



Jamerson Family
September 22nd - September 28th

801 Wyndhurst Dr
LYNCHBURG, VA 24502
(434) 582-1900

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	CrossFit Endurance CrossFit Room Shawn Abell 5:30am - 6:30am	CrossFit CrossFit Room Shawn Abell 5:30am - 6:30am	Open Swim Family Pool Staff 5:30am - 7:45pm	CrossFit CrossFit Room Shawn Abell 5:30am - 6:30am			Lap Swimming - 8 Lanes Open Competition Pool Staff 5:30am - 6:30am
	Lap Swimming - 8 Lanes Open Competition Pool Staff 5:30am - 6:30am	Open Swim Family Pool Staff 5:30am - 7:45pm	CrossFit Endurance CrossFit Room Shawn Abell 5:30am - 6:30am	Open Swim Family Pool Staff 5:30am - 6:15pm			CrossFit CrossFit Room Shawn Abell 5:30am - 6:30am
	Family Shoot Around Gymnasium Staff 5:30am - 9am	Lap Swimming - 8 Lanes Open Competition Pool Staff 5:30am - 6:30am	Lap Swimming - 8 Lanes Open Competition Pool Staff 5:30am - 6:30am	Lap Swimming - 8 Lanes Open Competition Pool Staff 5:30am - 6:30am			Open Swim Family Pool Staff 5:30am - 7:45pm
	Open Swim Family Pool Staff 5:30am - 7:45pm	Family Shoot Around Gymnasium Staff 5:30am - 1pm	Family Shoot Around Gymnasium Staff 5:30am - 9am	Family Shoot Around Gymnasium Staff 5:30am - 9am			Family Shoot Around Gymnasium Staff 5:30am - 9am
	BodyPump Group Fitness Studio Brittany Crawley 5:45am - 6:45am						
6am	LY Swim Team Practice Competition Pool Staff 6:30am - 8:30am	LY Swim Team Practice Competition Pool Staff 6:30am - 8:30am	Lap Swimming - 4 Lanes Open Competition Pool Staff 6:30am - 8:30am	LY Swim Team Practice Competition Pool Staff 6:30am - 8:30am			LY Swim Team Practice Competition Pool Staff 6:30am - 8:30am
	Lap Swimming - 4 Lanes Open Competition Pool Staff 6:30am - 8:30am	Lap Swimming - 4 Lanes Open Competition Pool Staff 6:30am - 8:30am	LY Swim Team Practice Competition Pool Staff 6:30am - 8:30am	Lap Swimming - 3 Lanes Open Competition Pool Staff 6:30am - 8:30am			Lap Swimming - 4 Lanes Open Competition Pool Staff 6:30am - 8:30am
7am	Aqua Tone Family Pool Teresa Smith-Moss 7am - 8am		Aqua Tone Family Pool Teresa Smith-Moss 7am - 8am		Open Swim Family Pool Staff 7am - 2:45pm		
					Lap Swimming - 8 Lanes Open Competition Pool Staff 7am - 2:45pm		
					Family Shoot Around Gymnasium Staff 7am - 7:45am		
8am	A.M. Yoga Multipurpose A/B Leesa Williams 8am - 9am	Aqua Tone Family Pool Tammy Reynolds 8am - 9am	A.M. Yoga Multipurpose A/B Leesa Williams 8am - 9am	Lap Swimming - 5 Lanes Open Competition Pool Staff 8:30am - 10:10am	BodyPump Gymnasium Brittany Crawley 8:15am - 9:15am		Aqua Tone Family Pool Teresa Smith-Moss 8am - 9am

