



David D. Hunting YMCA

June 25th - July 1st

475 Lake Michigan Drive NW

Grand Rapids, MI 49504

(616) 855-9622

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
4am				Kid Zone Open KidZone 4am - 8am			
5am	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	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 - 5:30am	Open Swim- River Closed, Current On Family Pool 5am - 7am	Lap Swim (6 lanes) Lap Pool 5am - 5:30am	Lap Swim (6 lanes) Lap Pool 5am - 8:30am			Lap Swim (6 lanes) Lap Pool 5am - 8:30am
	RPM™ Cycle Studio Ric U 5:15am - 6am	RPM™ Cycle Studio Josh N 5:15am - 6am	YFIT-GRIT™- \$ Registration Required East Studio Elise D 5:15am - 5:45am	GRIT™ - \$ Registration Required West Studio Elise D 5:15am - 5:45am			Studio Cycling Cycle Studio Mark L 5:15am - 6am
	YFIT-GRIT™- \$ Registration Required East Studio Kati M 5:15am - 5:45am	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	Yoga West Studio Nick D 6am - 7am	X Fit Court 1 & 3 Elise D 6am - 7am	Yoga West Studio Kristen L 6am - 7am	X Fit Court 1 & 3 Elise D 6am - 7am	Lap Swim (6 lanes) Lap Pool 6am - 9am		X Fit Court 1 & 3 Taline R 6am - 7am
	BODYCOMBAT™ East Studio Candie R 6am - 7am	YFIT-TRX Performance- \$ Registration Required Personal Training Studio Marnie L 6am - 6:30am	BODYCOMBAT™ East Studio Kelly K 6am - 7am	Studio Cycling Cycle Studio Steven W 6am - 6:45am	Open Swim- River Closed, Current On Family Pool 6am - 8am		CXWORX™ East Studio Kate K 6:30am - 7am
		BODYFLOW™ West Studio Mike H 6am - 7am		Member Pick Up Basketball Court 1 6am - 7am			
7am	Open Swim - River Open, Current On Family Pool 7am - 9am	Open Swim - River Open, Current On Family Pool 7am - 9:30am	Open Swim - River Open, Current On Family Pool 7am - 9am	YFIT- TRX Intermediate- \$ Registration Required Personal Training Studio Paul C 7am - 7:30am			Open Swim - River Open, Current On Family Pool 7am - 9:30am

