

# **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 - 10:00			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				10:30 - 12:30
12:00 PM					
12:30 PM					Lane Swim
1:00 PM	Pickleball				
1:30 PM					12:45 - 2:15
2:00 PM	1:00 - 3:00				
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)				Swim Lessons
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		Livewell	
9:30 AM	9:15 - 10:00	9:15 - 10:15		8:15 - 10:00	8:15 - 10:15
10:00 AM				Gentle Fit	
10:30 AM				10:00 - 10:45	Lane Swim
11:00 AM				GERAS	
11:30 AM	HH Warm Up			11:00 - 12:00	10:30 - 12:30
12:00 PM	11:30 - 12:00				
12:30 PM					
1:00 PM					Hydrotherapy
1:30 PM					1:15 - 2:00
2:00 PM					
2:30 PM	Open Basketball				Lane Swim
3:00 PM	2:00 - 4:00				
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					9:15 - 10:00
11:00 AM	Walk Fit				Lane Swim
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					12:45 - 2:15
2:00 PM	1:00 - 3:00				
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					
7:00 PM					
7:30 PM					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			
9:30 AM	9:15 - 10:00	9:15 - 10:15			8:15 - 10:15
10:00 AM					
10:30 AM					Lane Swim
11:00 AM					
11:30 AM	HH Warm Up				10:30 - 12:30
12:00 PM	11:30 - 12:00				
12:30 PM					
1:00 PM					Hydrotherapy
1:30 PM					1:15 - 2:00
2:00 PM					
2:30 PM	Open Basketball				Lane Swim
3:00 PM	2:00 - 6:00				
3:30 PM					2:30 - 4:00
4:00 PM					
4:30 PM					
5:00 PM					Swim Lessons
5:30 PM					
6:00 PM					
6:30 PM					4:30 - 7:15
7:00 PM					
7:30 PM	Zumba				



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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 (6-9 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 - 3:45

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 - 3:45
4:00 PM					