



# Schertz Family YMCA

June 25th - July 1st

621 Westchester

Schertz, TX 78154

(210) 619-1900

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	<b>Open Lap Swim</b> Community Pool 5am - 8:45pm	<b>Open Lap Swim</b> Community Pool 5am - 8:45pm	<b>Open Lap Swim</b> Community Pool 5am - 8:45pm	<b>LES MILLS BODYFLOW™</b> Main Group Exercise Studio Nikki C 5:05am - 6am			<b>Open Lap Swim</b> Community Pool 5am - 8:45pm
	<b>LES MILLS BODYATTACK™</b> Main Group Exercise Studio Nikki C 5:05am - 6am	<b>LES MILLS BODYPUMP™</b> Main Group Exercise Studio Jeanette G 5:05am - 6am	<b>LES MILLS BODYSTEP™</b> Main Group Exercise Studio Christine B 5:05am - 6am				<b>LES MILLS BODYPUMP™</b> Main Group Exercise Studio Jeanette G 5:05am - 6am
	<b>Cycle</b> Spin Room Sharon B 5:30am - 6:25am		<b>Cycle</b> Spin Room Mary H 5:30am - 6:25am				
6am	<b>Storm Swim Team - multiple lanes reserved</b> Community Pool 6:30am - 8:30am	<b>Storm Swim Team - multiple lanes reserved</b> Community Pool 6:30am - 8:30am	<b>Storm Swim Team - multiple lanes reserved</b> Community Pool 6:30am - 8:30am	<b>Storm Swim Team - multiple lanes reserved</b> Community Pool 6:30am - 8:30am			<b>Storm Swim Team - multiple lanes reserved</b> Community Pool 6:30am - 8:30am
7am				<b>Open Lap Swim</b> Community Pool 7am - 3:45pm	<b>Open Lap Swim</b> Community Pool 7am - 5:45pm		
					<b>Reserved: Youth Sports</b> Basketball Gym 7:30am - 6pm		
8am	<b>LES MILLS BODYCOMBAT™</b> Main Group Exercise Studio Aya C 8:30am - 9:25am	<b>Boot Camp</b> Main Group Exercise Studio Selena W 8:30am - 9:25am	<b>C.I.T.-Cycle Interval Training</b> Spin Room Regina S 8:30am - 9:25am	<b>LES MILLS BODYFLOW™</b> Main Group Exercise Studio Nikki C 8:15am - 9:10am	<b>LES MILLS BODYATTACK™</b> Main Group Exercise Studio Christine B 8am - 8:55am		<b>Boot Camp</b> Main Group Exercise Studio Sarah Green 8:30am - 9:25am
	<b>C.I.T.-Cycle Interval Training</b> Spin Room Regina S 8:30am - 9:25am	<b>Summer Camp Usage</b> Basketball Gym 8:45am - 2:15pm	<b>LES MILLS BODYCOMBAT™</b> Main Group Exercise Studio Stephanie F 8:30am - 9:25am	<b>TRX®</b> Wellness Floor Lindsey G 8:30am - 9:25am	<b>Cycle</b> Spin Room Jo P 8:30am - 10am		<b>POUND®</b> Studio Room 2 Eliza Bishop 8:45am - 9:30am
	<b>Limited Lap Swim (swim lessons)</b> Leisure Pool 8:30am - 10:45am		<b>Limited Lap Swim (swim lessons)</b> Leisure Pool 8:30am - 10:45am	<b>Summer Camp Usage</b> Basketball Gym 8:45am - 2:15pm			<b>Summer Camp Usage</b> Basketball Gym 8:45am - 2:15pm
	<b>Summer Camp Usage</b> Basketball Gym 8:45am - 2:15pm		<b>Lap Swim Limited (swim lessons)</b> Community Pool 8:45am - 10:45am				
	<b>Lap Swim Limited (swim lessons)</b> Community Pool 8:45am - 10:45am		<b>Summer Camp Usage</b> Basketball Gym 8:45am - 2:15pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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9am	<b>ZUMBA® GOLD</b> Schertz Area Senior Center (SASC) Lisa R 9am - 9:45am	<b>Aqua Interval Training</b> Community Pool Regina S 9:15am - 10:05am	<b>Active Older Adult (AOA) Stretch &amp; Balance</b> Schertz Area Senior Center (SASC) Rose L 9am - 9:50am	<b>Aqua Interval Training</b> Community Pool Sarah Green 9am - 9:55am	<b>LES MILLS BODYPUMP™</b> Main Group Exercise Studio Sarah Green 9:05am - 10am		<b>SILVERSNEAKERS® CLASSIC</b> Schertz Area Senior Center (SASC) Carol K 9am - 9:50am
	<b>Core FX</b> Studio Room 2 Regina S 9:30am - 10am	<b>TRX®</b> Wellness Floor Selena W 9:30am - 10:25am	<b>ZUMBA®</b> Main Group Exercise Studio Sara K 9:30am - 10:25am	<b>LES MILLS BODYPUMP™</b> Main Group Exercise Studio Chenille F 9:30am - 10:25am			<b>LES MILLS BODYPUMP™</b> Main Group Exercise Studio Chenille F 9:30am - 10:25am
	<b>ZUMBA®</b> Main Group Exercise Studio Sara K 9:30am - 10:25am	<b>SILVERSNEAKERS® CLASSIC</b> Schertz Area Senior Center (SASC) Carol K 9:30am - 10:20am	<b>Core FX</b> Studio Room 2 Regina S 9:30am - 10am	<b>SILVERSNEAKERS® CLASSIC</b> Schertz Area Senior Center (SASC) Carol K 9:30am - 10:20am			<b>TRX®</b> Wellness Floor Selena W 9:30am - 10:25am
	<b>TRX® HIIT</b> Wellness Floor Iris G 9:30am - 10:25am	<b>ZUMBA®</b> Studio Room 2 Gaby C 9:30am - 10:30am	<b>TRX® HIIT</b> Wellness Floor Lindsey G 9:30am - 10:25am	<b>TRX®</b> Wellness Floor Lindsey G 9:30am - 10:25am			<b>ZUMBA®</b> Studio Room 2 Nora R 9:35am - 10:30am
		<b>LES MILLS BODYPUMP™</b> Main Group Exercise Studio Iris G 9:30am - 10:25am					
10am	<b>AQUA ZUMBA®</b> Community Pool Laura H 10:35am - 11:30am	<b>SILVERSNEAKERS® CIRCUIT</b> Schertz Area Senior Center (SASC) Carol K 10:30am - 11:20am	<b>Chair Yoga</b> Schertz Area Senior Center (SASC) Rose L 10am - 10:50am	<b>Pool reserved for Summer Camp</b> Leisure Pool 10am - 12pm	<b>LES MILLS BODYCOMBAT™</b> Main Group Exercise Studio Tiesha B 10:10am - 11:05am		<b>SILVERSNEAKERS® YOGA</b> Schertz Area Senior Center (SASC) Carol K 10am - 10:50am
	<b>LES MILLS BODYFLOW™</b> Main Group Exercise Studio Thomas L 10:35am - 11:30am	<b>Yoga Foundations</b> Main Group Exercise Studio CASHON J 10:35am - 11:30am	<b>Yoga Restore</b> Main Group Exercise Studio Holly M 10:35am - 11:30am	<b>ZUMBA®</b> Main Group Exercise Studio James I 10:30am - 11:25am			<b>Aqua Fit</b> Community Pool Linda F 10am - 10:50am
				<b>SILVERSNEAKERS® CLASSIC</b> Schertz Area Senior Center (SASC) Carol K 10:30am - 11:20am			<b>Yoga Foundations</b> Main Group Exercise Studio Angie V 10:35am - 11:30am
11am				<b>Yoga Foundations</b> Main Group Exercise Studio Berta D 11:30am - 12:30pm	<b>LES MILLS BODYFLOW™</b> Main Group Exercise Studio Tiesha B 11:10am - 12:05pm		