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8am	<b>Member Pick Up Basketball</b> Court 2 7am - 8am	<b>YFIT- TRX Intermediate- \$ Registration Required</b> Personal Training Studio Paul C 7am - 7:30am		<b>Open Swim - River Open, Current On</b> Family Pool 7am - 9am			
	<b>Kid Zone Open</b> KidZone 8am - 2pm	<b>Kid Zone Open</b> KidZone 8am - 2pm	<b>Kid Zone Open</b> KidZone 8am - 2pm	<b>Kid Zone Open</b> KidZone 8am - 2pm	<b>Kid Zone Open</b> KidZone 8am - 2pm		<b>Kid Zone Open</b> KidZone 8am - 2pm
	<b>Lap Swim (3 lanes)</b> Lap Pool 8:30am - 9:30am	<b>YFIT-GRIT™- \$ Registration Required</b> East Studio Wendi S 8:15am - 8:45am	<b>Aqua Cardio Mix</b> Lap Pool Sandy V 8:30am - 9:30am	<b>Aqua Cardio Mix</b> Lap Pool Sandy V 8:30am - 9:30am	<b>BODYSTEP™</b> East Studio Cindi C 8am - 9am		<b>Zumba</b> West Studio Northern W 8:10am - 8:55am
	<b>Aqua Cardio Mix</b> Lap Pool Sandy V 8:30am - 9:30am	<b>Lap Swim (3 lanes)</b> Lap Pool 8:30am - 9:30am	<b>Lap Swim (3 lanes)</b> Lap Pool 8:30am - 9:30am	<b>Lap Swim (3 lanes)</b> Lap Pool 8:30am - 9:30am	<b>BODYCOMBAT™</b> West Studio Kelly K 8am - 8:55am		<b>Aqua Cardio Mix</b> Lap Pool Alex S 8:30am - 9:30am
	<b>Aqua Cardio Mix</b> Lap Pool Sandy V 8:30am - 9:30am		<b>BODYFLOW™</b> West Studio Mike H 8:45am - 9:45am	<b>Aqua Cardio Mix</b> Family Pool Adriana R 8am - 9am		<b>Lap Swim (3 lanes)</b> Lap Pool 8:30am - 9:30am	
9am	<b>Open Swim - River Open, Current On</b> Family Pool 9am - 12pm	<b>Total Body Strength</b> East Studio Wendi S 9am - 9:55am	<b>Open Swim - River Open, Current On</b> Family Pool 9am - 12pm	<b>Arthritis Workout</b> Family Pool Nancy C 9am - 10am	<b>Lap Swim (4 lanes)</b> Lap Pool 9am - 12pm	<b>Lap Swim (2 lanes)</b> Lap Pool 9am - 11am	<b>Interval Training</b> East Studio Talene R 9am - 9:45am
	<b>BODYPUMP™</b> East Studio Jen J 9am - 9:55am	<b>Barre Fit</b> West Studio Julie D 9am - 10am	<b>BODYPUMP™</b> East Studio Talene R 9am - 9:55am	<b>Total Body Strength</b> East Studio Sadie R 9am - 9:55am	<b>Swim Lessons (2 lanes)</b> Lap Pool 9am - 12pm	<b>Open Swim - River Closed, Current Off</b> Family Pool 9am - 12pm	<b>Lap Swim/Open Aqua Fitness</b> Lap Pool 9:30am - 12pm
	<b>Cycle and Strength</b> Cycle Studio Talene R 9am - 10am	<b>Youth Sports Class- Tumbling</b> Court 3 9am - 11am	<b>U-Prep</b> Courts 1, 2, 3, 4 9:15am - 10:15am	<b>Lap Swim/Open Aqua Fitness</b> Lap Pool 9:30am - 12pm	<b>Pilates</b> West Studio Julie D 9am - 9:55am	<b>Adult Swim Training (3)</b> Lap Pool 9am - 11am	<b>Lap Swim (4 lanes)</b> Lap Pool 9:30am - 12pm
	<b>U-Prep</b> Courts 1, 2, 3, 4 9:15am - 10:15am	<b>Lap Swim/Open Aqua Fitness</b> Lap Pool 9:30am - 12pm	<b>Lap Swim (4 lanes)</b> Lap Pool 9:30am - 11:30am	<b>Day Camp</b> Court 2 9:30am - 10:30am	<b>BODYPUMP™</b> East Studio Cindi C 9:10am - 10:05am		<b>Day Camp</b> Court 2 9:30am - 11:30am
	<b>Swim Lessons (2 lanes)</b> Lap Pool 9:30am - 10am	<b>Aqua Arthritis</b> Family Pool Sandy V 9:30am - 10:30am	<b>Day Camp</b> Court 2 9:30am - 10:30am	<b>Lap Swim (4 lanes)</b> Lap Pool 9:30am - 12pm	<b>Studio Cycling</b> Cycle Studio Talene R 9:15am - 10am		<b>Arthritis Workout</b> Family Pool Alex S 9:30am - 10:30am
	<b>Swim Lessons-Space Limited</b> Family Pool 9:30am - 11am	<b>Lap Swim (4 lanes)</b> Lap Pool 9:30am - 12pm	<b>Swim Lessons (2 lanes)</b> Lap Pool 9:30am - 10am				<b>Stretch, Flex and Balance</b> East Studio Talene R 9:45am - 10am
	<b>Lap Swim (4 lanes)</b> Lap Pool 9:30am - 11:30am						

