



Dodge YMCA
June 25th - July 1st

225 Atlantic Ave.
BROOKLYN, NY 11201
(718) 625-3136

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	Open Gym - Adults Gymnasium 5:30am - 8:45am	Aqua Walker/Jogger Exercise Pool 5:30am - 7am	Adult Lap Swim Pool 5:30am - 10:30pm	Adult Lap Swim Pool 5:30am - 10:30pm			Open Gym - Adults Gymnasium 5:30am - 8:45am
	Aqua Walker/Jogger Exercise Pool 5:30am - 7am	Adult Lap Swim Pool 5:30am - 10:30pm	Open Gym - Adults Gymnasium 5:30am - 8:45am	Open Gym - Adults Gymnasium 5:30am - 9:15am			Adult Lap Swim Pool 5:30am - 10:30pm
	Open Gym - Adults Gymnasium 5:30am - 9:45am	Open Gym - Adults Gymnasium 5:30am - 8:45am	Aqua Walker/Jogger Exercise Pool 5:30am - 7am	Aqua Walker/Jogger Exercise Pool 5:30am - 7am			Aqua Walker/Jogger Exercise Pool 5:30am - 7am
	Adult Lap Swim Pool 5:30am - 10:30pm		Open Gym - Adults Gymnasium 5:30am - 9:45am				
6am	GRIT Strength™ Studio A Hannah K 6:30am - 7am		GRIT Strength™ Studio A Hannah K 6:30am - 7am		Open Gym - Adults Gymnasium 6am - 7:45am		
					Aqua Walker/Jogger Exercise Pool 6am - 9am		
					Adult Lap Swim Pool 6am - 7:30pm		
7am	Aqua Aerobics Pool Sharri M. 7am - 7:50am	Aqua Aerobics Pool Matt S 7am - 7:50am	Aqua Aerobics Pool Roseann B 7am - 7:50am	Aqua Aerobics Pool Sharri M. 7am - 7:50am		Open Gym - Adults Gymnasium 7am - 10am	Aqua Aerobics Pool Sharri M. 7am - 7:50am
						Adult Lap Swim Pool 7am - 7:30pm	
						Aqua Walker/Jogger Exercise Pool 7am - 9am	
8am	Aqua Walker/Jogger Exercise Pool 8am - 10am	Barre Workout Studio A Natarsha M. 8am - 8:30am	Aqua Walker/Jogger Exercise Pool 8am - 9am	Pilates Studio A Natarsha M. 8am - 8:45am	BODYPump™ Gymnasium Tyrice J 8am - 9am	The Nu Method Studio A Tanya R.F. 8:30am - 9:25am	BODYPump™ Studio A Natarsha M. 8am - 8:45am
		Aqua Walker/Jogger Exercise Pool 8am - 10am	Salsa Studio A James M 8am - 8:55am	Aqua Walker/Jogger Exercise Pool 8am - 10am			Aqua Walker/Jogger Exercise Pool 8am - 10am
		Hatha Yoga Studio B Mare H 8:30am - 10am		Vinyasa Yoga Studio B Emily P. 8am - 9am			Hatha Yoga Studio B Emily P. 8:15am - 9:15am
		BODYPump™ Studio A Natarsha M. 8:45am - 9:30am					