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12pm	<b>LES MILLS BODYPUMP™</b> Main Group Exercise Studio Berta D 12pm - 1pm	<b>LES MILLS BODYFLOW™</b> Main Group Exercise Studio Thomas L 12pm - 12:55pm	<b>LES MILLS BODYPUMP™</b> Main Group Exercise Studio Berta D 12pm - 12:55pm				
1pm		<b>PICKLE BALL Full court</b> Basketball Gym 1:30pm - 3pm		<b>PICKLE BALL Full court</b> Basketball Gym 1:30pm - 3pm		<b>Open Swim</b> Leisure Pool 1pm - 4:45pm	<b>PICKLE BALL Full court</b> Basketball Gym 1:30pm - 3pm
3pm						<b>Open Lap Swim</b> Community Pool 1pm - 4:45pm	
3pm						<b>LES MILLS BODYFLOW™</b> Main Group Exercise Studio Norma S 3pm - 3:55pm	
4pm						<b>Full Court Basketball</b> Basketball Gym 3pm - 5pm	
4pm	<b>Limited Lap Swim (swim lessons)</b> Leisure Pool 4:15pm - 8:15pm	<b>Limited Lap Swim (swim lessons)</b> Leisure Pool 4:15pm - 8:15pm	<b>Limited Lap Swim (swim lessons)</b> Leisure Pool 4:15pm - 8:15pm	<b>Limited Lap Swim (swim lessons)</b> Leisure Pool 4:15pm - 8:15pm			<b>LES MILLS BODYPUMP™</b> Main Group Exercise Studio Linda F 4:30pm - 5:25pm
	<b>Y Fit</b> Studio Room 2 Lindsey G 4:30pm - 5:25pm	<b>LES MILLS BODYPUMP™</b> Main Group Exercise Studio Linda F 4:30pm - 5:25pm	<b>Y Fit</b> Studio Room 2 Lindsey G 4:30pm - 5:25pm				<b>Yoga Strength</b> Studio Room 2 Jarelys Castillo 4:30pm - 5:25pm
	<b>LES MILLS BODYCOMBAT™</b> Main Group Exercise Studio Brooke M 4:30pm - 5:25pm	<b>LES MILLS BODYPUMP™</b> Main Group Exercise Studio Linda F 4:30pm - 5:25pm	<b>LES MILLS BODYCOMBAT™</b> Main Group Exercise Studio Tiesha B 4:30pm - 5:25pm				
		<b>Yoga Strength</b> Studio Room 2 Jarelys Castillo 4:30pm - 5:25pm					
5pm	<b>Swim Lessons: Paid Program/Open Swim</b> Community Pool 5pm - 8:15pm	<b>Swim Lessons: Paid Program/Open Swim</b> Community Pool 5pm - 8:15pm	<b>Swim Lessons: Paid Program/Open Swim</b> Community Pool 5pm - 8:15pm	<b>LES MILLS BODYCOMBAT™</b> Main Group Exercise Studio Anna S 5pm - 5:30pm			<b>ZUMBA®</b> Basketball Gym Eliza Bishop 5:30pm - 6:25pm
	<b>Reserved: Youth Sports</b> Basketball Gym 5:15pm - 7:45pm	<b>Reserved: Youth Sports</b> Basketball Gym 5:15pm - 8:45pm	<b>Reserved: Youth Sports</b> Basketball Gym 5:15pm - 8:45pm	<b>Swim Lessons: Paid Program/Open Swim</b> Community Pool 5pm - 8:15pm			<b>Aqua Fit</b> Community Pool Karen W 5:30pm - 6:20pm

