



Jamerson Family
November 26th - December 2nd

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

	THU 26	FRI 27	SAT 28	SUN 29	MON 30	TUE 1	WED 2
5am					CrossFit (paid program) CrossFit Room Shawn Abell 5:30am - 6:30am	CrossFit (paid program) CrossFit Room Shawn Abell 5:30am - 6:30am	CrossFit (paid program) CrossFit Room Shawn Abell 5:30am - 6:30am
					Family Shoot Around Gymnasium B Staff 5:30am - 9am	Family Shoot Around Gymnasium B Staff 5:30am - 9am	Family Shoot Around Gymnasium B Staff 5:30am - 1pm
						Bodycombat Group Fitness Studio Debbie Benyo 5:45am - 6:30am	BodyPump Group Fitness Studio Sara Fort 5:45am - 6:45am
6am					LY Practice - No Lanes Open Competition Pool Staff 6:30am - 8:30am	LY Practice - No Lanes Open Competition Pool Staff 6:30am - 8:30am	LY Practice - No Lanes Open Competition Pool Staff 6:30am - 8:30am
						Lap Swimming - 6 Lanes Open Competition Pool Staff 6:30am - 8:30am	
7am			Open Swim Family Pool Staff 7am - 9am			Aqua Tone Family Pool Andrea Neiman 7am - 7:45am	
			Lap Swimming - 8 Lanes Open Competition Pool Staff 7am - 2:45pm				
			Family Shoot Around Gymnasium B Staff 7am - 7:45am				
8am			YIN Yoga Mind/Body Studio Leesa Williams 8am - 9am		Aqua Tone Family Pool Tammy Reynolds 8am - 9am	Lap Swimming - 8 Lanes Open Competition Pool Staff 8:30am - 1pm	Aqua Tone Family Pool Tammy Reynolds 8am - 9am
			Cardio & Core Family Pool Paula Sloan 8am - 9am				Lap Swimming - 5 Lanes Open Competition Pool Staff 8:30am - 10:10am
							HIIT 45 Group Fitness Studio Becky Born 8:30am - 9:15am
9am	Child Watch Child Watch Room Staff 9am - 12pm	Open Swim Family Pool Staff 9am - 4pm	Child Watch Child Watch Room Staff 9am - 12pm		Child Watch Child Watch Room Staff 9am - 12pm	Cardio & Core Family Pool Patti Phillips 9am - 10am	Child Watch Child Watch Room Staff 9am - 12pm

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	THU 26	FRI 27	SAT 28	SUN 29	MON 30	TUE 1	WED 2
		Child Watch Child Watch Room Staff 9am - 12pm			Deep H2O Competition Pool Jen Newell 9:10am - 10:10am	Child Watch Child Watch Room Staff 9am - 12pm	Deep H2O Competition Pool Patti Phillips 9:10am - 10:10am
		Cross Training Lite Group Fitness Studio Jill Bryant 9:30am - 7pm			Aqua Tone Family Pool Lynda Suwala 9:30am - 10:30am	BodyPump Group Fitness Studio Brenda Brady 9:30am - 10:30am	CrossFit (paid program) CrossFit Room Sarah Kline 9:30am - 10:30am
		BodyPump Group Fitness Studio Denise Doyle 9:30am - 10:30am			CrossFit (paid program) CrossFit Room Sarah Kline 9:30am - 10:30am		Aqua Tone Family Pool Paula Sloan 9:30am - 10:30am
		Aqua Tone Family Pool Jen Newell 9:30am - 10:15am			Zumba Group Fitness Studio Brenda Gonzalez 9:30am - 10:30am		
					Road Warriors Cycle Studio Paula Dahl 9:30am - 10:30am		
10am		CrossFit (paid program) CrossFit Room Sarah Kline 10am - 11am	CrossFit (paid program) CrossFit Room Staff 10am - 11am		Lap Swimming - 8 Lanes Open Competition Pool Staff 10:10am - 12:30pm		Lap Swimming - 8 Lanes Open Competition Pool Staff 10:10am - 1pm
		Road Warriors Cycle Studio John Poole 10am - 11am	Zumba + Barre Mashup Gymnasium A Brittany Crawley 10:30am - 11:30am		Gentle Yoga Mind/Body Studio Jen Newell 10:45am - 11:45am		Zumba Gold Group Fitness Studio Brenda Gonzalez 10:45am - 11:45am
		Barre Fight / Body Combat Group Fitness Studio Brittany Crawley 10:45am - 11:45am			Barre Bootcamp Group Fitness Studio Brittany Crawley 10:45am - 11:45am		
11am	HYPE (Homeschool PE) Gymnasium B Staff 11am - 12pm	Family Shoot Around Gymnasium B Staff 11am - 3:45pm	Family Shoot Around Gymnasium B Staff 11am - 12pm		Family Shoot Around Gymnasium B Staff 11am - 1pm	Family Shoot Around Gymnasium B Staff 11am - 7:45pm	Book Club Cycle Studio Mary Taylor 11:45am - 1pm
	Family Shoot Around Gymnasium B Staff 11am - 12pm	Lap Swimming - 4 Lanes Open Competition Pool Staff 11:15am - 2:45pm				HYPE (Homeschool PE) Gymnasium B Staff 11am - 12pm	
		LY Practice - No Lanes Open Competition Pool Staff 11:15am - 6:15pm				Family Shoot Around Gymnasium B Staff 11am - 5pm	

