



David D. Hunting YMCA
January 22nd - January 28th

475 Lake Michigan Drive NW
Grand Rapids, MI 49504
(616) 855-9622

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	Lap Swim (6 lanes) Lap Pool 5am - 5:30am	Open Swim- River Closed, Current On Family Pool 5am - 7am	Lap Swim (6 lanes) Lap Pool 5am - 5:30am	Open Swim- River Closed, Current On Family Pool 5am - 7am			Open Swim- River Closed, Current On Family Pool 5am - 7am
	Open Swim- River Closed, Current On Family Pool 5am - 7am	Lap Swim (6 lanes) Lap Pool 5am - 8:30am	Open Swim- River Closed, Current On Family Pool 5am - 7am	Lap Swim (6 lanes) Lap Pool 5am - 8:30am			Lap Swim (6 lanes) Lap Pool 5am - 8:30am
	GRIT™ - \$ Registration Required East Studio Kati M 5:15am - 5:45am	Studio Cycling Cycle Studio Steven W 5:15am - 6am	GRIT™ - \$ Registration Required East Studio Elise D 5:15am - 5:45am	Studio Cycling Cycle Studio Steven W 5:15am - 6am			Studio Cycling Cycle Studio Mark L 5:15am - 6am
	RPM™ Cycle Studio Ric U 5:15am - 6am	BODYPUMP™ East Studio Jen J 5:30am - 6:30am	RPM™ Cycle Studio Ric U 5:15am - 6am	Total Body Strength East Studio Wendi S 5:45am - 6:45am			BODYPUMP™ East Studio Kate K 5:30am - 6:30am
	Lap Swim (4 lanes) Lap Pool 5:30am - 7:30am		Catholic Central Swim Practice (2) Lap Pool 5:30am - 7:30am				
	Catholic Central Swim Practice (2) Lap Pool 5:30am - 7:30am		Lap Swim (4 lanes) Lap Pool 5:30am - 7:30am				
6am	BODYCOMBAT™ East Studio Candie R 6am - 7am	BODYFLOW™ West Studio Mike H 6am - 7am	Yoga West Studio Kristen L 6am - 7am	Member Pick Up Basketball Court 1 6am - 7am	Lap Swim (6 lanes) Lap Pool 6am - 9am		X Fit Court 1 & 3 Taline R 6am - 7am
	Yoga West Studio Nick D 6am - 7am	X Fit Court 1 & 3 Elise D 6am - 7am	BODYCOMBAT™ East Studio Kelly K 6am - 7am	X Fit Court 1 & 3 Elise D 6am - 7am	Open Swim- River Closed, Current On Family Pool 6am - 8am		CXWORX™ East Studio Kate K 6:30am - 7am
7am	Member Pick Up Basketball Court 2 7am - 8am	Open Swim - River Open, Current On Family Pool 7am - 9:30am	Open Swim - River Open, Current On Family Pool 7am - 9am	Open Swim - River Open, Current On Family Pool 7am - 9am	FTP 90 Demo Cycling Cycle Studio Mark L 7am - 8:30am		Open Swim - River Open, Current On Family Pool 7am - 9:30am
	Open Swim - River Open, Current On Family Pool 7am - 9am						
8am	Kid Zone Open KidZone 8am - 2pm	Kid Zone Open KidZone 8am - 2pm	Kid Zone Open KidZone 8am - 2pm	Kid Zone Open KidZone 8am - 2pm	Kid Zone Open KidZone 8am - 2pm		Kid Zone Open KidZone 8am - 2pm
	Lap Swim (3 lanes) Lap Pool 8:30am - 9:30am	GRIT™ - \$ Registration Required East Studio Wendi S 8:15am - 8:45am	Aqua Cardio Mix Lap Pool Sandy V 8:30am - 9:30am	Aqua Cardio Mix Lap Pool Sandy V 8:30am - 9:30am	Youth Basketball League Courts 1, 2, 3, 4 8am - 4pm		Aqua Cardio Mix Lap Pool Alex S 8:30am - 9:30am

