



Morrison Family YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
\$ CrossFit Open Gym Morrison: Athletic Training Center Book					10:45AM-11:45AM (\$ Group Training) <i>Rotating I.</i>		
Core Strength Morrison: Dhaliwal Studio Book					10:50AM-11:20AM (Group Exercise) <i>Vanessa B.</i>		
Upbeat Barre® Morrison: Dhaliwal Studio Book					11:30AM-12:20PM (Group Exercise) <i>Kaycie F.</i>		12:15PM-1:15PM (Group Exercise) <i>Kris A.</i>
Sculpt and Tone Morrison: Main Group Exercise Room Book					11:45AM-12:30PM (Group Exercise) <i>April R.</i>		
\$ CrossFit Morrison: Athletic Training Center Book					12:00PM-1:00PM (\$ Group Training) <i>Maureen T.</i>	9:30AM-10:30AM (\$ Group Training) <i>Kevin D.</i>	
HIGH Yo Stretch® Morrison: Dhaliwal Studio Book					12:30PM-1:00PM (Group Exercise) <i>Kaycie F.</i>		
\$ PT 30mins Morrison Family YMCA Book					3:30PM-4:00PM (Appointments) <i>Greg J.</i>		
Pickleball Morrison Family YMCA Book					7:00PM-8:00PM (Reserve a Court) <i>Court_1 T.</i> 8:00PM-9:00PM (Reserve a Court) <i>Court_1 T.</i>		
\$ PT 45mins Morrison Family YMCA Book						7:30AM-8:15AM (Appointments) <i>Kathryn A.</i> 8:45AM-9:30AM (Appointments) <i>Kathryn A.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Strength Morrison: Main Group Exercise Room Book						8:15AM-9:05AM (Group Exercise) <i>Christa S.</i>	
Vinyasa Yoga Morrison: Dhaliwal Studio Book						8:30AM-9:30AM (Group Exercise) <i>Kelly O.</i>	
Cycle Morrison: Cycle Studio Book						9:00AM-9:45AM (Group Exercise) <i>John Z.</i>	
High Fitness® Morrison: Main Group Exercise Room Book						9:30AM-10:20AM (Group Exercise) <i>Emma W.</i>	
Pilates Morrison: Dhaliwal Studio Book						9:45AM-10:35AM (Group Exercise) <i>April R.</i>	
Cardio Strength Morrison: Main Group Exercise Room Book						10:45AM-11:35AM (Group Exercise) <i>Connie S.</i>	
Barre Morrison: Dhaliwal Studio Book						11:00AM-11:50AM (Group Exercise) <i>Andreia W.</i>	
Zumba® Morrison: Main Group Exercise Room Book							1:30PM-2:20PM (Group Exercise) <i>Elizabeth M.</i>



Harris YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Harris: Cycle Studio Book					10:45AM-11:30AM (Group Exercise) <i>Betsy H.</i>	9:15AM-10:00AM (Group Exercise) <i>Brandon B.</i>	12:30PM-1:15PM (Group Exercise) <i>Megan S.</i>
Strong Sexy Mammias ® Harris: Group Exercise Book					10:45AM-11:40AM (Group Exercise) <i>Anna K.</i>		
\$ PT 45mins Harris YMCA Book					11:00AM-11:45AM (Appointments) <i>Amy J.</i> 2:30PM-3:15PM (Appointments) <i>Adam F.</i>		
\$ PT 30mins Pilot Harris YMCA Book					11:15AM-11:45AM (Appointments) <i>Cristina M.</i> 12:00PM-12:30PM (Appointments) <i>Amy J.</i> 1:30PM-2:00PM (Appointments) <i>Adam F.</i> 3:30PM-4:00PM (Appointments) <i>Adam F.</i>	7:30AM-8:00AM (Appointments) <i>Jamal J.</i>	12:30PM-1:00PM (Appointments) <i>Jamal J.</i> 1:00PM-1:30PM (Appointments) <i>Jamal J.</i> 4:30PM-5:00PM (Appointments) <i>Aneesh T.</i>
Senior Cardio Strength Harris: Group Exercise Book					12:00PM-12:55PM (Group Exercise) <i>Julia G.</i>		
Group Power® Harris: Gymnasium - Court A Book					12:00PM-12:55PM (Group Exercise) <i>Ashley R.</i>	8:30AM-9:25AM (Group Exercise) <i>Linda M.</i>	
Foundation Training Harris: Group Exercise Book					1:30PM-2:30PM (Group Exercise) <i>Joshua B.</i>		
Group Power® Harris: Group Exercise Book					5:30PM-6:25PM (Group Exercise) <i>Linda M.</i>		12:15PM-1:10PM (Group Exercise) <i>Linda M.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
\$ PT 30mins Harris YMCA Book						7:00AM-7:30AM (Appointments) <i>Jessica M.</i>	
Mixed Level Yoga Harris: Group Exercise Book						7:15AM-8:15AM (Group Exercise) <i>Linda M.</i>	
Step Harris: Group Exercise Book						9:00AM-9:55AM (Group Exercise) <i>Carolyn B.</i>	
TurboKick® Harris: Gymnasium - Court A Book						10:15AM-11:10AM (Group Exercise) <i>Carolyn B.</i>	
Barre Harris: Group Exercise Book						10:15AM-11:10AM (Group Exercise) <i>Linda M.</i>	
Yoga Basics Harris: Group Exercise Book						11:45AM-12:45PM (Group Exercise) <i>Mary D.</i>	
Cardio Dance Harris: Group Exercise Book						1:00PM-1:55PM (Group Exercise) <i>Elizabeth M.</i>	
Athletic Conditioning Harris: Cotty Athletic Fields Book							12:30PM-1:25PM (Group Exercise) <i>Neal P.</i>
Cardio Dance Harris Gymnasium Book							1:00PM-1:55PM (Group Exercise) <i>James R.</i>
Power Yoga Harris: Group Exercise Book							1:30PM-2:30PM (Group Exercise) <i>Sarah O.</i>
Core Strength Harris YMCA Book							3:00PM-3:55PM (Group Exercise) <i>Linda M.</i>
Deep Stretch Harris: Group Exercise Book							4:15PM-5:15PM (Group Exercise) <i>Linda M.</i>