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	Lap Swimming - 8 Lanes Open Competition Pool Staff 8:30am - 1pm	Lap Swimming - 5 Lanes Open Competition Pool Staff 8:30am - 10:10am	Lap Swimming - 8 Lanes Open Competition Pool Staff 8:30am - 1pm		YIN Yoga Multipurpose A/B Leesa Williams 8:30am - 9:30am		Kickboxing Group Fitness Studio Courtney Peek 8:30am - 9:15am
	Total Body Works Group Fitness Studio Jill Bryant 8:30am - 9:15am	HIIT 45 Group Fitness Studio Brittany Crawley 8:30am - 9:15am	Muscle Group Fitness Studio Courtney Peek 8:30am - 9:15am				Lap Swimming - 5 Lanes Open Competition Pool Staff 8:30am - 10:10am
		Core Fusion Multipurpose A/B Courtney Peek 8:30am - 9:15am					
9am	Child Watch Child Watch Room Staff 9am - 12pm	Child Watch Child Watch Room Staff 9am - 12pm	Child Watch Child Watch Room Staff 9am - 12pm	Child Watch Child Watch Room Staff 9am - 12pm	Swim Lessons Family Pool Staff 9am - 12:15pm		Child Watch Child Watch Room Staff 9am - 12pm
	BodyPump Gymnasium Courtney Peek 9:30am - 10:30am	Deep H2O Competition Pool Patti Phillips 9:10am - 10:10am	Flexible Strength Group Fitness Studio Teresa Julian 9:30am - 10:30am	Deep H2O Competition Pool Paula Sloan 9:10am - 10:10am	Kidz Gym Kidz Gym Staff 9am - 12pm		Deep H2O Competition Pool Patti Phillips 9:10am - 10:10am
	CrossFit Endurance CrossFit Room Sarah Kline 9:30am - 10:30am	Aqua Tone Family Pool Paula Sloan 9:30am - 10:30am	Tai Chi Gymnasium Jesse Teasley 9:30am - 10:30am	BodyPump Gymnasium Courtney Peek 9:25am - 10:30am	Child Watch Child Watch Room Staff 9am - 12pm		Zumba Gymnasium Beth Zeisig 9:30am - 10:30am
	Cardio Combo Family Pool Patti Phillips 9:30am - 10:30am	CrossFit CrossFit Room Sarah Kline 9:30am - 10:30am	Aqua Zumba Family Pool Sarah Beth 9:30am - 10:30am	Cycle Cycle Studio Staff 9:30am - 10:30am	Cardio Combo Competition Pool Paula Sloan 9am - 10am		Cycle Cycle Studio Paula Dahl 9:30am - 10:40am
	Flexible Strength Group Fitness Studio Jill Bryant 9:30am - 10:30am	Barre Fusion Group Fitness Studio Teresa Julian 9:30am - 10:30am	CrossFit Endurance CrossFit Room Sarah Kline 9:30am - 10:30am	Aqua Tone Family Pool Lynda Suwala 9:30am - 10:30am	Barre Gymnasium Brittany Crawley 9:30am - 10:30am		Aqua Tone Family Pool Lynda Suwala 9:30am - 10:30am
				CrossFit CrossFit Room Sarah Kline 9:30am - 10:30am			CrossFit CrossFit Room Sarah Kline 9:30am - 10:30am
10am	Homeschool PE Kidz Gym Traci Williams 10am - 12pm	Lap Swimming - 8 Lanes Open Competition Pool Staff 10:10am - 1pm	Homeschool PE Kidz Gym Traci Williams 10am - 12pm	Lap Swimming - 8 Lanes Open Competition Pool Staff 10:10am - 11:15am	CrossFit CrossFit Room Staff 10am - 11am		Lap Swimming - 8 Lanes Open Competition Pool Staff 10:10am - 1pm
		Dance Fitness Group Fitness Studio Beth Zeisig 10:45am - 11:45am	Gentle Yoga Multipurpose A/B Marinda Hamilton 10:45am - 11:45am	Barre Group Fitness Studio Brittany Crawley 10:45am - 11:45am	Zumba Group Fitness Studio Sarah Beth 10:45am - 11:45am		Barre Bootcamp Group Fitness Studio Brittany Crawley 10:45am - 11:45am
		Aqua Lite Family Pool Paula Sloan 10:45am - 11:45am	Easy Rider Cycle Studio Howard Dawley 10:45am - 11:15am	Aqua Lite Family Pool Jeanne Vaughan 10:45am - 11:45am			Gentle Yoga Multipurpose A/B Marinda Hamilton 10:45am - 11:45am