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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
	Aqua Cardio Mix Lap Pool Sandy V 8:30am - 9:30am	Lap Swim (3 lanes) Lap Pool 8:30am - 9:30am	Lap Swim (3 lanes) Lap Pool 8:30am - 9:30am	Lap Swim (3 lanes) Lap Pool 8:30am - 9:30am	BODYSTEP™ East Studio Cindi C 8am - 9am		Lap Swim (3 lanes) Lap Pool 8:30am - 9:30am
		Aqua Cardio Mix Lap Pool Sandy V 8:30am - 9:30am		BODYFLOW™ West Studio Mike H 8:45am - 9:45am	Aqua Cardio Mix Family Pool Adriana R 8am - 9am		
					BODYCOMBAT™ West Studio Kelly K 8am - 8:55am		
9am	Cycle and Strength Cycle Studio Taline R 9am - 10am	Barre Fit West Studio Julie D 9am - 10am	Open Swim - River Open, Current On Family Pool 9am - 12pm	Total Body Strength East Studio Sadie R 9am - 9:55am	Pilates West Studio Julie D 9am - 9:55am	BODYPUMP™ East Studio Natalie M 9am - 10am	Interval Training East Studio Taline R 9am - 9:45am
	BODYPUMP™ East Studio Jen J 9am - 9:55am	Youth Sports Class- Tumbling Court 3 9am - 11am	BODYPUMP™ East Studio Taline R 9am - 9:55am	Arthritis Workout Family Pool Nancy C 9am - 10am	Lap Swim (4 lanes) Lap Pool 9am - 12pm	Adult Swim Training (3) Lap Pool 9am - 11am	Arthritis Workout Family Pool Alex S 9:30am - 10:30am
	Open Swim - River Open, Current On Family Pool 9am - 12pm	Total Body Strength East Studio Wendi S 9am - 9:55am	U-Prep Courts 1, 2, 3, 4 9:15am - 10:15am	Lap Swim/Open Aqua Fitness Lap Pool 9:30am - 12pm	Swim Lessons-Space Limited Family Pool 9am - 12pm	Open Swim - River Closed, Current Off Family Pool 9am - 12pm	Lap Swim/Open Aqua Fitness Lap Pool 9:30am - 12pm
	U-Prep Courts 1, 2, 3, 4 9:15am - 10:15am	Aqua Arthritis Family Pool Sandy V 9:30am - 10:30am	Lap Swim (4 lanes) Lap Pool 9:30am - 11:30am	Lap Swim (4 lanes) Lap Pool 9:30am - 12pm	Swim Lessons (2 lanes) Lap Pool 9am - 12pm	Lap Swim (2 lanes) Lap Pool 9am - 11am	Lap Swim (4 lanes) Lap Pool 9:30am - 12pm
	Swim Lessons-Space Limited Family Pool 9:30am - 11am	Lap Swim (4 lanes) Lap Pool 9:30am - 12pm	Swim Lessons (2 lanes) Lap Pool 9:30am - 10am		Swim Lessons-Space Limited Family Pool 9am - 12pm		Stretch, Flex and Balance East Studio Taline R 9:45am - 10am
	Lap Swim (4 lanes) Lap Pool 9:30am - 11:30am	Lap Swim/Open Aqua Fitness Lap Pool 9:30am - 12pm			BODYPUMP™ East Studio Cindi C 9:10am - 10:05am		
	Swim Lessons (2 lanes) Lap Pool 9:30am - 10am				Studio Cycling Cycle Studio Taline R 9:15am - 10am		
10am	Cardio Mix East Studio Jen J 10:05am - 11am	Fitness for Life West Studio Sadie R 10am - 10:55am	Lap Swim/Open Aqua Fitness Lap Pool 10am - 11:30am	Aqua Arthritis Family Pool Aqua Fitness Instructor 10am - 11am	Youth Sports Classes Court 3 10am - 11am	Lap Swim/Open Aqua Fitness Lap Pool 10:30am - 4pm	Fitness for Life West Studio Pam N 10am - 11am