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10am	<b>Cardio Mix</b> East Studio Jen J 10:05am - 11am	<b>Fitness for Life</b> West Studio Sadie R 10am - 10:55am	<b>Lap Swim/Open Aqua Fitness</b> Lap Pool 10am - 11:30am	<b>Boot Camp</b> 3rd Floor Taline R 10am - 11am	<b>Yoga</b> West Studio Kristen L 10am - 11:15am	<b>Lap Swim (4 lanes)</b> Lap Pool 10:30am - 5:30pm	<b>Studio Cycling</b> Cycle Studio Nicole S 10am - 10:45am
	<b>Stretch, Flex and Balance</b> West Studio Pam N 10:15am - 11:15am	<b>Studio Cycling</b> Cycle Studio Taline R 10am - 10:45am	<b>BODYCOMBAT™</b> East Studio Taline R 10:05am - 11am	<b>Aqua Arthritis</b> Family Pool Aqua Fitness Instructor 10am - 11am	<b>Youth Sports Classes</b> Court 3 10am - 11am	<b>Lap Swim/Open Aqua Fitness</b> Lap Pool 10:30am - 4pm	<b>Fitness for Life</b> West Studio Pam N 10am - 11am
	<b>YFIT-TRX Foundations- \$ Registration Required</b> Personal Training Studio Martha F 10:30am - 11am	<b>Interval Training</b> East Studio Wendi S 10:05am - 11am	<b>Gentle Yoga</b> West Studio Jen Q 10:15am - 11:15am	<b>Studio Cycling</b> Cycle Studio Sadie R 10:05am - 10:50am	<b>New Me</b> Court 4 10am - 11am		<b>BODYPUMP™</b> East Studio Jen Q 10:05am - 11am
	<b>Lap Swim/Open Aqua Fitness</b> Lap Pool 10:30am - 11:30am	<b>Aqua Arthritis : Entire Lap Space In Use</b> Family Pool Kathleen H 10:45am - 11:45am	<b>Youth Sports Classes</b> Court 3 10:30am - 12pm	<b>Fitness for Life</b> West Studio Pam N 10:05am - 11:05am	<b>Zumba</b> East Studio Tara L 10:10am - 11:10am		<b>Aqua Arthritis</b> Family Pool Deb D 10:30am - 11:30am
			<b>WERQ®</b> East Studio Mallory F 10:05am - 11am	<b>Studio Cycling</b> Cycle Studio Jeff B 10:15am - 11:15am			
11am	<b>Tabata™</b> East Studio Wendi S 11:05am - 11:50am	<b>Yoga</b> West Studio Carolyn V 11:30am - 12:30pm	<b>Tabata™</b> East Studio Cindi C 11:05am - 11:50am	<b>Pedaling for Parkinson's™</b> Cycle Studio Marnie L 11am - 11:45am	<b>BODYFLOW™</b> West Studio Tara L 11:30am - 12:30pm	<b>BODYFLOW™</b> West Studio Therese M 11am - 12pm	<b>Pilates</b> East Studio Jen Q 11:05am - 11:50am
	<b>Lap Swim (3 lanes)</b> Lap Pool 11:30am - 12:30pm		<b>Lap Swim (3 lanes)</b> Lap Pool 11:30am - 12:30pm	<b>Open Swim - River Open, Current On</b> Family Pool 11am - 12pm			<b>Open Swim - River Open, Current On</b> Family Pool 11:30am - 12pm
	<b>Deep Water Workout</b> Lap Pool Kathleen H 11:30am - 12:30pm		<b>Deep Water Workout</b> Lap Pool Kathleen H 11:30am - 12:30pm	<b>Yoga</b> West Studio Rose H 11:30am - 12:30pm			<b>Yoga</b> West Studio Carolyn V 11:30am - 12:30pm
12pm	<b>Adult Drop In Badminton</b> Court 4 12pm - 2pm	<b>Adult Drop-in Volleyball</b> Court 4 12pm - 2pm	<b>Open Swim - River Closed, Current Off</b> Family Pool 12pm - 5pm	<b>Noon Basketball</b> Court 1 & 3 12pm - 2pm	<b>Lap Swim (4 lanes)</b> Lap Pool 12pm - 6:30pm	<b>Open Swim-River Open, Current Off</b> Family Pool 12pm - 1pm	<b>Adult Drop-in Volleyball</b> Court 4 12pm - 2pm
	<b>BODYFLOW™</b> West Studio Dan M 12pm - 1pm	<b>Studio Cycling</b> Cycle Studio Jeff B 12pm - 12:45pm	<b>YFIT- TRX Intermediate- \$ Registration Required</b> Personal Training Studio John M 12pm - 1pm	<b>Open Swim - River Closed, Current Off</b> Family Pool 12pm - 5pm	<b>Catholic Central Dive Practice (2)</b> Lap Pool 12pm - 2pm	<b>Kid Zone Open</b> KidZone 12pm - 5pm	<b>BODYCOMBAT™</b> East Studio Daniel K 12pm - 12:55pm

