



RON EDWARDS YMCA - Schedule At A Glance

April 25, 2022 to July 3, 2022

Monday					
	Gym	Studio	AB Room	Community Room	Pool
6:00 AM					Lane Swim
6:30 AM					
7:00 AM					6:00 - 8:00
7:30 AM					
8:00 AM					
8:30 AM					Lane Swim
9:00 AM	Cardio Fit			Explorers (3-5 yrs)	8:15 - 9:15
9:30 AM	9:00 - 9:45			9:00 - 10:00	AquaFit
10:00 AM					9:15 - 10:00
10:30 AM	Yoga				Lane Swim
11:00 AM	10:15 - 11:45				
11:30 AM					
12:00 PM	Walk Fit				10:30 - 12:30
12:30 PM	12:00 - 12:45				
1:00 PM	Pickleball		Balance +		Lane Swim
1:30 PM	1:00 - 2:00		1:00 - 2:00		
2:00 PM	Pickleball				12:45 - 2:45
2:30 PM	2:00 - 3:00				
3:00 PM	Open Basketball				Lane Swim
3:30 PM	3:00 - 4:00				3:00 - 4:00
4:00 PM					
4:30 PM	Soccer Fund (3-5 yrs)				
5:00 PM	4:30 - 5:15				
5:30 PM	Soccer Fund (6-9 yrs)				Swim Lessons 4:30
6:00 PM	5:30 - 6:30				7:15
6:30 PM					
7:00 PM	Boot Camp				
7:30 PM	7:00 - 7:45 pm				
8:00 PM					C. Rental
8:30 PM					7:30 - 9:00
9:00 PM					

Tuesday					
	Gym	Studio	AB Room	Community Room	Pool
6:00 AM					Lane Swim
6:30 AM					
7:00 AM					6:00 - 8:00
7:30 AM					
8:00 AM					
8:30 AM	Body Fit		Livewell		Lane Swim
9:00 AM	9:00 - 9:45		8:15 - 10:00		8:15 - 10:15
9:30 AM					
10:00 AM	Cycle Fit		Gentle Fit		Lane Swim
10:30 AM	10:00 - 10:45		10:00 - 10:45		
11:00 AM			GERAS		
11:30 AM			11:00 - 12:00		10:30 - 12:30
12:00 PM					
12:30 PM					
1:00 PM					Hydrotherapy
1:30 PM					1:15 - 2:00
2:00 PM	Open Basketball		Livewell		Lane Swim
2:30 PM	2:00 - 3:00		2:00 - 2:30		
3:00 PM	Open Basketball				2:30 - 4:00
3:30 PM	3:00 - 4:00				
4:00 PM			Dance (6-12 yrs) 4:15		
4:30 PM			- 5:00	Art Spark (3-5 yrs)	
5:00 PM			Dance (3-5 yrs)	4:30 - 5:30	
5:30 PM	Soccer Advance (6-12 yrs)		5:15 - 6:00	Art Spark (3-5 yrs)	Swim Lessons
6:00 PM	5:45 - 6:45			5:45 - 6:45	4:30 - 7:15
6:30 PM					
7:00 PM	Zumba		Yoga		Lane Swim
7:30 PM	7:00 - 7:45		7:00 - 8:30		7:45 - 8:45
8:00 PM	Pickleball (Skill Level 3-5)				
8:30 PM					
9:00 PM	8:00 - 9:00				

Wednesday					
	Gym	Studio	AB Room	Community Room	Pool
6:00 AM					Lane Swim
6:30 AM					
7:00 AM					6:00 - 8:00
7:30 AM					
8:00 AM					
8:30 AM					Lane Swim
9:00 AM	HIIT				8:15 - 9:15
9:30 AM	9:00 - 9:45				AquaFit
10:00 AM					9:15 - 10:00
10:30 AM					Lane Swim
11:00 AM					
11:30 AM					10:30 - 12:30
12:00 PM	Walk Fit				
12:30 PM	12:00 - 12:45				
1:00 PM	Pickleball		Balance +		Lane Swim
1:30 PM	1:00 - 2:00		1:00 - 2:00		
2:00 PM	Pickleball				12:45 - 2:45
2:30 PM	2:00 - 3:00				
3:00 PM	Open Basketball				Lane Swim
3:30 PM	3:00 - 4:00				3:00 - 4:00
4:00 PM	Move (3-5 yrs)				
4:30 PM	4:15 - 5:15		Strenght & Conditioning Jr 5:00 - 5:45	Discovery Lab (3-5 yrs)	
5:00 PM				4:30 - 5:30	
5:30 PM	Move (6-12yrs)			Discovery Lab (6-12 yrs)	Swim Lessons 4:30
6:00 PM	5:45 - 6:45	Cycle Fit	Livewell	5:45 - 6:45	7:15
6:30 PM		6:00 - 6:45 pm	6:00 - 7:45		
7:00 PM	Muscle Fit				
7:30 PM	7:15 - 8:00 pm				