	Stretch, Flex and Balance West Studio Pam N 10:15am - 11:15am	Studio Cycling Cycle Studio Taline R 10am - 10:45am	BODYCOMBAT™ East Studio Taline R 10:05am - 11am	Boot Camp 3rd Floor Taline R 10am - 11am	New Me Court 4 10am - 11am	Lap Swim (4 lanes) Lap Pool 10:30am - 5:30pm	BODYPUMP™ East Studio Jen Q 10:05am - 11am

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	Lap Swim/Open Aqua Fitness Lap Pool 10:30am - 11:30am	Interval Training East Studio Wendi S 10:05am - 11am	Gentle Yoga West Studio Jen Q 10:15am - 11:15am	Studio Cycling Cycle Studio Sadie R 10:05am - 10:50am	Yoga West Studio Leah R 10am - 11:15am		
		Aqua Arthritis : Entire Lap Space In Use Family Pool Kathleen H 10:45am - 11:45am	Youth Sports Classes Court 3 10:30am - 12pm	Fitness for Life West Studio Pam N 10:05am - 11:05am	Zumba East Studio Tara L 10:10am - 11:10am		
				WERQ® East Studio Mallory F 10:05am - 11am	Studio Cycling Cycle Studio Jeff B 10:15am - 11:15am		
11am	Tabata™ East Studio Wendi S 11:05am - 11:50am		Tabata™ East Studio Wendi S 11:05am - 11:50am	Open Swim - River Open, Current On Family Pool 11am - 12pm	BODYFLOW™ West Studio Tara L 11:30am - 12:30pm	FTP 90 Demo Cycling Cycle Studio Jeff B 11am - 12:30pm	Yoga West Studio Daniel D 11:30am - 12:30pm
	Lap Swim (3 lanes) Lap Pool 11:30am - 12:30pm		Lap Swim (3 lanes) Lap Pool 11:30am - 12:30pm	Pedaling for Parkinson's™ Cycle Studio Marnie L 11am - 11:45am		BODYFLOW™ West Studio Therese M 11am - 12pm	Open Swim - River Open, Current On Family Pool 11:30am - 12pm
	Deep Water Workout Lap Pool Kathleen H 11:30am - 12:30pm		Deep Water Workout Lap Pool Kathleen H 11:30am - 12:30pm	GRIT™ - \$ Registration Required East Studio John M 11:15am - 11:45am			
				Yoga West Studio Rose H 11:30am - 12:30pm			
12pm	Adult Drop In Badminton Court 4 12pm - 2pm	Studio Cycling Cycle Studio Jeff B 12pm - 12:45pm	Noon Basketball Court 1 & 3 12pm - 2pm	Noon Basketball Court 1 & 3 12pm - 2pm	Lap Swim (4 lanes) Lap Pool 12pm - 6:30pm	Kid Zone Open KidZone 12pm - 5pm	Studio Cycling Cycle Studio Taline R 12pm - 12:45pm
	BODYFLOW™ West Studio Traci K 12pm - 1pm	BODYPUMP™ East Studio Taline R 12pm - 1pm	Total Body Strength East Studio Wendi S 12pm - 12:55pm	Studio Cycling Cycle Studio Nicole S 12pm - 12:45pm	Catholic Central Dive Practice (2) Lap Pool 12pm - 2pm	Adult Drop-in Volleyball Court 4 12pm - 2:30pm	Adult Drop-in Volleyball Court 4 12pm - 2pm
	Total Body Strength East Studio Wendi S 12pm - 1pm	Lap Swim (6 lanes) Lap Pool 12pm - 1pm	Adult Drop In Badminton Court 4 12pm - 2pm	Adult Drop-in Volleyball Court 4 12pm - 2pm	Open Swim-River Open, Current Off Family Pool 12pm - 2pm	Open Swim-River Open, Current Off Family Pool 12pm - 1pm	BODYCOMBAT™ East Studio Lindsey M 12pm - 1pm