Brace Family YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Brace: Mind Body Studio Book					10:45AM-11:45AM (Group Exercise) <i>Alice F.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: Shared Lane (Reserved) Brace: Indoor Pool Book					11:00AM-11:30AM (Pools) <i>Brace F.</i>	7:00AM-7:30AM (Pools) <i>Brace F.</i>	12:00PM-12:30PM (Pools) <i>Brace F.</i>
					11:30AM-12:00PM (Pools) <i>Brace F.</i>	7:30AM-8:00AM (Pools) <i>Brace F.</i>	12:30PM-1:00PM (Pools) <i>Brace F.</i>
					1:00PM-1:30PM (Pools) <i>Brace F.</i>	8:00AM-8:30AM (Pools) <i>Brace F.</i>	1:00PM-1:30PM (Pools) <i>Brace F.</i>
					1:30PM-2:00PM (Pools) <i>Brace F.</i>	8:30AM-9:00AM (Pools) <i>Brace F.</i>	1:30PM-2:00PM (Pools) <i>Brace F.</i>
					2:00PM-2:30PM (Pools) <i>Brace F.</i>	1:00PM-1:30PM (Pools) <i>Brace F.</i>	2:00PM-2:30PM (Pools) <i>Brace F.</i>
					2:30PM-3:00PM (Pools) <i>Brace F.</i>	1:30PM-2:00PM (Pools) <i>Brace F.</i>	2:30PM-3:00PM (Pools) <i>Brace F.</i>
					3:00PM-3:30PM (Pools) <i>Brace F.</i>	2:00PM-2:30PM (Pools) <i>Brace F.</i>	3:00PM-3:30PM (Pools) <i>Brace F.</i>
					3:30PM-4:00PM (Pools) <i>Brace F.</i>	2:30PM-3:00PM (Pools) <i>Brace F.</i>	3:30PM-4:00PM (Pools) <i>Brace F.</i>
					4:00PM-4:30PM (Pools) <i>Brace F.</i>	3:00PM-3:30PM (Pools) <i>Brace F.</i>	4:00PM-4:30PM (Pools) <i>Brace F.</i>
					4:30PM-5:00PM (Pools) <i>Brace F.</i>	3:30PM-4:00PM (Pools) <i>Brace F.</i>	4:30PM-5:00PM (Pools) <i>Brace F.</i>
					5:00PM-5:30PM (Pools) <i>Brace F.</i>	4:00PM-4:30PM (Pools) <i>Brace F.</i>	5:00PM-5:45PM (Pools) <i>Brace F.</i>
					5:30PM-6:00PM (Pools) <i>Brace F.</i>	4:30PM-5:00PM (Pools) <i>Brace F.</i>	
					6:00PM-6:30PM (Pools) <i>Brace F.</i>	5:00PM-5:45PM (Pools) <i>Brace F.</i>	
					6:30PM-7:00PM (Pools) <i>Brace F.</i>		
					7:00PM-7:30PM (Pools) <i>Brace F.</i>		
					7:30PM-8:00PM (Pools) <i>Brace F.</i>		
					8:00PM-8:45PM (Pools) <i>Brace F.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
\$ PT 45mins Brace Family YMCA Book					11:15AM-12:00PM (Appointments) <i>Darcy K.</i> 11:15AM-12:00PM (Appointments) <i>Perry V.</i>		
Cardio Sculpt Brace: Group Exercise Room 2 Book					12:00PM-12:55PM (Group Exercise) <i>Charity D.</i>		
\$ PT 60mins Brace Family YMCA Book					1:10PM-2:10PM (Appointments) <i>Darcy K.</i>		
Gentle Yoga Brace: Mind Body Studio Book					1:10PM-2:10PM (Group Exercise) <i>Meghan H.</i>		
Cycle Brace: Cycle Studio Book						8:00AM-8:55AM (Group Exercise) <i>Jaimee P.</i> 3:00PM-3:45PM (Group Exercise) <i>Joe F.</i>	1:30PM-2:25PM (Group Exercise) <i>Jaimee P.</i>
Cardio Strength Brace: Group Exercise Room 2 Book						8:00AM-8:55AM (Group Exercise) <i>Amy B.</i>	
Water Cardio Strength Brace: Indoor Pool Book						8:10AM-8:55AM (Group Exercise) <i>Esther B.</i> 9:05AM-9:50AM (Group Exercise) <i>Christine (.</i>	
Vinyasa Yoga Brace: Mind Body Studio Book						8:30AM-9:30AM (Group Exercise) <i>Kate L.</i>	
Reserved for Swim Lessons Brace: Indoor Pool Book						9:00AM-1:00PM (Pools) <i>Staff</i>	
Group Power® Brace: Group Exercise Room 2 Book						9:15AM-10:10AM (Group Exercise) <i>Kristin G.</i>	1:30PM-2:25PM (Group Exercise) <i>Chemika M.</i>
Barre Brace: Mind Body Studio Book						9:45AM-10:45AM (Group Exercise) <i>Elise M.</i>	
High Intensity Interval Training Brace: Group Exercise Room 2 Book						10:20AM-11:05AM (Group Exercise) <i>Charity D.</i>	
Zumba® Brace: Group Exercise Room 2 Book						11:15AM-12:10PM (Group Exercise) <i>Maria G.</i>	2:45PM-3:40PM (Group Exercise) <i>Ely J.</i>
\$ PT 30mins Brace Family YMCA Book						11:30AM-12:00PM (Appointments) <i>Darcy K.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
High Fitness® Brace: Group Exercise Room 2 Book							12:15PM-1:10PM (Group Exercise) <i>Jaimee P.</i>
Power Yoga Brace: Mind Body Studio Book							12:15PM-1:15PM (Group Exercise) <i>Krissy O.</i>
Hot Power Yoga Brace: Mind Body Studio Book							1:30PM-2:30PM (Group Exercise) <i>Krissy O.</i>