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9am	Vinyasa Yoga Studio B Naomi J 9am - 10:25am	Toddler Time Gymnasium 9am - 9:45am	Family Swim Pool 9am - 10am	Trampoline Fitness Studio A Alma B. 9am - 9:55am	Family Swim Pool 9am - 10am	Family Swim Pool 9am - 10am	Toddler Time Gymnasium 9am - 9:45am
	Barre Workout Studio A Natarsha M. 9am - 9:55am	GRIT Cardio™ Studio A Oliver L 9:40am - 10:10am	Tai-Chi Sword Studio A Phil Catapano 9am - 9:55am	AOA Cardio Conditioning Studio B Akvesi A. 9:15am - 10:15am	GRIT Cardio™ Gymnasium Oliver L 9:10am - 9:40am	BODYCombat™ Studio B Petra C 9am - 9:55am	Gentle Yoga for all Women Studio B Anna A. 9:20am - 10:20am
		Early Childhood Classes Gymnasium 9:45am - 11:45am		GRIT Cardio™ Gymnasium Oliver L 9:30am - 10am	Tai Chi Studio A Phil Catapano 9:30am - 10:30am	Total Body Conditioning Studio A Avion E. 9:30am - 10:30am	GRIT Cardio™ Studio A Oliver L 9:30am - 10am
					Gentle Yoga Studio B Dominique T. 9:30am - 10:25am		
10am	Early Childhood Classes Gymnasium 10am - 11:45am	Early Childhood Classes Gymnasium 10am - 10:45am	Beginner Pilates Mat Studio A Natarsha M. 10am - 10:55am	Total Body Conditioning Studio A Alma B. 10am - 10:55am	Family Swim Pool 10am - 10:45am	Intermediate Pilates Mat Studio B Sophia B 10am - 10:55am	Family Swim Pool 10am - 11am
	Zumba Studio A Natarsha M. 10am - 10:55am	Intermediate Pilates Mat Studio A Sophia B 10:15am - 11:15am	Family Swim Pool 10am - 11am	Family Swim Pool 10am - 11am	Vinyasa Yoga Studio B Dominique T. 10:30am - 11:55am	Toddler Time Gymnasium 10am - 12pm	Broadway Dance at Brooklyn Bridge Park Pier 2 Pier 2 Brooklyn Bridge Park James M 10am - 11am
	Hatha Yoga Studio B Jane S 10:30am - 11:25am	Total Body Conditioning Studio B Miranda R. 10:30am - 11:25am	Hatha Yoga Studio B Jane S 10:30am - 11:25am	CXWorx™ Gymnasium Xiao . 10:05am - 10:35am	Family Swim Pool 10:45am - 11:30am	Family Swim Pool 10am - 10:45am	Early Childhood Classes Gymnasium 10am - 11:45am
			Retro Dance Party Gymnasium James M 10:55am - 11:55am			Step & Sculpt Studio A Avion E. 10:30am - 11:30am	CXWorx™ Studio A Oliver L 10:05am - 10:35am
						Family Swim Pool 10:45am - 11:30am	AOA Cardio Conditioning Studio B Akvesi A. 10:30am - 11:30am
							Baby&Toddler Yoga Conference Room Anna A. 10:45am - 11:45am
							Zumba Studio A Sophia B 10:45am - 11:45am

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11am	AOA Cardio Conditioning Studio A Avion E. 11am - 12pm	Tai Chi Studio A Phil Catapano 11:30am - 12:30pm	CXWorx™ Studio A Petra C 11:15am - 11:45am	Intermediate Pilates Mat Studio A Sophia B 11am - 11:50am	Cardio Kickboxing Studio A Tyrice J 11am - 12:15pm	Family Swim Pool 11:30am - 12:15pm	Aqua Aerobics Pool Simone E 11:30am - 12:20pm
	Aqua Aerobics Pool Simone E 11:30am - 12:20pm	Core Training Studio B Mare H 11:30am - 12:25pm	Aqua Aerobics Pool Sharri M. 11:30am - 12:20pm	Early Childhood Classes Gymnasium 11am - 11:45am	Family Swim Pool 11:30am - 12:15pm		
	Hatha Yoga Studio B Jane S 11:30am - 12:30pm	Aqua Dance Pool James M 11:30am - 12:20pm	Hatha Yoga Studio B Jane S 11:30am - 12:30pm	Aqua Aerobics Pool Simone E 11:30am - 12:20pm			
12pm	Core Training Studio A Avion E. 12pm - 12:30pm	Stretching Studio B Mare H 12:30pm - 12:55pm	Chair Yoga Studio A Dominique T. 12pm - 12:55pm	Hatha Yoga Studio B Dominique T. 12pm - 12:55pm	Gentle Yoga Studio B Dominique T. 12pm - 12:55pm	Hatha Yoga Studio B Dominique T 12pm - 12:55pm	Open Gym - Adults Gymnasium 12pm - 3:30pm
	Retro Dance Party Studio A James M 12:30pm - 1:15pm		Open Gym - Adults Gymnasium 12pm - 1pm	BODYPump™ Studio A Sophia B 12pm - 1pm	Aqua Walker/Jogger Exercise Pool 12:15pm - 2pm	Aqua Walker/Jogger Exercise Pool 12:15pm - 1pm	BODYPump™ Studio A Sophia B 12pm - 1pm
	Stretching Studio B Jane S 12:45pm - 1:45pm		Stretching Studio B Jane S 12:45pm - 1:45pm	Open Gym - Adults Gymnasium 12pm - 3:30pm	Zumba Studio A Alma B. 12:30pm - 1:25pm	Advance Kettlebells Studio A Alma B. 12:45pm - 1:30pm	Vinyasa Yoga Studio B Naomi J 12:30pm - 1:30pm
				Aqua Walker/Jogger Exercise Pool 12:30pm - 3pm			Family Swim Pool 12:30pm - 1:15pm
1pm	Chair Yoga Studio A Dominique T. 1:30pm - 2:30pm	MELT® Studio B Jane S 1pm - 1:55pm	AOA Strength Training Studio A James M 1pm - 1:55pm	Meditation Studio B Dominique T. 1pm - 1:25pm	Vinyasa Yoga Studio B Dominique T. 1pm - 2pm	Hatha Yoga Studio B Dominique T 1pm - 2:30pm	Family Swim Pool 1:15pm - 2pm
	Family Swim Pool 1:30pm - 2:30pm	PiYo Studio A Miranda R. 1pm - 1:40pm	Family Swim Pool 1pm - 2pm	Zumba Studio A Sophia B 1:15pm - 2:15pm	Hip Hop Fitness Studio A Ray Davis 1:30pm - 3pm	Family Swim Pool 1pm - 2pm	AOA Cardio Conditioning Studio A Avion E. 1:15pm - 2:15pm
		Family Swim Pool 1:30pm - 2:30pm				Zumba Studio A Alma B. 1:35pm - 2:35pm	
2pm	Aqua Walker/Jogger Exercise Pool 2:30pm - 3pm	AOA Strength Training - Chair Studio A James M 2pm - 2:55pm	AOA Cardio Conditioning Studio A James M 2pm - 3pm	Broadway Dance Studio A James M 2:30pm - 3:30pm	Family Swim Pool 2pm - 2:45pm	Family Swim Pool 2pm - 2:45pm	Aqua Walker/Jogger Exercise Pool 2pm - 3pm
		MELT® Length & Strength Studio B Jane S 2pm - 3pm	Family Swim Pool 2pm - 3pm		Family Swim Pool 2:45pm - 3:30pm	Zumba Studio A Sophia B 2:40pm - 3:40pm	AOA Strength Training Studio A Avion E. 2:30pm - 3:30pm

