



Hilltop YMCA | August 17th - August 23rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium	7:00AM-8:00AM (Gymnasium) <i>Staff Y.</i>	7:00AM-8:00AM (Gymnasium) <i>Staff Y.</i> 12:00PM-2:00PM (Gymnasium) <i>Staff Y.</i>	7:00AM-8:00AM (Gymnasium) <i>Staff Y.</i> 7:00PM-8:00PM (Gymnasium)	7:00AM-8:00AM (Gymnasium) <i>Staff Y.</i> 12:00PM-2:00PM (Gymnasium) 7:00PM-8:00PM (Gymnasium)	7:00AM-8:00AM (Gymnasium) 5:00PM-6:00PM (Gymnasium)	8:30AM-3:45PM (Gymnasium)	
4 Lap Lanes Indoor Pool	7:10AM-8:00AM (Lap Pool) 9:20AM-10:45AM (Lap Pool) 5:00PM-7:00PM (Lap Pool)		7:10AM-8:00AM (Lap Pool) <i>Staff Y.</i> 3:00PM-5:00PM (Lap Pool)	7:10AM-8:00AM (Lap Pool) 9:05AM-9:30AM (Lap Pool)	7:10AM-8:00AM (Lap Pool) 9:10AM-10:45AM (Lap Pool) 11:00AM-1:00PM (Lap Pool)		
Scheduled Programming Gymnasium	8:00AM-12:00PM (Gymnasium) <i>Staff Y.</i> 2:00PM-5:00PM (Gymnasium) <i>Staff Y.</i> 5:30PM-7:00PM (Gymnasium)	8:00AM-12:00PM (Gymnasium) <i>Staff Y.</i> 2:00PM-5:00PM (Gymnasium) <i>Staff Y.</i>	8:00AM-12:00PM (Gymnasium) <i>Staff Y.</i> 2:00PM-5:00PM (Gymnasium) <i>Staff Y.</i> 5:30PM-7:00PM (Gymnasium) <i>Staff Y.</i>	8:00AM-12:00PM (Gymnasium) <i>Staff Y.</i> 2:00PM-5:30PM (Gymnasium) 5:30PM-7:00PM (Gymnasium)	8:00AM-12:00PM (Gymnasium) <i>Staff Y.</i> 2:00PM-5:00PM (Gymnasium) <i>Staff Y.</i>		
Scheduled Programming Indoor Pool	8:00AM-9:00AM (Lap Pool) <i>Sally M.</i>	7:00PM-8:00PM (Lap Pool)	8:00AM-9:00AM (Lap Pool) <i>Mata S.</i> 7:00PM-8:00PM (Lap Pool)	8:00AM-9:00AM (Lap Pool) <i>Mata S.</i>	8:00AM-9:00AM (Lap Pool) <i>Staff Y.</i>	8:00AM-9:20AM (Lap Pool)	
SilverSneakers Circuit Gymnasium REGISTER	8:30AM-9:15AM (Active Older Adult) <i>Kevin S.</i>		8:30AM-9:15AM (Active Older Adult) <i>Kevin S.</i>		8:30AM-9:15AM (Active Older Adult) <i>Kevin S.</i>		
Bootcamp Gymnasium REGISTER	9:45AM-10:30AM (Fitness) <i>Kevin S.</i>		9:45AM-10:30AM (Fitness) <i>Kevin S.</i>		9:45AM-10:30AM (Fitness) <i>Kevin S.</i>		
Pickleball Gymnasium REGISTER	12:00PM-2:00PM (Gymnasium) <i>Staff Y.</i>		12:00PM-2:00PM (Gymnasium) <i>Staff Y.</i>		12:00PM-2:00PM (Gymnasium) <i>Staff Y.</i>		

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3 Lap Lanes Indoor Pool	3:00PM-5:00PM (Lap Pool)		9:20AM-10:40AM (Lap Pool) 10:55AM-12:30PM (Lap Pool) 5:00PM-6:45PM (Lap Pool)	3:00PM-4:00PM (Lap Pool)			
Half Gym Open Court Gymnasium	5:00PM-7:45PM (Gymnasium) <i>Staff Y.</i>	5:30PM-7:45PM (Gymnasium)					
Les Mills GRIT™ Series Group Ex Studio REGISTER	5:15PM-5:45PM (Les Mills) <i>Kevin S.</i>						
SilverSneakers Yoga Gymnasium REGISTER		8:30AM-9:15AM (Active Older Adult) <i>Kevin S.</i>		8:30AM-9:15AM (Active Older Adult) <i>Kevin S.</i>			
SilverSneakers Classic Gymnasium REGISTER		9:30AM-10:15AM (Active Older Adult) <i>Kevin S.</i>		9:30AM-10:15AM (Active Older Adult) <i>Kevin S.</i>			
Pilates Group Ex Studio REGISTER		4:15PM-5:00PM (Fitness) <i>Maya C.</i>		4:15PM-5:00PM (Fitness) <i>Maya C.</i>			
Scheduled Programming Court 2		4:30PM-7:45PM (Gymnasium)					
BODYPUMP™ Group Ex Studio REGISTER		5:30PM-6:30PM (Les Mills) <i>Kevin S.</i>		5:30PM-6:30PM (Les Mills) <i>Kevin S.</i>			
Yoga Stretch Group Ex Studio REGISTER			4:45PM-5:45PM (Mind Body) <i>Laura G.</i>				
Zumba Group Ex Studio REGISTER			6:00PM-6:45PM (Dance) <i>Mata S.</i>				
2 Lap Lanes & Family Swim Indoor Pool				5:15PM-6:45PM (Lap Pool)	1:15PM-3:00PM (Lap Pool)		
Zumba® Gold Group Ex Studio REGISTER					10:00AM-10:45AM (Dance) <i>Aziza W.</i>		
Yoga Mind Group Ex Studio REGISTER						8:30AM-9:15AM (Mind Body) <i>Stacey S.</i>	
Les Mills Sprint Group Ex Studio REGISTER						11:00AM-11:30AM (Les Mills) <i>Mata S.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Half Gym Open Court Court 2						1:00PM-3:45PM (Gymnasium)	