Childress Klein YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
\$ PT 60mins Childress Klein YMCA Book					11:00AM-12:00PM (Appointments) <i>Brian M.</i> 5:00PM-6:00PM (Appointments) <i>Brian M.</i>		
Lap Lane: Shared Lane (Reserved) Childress Klein: Pool Book					11:00AM-11:45AM (Pools) <i>Staff</i> 12:00PM-12:45PM (Pools) <i>Staff</i> 1:00PM-1:45PM (Pools) <i>Staff</i> 2:00PM-2:45PM (Pools) <i>Staff</i> 3:00PM-3:45PM (Pools) <i>Staff</i> 4:00PM-4:45PM (Pools) <i>Staff</i> 5:00PM-5:45PM (Pools) <i>Staff</i> 6:00PM-6:45PM (Pools) <i>Staff</i>	8:00AM-8:45AM (Pools) <i>Staff</i> 9:00AM-9:45AM (Pools) <i>Staff</i> 10:00AM-10:45AM (Pools) <i>Staff</i> 11:00AM-11:45AM (Pools) <i>Staff</i> 12:00PM-12:45PM (Pools) <i>Staff</i>	10:00AM-10:45AM (Pools) <i>Staff</i> 11:00AM-11:45AM (Pools) <i>Staff</i> 12:00PM-12:45PM (Pools) <i>Staff</i> 1:00PM-1:45PM (Pools) <i>Staff</i>
(\$) Functional Training Childress Klein: Functional Fitness Studio Book					12:00PM-1:00PM (\$ Group Training) <i>Demi G.</i>		
\$ PT 45mins Childress Klein YMCA Book					3:00PM-3:45PM (Appointments) <i>Brian M.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: Shared Lane (Reserved) Childress Klein YMCA Book						7:00AM-7:45AM (Pools) <i>Staff</i>	
Deep Stretch Childress Klein: Annex/Studio Book						9:30AM-10:30AM (Group Exercise) <i>Dawn R.</i>	
Slow Flow Yoga Childress Klein YMCA Book							10:15AM-11:15AM (Group Exercise) <i>Cayla M.</i>



Sara's YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
\$ PT 45mins Sara's YMCA Book					11:00AM-11:45AM (Appointments) Cynthia B.		
Deep Stretch Sara's: Group Exercise Studio Book					11:30AM-11:50AM (Group Exercise) Kim B.		
\$ PT 30mins Sara's YMCA Book					11:45AM-12:15PM (Appointments) Cynthia B. 12:15PM-12:45PM (Appointments) Cynthia B.		
Meditation Sara's: Mind/Body Studio Book					12:00PM-12:20PM (Group Exercise) Michele S.		
Pilates Sara's: Group Exercise Studio Book					12:00PM-12:55PM (Group Exercise) Dorie M.		
Restorative Yoga Sara's: Mind/Body Studio Book					12:30PM-1:30PM (Group Exercise) Michele S.		
Hot Power Yoga Sara's: Mind/Body Studio Book						8:00AM-9:00AM (Group Exercise) Krissy O. 9:30AM-10:30AM (Group Exercise) Krissy O.	
(\$) Pilates Reformer Sara's: Pilates Reformer Book						8:30AM-9:20AM (\$ Group Training) Jennifer C. 9:30AM-10:20AM (\$ Group Training) Jennifer C.	
Zumba® Sara's: Group Exercise Studio Book						10:30AM-11:20AM (Group Exercise) Dawny H.	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vinyasa Yoga Sara's: Mind/Body Studio Book						11:00AM-12:00PM (Group Exercise) <i>Stacy T.</i>	
Yin Yoga Sara's: Mind/Body Studio Book						1:00PM-2:00PM (Group Exercise) <i>Catherine A.</i>	10:30AM-11:30AM (Group Exercise) <i>Manasee G.</i>
Athletic Conditioning Sara's: Group Exercise Studio Book							10:30AM-11:20AM (Group Exercise) <i>Connie S.</i>
Hot Vinyasa Yoga Sara's: Mind/Body Studio Book							12:00PM-1:00PM (Group Exercise) <i>Manasee G.</i>



