



Jamerson Family Branch
December 14th - December 20th

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

	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
5am			Lap Swimming (8 Lanes Available) Lap Pool 5:30am - 9am	Lap Swimming (8 Lanes Available) Lap Pool 5:30am - 7am	Lap Swimming (8 Lanes Available) Lap Pool 5:30am - 9am	Lap Swimming (8 Lanes Available) Lap Pool 5:30am - 9am	Lap Swimming (8 Lanes Available) Lap Pool 5:30am - 9am
			Open Swim Family Pool 5:30am - 7am	Open Swim Family Pool 5:30am - 8am	Open Swim Family Pool 5:30am - 7am	Open Swim Family Pool 5:30am - 8am	Lap Swimming (8 Lanes Available) Lap Pool 5:30am - 7am
			Lap Swimming (8 Lanes Available) Lap Pool 5:30am - 9am	Open Swim Family Pool 5:30am - 8am	Cycle / Core Cycle Studio Bret Kampf 5:45am - 6:45am	Open Swim Family Pool 5:30am - 8am	Open Swim Family Pool 5:30am - 7am
			H.i.i.T Group Ex Studio Julia Harris 5:45am - 6:30am	Core Multi Purpose A/B Julia Harris 5:45am - 6:30am	BODYCOMBAT Group Ex Studio Courtney Peek 5:45am - 6:30am	Lap Swimming (8 Lanes Available) Lap Pool 5:30am - 6:30am	Power Yoga Multi Purpose A/B Steve Simpson 5:45am - 6:45am
			Power Yoga Multi Purpose A/B Stacy Dees 5:45am - 6:45am	BODYPUMP Group Ex Studio Brittany Crawley 5:45am - 6:45am		P90X® Live Group Ex Studio Donna Elder 5:45am - 6:30am	Tabata Group Ex Studio Joel Riley 5:45am - 6:15am
6am			Cycle Cycle Studio Joel Riley 6am - 6:45am		Adult Basketball Full Court Gymnasium 6am - 8am		Adult Basketball Full Court Gymnasium 6am - 8am
			Adult Basketball Full Court Gymnasium 6am - 8am				
7am	Open Swim Family Pool 7am - 9am		Cardio Combo Family Pool Teresa Smith-Moss 7am - 8am	Lap Swimming (8 Lanes Available) Lap Pool 7am - 9am	Cardio Combo Family Pool Teresa Smith-Moss 7am - 8am		Cardio Combo Family Pool Teresa Smith-Moss 7am - 8am
	Lap Swimming (8 Lanes Available) Lap Pool 7am - 9am						
	Open Gym No Full Court Gymnasium 7am - 8am						
	Tai Chi Multi Purpose A/B Jesse Teasley 7:30am - 8:30am						
8am	BODYPUMP Group Ex Studio Bridgett Ernst 8am - 9:15am		Active Seniors Family Pool Norma Foy 8am - 9am	Active Seniors Family Pool Patti Phillips 8am - 9am	Open Gym No Full Court Gymnasium 8am - 12pm	Active Seniors Family Pool Patti Phillips 8am - 9am	Active Seniors Family Pool paula sloan 8am - 9am
	Stott Pilates Multi Purpose C Teresa Julian 8am - 9am		CrossFit Legends CrossFit Room CrossFit Coach 8:30am - 9:30am	A.M. Yoga Multi Purpose A/B Gary Sullivan 8am - 9am	Active Seniors Family Pool Tammy Reynolds 8am - 9am	A.M. Yoga Multi Purpose A/B Leesa Williams 8am - 9am	Open Gym No Full Court Gymnasium 8am - 12pm