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12pm			Adult Pickleball Full Court Gymnasium B Staff 12pm - 2:45pm	Open Swim Family Pool Staff 12pm - 3:45pm	Cross Training Lite Group Fitness Studio Mary Taylor 12pm - 1pm	Yoga for Flexibility Mind/Body Studio Marinda Hamilton 12pm - 1pm	
				Family Shoot Around Gymnasium B Staff 12pm - 1pm	LY Practice - No Lanes Open Competition Pool Staff 12:30pm - 2pm		
				Lap Swimming - 3 Lanes Open Competition Pool Staff 12:30pm - 3:45pm			
				LY Practice - No Lanes Open Competition Pool Staff 12:30pm - 3:45pm			
1pm				BodyPump Group Fitness Studio Jess Ayers 1:30pm - 2:30pm	Lap Swimming - 4 Lanes Open Competition Pool Staff 1pm - 2:30pm	LY Practice - No Lanes Open Competition Pool Staff 1pm - 2:30pm	LY Practice - No Lanes Open Competition Pool Staff 1pm - 2:30pm
					Adult Pickleball Full Court Gymnasium B Staff 1pm - 4pm	Lap Swimming - 4 Lanes Open Competition Pool Staff 1pm - 2:30pm	Lap Swimming - 4 Lanes Open Competition Pool Staff 1pm - 2:30pm
						Bridge Club Mind/Body Studio Mary Taylor 1:30pm - 3:30pm	Adult Pickleball Full Court Gymnasium B Staff 1pm - 4pm
							Marvelous Mahjongg Mind/Body Studio Mary Taylor 1:30pm - 3:30pm
2pm		Lap Swimming NOT available Competition Pool Staff 2:45pm - 5:15pm		Zumba Group Fitness Studio Dawn Sutherland 2:45pm - 3:45pm	Lap Swimming - 4 Lanes Open Competition Pool Staff 2pm - 3pm	Lap Swimming - 8 Lanes Open Competition Pool Staff 2:30pm - 3pm	Lap Swimming - 8 Lanes Open Competition Pool Staff 2:30pm - 3pm
3pm				Family Shoot Around Gymnasium B Staff 3pm - 3:45pm	Lap Swimming NOT available Competition Pool Staff 3pm - 5:30pm		LY Practice - No Lanes Open Competition Pool Staff 3pm - 5:30pm
							Lap Swimming NOT available Competition Pool Staff 3pm - 5:30pm

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4pm	Child Watch Child Watch Room Staff 4pm - 7pm				Child Watch Child Watch Room Staff 4pm - 7pm	Kidz Gym Kidz Gym Staff 4pm - 7pm	Family Shoot Around Gymnasium B Staff 4pm - 7:45pm
	CrossFit (paid program) CrossFit Room Shawn Abell 4:30pm - 5:30pm				Family Shoot Around Gymnasium B Staff 4pm - 5pm	Child Watch Child Watch Room Staff 4pm - 7pm	Kidz Gym Kidz Gym Staff 4pm - 7pm
					Kidz Gym Kidz Gym Staff 4pm - 7pm	CrossFit (paid program) CrossFit Room Rachel Madigan 4:30pm - 5:30pm	Child Watch Child Watch Room Staff 4pm - 7pm
					CrossFit (paid program) CrossFit Room Shawn Abell 4:30pm - 5:30pm	Water Slides Family Pool Staff 4:30pm - 5:30pm	Family Shoot Around Gymnasium B Staff 4pm - 6:30pm
					HIIT 45 Group Fitness Studio Kelly Elder 4:45pm - 5:30pm	Lap Swimming NOT available Competition Pool Staff 4:30pm - 6:30pm	Child Watch Child Watch Room Staff 4pm - 8pm
							CrossFit (paid program) CrossFit Room Rachel Madigan 4:30pm - 5:30pm
5pm		Lap Swimming - 3 Lanes Open Competition Pool Staff 5:15pm - 6:15pm			Lap Swimming - 3 Lanes Open Competition Pool Staff 5:30pm - 6:30pm	LY Practice - No Lanes Open Competition Pool Staff 5:30pm - 6:30pm	CrossFit (paid program) CrossFit Room Rachel Madigan 5:30pm - 6:30pm
					CrossFit (paid program) CrossFit Room Mike DeNova 5:30pm - 6:30pm	CrossFit (paid program) CrossFit Room Shawn Abell 5:30pm - 6:30pm	LY Practice - No Lanes Open Competition Pool Staff 5:30pm - 6:30pm
					Martial Arts - Kids Mind/Body Studio Andy Henson 5:30pm - 6:15pm	BodyPump Group Fitness Studio Denise Doyle 5:45pm - 6:45pm	Lap Swimming - 3 Lanes Open Competition Pool Staff 5:30pm - 6:30pm
					Spin Party Cycle Studio Laura Rackley 5:45pm - 6:45pm		Martial Arts - Kids Mind/Body Studio Andy Henson 5:30pm - 6:15pm
					BodyPump Group Fitness Studio Traci Williams 5:45pm - 6:45pm		20/20/20 Group Fitness Studio Kelly Elder 5:45pm - 6:45pm

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	THU 26	FRI 27	SAT 28	SUN 29	MON 30	TUE 1	WED 2
							Road Warriors Cycle Studio Tricia Rucker 5:45pm - 6:45pm
6pm					Martial Arts - Teens/Adults Mind/Body Studio Andy Henson 6:30pm - 7:15pm	Lap Swimming - 8 Lanes Open Competition Pool Staff 6:30pm - 7:45pm	Martial Arts - Teens/Adults Mind/Body Studio 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
					CrossFit (paid program) CrossFit Room Mike DeNova 6:30pm - 7:30pm		CrossFit (paid program) CrossFit Room Alan Wank 6:30pm - 7:30pm
7pm						Pound Group Fitness Studio Jessica Wyatt 7pm - 7:45pm	
						Family Shoot Around Gymnasium B Staff 7pm - 7:45pm	

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