Lowe's YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mixed Level Yoga Lowe's: Studio A Book					11:00AM-11:50AM (Group Exercise) <i>Mardee J.</i>		
Lap Lane Cool Pool LOY Lowe's: Aquatics Center/Cool Pool Book					11:00AM-11:30AM (Pools) <i>Staff</i> 11:30AM-12:00PM (Pools) <i>Staff</i> 12:00PM-12:30PM (Pools) <i>Staff</i> 12:30PM-1:00PM (Pools) <i>Staff</i> 1:00PM-1:30PM (Pools) <i>Staff</i> 1:30PM-2:00PM (Pools) <i>Staff</i> 2:00PM-2:30PM (Pools) <i>Staff</i> 2:30PM-3:00PM (Pools) <i>Staff</i> 3:00PM-3:30PM (Pools) <i>Staff</i> 3:30PM-4:00PM (Pools) <i>Staff</i> 6:30PM-7:00PM (Pools) <i>Staff</i> 7:00PM-7:30PM (Pools) <i>Staff</i> 7:30PM-8:00PM (Pools) <i>Staff</i> 8:00PM-8:30PM (Pools) <i>Staff</i>	9:00AM-9:30AM (Pools) <i>Staff</i> 9:30AM-10:00AM (Pools) <i>Staff</i> 10:00AM-10:30AM (Pools) <i>Staff</i> 10:30AM-11:00AM (Pools) <i>Staff</i> 12:00PM-12:30PM (Pools) <i>Staff</i> 12:30PM-1:00PM (Pools) <i>Staff</i> 1:00PM-1:30PM (Pools) <i>Staff</i> 12:30PM-1:00PM (Pools) <i>Staff</i> 1:00PM-1:30PM (Pools) <i>Staff</i> 1:30PM-2:00PM (Pools) <i>Staff</i> 2:00PM-2:30PM (Pools) <i>Staff</i> 2:30PM-3:00PM (Pools) <i>Staff</i> 3:00PM-3:30PM (Pools) <i>Staff</i> 1:30PM-2:00PM (Pools) <i>Staff</i> 2:00PM-2:30PM (Pools) <i>Staff</i> 2:30PM-3:00PM (Pools) <i>Staff</i> 3:00PM-3:30PM (Pools) <i>Staff</i> 3:30PM-4:00PM (Pools) <i>Staff</i> 4:00PM-4:30PM (Pools) <i>Staff</i> 4:30PM-5:00PM (Pools) <i>Staff</i> 5:00PM-5:30PM (Pools) <i>Staff</i>	12:00PM-12:30PM (Pools) <i>Staff</i> 12:30PM-1:00PM (Pools) <i>Staff</i> 1:00PM-1:30PM (Pools) <i>Staff</i> 1:30PM-2:00PM (Pools) <i>Staff</i> 2:00PM-2:30PM (Pools) <i>Staff</i> 2:30PM-3:00PM (Pools) <i>Staff</i> 3:00PM-3:30PM (Pools) <i>Staff</i> 3:30PM-4:00PM (Pools) <i>Staff</i> 4:00PM-4:30PM (Pools) <i>Staff</i> 4:30PM-5:00PM (Pools) <i>Staff</i> 5:00PM-5:30PM (Pools) <i>Staff</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim Warm Pool LOY Lowe's: Aquatics Center/Warm Pool Book					11:00AM-11:30AM (Pools) Staff 11:30AM-12:00PM (Pools) Staff 12:00PM-12:30PM (Pools) Staff 12:30PM-1:00PM (Pools) Staff 1:00PM-1:30PM (Pools) Staff 1:30PM-2:00PM (Pools) Staff 2:00PM-2:30PM (Pools) Staff 2:30PM-3:00PM (Pools) Staff 3:00PM-3:30PM (Pools) Staff 3:30PM-4:00PM (Pools) Staff 6:30PM-7:00PM (Pools) Staff 7:00PM-7:30PM (Pools) Staff 7:30PM-8:00PM (Pools) Staff 8:00PM-8:30PM (Pools) Staff	7:00AM-7:30AM (Pools) Staff 7:30AM-8:00AM (Pools) Staff 8:00AM-8:30AM (Pools) Staff 8:30AM-9:00AM (Pools) Staff 9:00AM-9:30AM (Pools) Staff 9:30AM-10:00AM (Pools) Staff 10:00AM-10:30AM (Pools) Staff 10:30AM-11:00AM (Pools) Staff 11:00AM-11:30AM (Pools) Staff 11:30AM-12:00PM (Pools) Staff 12:00PM-12:30PM (Pools) Staff 12:30PM-1:00PM (Pools) Staff 1:00PM-1:30PM (Pools) Staff 1:30PM-2:00PM (Pools) Staff 2:00PM-2:30PM (Pools) Staff 2:30PM-3:00PM (Pools) Staff 3:00PM-3:30PM (Pools) Staff 3:30PM-4:00PM (Pools) Staff 4:00PM-4:30PM (Pools) Staff 4:30PM-5:00PM (Pools) Staff 5:00PM-5:30PM (Pools) Staff	12:00PM-12:30PM (Pools) Staff 12:30PM-1:00PM (Pools) Staff 1:00PM-1:30PM (Pools) Staff 1:30PM-2:00PM (Pools) Staff 2:00PM-2:30PM (Pools) Staff 2:30PM-3:00PM (Pools) Staff 3:00PM-3:30PM (Pools) Staff 3:30PM-4:00PM (Pools) Staff 4:00PM-4:30PM (Pools) Staff 4:30PM-5:00PM (Pools) Staff 5:00PM-5:30PM (Pools) Staff

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Lowe's: Studio A Book						8:00AM-8:50AM (Group Exercise) <i>Sanja K.</i>	
Group Power® Lowe's: Studio A Book						9:00AM-9:50AM (Group Exercise) <i>Sanja K.</i>	
Cardio Dance Lowe's: Studio A Book						10:00AM-10:50AM (Group Exercise) <i>Kim G.</i>	
Reserved for Masters Swim Lowe's: Aquatics Center/Cool Pool Book						11:00AM-12:00PM (Pools) <i>Staff</i>	



McCrorey YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meditation McCrorey: Aquatics Center/Pool Book					11:00AM-12:00PM (Group Exercise) <i>Sarah C.</i>		
Athletic Conditioning McCrorey YMCA Book						9:30AM-10:15AM (Group Exercise) <i>Teraine C.</i>	
Barre McCrorey YMCA Book						10:30AM-11:15AM (Group Exercise) <i>Preeta D.</i>	



Keith Family YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Restorative Yoga Keith Family YMCA Book					11:00AM-12:00PM (Group Exercise) <i>Christina N.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: Shared Lane (Reserved) Keith: Aquatics Center/Indoor Pool Book					11:00AM-11:30AM (Pools) Staff 11:30AM-12:00PM (Pools) Staff 12:00PM-12:30PM (Pools) Staff 12:30PM-1:00PM (Pools) Staff 1:00PM-1:30PM (Pools) Staff 1:30PM-2:00PM (Pools) Staff 2:00PM-2:30PM (Pools) Staff 2:30PM-3:00PM (Pools) Staff 3:00PM-3:30PM (Pools) Staff 3:30PM-4:00PM (Pools) Staff 4:00PM-4:30PM (Pools) Staff 4:30PM-5:00PM (Pools) Staff 5:00PM-5:30PM (Pools) Staff 5:30PM-6:00PM (Pools) Staff 6:00PM-6:30PM (Pools) Staff 6:30PM-7:00PM (Pools) Staff 7:00PM-7:30PM (Pools) Staff	8:00AM-8:30AM (Pools) Staff 8:30AM-9:00AM (Pools) Staff 9:30AM-10:00AM (Pools) Staff 12:00PM-12:30PM (Pools) Staff 12:30PM-1:00PM (Pools) Staff 1:00PM-1:30PM (Pools) Staff 1:30PM-2:00PM (Pools) Staff 2:00PM-2:30PM (Pools) Staff 2:30PM-3:00PM (Pools) Staff 3:00PM-3:30PM (Pools) Staff 3:30PM-4:00PM (Pools) Staff 4:00PM-4:30PM (Pools) Staff 4:30PM-5:00PM (Pools) Staff 5:00PM-5:30PM (Pools) Staff	12:00PM-12:30PM (Pools) Staff 12:30PM-1:00PM (Pools) Staff 1:00PM-1:30PM (Pools) Staff 1:30PM-2:00PM (Pools) Staff 2:00PM-2:30PM (Pools) Staff 2:30PM-3:00PM (Pools) Staff 3:00PM-3:30PM (Pools) Staff 3:30PM-4:00PM (Pools) Staff 4:00PM-4:30PM (Pools) Staff 4:30PM-5:00PM (Pools) Staff 5:00PM-5:30PM (Pools) Staff