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			BODYCOMBAT Group Ex Studio Courtney Peek 8:30am - 9:30am	Muscle Group Ex Studio Erica Bottoms 8:30am - 9:30am	REFIT® Group Ex Studio Sheila Mashburn 8am - 9am	CrossFit Endurance CrossFit Room CrossFit Coach 8:30am - 9:30am	H.i.i.T Group Ex Studio Julia Harris 8:30am - 9:20am
				CrossFit Endurance CrossFit Room CrossFit Coach 8:30am - 9:30am	A.M. Yoga Multi Purpose A/B Gary Sullivan 8am - 9am	Muscle Group Ex Studio Mary Lynn Poe 8:30am - 9:30am	
				Circuit Craze Kidz Gym - Adult Classes Terry Brame 8:30am - 9:30am	CrossFit Legends CrossFit Room CrossFit Coach 8:30am - 9:30am	Circuit Craze Kidz Gym - Adult Classes Renee Shrewsbury 8:30am - 9:30am	
9am	Aqua Zumba Lap Pool Beth Zeisig 9am - 10am		Core Multi Purpose A/B Erica Bottoms 9am - 9:30am	Adult Volleyball Gymnasium 9am - 11am	Lap Swimming (5 Lanes Available) Lap Pool 9am - 10am	High Intensity Deep Water Lap Pool Patti Phillips 9am - 10am	Arthritic H2O Family Pool Norma Foy 9am - 10am
	Lap Swimming (4 Lanes Available) Lap Pool 9am - 10am		Deep H2O Lap Pool Patti Phillips 9am - 10am	Lap Swimming (5 Lanes Available) Lap Pool 9am - 10am	Core Group Ex Studio Mary Lynn Poe 9am - 9:30am	Aqua Yoga Family Pool Marinda Hamilton 9am - 10am	Adult Volleyball Half Court Gymnasium 9am - 11am
	Lap Swimming (5 Lanes Available) Lap Pool 9am - 10am		Arthritic H2O Family Pool paula sloan 9am - 10am	Aqua Yoga Family Pool Marinda Hamilton 9am - 10am	Deep H2O Lap Pool paula sloan 9am - 10am	Lap Swimming (5 Lanes Available) Lap Pool 9am - 10am	Lap Swimming (5 Lanes Available) Lap Pool 9am - 10am
	YIN Yoga Multi Purpose A/B Leesa Williams 9am - 10:15am		Lap Swimming (5 Lanes Available) Lap Pool 9am - 10am	High Intensity Deep Water Lap Pool Patti Phillips 9am - 10am	Arthritic H2O Family Pool Martha Leverette 9am - 10am	Tai Chi Multi Purpose A/B Jesse Teasley 9:30am - 10:30am	Core Multi Purpose A/B Jill Bryant 9am - 9:30am
	Lap Swimming (5 Lanes Available) Lap Pool 9am - 10am		Zumba ® Multi Purpose A/B Adrienne Dalton 9:30am - 10:30am	BODYPUMP Group Ex Studio Courtney Peek 9:30am - 10:45am	Multi Step Group Ex Studio Mary Lynn Poe 9:30am - 10:30am	Flexible Strength Group Ex Studio Mary Lynn Poe 9:30am - 10:30am	Lap Swimming (5 Lanes Available) Lap Pool 9am - 10am
	Swim Lessons Family Pool YMCA Certified Swim Instructor 9am - 12pm		Cycle Cycle Studio Paula Dahl 9:30am - 10:40am	Flexible Strength Multi Purpose A/B Julia Harris 9:30am - 10:30am	Adult Women VolleyBall Half Court Gymnasium 9:30am - 11:30am		Deep H2O Lap Pool Patti Phillips 9am - 10am
	Step Group Ex Studio Mary Lynn Poe 9:30am - 10:30am		Cross Training Group Ex Studio Courtney Peek 9:30am - 10:30am		Cycle Cycle Studio Vicki Sharrett 9:30am - 10:30am		BODYPUMP Group Ex Studio Courtney Peek 9:25am - 10:30am