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				Cross Training Lite Gymnasium Jill Bryant 10:45am - 11:45am			Aqua Lite Family Pool Patti Phillips 10:45am - 11:45am
11am	Family Shoot Around Gymnasium Staff 11am - 5pm	Yin Flow Multipurpose A/B Gary Sullivan 11am - 12pm	Family Shoot Around Gymnasium Staff 11am - 5:15pm	LY Swim Team Practice Competition Pool Staff 11:15am - 6:15pm			Family Shoot Around Gymnasium Staff 11am - 1pm
				Lap Swimming - 4 Lanes Open Competition Pool Staff 11:15am - 2:45pm			
12pm	Cycle Cycle Studio Howard Dawley 12pm - 12:45pm		Yoga for Flexibility Multipurpose A/B Marinda Hamilton 12pm - 1pm	Power Yoga Multipurpose A/B Leesa Williams 12pm - 1:15pm		Family Shoot Around Gymnasium Staff 12pm - 1pm	Chair/ Cross Training Lite Group Fitness Studio Mary Taylor 12pm - 1pm
	Yoga for Flexibility Multipurpose A/B Marinda Hamilton 12pm - 1pm					Open Swim Family Pool Staff 12pm - 3:45pm	Power Yoga Multipurpose A/B Marinda Hamilton 12pm - 1pm
						Lap Swimming - 8 Lanes Open Competition Pool Staff 12pm - 12:30pm	
						Zumba Group Fitness Studio Steffy Whitesell 12:15pm - 1:15pm	
						Lap Swimming - 3 Lanes Open Competition Pool Staff 12:30pm - 3:45pm	
						LY Swim Team Practice Competition Pool Staff 12:30pm - 3:45pm	
1pm	LY Swim Team Practice Competition Pool Staff 1pm - 2:30pm	LY Swim Team Practice Competition Pool Staff 1pm - 2:30pm	LY Swim Team Practice Competition Pool Staff 1pm - 2:30pm			BodyPump Gymnasium Brenda Brady 1:30pm - 2:30pm	Lap Swimming - 4 Lanes Open Competition Pool Staff 1pm - 2:30pm
	Lap Swimming - 4 Lanes Open Competition Pool Staff 1pm - 2:30pm	Lap Swimming - 4 Lanes Open Competition Pool Staff 1pm - 2:30pm	Lap Swimming - 4 Lanes Open Competition Pool Staff 1pm - 2:30pm			Sunday Yoga Multipurpose A/B Marinda Hamilton 1:30pm - 2:30pm	LY Swim Team Practice Competition Pool Staff 1pm - 2:30pm

