

RON EDWARDS YMCA - Schedule At A Glance January 9th to April 1, 2023

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		Balance Plus		Lane Swim
1:30 PM					
2:00 PM	1:00 - 3:00		1:00 - 2:00		12:45 - 2:15
2:30 PM					
3:00 PM	Open Basketball				Lane Swim
3:30 PM	3:00 - 4:00				
4:00 PM					2:30 - 3:45
4:30 PM	Sports ADV (3-5 yrs)				
5:00 PM	4:30 - 5:15				
5:30 PM	Sports ADV (6-9 yrs)				
6:00 PM	5:30 - 6:30				4:00 - 7:30
6:30 PM					
7:00 PM	Boot Camp	Cycle Fit			
7:30 PM	7:00 - 7:45	7:00 - 7:45			
8:00 PM					Community Rental
8:30 PM					
9:00 PM					7:45 - 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			Livewell		
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			Gentle Fit		
10:30 AM			10:00 - 10:45		Lane Swim
11:00 AM					
11:30 AM	HH Warm Up				10:30 - 1:00
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 - 3:30
4:30 PM	Floor Hockey (6-12 yrs)		Dance(3-5 yrs)		
5:00 PM	4:30 - 5:30		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	TRX	5:15-6:00		
6:30 PM		6:00 - 6:45			4:00 - 7:30
7:00 PM	Zumba		Yoga		
7:30 PM	7:00 - 8:00		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			Ball Fit		
10:30 AM			10:00 - 10:45		Lane Swim
11:00 AM	Walk Fit				
11:30 AM	11:15 - 12:00				10:30 - 12:30
12:00 PM					
12:30 PM					
1:00 PM	Pickleball		Balance Plus		Lane Swim
1:30 PM			1:00 - 2:00		12:45 - 2:15
2:00 PM					
2:30 PM					Community Rental
3:00 PM	Open Basketball				
3:30 PM	3:00 - 4:00				
4:00 PM	Move It (3-5 yrs)				2:30 - 3:45
4:30 PM	4:15 - 5:15		Arts Spark (6-12 yrs)		
5:00 PM			4:30 - 5:30		Swim Lessons
5:30 PM	Move It (6-12yrs)		Arts Spark (3-5 yrs)		
6:00 PM	5:30 - 6:30		Muscle Fit		4:00 - 7:30
6:30 PM			6:15 - 7:00		
7:00 PM		Cycle Fit			
7:30 PM		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			Livewell		
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			Gentle Fit		
10:30 AM			10:00 - 10:45		Lane Swim
11:00 AM	HH Warm Up				
11:30 AM	11:30 - 12:00				10:30 - 1:00
12:00 PM					
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				2:30-3:30
4:00 PM	2:00 - 6:00				
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)		
6:30 PM			6:00 - 6:45		4:00 - 7:30
7:00 PM	Zumba		Karate ADV (6+)		
7:30 PM	7:00 - 8:00		7:00 - 7:45		Adult_Teen Lessons

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	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			
9:30 AM		9:15 - 10:00			
10:00 AM	Muscle Fit				Aquafit
10:30 AM	10:15 - 11:00				9:15 - 10:00
11:00 AM			Yoga		Lane Swim
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 - 2:15
2:00 PM	1:00 - 3:00				
2:30 PM					Lane Swim
3:00 PM					2:30 - 3:45
3:30 PM					
4:00 PM					4:00 - 8:00
4:30 PM					
5:00 PM					Private Lesson
5:30 PM					1 Lane
6:00 PM	Open Basketball				Lane Swim
6:30 PM	5:00 - 8:00				2 Lanes
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	Architeer (3-5 yrs)		
9:30 AM	9:00 - 10:00	9:15 - 10:15	9:00 - 9:45		
10:00 AM	Basketball FND (3-5 yrs)		Architeer (6-9 yrs)		Swim Lessons
10:30 AM	10:15 - 11:00	Zumba	10:00 - 11:00		9:00 - 1:00
11:00 AM	Basketball FND (10-12 yrs)	10:30 - 11:15			
11:30 AM	11:15 - 12:15				
12:00 PM					
12:30 PM					
1:00 PM					Open Swim
1:30 PM					1:15 - 2:15
2:00 PM	Open Basketball				
2:30 PM	1:00 - 3:30				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)		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				9:00 - 1:00
11:00 AM	Karate ADV (6+)	10:00 - 11:30			
11:30 AM	11:00 - 11:45				
12:00 PM					Open Swim
12:30 PM					
1:00 PM					1:15 - 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					