

RON EDWARDS YMCA - Schedule At A Glance **October 3, 2022 to December 23, 2022**

Monday					
	Gym	Studio	AB Room	Community Room	Pool
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					Lane Swim
8:00 AM					
8:30 AM					7:30 - 9:00
9:00 AM	Cardio Fit			Explorers (3-5 yrs)	
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					
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					
6:30 AM					
7:00 AM					
7:30 AM					Lane Swim
8:00 AM					
8:30 AM					
9:00 AM	Body Fit	Cycle Fit	Livewell		7:30 - 10:15
9:30 AM	9:15 - 10:00	9:15 - 10:15	8:15 - 10:00		
10:00 AM					
10:30 AM			Gentle Fit		Lane Swim
11:00 AM			10:00 - 10:45		
11:30 AM	HH Warm Up		GERAS		
12:00 PM	11:30 - 12:00		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				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					
6:30 AM					
7:00 AM					
7:30 AM					Lane Swim
8:00 AM					
8:30 AM					7:30 - 9:00
9:00 AM	HIIT				
9:30 AM	9:15 - 10:00				AquaFit
10:00 AM					9:15 - 10:00
10:30 AM			Ball Fit		Lane Swim
11:00 AM	Walk Fit		10:00 - 10:45		
11:30 AM	11:15 - 12:00				10:30 - 12:30
12:00 PM					
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	Move It (3-5 yrs)				2:30 - 4:00
4:30 PM	4:15 - 5:15			Discovery Lab (6-12 yrs)	
5:00 PM				4:30 - 5:30	Swim Lessons
5:30 PM	Move It (6-12yrs)			Discovery Lab (3-5 yrs)	
6:00 PM	5:30 - 6:30			5:45 - 6:45	
6:30 PM			Muscle Fit		4:30 - 7:15
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					
6:30 AM					
7:00 AM					
7:30 AM					Lane Swim
8:00 AM					
8:30 AM					
9:00 AM	Body Fit	Cycle Fit			7:30 - 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	HH Warm Up		GERAS		
12:00 PM	11:30 - 12:00		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				Lane Swim
3:00 PM	2:00 - 6:00				
3:30 PM					
4:00 PM		LiveWell			2:30 - 4:00
4:30 PM					
5:00 PM		4:00 - 6:00	Karate FND (6-12 yrs)		Swim Lessons
5:30 PM			5:00 - 5:45		
6:00 PM			Karate FND (6-12 yrs)	Youth Leadership	
6:30 PM			6:00 - 6:45		4:30 - 7:15
7:00 PM	Zumba		Karate ADV (6-12 yrs)	6:00 - 8:00 pm	
7:30 PM	7:00 - 8:00		7:00 - 7:45		Adult_Teen Lessons

Y RON EDWARDS YMCA - Schedule At A Glance October 3, 2022 to December 23, 2022

Friday					
	Gym	Studio	AB Room	Community Room	Pool
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					Lane Swim
8:30 AM					7:30 -9:00
9:00 AM		Cycle Fit 9:15 -10:00			
9:30 AM					AquaFit 9:15 -10:00
10:00 AM	Muscle Fit 10:15 -11:00				Lane Swim
10:30 AM			Yoga 10:15-11:45		
11:00 AM					
11:30 AM					10:30 -12:30
12:00 PM					
12:30 PM					
1:00 PM	Pickleball 1:00 -3:00				Lane Swim
1:30 PM					12:45 -2:45
2:00 PM					
2:30 PM					Lane Swim
3:00 PM					3:00 -4:00
3:30 PM					
4:00 PM					Private Swim Lesson
4:30 PM					
5:00 PM					
5:30 PM	Open Basketball 5:00 -8:00				
6:00 PM					4:00 -8:00
6:30 PM					
7:00 PM					
7:30 PM					
8:00 PM					Lane Swim
8:30 PM					8:00 -8:45
9:00 PM					

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

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