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	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
	<b>Open Swim - River Closed, Current Off</b> Family Pool 12pm - 5pm	<b>YFIT-Kettlebell-\$ Registration Required</b> Personal Training Studio John M 12pm - 12:30pm	<b>Total Body Strength</b> East Studio Cindi C 12pm - 12:55pm	<b>Studio Cycling</b> Cycle Studio Nicole S 12pm - 12:45pm	<b>Open Swim-River Open, Current Off</b> Family Pool 12pm - 2pm	<b>Adult Drop-in Volleyball</b> Court 4 12pm - 2:30pm	<b>Studio Cycling</b> Cycle Studio Taline R 12pm - 12:45pm
	<b>Noon Basketball</b> Court 1 & 3 12pm - 2pm	<b>Open Swim - River Closed, Current Off</b> Family Pool 12pm - 5pm	<b>Noon Basketball</b> Court 1 & 3 12pm - 2pm	<b>Adult Drop-in Volleyball</b> Court 4 12pm - 2pm		<b>YFIT-GRIT™- \$ Registration Required</b> East Studio Elise D 12:15pm - 12:45pm	<b>Open Swim - River Closed, Current Off</b> Family Pool 12pm - 5pm
	<b>Total Body Strength</b> East Studio Wendi S 12pm - 1pm	<b>Noon Basketball</b> Court 1 & 3 12pm - 2pm	<b>Adult Drop In Badminton</b> Court 4 12pm - 2pm	<b>Lap Swim (6 lanes)</b> Lap Pool 12pm - 1pm			<b>Noon Basketball</b> Court 1 & 3 12pm - 2pm
	<b>Lap Swim (6 lanes)</b> Lap Pool 12:30pm - 1:30pm	<b>Lap Swim (6 lanes)</b> Lap Pool 12pm - 1pm	<b>YFIT-Rip Training-\$ Registration Required</b> East Side Training Zone Charlie W 12pm - 12:30pm	<b>Tabata™</b> East Studio Elise D 12:05pm - 12:50pm			<b>Lap Swim (6 lanes)</b> Lap Pool 12pm - 1pm
	<b>Arthritis Workout</b> Family Pool Kathleen H 12:30pm - 1:30pm	<b>BODYPUMP™</b> East Studio Taline R 12pm - 1pm	<b>Lap Swim (6 lanes)</b> Lap Pool 12:30pm - 1:30pm				
			<b>Arthritis Workout</b> Family Pool Kathleen H 12:30pm - 1:30pm				
<b>1pm</b>	<b>Lap Swim (4 lanes)</b> Lap Pool 1:30pm - 3:30pm	<b>Lap Swim (4 lanes)</b> Lap Pool 1pm - 3:30pm	<b>Lap Swim/Open Aqua Fitness</b> Lap Pool 1:30pm - 3:30pm	<b>Open Swim - River Closed, Current Off</b> Family Pool 1pm - 5pm	<b>Open Climb</b> Rock Wall 1pm - 4pm	<b>Open Swim-Slide Open, River Open, Current Off</b> Family Pool 1pm - 4pm	<b>CXWORX™</b> East Studio Elise D 1pm - 1:30pm
	<b>Lap Swim/Open Aqua Fitness</b> Lap Pool 1:30pm - 3:30pm	<b>Lap Swim/Open Aqua Fitness</b> Lap Pool 1pm - 3:30pm	<b>Lap Swim (4 lanes)</b> Lap Pool 1:30pm - 3:30pm	<b>Lap Swim (4 lanes)</b> Lap Pool 1pm - 3:30pm		<b>BODYPUMP™</b> East Studio Therese M 1pm - 1:55pm	<b>Lap Swim (4 lanes)</b> Lap Pool 1pm - 3:30pm
		<b>Open Swim - River Closed, Current Off</b> Family Pool 1pm - 5pm		<b>Lap Swim/Open Aqua Fitness</b> Lap Pool 1pm - 3:30pm		<b>Rockwall closed</b> Rock Wall 1pm - 4pm	<b>Lap Swim/Open Aqua Fitness</b> Lap Pool 1pm - 3:30pm
		<b>CXWORX™</b> East Studio Kati M 1:05pm - 1:35pm				<b>Open Swim-River Open, Current Off</b> Family Pool 1pm - 4pm	<b>Arthritis Workout</b> Family Pool Adriana R 1pm - 2pm
<b>2pm</b>	<b>Day Camp</b> Court 2 2pm - 4:45pm		<b>Day Camp</b> Court 2 2pm - 3pm	<b>Day Camp</b> Court 2 2pm - 3pm	<b>Lap Swim/Open Aqua Fitness</b> Lap Pool 2pm - 6:30pm	<b>CXWORX™</b> East Studio Therese M 2pm - 2:30pm	<b>Day Camp</b> Court 2 2pm - 4:45pm