					Barre Fusion Multi Purpose A/B Brittany Crawley 9:30am - 10:30am		Cycle Cycle Studio Paula Dahl 9:30am - 10:30am
							Barre Fusion Multi Purpose A/B Teresa Julian 9:30am - 10:30am

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10am	Lap Swimming (8 Lanes Available) Lap Pool 10am - 5:45pm		Lap Swimming (8 Lanes Available) Lap Pool 10am - 11am	Lap Swimming (8 Lanes Available) Lap Pool 10am - 4:15pm	Lap Swimming (8 Lanes Available) Lap Pool 10am - 3pm	Lap Swimming (8 Lanes Available) Lap Pool 10am - 4:15pm	Lap Swimming (8 Lanes Available) Lap Pool 10am - 4:15pm
	MIndfulness Practice Multi Purpose C Leesa Williams 10:15am - 11:15am		Arthritic H2O Family Pool paula sloan 10:15am - 11:15am	Aqua Groove Family Pool Theo Coates 10am - 11am	Lap Swimming (8 Lanes Available) Lap Pool 10am - 4:15pm	Lap Swimming (8 Lanes Available) Lap Pool 10am - 3pm	Lap Swimming (8 Lanes Available) Lap Pool 10am - 3pm
	Barre Multi Purpose A/B Brittany Crawley 10:30am - 11:30am		Cross Training Lite Group Ex Studio Julia Harris 10:30am - 11:30am	Gentle Yoga Multi Purpose A/B Marinda Hamilton 10:45am - 11:45am	Arthritic H2O Family Pool paula sloan 10:15am - 11:15am	Aqua Groove Family Pool Theo Coates 10am - 11am	Arthritic H2O Family Pool Norma Foy 10:15am - 11:15am
	Open Gym No Full Court Gymnasium 10:30am - 3pm		Open Gym No Full Court Gymnasium 10:30am - 12pm	Extreme Fit Group Ex Studio Shelly Childress 10:45am - 11:30am	Zumba® Gold Group Ex Studio Beth Zeisig 10:30am - 11:30am	Zumba Toning® Group Ex Studio Beth Zeisig 10:30am - 11:30am	Cross Training Lite Group Ex Studio Jill Bryant 10:35am - 11:35am
	Pound Group Ex Studio Beth Zeisig 10:30am - 11:30am		Gentle Yoga Multi Purpose A/B Marinda Hamilton 10:45am - 11:45am	Easy Rider Cycle Studio Vicki Sharrett 10:45am - 11:15am	Gentle Yoga Multi Purpose A/B Gary Sullivan 10:45am - 11:45am	Adult Volleyball Half Court Gymnasium 10:30am - 12:30pm	Gentle Yoga Multi Purpose A/B Leesa Williams 10:45am - 11:45am
						Open Gym No Full Court Gymnasium 10:30am - 4:30pm	
						Easy Rider Cycle Studio Paula Dahl 10:45am - 11:15am	
						Gentle Yoga Multi Purpose A/B Marinda Hamilton 10:45am - 11:45am	
11am	Zumba ® Group Ex Studio Billy Coffey 11:30am - 12:30pm		Open Swim Family Pool 11am - 4:30pm	Active Seniors Family Pool Norma Foy 11am - 12pm	MS TheraPOOLtic Family Pool paula sloan 11:30am - 12:30pm	Active Seniors Family Pool Jeanne Vaughn 11am - 12pm	Tai Chi Water Family Pool Jesse Teasley 11:15am - 12:15pm
			Lap Swimming (2 Lanes Available) Lap Pool 11am - 12pm	Open Swim Family Pool 11am - 4:30pm		Open Swim Family Pool 11am - 4:30pm	Stretch Group Ex Studio Jill Bryant 11:35am - 12pm
			Master's Swim Lap Pool chelsea pond 11am - 12pm	Open Gym No Full Court Gymnasium 11am - 5pm			