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		Aqua Walker/Jogger Exercise Pool 2:30pm - 3pm				Family Swim Pool 2:45pm - 3:30pm	
3pm	Family Swim Pool 3pm - 4pm	Family Swim Pool 3pm - 4pm	Aqua Walker/Jogger Exercise Pool 3pm - 6pm	Family Swim Pool 3pm - 4pm	Led Ashtanga Yoga Studio B Naomi J 3pm - 4:30pm	Birthday Parties/Pool Rentals Gymnasium None . 3:30pm - 6pm	Family Swim Pool 3pm - 3:45pm
	Salsa Studio A James M 3pm - 3:55pm	Jazz Studio A James M 3pm - 3:55pm	Youth Programming/Sports Gymnasium 3:30pm - 5:15pm	Youth Programming/Sports Gymnasium 3:30pm - 5:15pm	Aqua Walker/Jogger Exercise Pool 3:30pm - 5pm	Aqua Walker/Jogger Exercise Pool 3:30pm - 7:30pm	Open Gym - Teens Gymnasium 3:30pm - 5:45pm
	Open Gym - Teens Gymnasium 3:30pm - 5:30pm	Youth Programming/Sports Gymnasium 3:30pm - 5:15pm		Open Gym - Teens Gymnasium 3:30pm - 5:30pm	Birthday Parties/Pool Rentals Gymnasium None . 3:30pm - 6pm	Open Gym Gymnasium 3:30pm - 6pm	Youth Programming/Sports Gymnasium 3:30pm - 5:15pm
	Youth Programming/Sports Gymnasium 3:30pm - 5:15pm	Advance Ballet 3 - 6 years Studio B Victoria M 3:30pm - 4:15pm				Intermediate Pilates Mat Studio A Sophia B 3:45pm - 4:45pm	Family Swim Pool 3:45pm - 4:30pm
	Family Swim Pool 3:45pm - 4:30pm	Family Swim Pool 3:45pm - 4:30pm					
4pm	Beginner Ballet 3 - 6 Years Studio B Victoria M 4pm - 4:45pm	Total Body Conditioning Studio A Avion E. 4pm - 5pm		Vinyasa Yoga Studio B Naomi J 4pm - 5:30pm	Adult Ballet Studio A James M 4:15pm - 5:30pm	Zumba Pier 2 Brooklyn Bridge Park Alma B. 4:30pm - 5:30pm	Aqua Walker/Jogger Exercise Pool 4:30pm - 6pm
	Aqua Walker/Jogger Exercise Pool 4:30pm - 6pm	CATCH for Kids Studio B Victoria M 4:15pm - 5pm		Family Swim Pool 4pm - 5pm			
		Aqua Walker/Jogger Exercise Pool 4:30pm - 6pm					
5pm	F.I.T.T. Teens Studio A Victoria M 5pm - 5:55pm	Groove for Kids Studio B Victoria M 5:05pm - 5:50pm	Vinyasa Yoga Studio B Dominique T. 5pm - 6:10pm	Aqua Walker/Jogger Exercise Pool 5pm - 6:30pm	Family Swim Pool 5pm - 6pm		Beginner Pilates Mat Studio A Natarsha M. 5pm - 5:55pm
	MELT® Studio B Jane S 5:45pm - 6:45pm	Zumba Downtown Metrotech Commons Natarsha M. 5:30pm - 6:30pm	Barre Workout Studio A Natarsha M. 5pm - 5:55pm	F.I.T.T. Teens Studio A Victoria M 5pm - 5:55pm			
		Kettlebells Studio A Alma B. 5:30pm - 6:25pm	Open Gym - Teens Gymnasium 5:30pm - 8pm				