	Noon Basketball Court 1 & 3 12pm - 2pm	Noon Basketball Court 1 & 3 12pm - 2pm	Arthritis Workout Family Pool Kathleen H 12:30pm - 1:30pm	Lap Swim (6 lanes) Lap Pool 12pm - 1pm		GRIT™ - \$ Registration Required East Studio Kati M 12:15pm - 12:45pm	Noon Basketball Court 1 & 3 12pm - 2pm

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	Lap Swim (6 lanes) Lap Pool 12:30pm - 1:30pm	Adult Drop-in Volleyball Court 4 12pm - 2pm	Lap Swim (6 lanes) Lap Pool 12:30pm - 1:30pm	Tabata™ East Studio Elise D 12:05pm - 12:50pm			Lap Swim (6 lanes) Lap Pool 12pm - 1pm
	Arthritis Workout Family Pool Kathleen H 12:30pm - 1:30pm						
1pm	Lap Swim/Open Aqua Fitness Lap Pool 1:30pm - 3:30pm	Lap Swim (4 lanes) Lap Pool 1pm - 3:30pm	Lap Swim (4 lanes) Lap Pool 1:30pm - 3:30pm	Lap Swim/Open Aqua Fitness Lap Pool 1pm - 3:30pm	Open Climb Rock Wall 1pm - 4pm	Open Swim-Slide Open, River Open, Current Off Family Pool 1pm - 4pm	Arthritis Workout Family Pool Adriana R 1pm - 2pm
	Lap Swim (4 lanes) Lap Pool 1:30pm - 3:30pm	CXWORX™ East Studio Kati M 1pm - 1:30pm	Lap Swim/Open Aqua Fitness Lap Pool 1:30pm - 3:30pm	CXWORX™ East Studio Stacey H 1pm - 1:30pm	BODYPUMP™ East Studio Therese M 1:15pm - 2:15pm	BODYPUMP™ East Studio Kate K 1pm - 1:55pm	Lap Swim/Open Aqua Fitness Lap Pool 1pm - 3:30pm
		Lap Swim/Open Aqua Fitness Lap Pool 1pm - 3:30pm		Lap Swim (4 lanes) Lap Pool 1pm - 3:30pm		Open Swim-River Open, Current Off Family Pool 1pm - 4pm	Lap Swim (4 lanes) Lap Pool 1pm - 3:30pm
						Studio Cycling Cycle Studio Anita S 1:15pm - 2pm	CXWORX™ East Studio Elise D 1pm - 1:30pm
2pm		Youth Sports Classes Court 4 2:30pm - 4pm			Open Swim-Slide Open, River Open, Current Off Family Pool 2pm - 5pm	CXWORX™ East Studio Kate K 2pm - 2:30pm	
					Lap Swim/Open Aqua Fitness Lap Pool 2pm - 6:30pm	BODYCOMBAT™ East Studio Kate K 2:35pm - 3:35pm	
					Open Swim-River Open, Current Off Family Pool 2pm - 5pm		
3pm	Catholic Central Swim Practice (5) Lap Pool 3:30pm - 5:30pm	Lap Swim (1 lane) Lap Pool 3:30pm - 5:30pm	Youth Sports Classes Court 3 3pm - 4pm	Lap Swim (4 lanes) Lap Pool 3:30pm - 8:30pm		Yoga West Studio Leah R 3pm - 4pm	Catholic Central Swim Practice (5) Lap Pool 3:30pm - 5:30pm
	Lap Swim (1 lane) Lap Pool 3:30pm - 5:30pm	Catholic Central Swim Practice (5) Lap Pool 3:30pm - 5:30pm	Lap Swim (1 lane) Lap Pool 3:30pm - 5:30pm	Lap Swim (1 lane) Lap Pool 3:30pm - 5:30pm			Lap Swim (1 lane) Lap Pool 3:30pm - 5:30pm
			Catholic Central Swim Practice (5) Lap Pool 3:30pm - 5:30pm	Catholic Central Swim Practice (5) Lap Pool 3:30pm - 5:30pm			
				Lap Swim/Open Aqua Fitness Lap Pool 3:30pm - 8:30pm			