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					<b>Open Swim-River Open, Current Off</b> Family Pool 2pm - 5pm	<b>BODYCOMBAT™</b> East Studio Therese M 2:35pm - 3:35pm	
					<b>Open Swim-Slide Open, River Open, Current Off</b> Family Pool 2pm - 5pm		
<b>3pm</b>	<b>Lap Swim (6 lanes)</b> Lap Pool 3pm - 5:30pm	<b>Lap Swim (6 lanes)</b> Family Pool 3pm - 5:30pm	<b>Lap Swim (6 lanes)</b> Lap Pool 3pm - 5:30pm	<b>Lap Swim (6 lanes)</b> Family Pool 3pm - 5:30pm		<b>Yoga</b> West Studio Carolyn V 3pm - 4pm	<b>Lap Swim (6 lanes)</b> Lap Pool 3pm - 5:30pm
	<b>Lap Swim (6 lanes)</b> Family Pool 3pm - 5:30pm	<b>Lap Swim (6 lanes)</b> Lap Pool 3pm - 5:30pm	<b>Lap Swim (6 lanes)</b> Family Pool 3pm - 5:30pm	<b>Lap Swim (6 lanes)</b> Lap Pool 3pm - 5:30pm			<b>Lap Swim (6 lanes)</b> Family Pool 3pm - 5:30pm
	<b>Lap Swim (1 lane)</b> Lap Pool 3:30pm - 5:30pm	<b>Lap Swim (1 lane)</b> Lap Pool 3:30pm - 5:30pm	<b>Youth Sports Classes</b> Court 3 3pm - 4pm	<b>Lap Swim (1 lane)</b> Lap Pool 3:30pm - 5:30pm			<b>Lap Swim (1 lane)</b> Lap Pool 3:30pm - 5:30pm
			<b>Lap Swim (1 lane)</b> Lap Pool 3:30pm - 5:30pm	<b>Lap Swim/Open Aqua Fitness</b> Lap Pool 3:30pm - 8:30pm			
				<b>Lap Swim (4 lanes)</b> Lap Pool 3:30pm - 8:30pm			
<b>4pm</b>	<b>Kid Zone Open</b> KidZone 4pm - 8:30pm	<b>Kid Zone Open</b> KidZone 4pm - 8:30pm	<b>Kid Zone Open</b> KidZone 4pm - 8:30pm			<b>Men's Basketball League</b> Courts 1, 2, 3, 4 4pm - 10pm	<b>Kid Zone Open</b> KidZone 4pm - 8:30pm
	<b>Kid Zone Open</b> KidZone 4pm - 8:30pm	<b>Kid Zone Open</b> KidZone 4pm - 8:30pm	<b>Kid Zone Open</b> KidZone 4pm - 8:30pm			<b>Open Swim-Slide Closed, River Closed, Current Off</b> 3rd Floor 4pm - 5:30pm	<b>Kid Zone Open</b> KidZone 4pm - 8:30pm
	<b>BODYCOMBAT™</b> East Studio Kate K 4:30pm - 5:25pm	<b>BODYPUMP™</b> East Studio Cindi C 4:30pm - 5:25pm	<b>YFIT-GRIT™- \$ Registration Required</b> East Studio Kati M 4:15pm - 4:45pm			<b>Open Swim-Diving Board</b> Lap Pool 4pm - 5pm	<b>BODYPUMP™</b> East Studio Cindi C 4:30pm - 5:25pm
						<b>Open Swim-Slide Closed, River Closed, Current Off</b> Family Pool 4pm - 5:30pm	
<b>5pm</b>	<b>Open Swim-River Open, Current Off</b> Family Pool 5pm - 8pm	<b>Open Swim-River Open, Current Off</b> Family Pool 5pm - 8pm	<b>Open Swim-River Open, Current Off</b> Family Pool 5pm - 8pm	<b>BODYPUMP™</b> East Studio Tara L 5pm - 5:55pm	<b>Open Swim-Slide Closed, River Closed, Current Off</b> Family Pool 5pm - 6:30pm	<b>Open Swim (2 lanes)</b> Lap Pool 5pm - 5:30pm	<b>Open Swim-River Open, Current Off</b> Family Pool 5pm - 8pm

