



Grove City YMCA | August 17th - August 23rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Court 1	6:30AM-8:30AM (Gymnasium)		6:30AM-8:30AM (Gymnasium)				
Pickleball Court 2	6:30AM-8:30AM (Gymnasium)		6:30AM-8:30AM (Gymnasium)				
3 Lap Lanes Outdoor Pool	8:00AM-12:00PM (Lap Pool)	8:00AM-12:00PM (Lap Pool)	8:00AM-12:00PM (Lap Pool)	8:00AM-12:00PM (Lap Pool)			11:00AM-12:00PM (Lap Pool)
Open Gym Gymnasium	8:30AM-10:30AM (Gymnasium) 3:00PM-6:45PM (Gymnasium)	5:15AM-9:00AM (Gymnasium) 3:00PM-6:45PM (Gymnasium)	5:15AM-6:30AM (Gymnasium) 8:30AM-10:30AM (Gymnasium) 3:00PM-5:15PM (Gymnasium)	5:15AM-10:30AM (Gymnasium) 3:00PM-8:45PM (Gymnasium)	5:15AM-10:30AM (Gymnasium) 3:00PM-4:00PM (Gymnasium)	3:00PM-4:45PM (Gymnasium)	11:00AM-2:00PM (Gymnasium)
Yoga Flow Studio A/B REGISTER	9:15AM-10:15AM (Mind Body) <i>Toni W.</i> 6:30PM-7:30PM (Mind Body) <i>Kelly B.</i>	9:15AM-10:15AM (Mind Body) <i>Toni W.</i>		9:15AM-10:15AM (Mind Body) <i>Toni W.</i>			
BODYPUMP™ Studio One REGISTER	9:30AM-10:30AM (Les Mills) <i>Barb K.</i>		5:30AM-6:30AM (Les Mills) <i>Kevin S.</i>	5:00PM-6:00PM (Les Mills) <i>Britanya M.</i>	8:00AM-9:00AM (Les Mills) <i>Barb K.</i>		12:10PM-12:55PM (Les Mills) <i>Elise H.</i>
Scheduled Programming Gymnasium	10:30AM-12:00PM (Gymnasium)	10:30AM-12:00PM (Gymnasium)	10:30AM-12:00PM (Gymnasium) 5:15PM-8:45PM (Gymnasium)	10:30AM-12:00PM (Gymnasium)	10:30AM-12:00PM (Gymnasium) 4:00PM-7:00PM (Gymnasium)	8:00AM-3:00PM (Gymnasium)	
SilverSneakers Classic Gymnasium REGISTER	11:00AM-11:45AM (Active Older Adult) <i>Toni W.</i>			11:00AM-11:45AM (Active Older Adult) <i>Traci H.</i>			
Pickleball Gymnasium	12:00PM-3:00PM (Gymnasium)	12:00PM-3:00PM (Gymnasium)	12:00PM-3:00PM (Gymnasium)	12:00PM-3:00PM (Gymnasium)	12:00PM-3:00PM (Gymnasium)		2:00PM-4:45PM (Gymnasium)
Open Swim Outdoor Pool	12:00PM-5:45PM (Leisure Pool)	12:00PM-1:00PM (Leisure Pool)	12:15PM-3:45PM (Leisure Pool)	12:00PM-3:45PM (Leisure Pool)			12:00PM-4:45PM (Leisure Pool)
Les Mills TONE™ Studio One REGISTER	5:15PM-6:00PM (Les Mills) <i>Britanya M.</i>						

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Pilates Studio A/B REGISTER	5:15PM-6:15PM (Fitness) <i>Kelly B.</i>		6:45PM-7:45PM (Fitness) <i>Aliya B.</i>	5:45PM-6:45PM (Fitness) <i>Kelly B.</i>			
Zumba Studio One REGISTER	6:15PM-7:15PM (Dance) <i>Chris B.</i>	6:15PM-7:15PM (Dance) <i>Lauren D.</i>	6:15PM-7:15PM (Dance) <i>Chris B.</i>			11:00AM-12:00PM (Dance) <i>Chris B.</i>	11:05AM-12:05PM (Dance) <i>Chris B.</i>
Barre Studio One REGISTER	7:45PM-8:45PM (General) <i>Kelly B.</i>			7:00PM-8:00PM (General) <i>Kelly B.</i>			
Cycling Studio One REGISTER		6:30AM-7:15AM (Cycling) <i>Johnny S.</i>		6:30AM-7:15AM (Cycling) <i>Johnny S.</i>			
Scheduled Programming Court 1		9:00AM-10:30AM (Gymnasium)					
HIIT Studio One REGISTER		9:00AM-10:00AM (Cardio) <i>Susanna G.</i>					
Open Gym Court 2		9:30AM-10:30AM (Gymnasium)					
Les Mills Dance Studio One REGISTER		10:15AM-11:00AM (Les Mills) <i>Heidi R.</i>					
SilverSneakers Yoga Gymnasium REGISTER		11:00AM-11:45AM (Active Older Adult) <i>Toni W.</i>					
BODYPUMP HEAVY™ Studio One REGISTER		5:00PM-6:00PM (Les Mills) <i>Britanya M.</i>	8:00AM-9:00AM (Les Mills) <i>Barb K.</i>				
BODYBALANCE® Studio A/B REGISTER		6:00PM-7:00PM (Les Mills) <i>Megan E.</i>					
Pick Up Volleyball Gymnasium		6:45PM-8:45PM (Gymnasium)					
Step & Strength Studio One REGISTER			9:30AM-10:30AM (Cardio) <i>Traci H.</i>		9:30AM-10:30AM (Cardio) <i>Traci H.</i>		
Strictly Core Studio A/B REGISTER			10:30AM-11:00AM (Fitness) <i>Susanna G.</i>		10:30AM-11:00AM (Fitness) <i>Susanna G.</i>		
AOA Functional Fitness Gymnasium REGISTER			10:45AM-11:45AM (Active Older Adult) <i>Barb K.</i>		10:45AM-11:45AM (Active Older Adult) <i>Barb K.</i>		
Zumba® Gold Studio One REGISTER			12:15PM-1:15PM (Dance) <i>Barb K.</i>		12:15PM-1:00PM (Dance) <i>Barb K.</i>		

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BODYBALANCE® Studio One REGISTER					6:00AM-7:00AM (Les Mills) <i>Heidi R.</i>	9:15AM-10:15AM (Les Mills) <i>Britanya M.</i>	
BODYCOMBAT™ Studio One REGISTER						8:15AM-9:00AM (Les Mills) <i>Britanya M.</i>	1:05PM-1:35PM (Les Mills) <i>Elise H.</i>