			Stretch Group Ex Studio Julia Harris 11:30am - 11:55am				
12pm	Open Swim Family Pool 12pm - 2pm	Open Swim Family Pool 12pm - 2pm	Power Yoga Multi Purpose A/B Marinda Hamilton 12pm - 1:15pm	Stott Pilates Group Ex Studio Jennifer Bohanan 12pm - 1pm	Lap Swimming (8 Lanes Available) Lap Pool 12pm - 4:15pm	Stott Pilates Group Ex Studio Teresa Julian 12pm - 1pm	Adult Basketball Full Court Gymnasium 12pm - 2pm

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		Lap Swimming (8 Lanes Available) Lap Pool 12pm - 3pm	Lap Swimming (8 Lanes Available) Lap Pool 12pm - 4:15pm	Lap Swimming (8 Lanes Available) Lap Pool 12pm - 4:15pm	Adult Basketball Full Court Gymnasium 12pm - 2pm	Yoga For Flexibility Multi Purpose A/B Marinda Hamilton 12pm - 1pm	Power Yoga Multi Purpose A/B Leesa Williams 12pm - 1:15pm
		Family Shoot Around Gymnasium 12pm - 4pm	Open Swim Family Pool 12pm - 4:30pm	Yoga For Flexibility Multi Purpose A/B Marinda Hamilton 12pm - 1pm	Spartacus Group Ex Studio Erica Bottoms 12pm - 1pm	Lap Swimming (8 Lanes Available) Lap Pool 12pm - 4:15pm	Zumba ® Group Ex Studio Adrienne Dalton 12:05pm - 1:05pm
		Lap Swimming (5 Lanes Available) Lap Pool 12pm - 3pm	Adult Basketball Full Court Gymnasium 12pm - 2pm	Cycle Cycle Studio Howard Dawley 12pm - 12:45pm	Power Yoga Multi Purpose A/B Gary Sullivan 12pm - 1:15pm	Cycle Cycle Studio Paula Dahl 12pm - 12:45pm	Open Swim Family Pool 12:15pm - 6pm
		Gentle Yoga Multi Purpose A/B Marinda Hamilton 12:15pm - 1:15pm	Tabata Group Ex Studio Julia Harris 12pm - 12:30pm			Open Gym No Full Court Gymnasium 12:30pm - 5:30pm	
			AOA (Active Older Adult) Balance and Restore Multi Purpose C Renee Shrewsbury 12:05pm - 1pm				
			Core Group Ex Studio Julia Harris 12:30pm - 1pm				
1pm	Lap Swimming (3 Lanes Available) Lap Pool 1pm - 2:45pm	BODYPUMP Group Ex Studio Brenda Brady 1:05pm - 2:15pm	Chair Exercise Group Ex Studio Mary Taylor 1:15pm - 2pm	PWR! Moves Group Ex Studio Terry Brame 1:15pm - 2:15pm	Chair Exercise Group Ex Studio Sherry McCormick 1:15pm - 2pm	PWR! Moves Group Ex Studio Terry Brame 1:15pm - 2:15pm	Chair Exercise Group Ex Studio Paula Dahl 1:15pm - 2pm
	LY Swim Practice Lap Pool 1pm - 2:45pm	Sunday Yoga Multi Purpose A/B Marinda Hamilton 1:15pm - 2:30pm	Chair Tai Chi Multi Purpose A/B Jesse Teasley 1:15pm - 2:15pm				YIN Yoga Multi Purpose A/B Leesa Williams 1:15pm - 2:15pm
2pm	Slides & Tumble Buckets Family Pool 2pm - 5pm	Slides & Tumble Buckets Family Pool 2pm - 5pm	Open Gym No Full Court Gymnasium 2pm - 5:30pm	Open Gym No Full Court Gymnasium 2pm - 5:30pm	Open Gym No Full Court Gymnasium 2pm - 5:30pm		Open Gym No Full Court Gymnasium 2pm - 7:45pm
	Lap Swimming (8 Lanes Available) Lap Pool 2:45pm - 5:45pm	Beginner Yoga Multi Purpose A/B Marinda Hamilton 2:30pm - 3:45pm					