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	<b>Swim Lesson-Slide Open, River Open, Current Off</b> Family Pool 5pm - 6:40pm	<b>Swim Lesson-Slide Open, River Open, Current Off</b> Family Pool 5pm - 6:40pm	<b>CXWORX™</b> East Studio Kati M 5pm - 5:30pm	<b>Lap Swim (6 lanes)</b> Lap Pool 5pm - 8:30pm			<b>Youth Sports Classes</b> Court 3 5pm - 6pm
	<b>No open climb</b> Rock Wall 5pm - 8pm	<b>Rockwall closed</b> Rock Wall 5pm - 8pm	<b>Swim Lesson-Slide Open, River Open, Current Off</b> Family Pool 5pm - 6:40pm	<b>Open Swim-River Open, Current Off</b> Family Pool 5pm - 7:30pm			<b>Open Climb</b> Rock Wall 5pm - 8pm
	<b>Yoga</b> West Studio Marla F 5:30pm - 6:25pm	<b>YFIT-Kettlebell-\$ Registration Required</b> Personal Training Studio John M 5:30pm - 6pm	<b>No open climb</b> Rock Wall 5pm - 8pm	<b>Open Climb</b> Rock Wall 5pm - 8pm			<b>Swim Lesson-Slide Open, River Open, Current Off</b> Family Pool 5pm - 6:40pm
	<b>Lap Swim (4 lanes)</b> Lap Pool 5:30pm - 6:30pm	<b>Pilates</b> West Studio Cindi C 5:30pm - 6:25pm	<b>Lap Swim (4 lanes)</b> Lap Pool 5:30pm - 6:30pm	<b>Youth Sports Class-Football and Basketball Classes</b> Court 3 5pm - 7pm			<b>BODYSTEP™</b> East Studio Cindi C 5:30pm - 6:25pm
	<b>BODYPUMP™</b> East Studio Kate K 5:35pm - 6:30pm	<b>Lap Swim (6 lanes)</b> Lap Pool 5:30pm - 6:10pm	<b>BODYCOMBAT™</b> East Studio Kati M 5:30pm - 6:25pm	<b>Lap Swim (4 lanes)</b> Lap Pool 5:30pm - 6:30pm			<b>Zumba</b> West Studio Tara L 5:30pm - 6:25pm
		<b>Lap Swim (4 lanes)</b> Lap Pool 5:30pm - 6:30pm	<b>Adult Volleyball League</b> Court 3 5:45pm - 10pm				<b>Lap Swim (4 lanes)</b> Lap Pool 5:30pm - 6:30pm
		<b>Zumba</b> East Studio Tara L 5:45pm - 6:45pm	<b>Adult Volleyball League</b> Court 2 & 4 5:45pm - 10pm				<b>Adult Volleyball League</b> Court 2 & 4 5:45pm - 10pm
<b>6pm</b>	<b>Adult Pick Up Basketball</b> Court 1 & 3 6pm - 8pm	<b>New Me</b> Court 4 6pm - 7pm	<b>Studio Cycling</b> Cycle Studio Jeff B 6pm - 7pm	<b>Zumba</b> East Studio Tara L 6pm - 7pm			<b>Studio Cycling</b> Cycle Studio Jeff B 6pm - 7pm
	<b>Studio Cycling</b> Cycle Studio Mark L 6pm - 6:45pm	<b>YFIT- TRX Intermediate- \$ Registration Required</b> Personal Training Studio Monica T 6pm - 6:30pm	<b>YFIT- TRX Intermediate- \$ Registration Required</b> Personal Training Studio Alex M 6:30pm - 7pm				<b>Yoga</b> West Studio Kristen L 6:30pm - 7:30pm
	<b>BODYFLOW™</b> West Studio Therese M 6:30pm - 7:30pm	<b>Studio Cycling</b> Cycle Studio Steve C 6:15pm - 7pm	<b>Yoga</b> West Studio Jen Q 6:30pm - 7:30pm				<b>Total Body Strength</b> East Studio Marnie L 6:30pm - 7:30pm

