (Dance) <i>Carrie M.</i>		6:30PM-7:30PM (Dance) <i>Cat V.</i>			
Barre Studio Two REGISTER		10:15AM-11:00AM (General) <i>Denise K.</i>		10:15AM-11:00AM (General) <i>Denise K.</i>			
Pure Strength Studio One REGISTER		10:15AM-11:00AM (Strength) <i>Michelle C.</i>					
Cycling- Easy Rider Cycling Studio REGISTER		10:15AM-10:45AM (Cycling) <i>Kristine A.</i>		10:15AM-10:45AM (Cycling) <i>Meredith D.</i>			
Pickleball Court 1		12:00PM-3:00PM (Gymnasium)		12:00PM-3:00PM (Gymnasium)			
Hot Tub Closed for Maintenance Indoor Pool		12:00PM-3:00PM (Lap Pool)					
2 Lap Lanes & Family Swim Indoor Pool		4:30PM-5:45PM (Lap Pool) 5:45PM-7:30PM (Lap Pool) 7:30PM-8:30PM (Lap Pool)	4:00PM-5:30PM (Lap Pool) 7:30PM-8:30PM (Lap Pool)	3:45PM-5:30PM (Lap Pool) 5:30PM-6:30PM (Lap Pool) 6:30PM-8:30PM (Lap Pool)	5:30PM-7:30PM (Lap Pool)		
BODYCOMBAT™ Studio One REGISTER		5:15PM-6:00PM (Les Mills) <i>Kristyn D.</i>	5:45AM-6:30AM (Les Mills) <i>Kendra S.</i>	5:15PM-6:00PM (Les Mills) <i>Kendra S.</i>			11:15AM-12:00PM (Les Mills) <i>Kristyn D.</i>
Strength Balance Form & Cardio Studio Two REGISTER		6:00PM-6:45PM (Fitness) <i>Tricia B.</i>					
Zumba Studio One REGISTER		6:15PM-7:15PM (Dance) <i>Cat V.</i>	5:00PM-6:00PM (Dance) <i>Cat V.</i>	9:30AM-10:30AM (Dance) <i>Carrie M.</i>	5:30PM-6:30PM (Dance) <i>Radina J.</i>		
Strength Balance Form & Cardio Gymnasium REGISTER			8:00AM-8:30AM (Fitness) <i>Michelle C.</i>				

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Strictly Core Gymnasium REGISTER			8:30AM-9:00AM (Fitness) <i>Michelle C.</i>		8:30AM-9:00AM (Fitness) <i>Meredith D.</i>		
8 Lap Lanes Indoor Pool			9:00AM-10:00AM (Lap Pool)				
SurfSet Studio Two REGISTER			9:00AM-9:45AM (General) <i>Denise K.</i>				
BODYPUMP™ Studio One REGISTER			9:15AM-10:00AM (Les Mills) <i>Michelle C.</i>	6:15PM-7:15PM (Les Mills) <i>Kendra S.</i>	5:45AM-6:30AM (Les Mills) <i>Kendra S.</i>		
Break-It-Up Cycling Cycling Studio REGISTER			9:30AM-10:30AM (Cycling) <i>Meredith D.</i>		9:30AM-10:30AM (Cycling) <i>Meredith D.</i>	9:00AM-10:00AM (Cycling) <i>Amy Z.</i>	
Yoga Flow Studio Two REGISTER			10:00AM-10:45AM (Mind Body) <i>Denise K.</i>				
AOA Fit Gymnasium REGISTER			10:45AM-11:45AM (Active Older Adult) <i>Shannon S.</i>		10:45AM-11:30AM (Active Older Adult) <i>Michelle C.</i>		
Pilates Studio Two REGISTER			11:00AM-11:45AM (Fitness) <i>Denise K.</i> 5:00PM-5:45PM (Fitness) <i>Galina R.</i>	9:15AM-10:00AM (Fitness) <i>Denise K.</i>	10:45AM-11:30AM (Fitness) <i>Lynda A.</i>		
Chair Yoga Studio Two REGISTER			12:00PM-12:45PM (Mind Body) <i>Kate B.</i>				
1 Lap Lane & Family Swim Indoor Pool			5:30PM-6:00PM (Lap Pool)				12:00PM-4:30PM (Lap Pool)
Yoga Stretch Studio Two REGISTER			6:00PM-7:00PM (Mind Body) <i>Galina R.</i>		9:30AM-10:30AM (Mind Body) <i>Denise K.</i>		
Pure Strength Gymnasium REGISTER				8:00AM-9:00AM (Strength) <i>Meredith D.</i>			
Half Gym Open Court Court 2				12:00PM-3:00PM (Gymnasium)	12:00PM-3:00PM (Gymnasium)		
Meditation Studio Two REGISTER				12:00PM-12:30PM (Mind Body) <i>Staff Y.</i>			
Closed for Maintenance Indoor Pool				1:00PM-3:00PM (Lap Pool)			

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Bootcamp Gymnasium REGISTER					8:00AM-8:30AM (Fitness) <i>Meredith D.</i>		
Zumba® Toning Gymnasium REGISTER					9:30AM-10:30AM (Dance) <i>Lynda A.</i>		
LaBlast® Chair Fitness Studio Two REGISTER					11:45AM-12:30PM (Active Older Adult) <i>Shannon S.</i>		
7 Lap Lanes & Family Swim Indoor Pool					3:00PM-5:30PM (Lap Pool)		
BODYPUMP™ Gymnasium REGISTER						8:15AM-9:15AM (Les Mills) <i>Tricia B.</i>	
Zumba Studio Two REGISTER						9:00AM-10:00AM (Dance) <i>Emy C.</i>	
BODYCOMBAT™ Gymnasium REGISTER						9:30AM-10:30AM (Les Mills) <i>Emily D.</i>	
Les Mills Sprint Cycling Studio REGISTER						10:45AM-11:15AM (Les Mills) <i>Kristyn D.</i>	