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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
4pm	Kid Zone Open KidZone 4pm - 8:30pm	Kid Zone Open KidZone 4pm - 8:30pm	Kid Zone Open KidZone 4pm - 8:30pm	Kid Zone Open KidZone 4pm - 8pm		Open Swim-Slide Closed, River Closed, Current Off Family Pool 4pm - 5:30pm	Kid Zone Open KidZone 4pm - 8:30pm
	Kid Zone Open KidZone 4pm - 8:30pm	Kid Zone Open KidZone 4pm - 8:30pm	GRIT™ - \$ Registration Required East Studio Kati M 4:15pm - 4:45pm			Open Swim-Slide Closed, River Closed, Current Off 3rd Floor 4pm - 5:30pm	Kid Zone Open KidZone 4pm - 8:30pm
	BODYCOMBAT™ East Studio Dan M 4:30pm - 5:25pm	BODYPUMP™ East Studio Cindi C 4:30pm - 5:25pm				Open Swim-Diving Board Lap Pool 4pm - 5pm	BODYPUMP™ East Studio Cindi C 4:30pm - 5:25pm
							Pilates West Studio Jen Q 4:30pm - 5:25pm
5pm	Open Swim-River Open, Current Off Family Pool 5pm - 8pm	Studio Cycling Cycle Studio Jay F 5pm - 5:45pm	Open Swim-River Open, Current Off Family Pool 5pm - 8pm	Open Swim-River Open, Current Off Family Pool 5pm - 7:30pm	Open Swim-Slide Closed, River Closed, Current Off Family Pool 5pm - 6:30pm	Open Swim (2 lanes) Lap Pool 5pm - 5:30pm	Swim Lessons-Space Limited Family Pool 5pm - 7pm
	Swim Lessons-Space Limited Family Pool 5pm - 7pm	Swim Lessons-Space Limited Family Pool 5pm - 7pm	Swim Lessons-Space Limited Family Pool 5pm - 7pm	BODYPUMP™ East Studio Tara L 5pm - 5:55pm		Men's Basketball League Courts 1, 2, 3, 4 5pm - 10pm	Swim Lesson-Slide Open, River Open, Current Off Family Pool 5pm - 6:40pm
	Yoga West Studio Marla F 5:30pm - 6:25pm	Youth Sports Classes Court 3 5pm - 7pm	CXWORX™ East Studio Kati M 5pm - 5:30pm	Youth Sports Class-Football and Basketball Classes Court 3 5pm - 7pm			Open Swim-River Open, Current Off Family Pool 5pm - 8pm
	Lap Swim (4 lanes) Lap Pool 5:30pm - 6:30pm	Open Swim-River Open, Current Off Family Pool 5pm - 8pm	BODYCOMBAT™ East Studio Kati M 5:30pm - 6:25pm	Open Swim-Slide Open, River Open, Current Off Family Pool 5pm - 7:30pm			Youth Sports Classes Court 3 5pm - 6pm
	BODYPUMP™ East Studio Kate K 5:30pm - 6:25pm	Pilates West Studio Cindi C 5:30pm - 6:25pm	Catholic Central Dive Practice (2) Lap Pool 5:30pm - 7:30pm	Open Climb Rock Wall 5pm - 8pm			Open Climb Rock Wall 5pm - 8pm
	Catholic Central Dive Practice (2) Lap Pool 5:30pm - 7:30pm	Catholic Central Dive Practice (2) Lap Pool 5:30pm - 7:30pm	Lap Swim (4 lanes) Lap Pool 5:30pm - 6:30pm	Studio Cycling Cycle Studio Katie A 5:30pm - 6:15pm			Zumba West Studio Tara L 5:30pm - 6:25pm
		Lap Swim (4 lanes) Lap Pool 5:30pm - 6:30pm	Adult Volleyball League Court 3 5:45pm - 10pm	Lap Swim (4 lanes) Lap Pool 5:30pm - 6:30pm			Catholic Central Dive Practice (2) Lap Pool 5:30pm - 7:30pm