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	<b>TRX®</b> Wellness Floor Shannon M 5:30pm - 6:25pm	<b>Rowing FX</b> Studio Room 2 Kimberly L 5:30pm - 6:25pm	<b>Boot Camp</b> Main Group Exercise Studio Shannon M 5:35pm - 6:30pm	<b>Reserved: Youth Sports</b> Basketball Gym 5:15pm - 8:45pm			<b>LES MILLS BODYCOMBAT™</b> Main Group Exercise Studio Tiesha B 5:35pm - 6:30pm
	<b>Boot Camp</b> Main Group Exercise Studio Sarah Green 5:35pm - 6:30pm	<b>Step FX</b> Main Group Exercise Studio Dana D 5:35pm - 6:35pm		<b>LES MILLS BODYPUMP™ EXPRESS</b> Main Group Exercise Studio Anna S 5:30pm - 6:05pm			<b>Easy Rider</b> Spin Room Amanda H 5:45pm - 6:15pm
6pm	<b>Yoga Restore</b> Studio Room 2 Jarelys Castillo 6pm - 6:45pm	<b>POUND®</b> Spin Room Eliza Bishop 6pm - 6:55pm	<b>Yoga Restore</b> Studio Room 2 Jarelys Castillo 6pm - 6:45pm	<b>ZUMBA®</b> Main Group Exercise Studio James I 6:10pm - 7:05pm			<b>Cycle</b> Spin Room Jo P 6:30pm - 7:25pm
	<b>Cycle</b> Spin Room Ashley G 6pm - 6:55pm	<b>ZUMBA®</b> Studio Room 2 Amber C 6:30pm - 7:25pm	<b>Cycle</b> Spin Room Tiesha B 6pm - 6:55pm				<b>TRX®</b> Wellness Floor Selena W 6:30pm - 7:25pm
	<b>AQUA ZUMBA®</b> Community Pool Laura H 6:35pm - 7:30pm	<b>LES MILLS BODYPUMP™</b> Main Group Exercise Studio Christine W 6:35pm - 7:30pm	<b>Aqua Fit</b> Community Pool Karen W 6:35pm - 7:30pm				<b>LES MILLS BODYPUMP™</b> Main Group Exercise Studio Christine W 6:35pm - 7:30pm
	<b>ZUMBA®</b> Main Group Exercise Studio Stephanie L 6:35pm - 7:30pm	<b>AQUA ZUMBA®</b> Community Pool Laura H 6:35pm - 7:30pm	<b>ZUMBA®</b> Main Group Exercise Studio Stephanie L 6:35pm - 7:30pm				<b>AQUA ZUMBA®</b> Community Pool Laura H 6:35pm - 7:30pm
7pm	<b>LES MILLS BODYFLOW™</b> Studio Room 2 Christine W 7pm - 7:55pm		<b>LES MILLS BODYFLOW™</b> Studio Room 2 Mara D 7pm - 7:55pm				<b>LES MILLS BODYFLOW™</b> Main Group Exercise Studio Christine W 7:40pm - 8:35pm
	<b>Storm Swim Team - multiple lanes reserved</b> Community Pool 7:30pm - 8:30pm						

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