

RON EDWARDS YMCA - Schedule At A Glance **November 7 , 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 (18mths-3yrs) 9:00-10:00	
9:30 AM	9:15 -10:00				AquaFit 9:15 -10:00
10:00 AM	Muscle Fit				
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					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				2:30 -4:00
4:00 PM					
4:30 PM	Soccer FND (3-5 yrs)				
5:00 PM	4:30 -5:15				Swim Lessons
5:30 PM	Soccer FND (6-9 yrs)				
6:00 PM	5:30 - 6:30				4:30 -7:15
6:30 PM					
7:00 PM	Boot Camp	Cycle Fit			
7:30 PM	7:00 -7:45 pm	7:00 -7:45			Community Rental
8:00 PM					
8:30 PM					7:15 -8:45
9:00 PM					

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	8:15 -10:00		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			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					2:30 -4:00
4:00 PM					
4:30 PM	Floor Hockey (6-12 yrs)			Dance(3-5 yrs)	
5:00 PM	4:30 -5:30			4:15-5:00	Swim Lessons
5:30 PM	Soccer Advance (6-12 yrs)			Dance (6-12 yrs)	
6:00 PM	5:45 -6:45			5:15-6:00	4:30 -7:15
6:30 PM					
7:00 PM	Zumba	TRX		Yoga	
7:30 PM	7:00 -8:00	7:00 -7:45		7:00 -8:30	Lane Swim
8:00 PM					7:30 -8:45
8:30 PM					Triathlon Group
9:00 PM					7:30 -8:00 (2 Lanes)

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 9:15 -10:00
10:00 AM					
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					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				2:30 -4:00
4:00 PM	Move It (3-5 yrs)				
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 - 6:30	4:30 -7:15
6:30 PM			Muscle Fit		
7:00 PM			6:15 -7:00		
7:30 PM		Cycle Fit			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					7:30 -10:15
9:00 AM	Body Fit	Cycle Fit			
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	10:30 -12:30
12:00 PM	11:30 -12:00			11:00 -12:00	
12:30 PM					
1:00 PM					Hydrotherapy
1:30 PM					1:15 -2:00
2:00 PM					
2:30 PM					Lane Swim
3:00 PM					
3:30 PM	Open Basketball				2:30-4:00
4:00 PM	2:00 -6:00				
4:30 PM		LiveWell			
5:00 PM				Karate FND (6-12 yrs)	Swim Lessons
5:30 PM		4:00 -6:00		5:00 -5:45	
6:00 PM				Karate FND (6-12 yrs)	4:30 -7:15
6:30 PM				6:00 -6:45	
7:00 PM				Karate ADV (6+)	
7:30 PM	Zumba			7:00 -7:45	Adult_Teen Lessons

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8:00 PM										7:15-8:45
8:30 PM										
9:00 PM										

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

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November 7 , 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					Community Rental
4:30 PM					4:00 -5:00
5:00 PM					5:15 -7:45
5:30 PM	Open Basketball 5:00 -8:00				Private Lesson 1 Lane
6:00 PM					Lane Swim 2 Lanes
6:30 PM					
7:00 PM					
7:30 PM					Lane Swim
8:00 PM					8:00 -8:45
8:30 PM					
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	Drama Kids (3-5 yrs) 9:00 -10:00		
9:30 AM					Swim Lessons 9:15 -12:00
10:00 AM	Basketball FND (3-5 yrs) 10:15 -11:00		Drama Kids (6-9 yrs) 10:15 -11:15		
10:30 AM		Zumba 10:30 -11:15			
11:00 AM	Basketball FND (10-12 yrs) 11:15 -12:15				
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
8:30 AM					8:00 -9:00
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			
10:30 AM					
11:00 AM	Karate ADV (6+) 11:00 -11:45	10:00 -11:30			
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					
3:30 PM					2:45 -3:45
4:00 PM					