Thursday					
	Gym	Studio	AB Room	Community Room	Pool
6:00 AM					Lane Swim
6:30 AM					
7:00 AM					6:00 - 8:00
7:30 AM					
8:00 AM					
8:30 AM					Lane Swim
9:00 AM	Body Fit				8:15 - 10:15
9:30 AM	9:00 - 9:45				
10:00 AM	Cycle Fit		Gentle Fit		Lane Swim
10:30 AM	10:00 - 10:45		10:00 - 10:45		
11:00 AM			GERAS		
11:30 AM			11:00 - 12:00		10:30 - 12:30
12:00 PM					
12:30 PM					
1:00 PM					Hydrotherapy
1:30 PM					1:15 - 2:00
2:00 PM	Open Basketball		Livewell		Lane Swim
2:30 PM	2:00 - 3:00		2:00 - 2:30		
3:00 PM	Open Basketball				2:30 - 4:00
3:30 PM	3:00 - 4:00				
4:00 PM					
4:30 PM					
5:00 PM			Karate FND (6-12 yrs)		Swim Lessons
5:30 PM			5:00 - 5:45		4:30 - 7:15
6:00 PM			Karate FND (6-12 yrs)		
6:30 PM			6:00 - 6:45		
7:00 PM	Zumba		Karate FND (6-12 yrs)		
7:30 PM	7:00 - 7:45		7:00 - 7:45		Lane Swim



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8:00 PM						C. Rental 7:30 - 9:00
8:30 PM						
9:00 PM						

8:00 PM	Pickleball					7:45-8:45
8:30 PM	Skill Level 3-5					
9:00 PM	8:00 - 9:00					



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Friday					
	Gym	Studio	AB Room	Community Room	Pool
6:00 AM					Lane Swim
6:30 AM					
7:00 AM					6:00 - 8:00
7:30 AM					
8:00 AM					
8:30 AM					Lane Swim
9:00 AM	Cycle Fit				8:15 - 9:15
9:30 AM	9:00 - 9:45				Aquafit
10:00 AM	Muscle Fit				9:15 - 10:00
10:30 AM	10:15 - 11:00		Yoga		Lane Swim
11:00 AM			10:30 - 11:30		
11:30 AM					
12:00 PM					10:30 - 12:30
12:30 PM					
1:00 PM	Pickleball				Lane Swim
1:30 PM	1:00 - 2:00				
2:00 PM	Pickleball				12:45 - 2:45
2:30 PM	2:00 - 3:00				
3:00 PM					Lane Swim
3:30 PM					3:00 - 4:00
4:00 PM					
4:30 PM					Private
5:00 PM	Open Basketball				Swim Lessons
5:30 PM	5:00 - 6:00				
6:00 PM	Open Basketball			Youth Leadership (10-18 yrs)	4:00 - 8:00
6:30 PM	6:00 - 7:00			6:00 - 8:00	
7:00 PM	Open Basketball				
7:30 PM	7:00 - 8:00				
8:00 PM					Lane Swim
8:30 PM					8:00 - 9:00
9:00 PM					

Saturday					
	Gym	Studio	AB Room	Community Room	Pool
8:00 AM					C. Rental
8:30 AM					8:00 - 9:00
9:00 AM	Basketball FND (6-9 yrs)	Cycle Fit			
9:30 AM	9:00 - 10:00	9:00 - 9:45			
10:00 AM	Basketball FND (3-5 yrs)				Swim Lessons
10:30 AM	10:15 - 11:00				9:15 - 12:00
11:00 AM	Basketball FND (10-12 yrs)				
11:30 AM	11:15 - 12:15				
12:00 PM					Open Swim
12:30 PM					
1:00 PM	Open Basketball				12:15 - 2:15
1:30 PM	1:00 - 2:00				
2:00 PM					
2:30 PM	Open Basketball				Lane Swim
3:00 PM	2:00 - 3:30				2:45 - 4:00
3:30 PM					
4:00 PM					

Sunday					
	Gym	Studio	AB Room	Community Room	Pool
8:00 AM					C. Rental
8:30 AM					8:00 - 9:00
9:00 AM	Karate FND 6-12 (yrs)		Yoga		
9:30 AM	9:00 - 9:45		9:15 - 10:15		
10:00 AM	Karate FND (6-12 yrs)				Swim Lessons
10:30 AM	10:00 - 10:45	Cycle Fit			9:15 - 12:00
11:00 AM	Karate ADV (6-12 yrs)	10:30 - 11:15			
11:30 AM	11:00 - 11:45				
12:00 PM					Open Swim
12:30 PM	Open Basketball				
1:00 PM	1:00 - 2:00				12:15 - 2:15
1:30 PM					
2:00 PM	Open Basketball				
2:30 PM	2:15 - 3:30				Lane Swim
3:00 PM					
3:30 PM					2:45 - 4:00
4:00 PM					