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Deep and Shallow Water Cardio Fitness Keith: Aquatics Center/Indoor Pool Book						8:00AM-8:45AM (Group Exercise) <i>Deborah J.</i>	
Lap Lane: Shared Lane (Reserved) Keith Family YMCA Book						9:00AM-9:30AM (Pools) <i>Staff</i>	
Zumba® Keith: Group Exercise Studio Book						9:30AM-10:15AM (Group Exercise) <i>James R.</i>	
Cycle/Strength Keith: Fitness Center Studio Book						10:00AM-10:45AM (Group Exercise) <i>Keith I.</i>	
Power Yoga Keith: Group Exercise Studio Book						10:45AM-11:45AM (Group Exercise) <i>Claudette S.</i>	
Cardio Dance Keith Family YMCA Book							12:15PM-1:15PM (Group Exercise) <i>Neesh J.</i>
Mixed Level Yoga Keith: Group Exercise Studio Book							1:30PM-2:30PM (Group Exercise) <i>Shené S.</i>
Cardio Sculpt Keith: Group Exercise Studio Book							3:00PM-3:45PM (Group Exercise) <i>Monique M.</i>



Dowd YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: Shared Lane (Reserved) Dowd: Aquatics Center/Warm Pool Book					11:00AM-11:30AM (Pools) Staff 11:30AM-12:00PM (Pools) Staff 12:15PM-12:45PM (Pools) Staff 12:45PM-1:15PM (Pools) Staff 1:30PM-2:00PM (Pools) Staff 2:00PM-2:30PM (Pools) Staff 2:45PM-3:15PM (Pools) Staff 3:15PM-3:45PM (Pools) Staff 4:00PM-4:30PM (Pools) Staff 4:30PM-5:00PM (Pools) Staff 5:15PM-6:00PM (Pools) Staff 6:00PM-6:30PM (Pools) Staff 6:30PM-7:00PM (Pools) Staff 7:00PM-7:30PM (Pools) Staff 7:30PM-8:00PM (Pools) Staff	7:00AM-7:30AM (Pools) Staff 7:30AM-8:00AM (Pools) Staff 9:00AM-9:30AM (Pools) Staff 9:30AM-10:00AM (Pools) Staff 10:00AM-10:45AM (Pools) Staff 11:00AM-11:30AM (Pools) Staff 11:30AM-12:00PM (Pools) Staff 12:15PM-12:45PM (Pools) Staff 12:45PM-1:15PM (Pools) Staff 1:30PM-2:00PM (Pools) Staff 2:00PM-2:30PM (Pools) Staff 2:45PM-3:15PM (Pools) Staff 3:00PM-3:30PM (Pools) Staff 3:15PM-3:45PM (Pools) Staff 3:30PM-4:00PM (Pools) Staff 4:00PM-4:30PM (Pools) Staff 4:30PM-5:00PM (Pools) Staff	12:00PM-12:30PM (Pools) Staff 12:30PM-1:00PM (Pools) Staff 1:30PM-2:00PM (Pools) Staff 2:00PM-2:30PM (Pools) Staff 2:30PM-3:00PM (Pools) Staff 3:00PM-3:30PM (Pools) Staff 3:30PM-4:00PM (Pools) Staff 4:00PM-4:30PM (Pools) Staff 4:30PM-5:00PM (Pools) Staff