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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
6pm		Lap Swim (6 lanes) Lap Pool 5:30pm - 6:10pm	Adult Volleyball League Court 2 & 4 5:45pm - 10pm	Catholic Central Dive Practice (2) Lap Pool 5:30pm - 7:30pm			BODYSTEP™ East Studio Cindi C 5:30pm - 6:25pm
		Zumba East Studio Tara L 5:45pm - 6:45pm		Youth Basketball Practice Court 4 5:30pm - 7:30pm			Lap Swim (4 lanes) Lap Pool 5:30pm - 6:30pm
							Adult Volleyball League Court 2 & 4 5:45pm - 10pm
	Adult Pick Up Basketball Court 1 & 3 6pm - 8pm	New Me Court 4 6pm - 7pm	Studio Cycling Cycle Studio Jeff B 6pm - 7pm	Zumba East Studio Tara L 6pm - 7pm			Studio Cycling Cycle Studio Jeff B 6pm - 7pm
	Studio Cycling Cycle Studio Mark L 6pm - 6:45pm	Youth Basketball Practice Court 2 6pm - 8pm	Swim Lessons (1 Lane) Lap Pool 6:30pm - 7:30pm				Yoga West Studio Kristen L 6:30pm - 7:30pm
	WERQ® East Studio Cina S 6:30pm - 7:30pm	Youth Basketball Practice Court 3 6pm - 8pm	Lap Swim (3 lanes) Lap Pool 6:30pm - 7:30pm				Total Body Strength East Studio Marnie L 6:30pm - 7:30pm
	BODYFLOW™ West Studio Therese M 6:30pm - 7:30pm	Studio Cycling Cycle Studio Steve C 6:15pm - 7pm	Zumba East Studio Tara L 6:30pm - 7:30pm				Open Swim-Slide Open, River Open, Current Off Family Pool 6:40pm - 8pm
	Swim Lessons (1 Lane) Lap Pool 6:30pm - 7:30pm	BODYFLOW™ West Studio Jen Q 6:30pm - 7:30pm	Yoga West Studio Jen Q 6:30pm - 7:30pm				
	Open Swim-Slide Open, River Open, Current Off Family Pool 6:40pm - 8pm	Open Swim-Slide Open, River Open, Current Off Family Pool 6:40pm - 8pm	Open Swim-Slide Open, River Open, Current Off Family Pool 6:40pm - 8pm				
	7pm	FTP 90 Demo Cycling Cycle Studio Steve C 7pm - 8:30pm	BODYCOMBAT™ East Studio Kate K 7pm - 8pm	Lap Swim (4 lanes) Lap Pool 7:30pm - 9pm	Open Swim-Slide Closed, River Closed, Current Off Family Pool 7:30pm - 8:30pm		
Lap Swim (4 lanes) Lap Pool 7:30pm - 9pm		Lap Swim/Open Aqua Fitness Lap Pool 7:30pm - 9pm	Lap Swim/Open Aqua Fitness Lap Pool 7:30pm - 9pm				Lap Swim (4 lanes) Lap Pool 7:30pm - 9pm
Lap Swim/Open Aqua Fitness Lap Pool 7:30pm - 9pm		Lap Swim (4 lanes) Lap Pool 7:30pm - 9pm					Lap Swim/Open Aqua Fitness Lap Pool 7:30pm - 9pm

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	GRIT™ - \$ Registration Required East Studio Elise D 7:45pm - 8:15pm	Youth Basketball Practice Court 4 7:30pm - 8:30pm					Yoga West Studio Leah R 7:35pm - 8:30pm
8pm	Open Swim-Slide Closed, River Closed, Current Off Family Pool 8pm - 9pm	Open Swim-Slide Closed, River Closed, Current Off Family Pool 8pm - 9pm	Open Swim-Slide Closed, River Closed, Current Off Family Pool 8pm - 9pm				Open Swim-Slide Closed, River Closed, Current Off Family Pool 8pm - 9pm

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