

# RON EDWARDS YMCA - Schedule At A Glance

## July 4, 2022 to September 4, 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 9:00 -9:45			Explorers (3-5 yrs) 9:00 -10:00	8:15 -9:15
9:30 AM	Muscle Fit 10:00 -10:45				Aquafit 9:15 -10:00
10:00 AM			Yoga 10:15 - 11:45		Lane Swim
10:30 AM	Walk Fit 11:00 -11:45				
11:00 AM					10:30 -12:30
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM	Pickleball 1:00 -2:00				Lane Swim
1:30 PM					12:45 -2:15
2:00 PM	Pickleball 2:00 -3:00				
2:30 PM					Community Rental 2:15 -3:30
3:00 PM	Open Basketball 3:00 -4:00				
3:30 PM					
4:00 PM					Lane Swim 3:30 -4:15
4:30 PM	Soccer Fund (3-5 yrs) 4:30 -5:15				Swim Lessons 4:30 -7:15
5:00 PM	Soccer Fund (6-9 yrs) 5:30 -6:30				
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM	Boot Camp 7:00 -7:45 pm				
7:30 PM					Lane Swim 7:30 -8:45
8:00 PM					
8:30 PM					
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					Lane Swim
9:00 AM	Body Fit 9:00 -9:45			Livewell 8:15 -10:00	8:15 -10:15
9:30 AM					
10:00 AM	Cycle Fit 10:00 -10:45			Gentle Fit 10:00 -10:45	Lane Swim
10:30 AM				GERAS 11:00 -12:00	
11:00 AM					10:30 -12:30
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					Hydrotherapy 1:15 -2:00
1:30 PM					
2:00 PM				Livewell 2:00 -2:30	Community Rental 2:15 -3:30
2:30 PM	Open Basketball 2:00 -4:00				
3:00 PM					
3:30 PM					
4:00 PM					Lane Swim 3:30 -4:15
4:30 PM					Swim Lessons 4:30 -7:15
5:00 PM					
5:30 PM	Soccer Advance (6-12 yrs) 5:45 -6:45				
6:00 PM					
6:30 PM					
7:00 PM	Zumba 7:00 -7:45			Yoga 7:00 -8:30	
7:30 PM					Lane Swim 7:30 -8:45
8:00 PM					
8:30 PM					
9:00 PM					

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 9:00 -9:45				8:15 -9:15
9:30 AM					Aquafit 9:15 -10:00
10:00 AM					
10:30 AM					Lane Swim
11:00 AM					
11:30 AM					10:30 -12:30
12:00 PM	Walk Fit 11:00 -11:45				
12:30 PM					
1:00 PM					Lane Swim
1:30 PM	Pickleball -3:00	1:00			12:45 -2:15
2:00 PM					
2:30 PM					Community Rental 2:15 -3:30
3:00 PM	Open Basketball 3:00 -4:00				
3:30 PM					
4:00 PM	Move It (3-5 yrs) 4:15 -5:15				Lane Swim 3:30 -4:15
4:30 PM			Strength & Conditioning Jr 5:00 -5:45		Swim Lessons 4:30 -7:15
5:00 PM					
5:30 PM	Move It (6-12yrs) 5:30 -6:30				
6:00 PM					
6:30 PM					
7:00 PM					
7:30 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 9:00 -9:45				8:15 -10:15
9:30 AM					
10:00 AM	Cycle Fit 10:00 -10:45			Gentle Fit 10:00 -10:45	Lane Swim
10:30 AM				GERAS 11:00 -12:00	
11:00 AM					10:30 -12:30
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					Hydrotherapy 1:15 -2:00
1:30 PM					
2:00 PM				LiveWell 2:00 -2:30	Community Rental 2:15 -3:30
2:30 PM					
3:00 PM					
3:30 PM	Open Basketball 2:00 -6:00				Lane Swim 3:30 -4:15
4:00 PM					Swim Lessons 4:30 -7:15
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM	Zumba 7:00 -7:45				
7:30 PM					

**Y** **RON EDWARDS YMCA - Schedule At A Glance**  
**July 4, 2022 to September 4, 2022**

8:00 PM					Lane Swim 7:30 - 8:45
8:30 PM					
9:00 PM					

8:00 PM					Lane Swim 7:30 - 8:45
8:30 PM					
9:00 PM					

**Y** **RON EDWARDS YMCA - Schedule At A Glance**  
**July 4, 2022 to September 4, 2022**

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	10:15			9:15 - 10:00
10:30 AM			Yoga		Lane Swim
11:00 AM			10:15-11:45		
11:30 AM					
12:00 PM					10:30 - 12:30
12:30 PM					
1:00 PM					Lane Swim
1:30 PM	Pickleball	1:00			12:45 - 2:15
2:00 PM	-3:00				
2:30 PM					
3:00 PM					Community Rental
3:30 PM					2:15 - 3:30
4:00 PM					
4:30 PM					
5:00 PM					Private Swim
5:30 PM	Open Basketball				Lessons
6:00 PM	5:00 - 8:00				4:00 - 8:00
6:30 PM					
7:00 PM					
7:30 PM					
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					Lane Swim
8:30 AM					8:00 - 9:00
9:00 AM	Basketball FND (6-9 yrs)	Cycle & Strength			
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 - 3:30				
2:00 PM					
2:30 PM					Lane Swim
3:00 PM					
3:30 PM					2:45 - 4:00
4:00 PM					

Sunday					
	Gym	Studio	AB Room	Community Room	Pool
8:00 AM					Lane Swim
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				9:15 - 12:00
11:00 AM	Karate ADV (6-12 yrs)				
11:30 AM	11:00 - 11:45				
12:00 PM					Open Swim
12:30 PM					
1:00 PM					
1:30 PM	Open Basketball				12:15 - 2:15
2:00 PM	1:00 - 3:30				
2:30 PM					Lane Swim
3:00 PM					
3:30 PM					2:45 - 4:00
4:00 PM					