3pm	Adult Volleyball Half Court Gymnasium 3pm - 5pm	LY Swim Team Practice Lap Pool Ryan Woodruff 3pm - 5:45pm					
	Open Gym No Full Court Gymnasium 3pm - 5:45pm						

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4pm		Sunday Yoga Multi Purpose A/B Marinda Hamilton 4pm - 5:15pm	LY Swim Team Practice Lap Pool Ryan Woodruff 4:15pm - 5:45pm	Lap Swimming (0 Lanes Available) Lap Pool 4:15pm - 5:45pm	LY Swim Team Practice Lap Pool Ryan Woodruff 4:15pm - 5:45pm	Lap Swimming (0 Lanes Available) Lap Pool 4:15pm - 5:45pm	LY Swim Team Practice Lap Pool Ryan Woodruff 4:15pm - 5:45pm
		Open Gym No Full Court Gymnasium 4pm - 4:30pm	Lap Swimming (0 Lanes Available) Lap Pool 4:15pm - 5:45pm	LY Swim Team Practice Lap Pool Ryan Woodruff 4:15pm - 5:45pm	Lap Swimming (0 Lanes Available) Lap Pool 4:15pm - 5:45pm	LY Swim Team Practice Lap Pool Ryan Woodruff 4:15pm - 5:45pm	Lap Swimming (0 Lanes Available) Lap Pool 4:15pm - 5:45pm
		Adult Basketball Half Court Gymnasium 4pm - 4:30pm	Swim Lessons Family Pool YMCA Certified Swim Instructor 4:30pm - 8pm		BODYPUMP Group Ex Studio Katrina Maine 4:30pm - 5:35pm	Zumba ® Group Ex Studio Adrienne Dalton 4:30pm - 5:30pm	Vinyasa (Flow) Yoga Group Ex Studio Gary Sullivan 4:30pm - 5:45pm
		Lap Swimming (3 Lanes Available) Lap Pool 4pm - 5:45pm					
		Adult Basketball Full Court Gymnasium 4:30pm - 5:45pm					
5pm	Open Swim Family Pool 5pm - 5:45pm	Open Swim Family Pool 5pm - 5:45pm	Martial Arts Multi Purpose A/B Andy Henson 5pm - 5:30pm	Youth Basketball Gymnasium Tracy Williams 5:30pm - 7:30pm	Martial Arts Multi Purpose A/B Andy Henson 5pm - 5:30pm	Cycle Cycle Studio Susan Coalson 5:30pm - 6:15pm	Martial Arts Multi Purpose A/B Andy Henson 5pm - 5:30pm
			Spartacus Group Ex Studio Kelly Watson 5pm - 5:50pm	Lap Swimming (1 Lane Available) Lap Pool 5:45pm - 6pm	Youth Basketball Gymnasium Tracy Williams 5:30pm - 7:30pm	Youth Basketball Gymnasium Tracy Williams 5:30pm - 7:30pm	Martial Arts Multi Purpose A/B Andy Henson 5:30pm - 6:30pm
			Martial Arts Multi Purpose A/B Andy Henson 5pm - 5:30pm	Aqua Zumba Lap Pool Adrienne Dalton 5:45pm - 6:45pm	Martial Arts Multi Purpose A/B Andy Henson 5:30pm - 6:30pm	Power Yoga Multi Purpose A/B Marinda Hamilton 5:45pm - 7pm	Martial Arts Multi Purpose A/B Andy Henson 5:30pm - 6:30pm
			Martial Arts Multi Purpose A/B Andy Henson 5:30pm - 6:30pm	Power Yoga Multi Purpose A/B Stacy Dees 5:45pm - 7pm	Lap Swimming (1 Lane Available) Lap Pool 5:45pm - 6:15pm	Aqua Zumba Lap Pool Adrienne Dalton 5:45pm - 6:45pm	Lap Swimming (5 Lanes Available) Lap Pool 5:45pm - 6:15pm