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		Adult Pickleball Full Court Gymnasium Staff 1pm - 4pm					Adult Pickleball Full Court Gymnasium Staff 1pm - 4pm
		Marvelous Mahjongg Multipurpose A/B Mary Taylor 1:30pm - 3:30pm					
2pm	Lap Swimming - 8 Lanes Open Competition Pool Staff 2:30pm - 3pm	Lap Swimming - 8 Lanes Open Competition Pool Staff 2:30pm - 3pm	Lap Swimming - 8 Lanes Open Competition Pool Staff 2:30pm - 3pm	Lap Swimming NOT available Competition Pool Staff 2:45pm - 5:15pm		Sunday Yoga Multipurpose A/B Marinda Hamilton 2:45pm - 3:45pm	Lap Swimming - 8 Lanes Open Competition Pool Staff 2:30pm - 3pm
3pm	LY Swim Team Practice Competition Pool Staff 3pm - 5:30pm	LY Swim Team Practice Competition Pool Staff 3pm - 5:30pm	Lap Swimming NOT available Competition Pool Staff 3pm - 6:30pm			Family Shoot Around Gymnasium Staff 3pm - 3:45pm	LY Swim Team Practice Competition Pool Staff 3pm - 5:30pm
	Lap Swimming NOT available Competition Pool Staff 3pm - 5:30pm	Lap Swimming NOT available Competition Pool Staff 3pm - 5:30pm	LY Swim Team Practice Competition Pool Staff 3pm - 6:30pm				Lap Swimming NOT available Competition Pool Staff 3pm - 5:30pm
4pm	Kidz Gym Kidz Gym Staff 4pm - 7pm	Kidz Gym Kidz Gym Staff 4pm - 7pm	Kidz Gym Kidz Gym Staff 4pm - 7pm	Vinyasa (Flow) Multipurpose A/B Gary Sullivan 4:30pm - 5:45pm			Family Shoot Around Gymnasium Staff 4pm - 5pm
	Child Watch Child Watch Room Staff 4pm - 7pm	Child Watch Child Watch Room Staff 4pm - 7pm	Child Watch Child Watch Room Staff 4pm - 7pm				Child Watch Child Watch Room Staff 4pm - 7pm
		Family Shoot Around Gymnasium Staff 4pm - 6:30pm	Swim Lessons Family Pool Staff 4:30pm - 7:20pm				Kidz Gym Kidz Gym Staff 4pm - 7pm
		Swim Lessons Family Pool Staff 4:30pm - 7:20pm					Swim Lessons Family Pool Staff 4:30pm - 7:20pm
5pm	BodyPump Gymnasium Kayla Goumas 5:25pm - 6:30pm	CrossFit CrossFit Room Rachel Madigan 5pm - 6pm	CrossFit Endurance CrossFit Room Staff 5:30pm - 6:30pm	CrossFit CrossFit Room Staff 5pm - 6pm			CrossFit CrossFit Room Mike DeNova 5pm - 6pm
	CrossFit Endurance CrossFit Room Shawn Abell 5:30pm - 6:30pm	Martial Arts - Kids Multipurpose A/B Andy Henson 5:30pm - 6:15pm	Power Yoga Multipurpose A/B Marinda Hamilton 5:45pm - 7pm	Lap Swimming - 3 Lanes Open Competition Pool Staff 5:15pm - 6:15pm			LY Swim Team Practice Competition Pool Staff 5:30pm - 6:30pm
	Aqua Zumba Family Pool Beth Zeisig 5:30pm - 6:30pm	Lap Swimming - 3 Lanes Open Competition Pool Staff 5:30pm - 6:30pm	Aqua Zumba Competition Pool Nancy Friend 5:45pm - 6:30pm				BodyPump Gymnasium Brenda Brady 5:30pm - 6:30pm

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	Lap Swimming - 3 Lanes Open Competition Pool Staff 5:30pm - 6:30pm	LY Swim Team Practice Competition Pool Staff 5:30pm - 6:30pm	BodyPump Gymnasium Traci Williams 5:45pm - 6:45pm				Martial Arts - Kids Multipurpose A/B Andy Henson 5:30pm - 6:15pm
	LY Swim Team Practice Competition Pool Staff 5:30pm - 6:30pm	20/20/20 Group Fitness Studio Kelly Watson 5:45pm - 6:45pm					Lap Swimming - 3 Lanes Open Competition Pool Staff 5:30pm - 6:30pm
		Cycle Cycle Studio Howard Dawley 5:45pm - 6:45pm					HIIT 45 Group Fitness Studio Kelly Watson 5:45pm - 6:30pm
							Cycle Cycle Studio Mike Gilley 5:45pm - 6:45pm
6pm	Lap Swimming - 8 Lanes Open Competition Pool Staff 6:30pm - 7:45pm	CrossFit CrossFit Room Rachel Madigan 6pm - 7pm	Pound Group Fitness Studio Beth Zeisig 6pm - 7pm				CrossFit CrossFit Room Mike DeNova 6pm - 7pm
	YIN Yoga Multipurpose A/B Leesa Williams 6:45pm - 7:45pm	Martial Arts - Teens/Adults Multipurpose A/B Andy Henson 6:30pm - 7:15pm	Lap Swimming - 8 Lanes Open Competition Pool Staff 6:30pm - 7:45pm				Martial Arts - Teens/Adults Multipurpose A/B Andy Henson 6:30pm - 7:15pm
		Lap Swimming - 8 Lanes Open Competition Pool Staff 6:30pm - 7:45pm					Lap Swimming - 8 Lanes Open Competition Pool Staff 6:30pm - 7:45pm
7pm	Pound Group Fitness Studio Beth Zeisig 7pm - 7:45pm	Cardio Hip Hop Gymnasium Sarah Beth 7pm - 7:45pm	Family Shoot Around Gymnasium Staff 7:15pm - 7:45pm				Cardio Hip Hop Gymnasium Sarah Beth 7pm - 7:45pm
	Family Shoot Around Gymnasium Staff 7pm - 7:45pm						

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