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	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
6pm		Dance Class Studio B Victoria M 5:55pm - 6:50pm					
	Family Swim Pool 6pm - 7pm	Family Swim Pool 6pm - 7pm	Family Swim Pool 6pm - 7pm	Barre Workout Studio A Natarsha M. 6pm - 6:55pm	Open Gym - Adults Gymnasium 6pm - 7:45pm	Adult Volleyball Gymnasium 6pm - 7:45pm	Total Body Conditioning Gymnasium Alma B. 6pm - 7pm
	Prenatal Yoga Conference Room Anna A. 6pm - 7pm	BODYPump™ Gymnasium Tyrice J 6:30pm - 7:30pm	MELT® Studio B Jane S 6:15pm - 7:10pm	Tai Chi Studio B Rebecca W 6pm - 7pm	Aqua Walker/Jogger Exercise Pool 6pm - 7:30pm		Zumba Studio A Natarsha M. 6pm - 7pm
	Trampoline Fitness Studio A Alma B. 6:45pm - 7:30pm	The Nu Method Studio A Tanya R.F. 6:30pm - 7:25pm	Pilates Mat - Intermediate Studio A Sophia B 6:45pm - 7:45pm	BODYPump™ Gymnasium Tyrice J 6pm - 6:45pm			Family Swim Pool 6pm - 7pm
				Family Swim Pool 6:30pm - 7:30pm			Power Yoga Studio B Emily B 6:30pm - 8pm
7pm							Salsa Pier 6 Brooklyn Bridge Park Hadley P. 6:30pm - 7:30pm
	Hatha Yoga Studio B Mare H 7pm - 8:30pm	Sunset Yoga Pier 3 Brooklyn Bridge Park Akyesi A. 7pm - 8pm	Aqua Walker/Jogger Exercise Pool 7pm - 10:30pm	Zumba Studio A Sophia B 7pm - 8pm			Core Connection Studio C Alma B. 7pm - 7:30pm
	Pilates Pier 3 Brooklyn Bridge Park Natarsha M. 7pm - 8pm	Power Yoga Studio B Emily B 7pm - 8:30pm	Aqua Walker/Jogger Exercise Pool 7pm - 10:30pm	Open Gym - Adults Gymnasium 7:30pm - 10:45pm			BODYPump™ Gymnasium Xiao . 7pm - 8pm
	Open Gym - Adults Gymnasium 7:30pm - 10:45pm	Zumba Studio A Alma B. 7:40pm - 8:40pm	Stretching Studio B Jane S 7:15pm - 8:15pm	Family Swim Pool 7:30pm - 8:30pm			Zumba Studio A Sophia B 7pm - 8pm
	Total Body Conditioning Studio A Alma B. 7:40pm - 8:40pm	Adult Volleyball Gymnasium 7:45pm - 10:45pm					
8pm	Aqua Walker/Jogger Exercise Pool 8pm - 10:30pm	Aqua Walker/Jogger Exercise Pool 8pm - 10:30pm	Adult Soccer Gymnasium 8:15pm - 10:45pm	Aqua Walker/Jogger Exercise Pool 8:30pm - 10:30pm			Aqua Walker/Jogger Exercise Pool 8pm - 10:30pm
	Aqua Walker/Jogger Exercise Pool 8pm - 10:30pm						Salsa Studio B Alma B. 8:05pm - 9:05pm

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TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
						Intermediate Pilates Mat Studio A Sophia B 8:05pm - 9:05pm
						Adult Soccer Gymnasium 8:15pm - 10:45pm

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