			Aqua Zumba Lap Pool Adrienne Dalton 5:45pm - 6:45pm		H.i.i.T Group Ex Studio Tricia Rucker 5:45pm - 6:45pm	BODYPUMP Group Ex Studio Colby Takacs 5:45pm - 6:45pm	Lap Swimming (2 Lanes Available) Lap Pool 5:45pm - 6:30pm
			Cycle Cycle Studio Mike Gilley 5:45pm - 6:45pm			Lap Swimming (1 Lane Available) Lap Pool 5:45pm - 6pm	
			Lap Swimming (1 Lane Available) Lap Pool 5:45pm - 6:15pm				

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6pm			Lap Swimming (5 Lanes Available) Lap Pool 6:15pm - 6:45pm	Lap Swimming (5 Lanes Available) Lap Pool 6pm - 6:45pm	Slides & Tumble Buckets Family Pool 6pm - 7:30pm	Lap Swimming (5 Lanes Available) Lap Pool 6pm - 6:45pm	Slides & Tumble Buckets Family Pool 6pm - 7:30pm
			Martial Arts Multi Purpose A/B Andy Henson 6:30pm - 7:30pm	Tabata Group Ex Studio Tricia Rucker 6:30pm - 6:55pm	Lap Swimming (5 Lanes Available) Lap Pool 6:15pm - 6:45pm	Lap Swimming (8 Lanes Available) Lap Pool 6:45pm - 9:45pm	Open Swim Family Pool 6pm - 7:45pm
			Lap Swimming (8 Lanes Available) Lap Pool 6:45pm - 9:45pm	Lap Swimming (8 Lanes Available) Lap Pool 6:45pm - 9:45pm	Martial Arts Multi Purpose A/B Andy Henson 6:30pm - 7:30pm		Tabata Group Ex Studio Tricia Rucker 6pm - 6:30pm
					Lap Swimming (8 Lanes Available) Lap Pool 6:45pm - 9:45pm		Slides & Tumble Buckets Family Pool 6pm - 7:30pm
					Core Group Ex Studio Tricia Rucker 6:45pm - 7pm		Lap Swimming (8 Lanes Available) Lap Pool 6:30pm - 7:45pm
							Martial Arts Multi Purpose A/B Andy Henson 6:30pm - 7:30pm
							Martial Arts Multi Purpose A/B Andy Henson 6:30pm - 7:30pm
7pm			Cardio Hip Hop Group Ex Studio Theo Coates 7pm - 8pm	YIN Yoga Multi Purpose A/B Stacy Dees 7pm - 8pm	Cardio Funk Group Ex Studio Kena Wilson 7pm - 8pm	Pound Group Ex Studio Nicha Tracey 7pm - 8pm	
			Adult Basketball Half Court Gymnasium 7pm - 9:45pm	Pound Group Ex Studio Beth Zeisig 7pm - 8pm	Open Swim Family Pool 7:30pm - 9:45pm	Beginner Yoga Multi Purpose A/B Marinda Hamilton 7pm - 8pm	
			Open Gym No Full Court Gymnasium 7pm - 9:45pm	Aqua Groove Family Pool Theo Coates 7:10pm - 7:55pm	Adult Volleyball Half Court Gymnasium 7:30pm - 9:45pm	Aqua Groove Family Pool Theo Coates 7:10pm - 7:55pm	
				Teen Basketball Half Court Gymnasium 7:30pm - 9:45pm	Open Gym No Full Court Gymnasium 7:30pm - 9:45pm	Open Gym No Full Court Gymnasium 7:30pm - 9:45pm	
				Open Swim Family Pool 7:55pm - 9:45pm	Open Swim Family Pool 7:30pm - 9:45pm	Adult Volleyball Half Court Gymnasium 7:30pm - 9:45pm	
						Open Swim Family Pool 7:55pm - 9:45pm	

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8pm			Open Swim Family Pool 8pm - 9:45pm	Zumba ® Group Ex Studio Jenianne Holzhauser 8pm - 9pm			
			Zumba ® Group Ex Studio Jenianne Holzhauser 8pm - 9pm				
			Open Swim Family Pool 8:30pm - 9:45pm				

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