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	<b>YFIT- TRX Intermediate- \$</b> <b>Registration Required</b> Personal Training Studio John M 6:30pm - 7pm	<b>BODYFLOW™</b> West Studio Jen Q 6:30pm - 7:30pm	<b>Swim Lessons (1 Lane)</b> Lap Pool 6:30pm - 7:30pm				<b>Open Swim-Slide</b> <b>Open, River Open,</b> <b>Current Off</b> Family Pool 6:40pm - 8pm
	<b>Swim Lessons (1 Lane)</b> Lap Pool 6:30pm - 7:30pm	<b>Open Swim-Slide</b> <b>Open, River Open,</b> <b>Current Off</b> Family Pool 6:40pm - 8pm	<b>BODYPUMP™</b> East Studio Tara L 6:30pm - 7:25pm				
	<b>WERQ®</b> East Studio Cina S 6:35pm - 7:30pm		<b>Lap Swim (3 lanes)</b> Lap Pool 6:30pm - 7:30pm				
	<b>Open Swim-Slide</b> <b>Open, River Open,</b> <b>Current Off</b> Family Pool 6:40pm - 8pm		<b>Open Swim-Slide</b> <b>Open, River Open,</b> <b>Current Off</b> Family Pool 6:40pm - 8pm				
<b>7pm</b>	<b>Lap Swim (4 lanes)</b> Lap Pool 7:30pm - 9pm	<b>BODYCOMBAT™</b> East Studio Kate K 7pm - 8pm	<b>Lap Swim/Open Aqua Fitness</b> Lap Pool 7:30pm - 9pm	<b>Open Swim-Slide</b> <b>Closed, River Closed,</b> <b>Current Off</b> Family Pool 7:30pm - 8:30pm			<b>Lap Swim/Open Aqua Fitness</b> Lap Pool 7:30pm - 9pm
	<b>Lap Swim/Open Aqua Fitness</b> Lap Pool 7:30pm - 9pm	<b>Lap Swim/Open Aqua Fitness</b> Lap Pool 7:30pm - 9pm	<b>Lap Swim (4 lanes)</b> Lap Pool 7:30pm - 9pm				<b>Lap Swim (4 lanes)</b> Lap Pool 7:30pm - 9pm
		<b>Lap Swim (4 lanes)</b> Lap Pool 7:30pm - 9pm	<b>Zumba</b> East Studio Northern W 7:30pm - 8:30pm				<b>Yoga</b> West Studio Leah R 7:35pm - 8:30pm
<b>8pm</b>	<b>Open Swim-Slide</b> <b>Closed, River Closed,</b> <b>Current Off</b> Family Pool 8pm - 9pm	<b>Open Swim-Slide</b> <b>Closed, River Closed,</b> <b>Current Off</b> Family Pool 8pm - 9pm	<b>Open Swim-Slide</b> <b>Closed, River Closed,</b> <b>Current Off</b> Family Pool 8pm - 9pm				<b>Open Swim-Slide</b> <b>Closed, River Closed,</b> <b>Current Off</b> Family Pool 8pm - 9pm

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.