

RON EDWARDS YMCA - Schedule At A Glance **September 5, 2022 to December 23, 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 - 9:00
9:30 AM	9:15 - 1:00			9:00 - 10:00	AquaFit
10:00 AM	Muscle Fit				9:15 - 10:00
10:30 AM	10:15 - 11:00		Yoga		Lane Swim
11:00 AM	Walk Fit		10:15 - 11:45		
11:30 AM	11:15 - 12:00				
12:00 PM					10:30 - 12:30
12:30 PM					
1:00 PM	Pickleball				Lane Swim
1:30 PM					
2:00 PM	1:00 - 3:00				12:45 - 2:15
2:30 PM					Lane Swim
3:00 PM	Open Basketball				
3:30 PM	3:00 - 4:00				
4:00 PM					2:30 - 4:00
4:30 PM	Soccer Fund (3-5 yrs)				
5:00 PM	4:30 - 5:15				
5:30 PM	Soccer Fund (6-9 yrs)				
6:00 PM	5:30 - 6:30				
6:30 PM					4:30 - 7:15
7:00 PM	Boot Camp	Cycle Fit			
7:30 PM	7:00 - 7:45 pm	7:00 - 7:45			
8:00 PM					Community Rental
8:30 PM					
9:00 PM					7:15 - 8:45

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	Cycle Fit	8:15 - 10:00		8:15 - 10:15
9:30 AM	9:15 - 10:00	9:15 - 10:15			
10:00 AM					
10:30 AM			Gentle Fit		Lane Swim
11:00 AM			10:00 - 10:45		
11:30 AM			GERAS		
12:00 PM			11:00 - 12:00		10:30 - 12:30
12:30 PM					
1:00 PM					Hydrotherapy
1:30 PM					
2:00 PM					1:15 - 2:00
2:30 PM	Open Basketball		Livewell		Lane Swim
3:00 PM	2:00 - 4:00		2:00 - 2:30		
3:30 PM					
4:00 PM					2:30 - 4:00
4:30 PM			Dance(3-5 yrs)		
5:00 PM			4:15 - 5:00		
5:30 PM	Soccer Advance (6-12 yrs)		Dance (6-12 yrs)		Swim Lessons
6:00 PM	5:45 - 6:45		5:15 - 6:00		
6:30 PM					4:30 - 7:15
7:00 PM	Zumba		Yoga		
7:30 PM	7:00 - 8:00		7:00 - 8:30		
8:00 PM					Lane Swim
8:30 PM					7:30 - 8:45
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				8:15 - 9:00
9:30 AM	9:15 - 10:00				
10:00 AM					AquaFit
10:30 AM			Ball Fit		9:15 - 10:00
11:00 AM			10:00 - 10:45		Lane Swim
11:30 AM					
12:00 PM	Walk Fit				10:30 - 12:30
12:30 PM	11:00 - 11:45				
1:00 PM	Pickleball				Lane Swim
1:30 PM					
2:00 PM	1:00 - 3:00				12:45 - 2:15
2:30 PM					Lane Swim
3:00 PM	Open Basketball				
3:30 PM	3:00 - 4:00				
4:00 PM	Move It (3-5 yrs)				2:30 - 4:00
4:30 PM	4:15 - 5:15				
5:00 PM					Swim Lessons
5:30 PM	Move It (6-12yrs)				
6:00 PM	5:30 - 6:30				4:30 - 7:15
6:30 PM			Muscle Fit		
7:00 PM			6:15 - 7:00		
7:30 PM		Cycle Fit			
		7:00 - 7:45			Community Rental

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	Cycle Fit			8:15 - 10:15
9:30 AM	9:15 - 10:00	9:15 - 10:15			
10:00 AM					
10:30 AM			Gentle Fit		Lane Swim
11:00 AM			10:00 - 10:45		
11:30 AM			GERAS		
12:00 PM			11:00 - 12:00		10:30 - 12:30
12:30 PM					
1:00 PM					Hydrotherapy
1:30 PM					
2:00 PM					1:15 - 2:00
2:30 PM	Open Basketball		LiveWell		Lane Swim
3:00 PM	2:00 - 6:00		2:00 - 2:30		
3:30 PM					2:30 - 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		
6:00 PM			Karate FND (6-12 yrs)		4:30 - 7:15
6:30 PM		TRX	6:00 - 6:45		
7:00 PM	Zumba		Karate FND (6-12 yrs)		
7:30 PM	7:00 - 8:00		7:00 - 7:45		Adult_Teen Lessons

Y **RON EDWARDS YMCA - Schedule At A Glance**
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8:00 PM						7:15-8:45
8:30 PM						
9:00 PM						

8:00 PM		HITT				H2O Leaders 7:30-8:30
8:30 PM		8:00-8:45				
9:00 PM						

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September 5, 2022 to December 23 , 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		9:15 - 10:00			
10:00 AM	Muscle Fit				9:15 - 10:00
10:30 AM	10:15 - 11:00				Lane Swim
11:00 AM			Yoga		
11:30 AM			10:15 - 11:45		
12:00 PM					10:30 - 12:30
12:30 PM					
1:00 PM	Pickleball				Lane Swim
1:30 PM					12:45 - 2:45
2:00 PM	1:00 - 3:00				
2:30 PM					Lane Swim
3:00 PM					
3:30 PM					3:00 - 4:00
4:00 PM					Private Swim Lesson
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM	Open Basketball				4:00 - 8:00
6:30 PM	5:00 - 8:00				
7:00 PM					
7:30 PM					
8:00 PM					Lane Swim
8:30 PM					
9:00 PM					8:00 - 8:45

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

Sunday					
	Gym	Studio	AB Room	Community Room	Pool
8:00 AM					Lane Swim and Community 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)	Endurance Cycle			Swim Lessons
10:30 AM	10:00 - 10:45				9:15 - 12:00
11:00 AM	Karate ADV (6-12 yrs)	10:00 - 11:30			
11:30 AM	11:00 - 11:45				
12:00 PM					Open Swim
12:30 PM					
1:00 PM					12:15 - 2:15
1:30 PM	Open Basketball				
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					