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball Dowd: Racquetball Court 3 Book					11:00AM-12:00PM (Reserve a Court) <i>Court 3.</i> 12:00PM-1:00PM (Reserve a Court) <i>Court 3.</i> 1:00PM-2:00PM (Reserve a Court) <i>Court 3.</i> 2:00PM-3:00PM (Reserve a Court) <i>Court 3.</i> 3:00PM-4:00PM (Reserve a Court) <i>Court 3.</i> 4:00PM-5:00PM (Reserve a Court) <i>Court 3.</i> 5:00PM-6:00PM (Reserve a Court) <i>Court 3.</i> 6:00PM-7:00PM (Reserve a Court) <i>Court 3.</i> 7:00PM-8:00PM (Reserve a Court) <i>Court 3.</i> 8:00PM-9:00PM (Reserve a Court) <i>Court 3.</i> 9:00PM-10:00PM (Reserve a Court) <i>Court 3.</i>	7:00AM-8:00AM (Reserve a Court) <i>Court 3.</i> 8:00AM-9:00AM (Reserve a Court) <i>Court 3.</i> 9:00AM-10:00AM (Reserve a Court) <i>Court 3.</i> 10:00AM-11:00AM (Reserve a Court) <i>Court 3.</i> 11:00AM-12:00PM (Reserve a Court) <i>Court 3.</i> 12:00PM-1:00PM (Reserve a Court) <i>Court 3.</i> 1:00PM-2:00PM (Reserve a Court) <i>Court 3.</i> 2:00PM-3:00PM (Reserve a Court) <i>Court 3.</i> 3:00PM-4:00PM (Reserve a Court) <i>Court 3.</i> 4:00PM-5:00PM (Reserve a Court) <i>Court 3.</i> 5:00PM-6:00PM (Reserve a Court) <i>Court 3.</i>	12:00PM-1:00PM (Reserve a Court) <i>Court 3.</i> 1:00PM-2:00PM (Reserve a Court) <i>Court 3.</i> 2:00PM-3:00PM (Reserve a Court) <i>Court 3.</i> 3:00PM-4:00PM (Reserve a Court) <i>Court 3.</i> 4:00PM-5:00PM (Reserve a Court) <i>Court 3.</i> 5:00PM-6:00PM (Reserve a Court) <i>Court 3.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball Dowd: Racquetball Court 1 Book					<div>11:00AM-12:00PM (Reserve a Court) <i>Court 1.</i></div> <div>12:00PM-1:00PM (Reserve a Court) <i>Court 1.</i></div> <div>1:00PM-2:00PM (Reserve a Court) <i>Court 1.</i></div> <div>2:00PM-3:00PM (Reserve a Court) <i>Court 1.</i></div> <div>3:00PM-4:00PM (Reserve a Court) <i>Court 1.</i></div> <div>4:00PM-5:00PM (Reserve a Court) <i>Court 1.</i></div> <div>5:00PM-6:00PM (Reserve a Court) <i>Court 1.</i></div> <div>6:00PM-7:00PM (Reserve a Court) <i>Court 1.</i></div> <div>7:00PM-8:00PM (Reserve a Court) <i>Court 1.</i></div> <div>8:00PM-9:00PM (Reserve a Court) <i>Court 1.</i></div> <div>9:00PM-10:00PM (Reserve a Court) <i>Court 1.</i></div>	<div>7:00AM-8:00AM (Reserve a Court) <i>Court 1.</i></div> <div>8:00AM-9:00AM (Reserve a Court) <i>Court 1.</i></div> <div>12:00PM-1:00PM (Reserve a Court) <i>Court 1.</i></div> <div>1:00PM-2:00PM (Reserve a Court) <i>Court 1.</i></div> <div>2:00PM-3:00PM (Reserve a Court) <i>Court 1.</i></div> <div>3:00PM-4:00PM (Reserve a Court) <i>Court 1.</i></div> <div>4:00PM-5:00PM (Reserve a Court) <i>Court 1.</i></div> <div>5:00PM-6:00PM (Reserve a Court) <i>Court 1.</i></div>	<div>12:00PM-1:00PM (Reserve a Court) <i>Court 1.</i></div> <div>1:00PM-2:00PM (Reserve a Court) <i>Court 1.</i></div> <div>2:00PM-3:00PM (Reserve a Court) <i>Court 1.</i></div> <div>3:00PM-4:00PM (Reserve a Court) <i>Court 1.</i></div> <div>4:00PM-5:00PM (Reserve a Court) <i>Court 1.</i></div> <div>5:00PM-6:00PM (Reserve a Court) <i>Court 1.</i></div>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: Shared Lane (Reserved) Dowd: Aquatics Center/Cool Pool Book					<div>11:15AM-11:45AM (Pools) Staff</div> <div>11:45AM-12:15PM (Pools) Staff</div> <div>12:30PM-1:00PM (Pools) Staff</div> <div>1:45PM-2:15PM (Pools) Staff</div> <div>2:15PM-2:45PM (Pools) Staff</div> <div>3:00PM-3:30PM (Pools) Staff</div> <div>3:30PM-4:00PM (Pools) Staff</div> <div>4:15PM-4:45PM (Pools) Staff</div> <div>4:45PM-5:15PM (Pools) Staff</div> <div>5:30PM-6:00PM (Pools) Staff</div> <div>6:00PM-6:30PM (Pools) Staff</div> <div>6:30PM-7:00PM (Pools) Staff</div> <div>7:00PM-7:30PM (Pools) Staff</div> <div>7:30PM-8:00PM (Pools) Staff</div> <div>8:00PM-8:45PM (Pools) Staff</div>	<div>7:00AM-7:30AM (Pools) Staff</div> <div>7:30AM-8:00AM (Pools) Staff</div> <div>8:00AM-8:30AM (Pools) Staff</div> <div>8:30AM-9:00AM (Pools) Staff</div> <div>9:00AM-9:30AM (Pools) Staff</div> <div>9:30AM-10:00AM (Pools) Staff</div> <div>10:00AM-10:30AM (Pools) Staff</div> <div>10:30AM-11:00AM (Pools) Staff</div> <div>11:15AM-11:45AM (Pools) Staff</div> <div>11:45AM-12:15PM (Pools) Staff</div> <div>12:30PM-1:00PM (Pools) Staff</div> <div>1:45PM-2:15PM (Pools) Staff</div> <div>2:15PM-2:45PM (Pools) Staff</div> <div>3:00PM-3:30PM (Pools) Staff</div> <div>3:30PM-4:00PM (Pools) Staff</div> <div>4:15PM-4:45PM (Pools) Staff</div> <div>4:45PM-5:15PM (Pools) Staff</div>	<div>12:00PM-12:30PM (Pools) Staff</div> <div>12:30PM-1:00PM (Pools) Staff</div> <div>1:30PM-2:00PM (Pools) Staff</div> <div>2:00PM-2:30PM (Pools) Staff</div> <div>2:30PM-3:00PM (Pools) Staff</div> <div>3:00PM-3:30PM (Pools) Staff</div> <div>3:30PM-4:00PM (Pools) Staff</div> <div>4:00PM-4:30PM (Pools) Staff</div> <div>4:30PM-5:00PM (Pools) Staff</div>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Dowd: Cycle Studio Book					11:30AM-12:15PM (Group Exercise) <i>Ron Z.</i>	7:45AM-8:30AM (Group Exercise) <i>Kesha D.</i> 9:00AM-9:45AM (Group Exercise) <i>Julie W.</i>	1:15PM-2:05PM (Group Exercise) <i>Jennifer S.</i>
Racquetball Dowd: Racquetball Court 2 Book					11:30AM-12:30PM (Reserve a Court) <i>Court 2.</i> 12:30PM-1:30PM (Reserve a Court) <i>Court 2.</i> 1:30PM-2:30PM (Reserve a Court) <i>Court 2.</i> 2:30PM-3:30PM (Reserve a Court) <i>Court 2.</i> 3:30PM-4:30PM (Reserve a Court) <i>Court 2.</i> 4:30PM-5:30PM (Reserve a Court) <i>Court 2.</i> 5:30PM-6:30PM (Reserve a Court) <i>Court 2.</i> 6:30PM-7:30PM (Reserve a Court) <i>Court 2.</i> 7:30PM-8:30PM (Reserve a Court) <i>Court 2.</i> 8:30PM-9:30PM (Reserve a Court) <i>Court 2.</i>	7:30AM-8:30AM (Reserve a Court) <i>Court 2.</i> 8:30AM-9:30AM (Reserve a Court) <i>Court 2.</i> 12:30PM-1:30PM (Reserve a Court) <i>Court 2.</i> 1:30PM-2:30PM (Reserve a Court) <i>Court 2.</i> 3:30PM-4:30PM (Reserve a Court) <i>Court 2.</i> 2:30PM-3:30PM (Reserve a Court) <i>Court 2.</i> 3:30PM-4:30PM (Reserve a Court) <i>Court 2.</i> 4:30PM-5:30PM (Reserve a Court) <i>Court 2.</i>	12:30PM-1:30PM (Reserve a Court) <i>Court 2.</i> 1:30PM-2:30PM (Reserve a Court) <i>Court 2.</i> 2:30PM-3:30PM (Reserve a Court) <i>Court 2.</i> 3:30PM-4:30PM (Reserve a Court) <i>Court 2.</i> 4:30PM-5:30PM (Reserve a Court) <i>Court 2.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Racquetball Dowd: Racquetball Court 4 Book					11:30AM-12:30PM (Reserve a Court) <i>Court 4.</i> 12:30PM-1:30PM (Reserve a Court) <i>Court 4.</i> 1:30PM-2:30PM (Reserve a Court) <i>Court 4.</i> 2:30PM-3:30PM (Reserve a Court) <i>Court 4.</i> 3:30PM-4:30PM (Reserve a Court) <i>Court 4.</i> 4:30PM-5:30PM (Reserve a Court) <i>Court 4.</i> 5:30PM-6:30PM (Reserve a Court) <i>Court 4.</i> 6:30PM-7:30PM (Reserve a Court) <i>Court 4.</i> 7:30PM-8:30PM (Reserve a Court) <i>Court 4.</i> 8:30PM-9:30PM (Reserve a Court) <i>Court 4.</i>	7:30AM-8:30AM (Reserve a Court) <i>Court 4.</i> 8:30AM-9:30AM (Reserve a Court) <i>Court 4.</i> 12:30PM-1:30PM (Reserve a Court) <i>Court 4.</i> 1:30PM-2:30PM (Reserve a Court) <i>Court 4.</i> 2:30PM-3:30PM (Reserve a Court) <i>Court 4.</i> 3:30PM-4:30PM (Reserve a Court) <i>Court 4.</i> 4:30PM-5:30PM (Reserve a Court) <i>Court 4.</i>	12:30PM-1:30PM (Reserve a Court) <i>Court 4.</i> 1:30PM-2:30PM (Reserve a Court) <i>Court 4.</i> 2:30PM-3:30PM (Reserve a Court) <i>Court 4.</i> 3:30PM-4:30PM (Reserve a Court) <i>Court 4.</i> 4:30PM-5:30PM (Reserve a Court) <i>Court 4.</i>
\$ CrossFit Dowd: Sports Performance Studio Book					12:00PM-1:00PM (\$ Group Training) <i>Jared G.</i> 5:30PM-6:30PM (\$ Group Training) <i>Jared G.</i>	8:30AM-9:30AM (\$ Group Training) <i>Rotating I.</i>	
Open Gym Dowd YMCA Book					12:00PM-5:00PM (Open Play) <i>Hines G.</i> 5:00PM-10:00PM (Open Play) <i>Hines G.</i>		
Hot Vinyasa Yoga Dowd: Yoga Studio Book					12:30PM-1:30PM (Group Exercise) <i>Meghan H.</i> 5:30PM-6:30PM (Group Exercise) <i>Ken H.</i>	9:00AM-10:00AM (Group Exercise) <i>Mardee J.</i>	3:30PM-4:30PM (Group Exercise) <i>Sofia V.</i>
Athletic Conditioning Dowd: Keith Studio Book					12:30PM-1:15PM (Group Exercise) <i>Jennifer S.</i>	9:00AM-9:45AM (Group Exercise) <i>Greg W.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barre Dowd: Barre Studio Book					12:30PM-1:30PM (Group Exercise) <i>Ashley S.</i>	8:15AM-9:15AM (Group Exercise) <i>Lauren G.</i>	12:30PM-1:30PM (Group Exercise) <i>Julie W.</i>
\$ PT 45mins Dowd YMCA Book					3:00PM-3:45PM (Appointments) <i>Jason B.</i> 3:45PM-4:30PM (Appointments) <i>Jason B.</i> 5:00PM-5:45PM (Appointments) <i>Jason B.</i>		
Yoga Basics Dowd: Yoga Studio Book					4:00PM-5:00PM (Group Exercise) <i>Cayla M.</i>		
\$ PT 60mins Dowd YMCA Book					4:15PM-5:15PM (Appointments) <i>Angel C.</i> 5:30PM-6:30PM (Appointments) <i>DaMorris J.</i>		
Foundation Training Dowd: Barre Studio Book					5:30PM-6:30PM (Group Exercise) <i>Brandon T.</i>		
\$ CrossFit Open Gym Dowd: Sports Performance Studio Book					6:30PM-9:00PM (\$ Group Training) <i>Dowd R.</i>	9:30AM-12:30PM (\$ Group Training) <i>Dowd R.</i>	
Pickleball Dowd YMCA Book						7:00AM-9:00AM (Open Play) <i>Hines G.</i>	
Vinyasa Yoga Dowd: Yoga Studio Book						7:30AM-8:30AM (Group Exercise) <i>Mardee J.</i>	1:00PM-2:00PM (Group Exercise) <i>Nicole L.</i>
Cardio Strength Dowd: Keith Studio Book						8:00AM-8:45AM (Group Exercise) <i>Julie W.</i>	12:15PM-1:00PM (Group Exercise) <i>Jennifer S.</i>
Shallow Water Cardio Fitness Dowd: Aquatics Center/Warm Pool Book						8:05AM-8:55AM (Group Exercise) <i>Donnetta C.</i>	
Gym Not Available Dowd: Hines Gym Book						9:00AM-10:00AM (Open Play) <i>Hines G.</i>	
Pilates Dowd: Barre Studio Book						9:30AM-10:30AM (Group Exercise) <i>Kesha D.</i>	1:45PM-2:45PM (Group Exercise) <i>Tony R.</i>
\$ Pilates Small Group Circuit Dowd: Pilates Reformer Studio Book						10:00AM-11:00AM (\$ Group Training) <i>Julie W.</i>	
Pickleball Dowd: Hines Gym Book						10:00AM-11:00AM (Open Play) <i>Hines G.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Strength Dowd: Keith Studio Book						10:00AM-10:45AM (Group Exercise) <i>Cara B.</i>	
Cardio Dance Dowd: Keith Studio Book						11:00AM-11:45AM (Group Exercise) <i>Edycia M.</i>	1:15PM-2:00PM (Group Exercise) <i>Andreia W.</i>
Open Gym Dowd: Hines Gym Book						11:00AM-6:00PM (Open Play) <i>Hines G.</i>	12:00PM-6:00PM (Open Play) <i>Hines G.</i>
Deep Stretch Dowd: Yoga Studio Book						11:00AM-12:00PM (Group Exercise) <i>Sunny G.</i>	2:15PM-3:15PM (Group Exercise) <i>Yesenia H.</i>
Xtreme Hip Hop Step® Dowd: Keith Studio Book						12:00PM-1:00PM (Group Exercise) <i>Latasha B.</i>	
(\$) Pilates Reformer Fundamentals Dowd: Pilates Reformer Studio Book							2:00PM-3:00PM (\$ Group Training) <i>Julie W.</i>



