



Clearwater Branch
January 22nd - January 28th

1005 South Highland Avenue
Clearwater, FL 33756
727 461 9622

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
6am	Tabata Main Group Exercise Studio Adina J 6am - 6:55am	Cycling Cycling Studio Mary P 6am - 6:45am	Tabata Main Group Exercise Studio Adina J 6am - 6:55am	Zumba® Main Group Exercise Studio Christine M 6am - 6:55am			Cycling Cycling Studio Mary P 6am - 6:45am
		Stretch Classroom 1 Adina J 6:15am - 6:55am					Zumba® Main Group Exercise Studio Antonina W 6am - 6:55am
7am	Les Mills TONE Main Group Exercise Studio Ashley H 7am - 7:45am	Tai Chi Main Group Exercise Studio Bob T 7am - 7:55am	Les Mills TONE Main Group Exercise Studio Ashley H 7am - 7:45am	Tai Chi Main Group Exercise Studio Bob T 7am - 7:55am			Tai Chi Main Group Exercise Studio Bob T 7am - 7:55am
8am	Cycling Cycling Studio Nicole G 8am - 8:45am	HIIT Main Group Exercise Studio Tariq A 8:05am - 9am	Cycling Cycling Studio DeAnne H 8am - 8:45am	HIIT Main Group Exercise Studio Tariq A 8:05am - 9am	Water Exercise Pool Karen B 8am - 9am		HIIT Main Group Exercise Studio Tariq A 8:05am - 9am
	BODYPUMP® Main Group Exercise Studio Tami C 8:05am - 9am		BODYPUMP® Main Group Exercise Studio Tami C 8:05am - 9am		BODYPUMP® Main Group Exercise Studio YMCA Staff 8:30am - 9:25am		
9am	Cycling and Strength Cycling Studio DeAnne H 9am - 10am	Zumba® Main Group Exercise Studio Christine M 9:05am - 10am	Cycling and Strength Cycling Studio DeAnne H 9am - 10am	Pilates Main Group Exercise Studio Jennifer G 9:05am - 10am	Barre Main Group Exercise Studio Corinne A 9:30am - 10:25am		Les Mills TONE Main Group Exercise Studio Jenna T 9:05am - 9:50am
	Zumba® Main Group Exercise Studio Tami C 9:05am - 10am	Deep Water Exercise Pool Pat F 9:30am - 10:25am	Zumba® Sentao Main Group Exercise Studio Tami C 9:05am - 10am	Deep Water Exercise Pool Vangie P 9:30am - 10:25am	Cycling Cycling Studio Nicole G 9:35am - 10:30am		Deep Water Exercise Pool Robin T 9:30am - 10:25am
	Pilates Classroom 1 Jennifer G 9:05am - 10am						Cycling Cycling Studio Margaret K 9:30am - 10:30am
10am	Step Main Group Exercise Studio Erica K 10:05am - 11am	Stretch Classroom 1 Joe W 10:05am - 11:05am	Yoga Classroom 1 Cassie D 10:05am - 11am	Stretch Classroom 1 Joe W 10:05am - 11:05am	BODYFLOW® Main Group Exercise Studio YMCA Staff 10:30am - 11:25am		Stretch Classroom 1 Cassie D 10:05am - 11:05am
	Yoga Classroom 1 Don N 10:05am - 11am	Strength and Resistance Main Group Exercise Studio Tariq A 10:10am - 11:05am	Yoga Classroom 1 Cassie D 10:05am - 11am	BODYPUMP® Main Group Exercise Studio Tami C 10:10am - 11:05am			BODYPUMP® Main Group Exercise Studio Mindy D 10:10am - 11:05am
	Water Exercise Pool Deanna L 10:30am - 11:25am	Water Exercise Pool Pat F 10:30am - 11:30am	Cardio & Core Main Group Exercise Studio Tariq A 10:10am - 11:05am	Water Exercise Pool Vangie P 10:30am - 11:30am			Water Exercise Pool Robin T 10:30am - 11:30am

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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			Water Exercise Pool Deanna L 10:30am - 11:30am				
11am	Yoga Classroom 1 Sabrena A 11:05am - 12pm	BODYFLOW® Main Group Exercise Studio Margaret K 11:15am - 12:10pm	Yoga Classroom 1 Cassie D 11:05am - 12pm	Yoga Classroom 1 Jennifer S 11:10am - 12:10pm	Line Dancing Main Group Exercise Studio Gail S 11:30am - 12:50pm		Yoga Classroom 1 Cassie D 11:10am - 12:10pm
	SilverSneakers® Classic Main Group Exercise Studio Gina D 11:30am - 12:15pm		SilverSneakers® Classic Main Group Exercise Studio Alyce A 11:30am - 12:15pm				
12pm	Chair Yoga Main Group Exercise Studio Sabrena A 12:30pm - 1:30pm	Zumba Gold Main Group Exercise Studio Gail S 12:15pm - 1:15pm	Chair Yoga Main Group Exercise Studio Cassie D 12:30pm - 1:30pm				
2pm	Line Dancing Main Group Exercise Studio Gail S 2:35pm - 3:30pm						
3pm	Line Dancing Main Group Exercise Studio Gail S 3:35pm - 4:30pm						
4pm	Water Exercise Pool Karen B 4pm - 5pm	Tai Chi Main Group Exercise Studio Bob T 4:30pm - 5:25pm	Water Exercise Pool Karen B 4pm - 5pm	Tai Chi Main Group Exercise Studio Bob T 4:30pm - 5:25pm			Tai Chi Main Group Exercise Studio Bob T 4:30pm - 5:25pm
5pm	BODYPUMP® Main Group Exercise Studio Ashley S 5:30pm - 6:25pm	Cycling Cycling Studio Tami C 5:15pm - 6:15pm	BODYPUMP® Main Group Exercise Studio Ashley S 5:30pm - 6:25pm	Les Mills TONE Main Group Exercise Studio Susan M 5:30pm - 6:15pm			Cycling Cycling Studio Tami C 5:15pm - 6:15pm
		Kickboxing Main Group Exercise Studio Erica K 5:30pm - 6:25pm					Les Mills TONE Main Group Exercise Studio Mo B 5:30pm - 6:15pm
6pm	Zumba® Main Group Exercise Studio Jerry D 6:30pm - 7:30pm	BODYPUMP® Main Group Exercise Studio Tami C 6:30pm - 7:25pm	Cycling Cycling Studio Taylor S 6:30pm - 7:25pm				Abs Teen Center John K 6:30pm - 7pm
	Cycling Cycling Studio Adina J 6:30pm - 7:30pm	BODYFLOW® Classroom 1 Susan M 6:30pm - 7:25pm	BODYFLOW® Main Group Exercise Studio Margaret K 6:30pm - 7:25pm				BODYPUMP® Main Group Exercise Studio Tami C 6:30pm - 7:25pm

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7pm	Abs Teen Center John K 7:30pm - 8pm	Zumba® Main Group Exercise Studio Elisa S 7:30pm - 8:30pm	Zumba® Main Group Exercise Studio Nichole W 7:30pm - 8:30pm				Zumba® Main Group Exercise Studio Evelyn L 7:30pm - 8:30pm
	BODYFLOW® Main Group Exercise Studio Lisa H 7:30pm - 8:30pm	Abs Teen Center Drew A 7:30pm - 8pm					

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