



## NWS YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pilates</b> Fitness Studio B	5:15AM-6:00AM (Mind & Body) <i>Alma V.</i>				5:30AM-6:15AM (Mind & Body) <i>Alma V.</i>	8:05AM-9:05AM (Mind & Body) <i>Alma V.</i>	
<b>Aqua Fit</b> Fitness Pool	7:30AM-8:30AM (Aqua) <i>Jan F.</i>  8:30AM-9:30AM (Aqua) <i>Jan F.</i>  5:30PM-6:30PM (Aqua) <i>Caroline M.</i>		7:30AM-8:30AM (Aqua) <i>Jan F.</i>  8:30AM-9:30AM (Aqua) <i>Jan F.</i>		7:30AM-8:30AM (Aqua) <i>Jan F.</i>  8:30AM-9:25AM (Aqua) <i>Jan F.</i>		
<b>Power</b> Fitness Studio A	9:00AM-10:00AM (Cardio & Strength) <i>Larry K.</i>  5:35PM-6:35PM (Cardio & Strength) <i>Cindy T.</i>	4:35PM-5:35PM (Cardio & Strength) <i>YMCA S.</i>	5:15AM-6:15AM (Cardio & Strength) <i>Kim W.</i>  9:00AM-10:00AM (Cardio & Strength) <i>Larry K.</i>  5:35PM-6:35PM (Cardio & Strength) <i>Bianca G.</i>	4:35PM-5:35PM (Cardio & Strength) <i>YMCA S.</i>	5:15AM-6:15AM (Cardio & Strength) <i>Kim W.</i>	9:45AM-10:45AM (Cardio & Strength) <i>YMCA S.</i>	
<b>Pickleball</b> Gym	9:00AM-11:00AM (Activities) <i>YMCA S.</i>	9:00AM-11:00AM (Activities)		9:00AM-11:00AM (Activities)	9:00AM-11:00AM (Activities)		
<b>Enhance Fitness</b> Fitness Studio B	9:30AM-10:30AM (Active Older Adults) <i>YMCA S.</i>		9:30AM-10:30AM (Active Older Adults) <i>YMCA S.</i>		9:30AM-10:30AM (Active Older Adults) <i>YMCA S.</i>		
<b>Aqua Deep</b> Fitness Pool	9:30AM-10:30AM (Aqua) <i>Jan F.</i>	9:30AM-10:30AM (Aqua) <i>Jan F.</i>	9:30AM-10:30AM (Aqua) <i>Jan F.</i>	9:30AM-10:30AM (Aqua) <i>Jan F.</i>	9:30AM-10:30AM (Aqua) <i>Jan F.</i>		
<b>Balance</b> Fitness Studio B	10:30AM-11:00AM (Active Older Adults) <i>Desiree D.</i>						

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<b>Delay the Disease \$</b> Fitness Studio A	11:10AM-12:10PM (Chronic Disease Prevention) <i>Desiree D.</i>		11:10AM-12:10PM (Chronic Disease Prevention) <i>Desiree D.</i>				
<b>Blast</b> Fitness Studio A	4:30PM-5:30PM (Cardio & Strength) <i>Cindy T.</i>	10:05AM-11:05AM (Cardio & Strength) <i>Devon L.</i>  5:40PM-6:40PM (Cardio & Strength) YMCA S.	4:30PM-5:30PM (Cardio & Strength) <i>Cindy T.</i>	9:00AM-10:00AM (Cardio & Strength) <i>Rachel G.</i>		8:05AM-9:05AM (Cardio & Strength) YMCA S.	
<b>Plyo Push</b> Fitness Studio B	5:00PM-5:30PM (Cardio & Strength) <i>Devon L.</i>						
<b>Tabata</b> Fitness Studio A		5:15AM-6:15AM (Cardio & Strength) <i>Alma V.</i>	10:05AM-11:05AM (Cardio & Strength) <i>Desiree D.</i>	5:40PM-6:40PM (Cardio & Strength) YMCA S.			
<b>Group Cycle</b> Fitness Studio B		5:30AM-6:15AM (Cycle) YMCA S.					
<b>Aqua Resistance</b> Fitness Pool		8:30AM-9:30AM (Aqua) <i>Jan F.</i>		8:30AM-9:30AM (Aqua) <i>Jan F.</i>			
<b>Barre</b> Fitness Studio B		9:00AM-10:00AM (Mind & Body) YMCA S.					
<b>Burnout</b> Fitness Studio A		9:00AM-10:00AM (Strength) <i>Bianca G.</i>					
<b>Yoga</b> Fitness Studio B		10:05AM-11:05AM (Mind & Body) YMCA S.  5:00PM-6:00PM (Mind & Body) <i>Alma V.</i>		10:10AM-11:10AM (Mind & Body) YMCA S.  6:00PM-7:00PM (Mind & Body) <i>Alma V.</i>			
<b>Silver Sneakers</b> Fitness Studio A		11:10AM-12:10PM (Active Older Adults) <i>Desiree D.</i>		11:00AM-12:00PM (Active Older Adults) <i>Desiree D.</i>			
<b>Golden Grooves</b> Fitness Studio B		12:15PM-1:00PM (Active Older Adults) YMCA S.		12:15PM-1:00PM (Active Older Adults) YMCA S.			

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<b>G.A.L.</b> Fitness Studio A		12:15PM-1:00PM (Cardio & Strength) <i>Desiree D.</i>			10:05AM-11:05AM (Cardio & Strength) <i>Desiree D.</i>		
<b>Core</b> Fitness Studio A		4:00PM-4:30PM (Cardio) <i>YMCA S.</i>		4:00PM-4:30PM (Cardio) <i>YMCA S.</i>		9:10AM-9:40AM (Cardio) <i>YMCA S.</i>	
<b>Party Fit</b> Fitness Studio B		6:30PM-7:30PM (Cardio) <i>YMCA S.</i>	7:00PM-8:00PM (Cardio) <i>YMCA S.</i>				
<b>Free Style Cycling</b> Fitness Studio B			5:15AM-6:15AM (Cardio) <i>Alma V.</i>	5:00PM-6:00PM (Cardio) <i>Alma V.</i>		9:10AM-10:10AM (Cardio) <i>Alma V.</i>	
<b>Water Walking</b> Family Fun Pool			12:00PM-2:00PM (Fitness) <i>YMCA S.</i>				
<b>Aqua Charged</b> Fitness Pool			5:30PM-6:30PM (Aqua) <i>Melissa T.</i>				
<b>Define &amp; Lengthen</b> Fitness Studio B			5:30PM-6:30PM (Mind & Body) <i>Caroline M.</i>				
<b>Yoga Flow</b> Fitness Studio A				5:15AM-6:15AM (Mind & Body) <i>Alma V.</i>			
<b>Grit HIIT</b> Wellness Floor				9:00AM-10:00AM (Cardio & Strength) <i>Bianca G.</i>			
<b>Group Active</b> Fitness Studio A					9:00AM-10:00AM (Cardio & Strength) <i>Bianca G.</i>		
<b>TRX Circuits</b> Fitness Studio A						7:00AM-8:00AM (Cardio & Strength) <i>Alma V.</i>	
<b>Yoga + Meditation</b> Fitness Studio A							11:00AM-12:30PM (Mind & Body) <i>Alma V.</i>