Simmons YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: 1 Shared Lane Simmons YMCA Book					11:00AM-11:30AM (Pools) Staff 11:30AM-12:00PM (Pools) Staff 4:00PM-4:30PM (Pools) Staff 4:00PM-4:30PM (Pools) Staff 4:30PM-5:00PM (Pools) Staff 5:00PM-5:30PM (Pools) Staff 5:30PM-6:00PM (Pools) Staff 7:30PM-8:00PM (Pools) Staff	7:00AM-7:30AM (Pools) Staff 7:00AM-7:30AM (Pools) Staff 7:30AM-8:00AM (Pools) Staff 9:30AM-10:00AM (Pools) Staff 10:00AM-10:30AM (Pools) Staff 10:30AM-11:00AM (Pools) Staff 11:00AM-11:30AM (Pools) Staff 11:30AM-12:00PM (Pools) Staff 3:00PM-4:00PM (Pools) Staff 4:00PM-4:30PM (Pools) Staff	4:00PM-4:30PM (Pools) Staff 4:00PM-4:30PM (Pools) Staff
Chair Fitness Simmons: Group Exercise Studio Book					11:00AM-11:25AM (Group Exercise) Pattie L.		
Family Swim Simmons YMCA Book					1:00PM-4:00PM (Pools) Staff	12:00PM-3:00PM (Pools) Staff	12:00PM-4:00PM (Pools) Staff

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lane: Single Lane (Reserved) Simmons YMCA Book					7:00PM-7:30PM (Pools) <i>Staff</i>	3:00PM-4:00PM (Pools) <i>Staff</i> 4:00PM-4:45PM (Pools) <i>Staff</i>	
Lap Lane: Shared Lane (Reserved) Simmons YMCA Book					8:00PM-8:45PM (Pools) <i>Staff</i>		
Deep and Shallow Water Cardio Fitness Simmons: Indoor Pool Book						8:10AM-9:00AM (Group Exercise) <i>Ann L.</i>	
Cycle Simmons: Group Exercise Studio Book						8:30AM-9:15AM (Group Exercise) <i>Simmons R.</i>	
Yoga Basics Simmons: Group Exercise Studio Book						9:30AM-10:30AM (Group Exercise) <i>Gloria R.</i>	
MixedFit® Simmons: Group Exercise Studio Book						10:45AM-11:40AM (Group Exercise) <i>Pariss C.</i>	
Line Dance Simmons: Group Exercise Studio Book							1:30PM-2:15PM (Group Exercise) <i>Pariss C.</i>



Lake Norman YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
\$ PT 45mins Lake Norman YMCA Book					12:00PM-12:45PM (Appointments) <i>Brittany P.</i> 12:00PM-12:45PM (Appointments) <i>Kristen D.</i> 1:15PM-2:00PM (Appointments) <i>Brittany P.</i>		
\$ SGT 60mins Lake Norman: Functional Training Center Book						8:15AM-9:15AM (\$ Group Training) <i>Julie D.</i>	
Cycle Lake Norman: Cycle Studio Book						8:30AM-9:15AM (Group Exercise) <i>Jessica P.</i>	
Group Power® Lake Norman YMCA Book						9:15AM-10:15AM (Group Exercise) <i>Holly K.</i>	
Power Yoga Lake Norman YMCA Book						9:15AM-10:15AM (Group Exercise) <i>Cary W.</i>	
Deep Stretch Lake Norman: Yoga Studio Book						10:30AM-11:29AM (Group Exercise) <i>Lisa H.</i>	
Barre Lake Norman: Barre Studio Book						10:30AM-11:15AM (Group Exercise) <i>Carrie G.</i>	
Line Dance Lake Norman: Group Exercise Studio Book						10:30AM-11:25AM (Group Exercise) <i>Angie S.</i>	
Meditation Lake Norman YMCA Book						11:35AM-11:50AM (Group Exercise) <i>Lisa H.</i>	



Harris Express YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Athletic Conditioning Harris Express: Group Exercise Book						8:15AM-9:10AM (Group Exercise) Gay G.	
Core Strength Harris Express: Group Exercise Book						9:30AM-10:25AM (Group Exercise) Gay G.	
Mixed Level Yoga Harris Express YMCA Book						10:45AM-11:45AM (Group Exercise) Karen C.	



Stratford Richardson YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Book						9:30AM-10:15AM (Group Exercise) <i>Tamika C.</i>	
Cycle Stratford Richardson YMCA Book						9:30AM-10:15AM (Group Exercise) <i>Tamika C.</i>	
MixedFit® Book						10:30AM-11:15AM (Group Exercise) <i>Martika G.</i>	
Line Dance Stratford Richardson YMCA Book							1:00PM-2:00PM (Group Exercise) <i>Maxie M.</i>
MixedFit® Stratford Richardson YMCA Book							2:00PM-3:00PM (Group Exercise) <i>Nadege B.</i>
Shallow Water Cardio Fitness Stratford Richardson YMCA Book							3:00PM-4:00PM (Group Exercise) <i>Celeste H.</i>
Mobility Stratford Richardson YMCA Book							3:00PM-3:45PM (Group Exercise) <i>Ophila M.</i>
Mixed Level Yoga Stratford Richardson YMCA Book							4:00PM-4:45PM (Group Exercise) <i>Jennifer L.</i>



Johnston YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mixed Level Yoga Johnston: Mind/Body Studio Book						10:00AM-11:00AM (Group Exercise) <i>Courtney</i>	
Slow Flow Yoga Johnston: Mind/Body Studio Book							1:30PM-2:30PM (Group Exercise) <i>Mary K.</i>