



Downtown Branch
December 15th - December 21st

1315 Church St.
LYNCHBURG, VA 24504
(434) 847-5597

	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
5am		Open Gym No Full Court Gym 5:30am - 8:15am	Open Swim Lap Pool 5:30am - 3pm	Open Swim Family Pool 5:30am - 7am	Open Gym No Full Court Gym 5:30am - 8:15am	Open Swim Family Pool 5:30am - 7am	
		Open Swim Lap Pool 5:30am - 3pm	Open Swim Family Pool 5:30am - 7am	Open Swim Lap Pool 5:30am - 11am	Open Swim Family Pool 5:30am - 7am	Open Swim Lap Pool 5:30am - 11am	
		Open Swim Family Pool 5:30am - 7am	Open Gym No Full Court Gym 5:30am - 8:15am	Open Gym No Full Court Gym 5:30am - 8:15am	Open Swim Lap Pool 5:30am - 3pm	Open Gym No Full Court Gym 5:30am - 8:45am	
6am			Cycle Express Cycle Studio John Poole 6am - 6:45am		Cycle Express Cycle Studio Bret Kampf 6am - 6:45am		
7am		Cardio Energize Family Pool Linda Webb 7am - 8am	Water Yoga Family Pool Michele Spruce 7am - 8am	Cardio Energize Family Pool Linda Webb 7am - 8am	Water Yoga Family Pool Michele Spruce 7am - 8am	Cardio Energize Family Pool Linda Webb 7am - 8am	Open Swim Lap Pool 7am - 5:45pm
				Cardio Energize Family Pool Linda Webb 7am - 8am		Gentle Yoga Group Ex Jan Baker 7am - 8am	Open Swim Family Pool 7am - 8am
							Family Shoot Around Gym 7am - 8:45am
8am		Aqua Relaxation Family Pool Michele Spruce 8am - 9am	Child Watch Child Watch 8am - 1pm	Child Watch Child Watch 8am - 1pm	High Intensity Deep Water Family Pool Betsy Callaham 8am - 9am	Child Watch Child Watch 8am - 1pm	Child Watch Child Watch 8am - 12pm
		Child Watch Child Watch 8am - 1pm	High Intensity Deep Water Family Pool Betsy Callaham 8am - 9am	Water Wake up Family Pool Vanessa Rose 8am - 9am	Child Watch Child Watch 8am - 1pm	Water Wake up Family Pool Vanessa Rose 8am - 9am	Deep H2O Family Pool Vanessa Rose 8am - 9am
		Flexible Strength Group Ex Sue Jaenke 8:30am - 9:30am	Muscle Gym Mary Lynn Poe 8:30am - 9:30am	H.i.i.T Gym Julia Harris 8:30am - 9:30am	Muscle Gym Jan Baker 8:30am - 9:30am	AOA (Active Older Adult) Balance and Restore Group Ex Sue Jaenke 8:30am - 9:30am	
		Cardio Circuit Gym Mary Lynn Poe 8:30am - 9:30am		Flexible Strength Group Ex Andrea Neiman 8:30am - 9:30am			
9am		Les Mills RPM 30 Cycle Studio Les Mills Virtual 9am - 9:30am	Water Yoga Family Pool Michele Spruce 9am - 10am	Les Mills RPM 30 Cycle Studio Les Mills Virtual 9am - 9:30am	Water Yoga Family Pool Michele Spruce 9am - 10am	Shred Gym Jan Baker 9am - 10am	P90X LIVE Gym Jill Bryant 9am - 10am
		Extreme Stretching Family Pool Betsy Callaham 9am - 10am	Total Body Works Gym Jan Baker 9:30am - 10:45am	Aqua Relaxation Family Pool Peggy May 9am - 10am	Total Body Works Gym Julia Harris 9:30am - 10:45am	Aqua Relaxation Family Pool Michele Spruce 9am - 10am	Open Swim Family Pool 9am - 5:45pm

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	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
10am		P90X LIVE Gym Jan Baker 9:30am - 10:30am	Vinyasa (Flow) Yoga Group Ex Gary Sullivan 9:30am - 10:45am	Barre Fusion Group Ex Jennifer Bohanan 9:30am - 10:30am	Vinyasa (Flow) Yoga Group Ex Gary Sullivan 9:30am - 10:45am	Vinyasa (Flow) Yoga Multi Purpose Marinda Hamilton 9:15am - 10:30am	Hatha Yoga Group Ex Christine Euhus 9:30am - 10:45am
		Pilates Fusion Multi Purpose Sue Jaenke 9:30am - 10:30am		Total Muscle Gym Andrea Neiman 9:30am - 10:30am		Barre Fusion Group Ex Brittany Crawley 9:30am - 10:30am	
		Cross Training Lite Gym Jan Baker 10:30am - 11:30am	Open Swim Family Pool 10am - 5:30pm	Low Impact/High Energy Family Pool Betsy Callaham 10am - 11am	Open Swim Family Pool 10am - 5:30pm	Low Impact/High Energy Family Pool Betsy Callaham 10am - 11am	Pure Recovery Multi Purpose Jill Bryant 10am - 10:30am
		Barre Fusion Group Ex Brittany Crawley 10:45am - 11:45am		Zumba ® Group Ex Adrienne Dalton 10:30am - 11:30am		Open Gym No Full Court Gym 10:15am - 12:45pm	Youth Basketball League Gym 10am - 2:15pm
						Pure Stretch Multi Purpose Jan Baker 10:30am - 11:30am	Les Mills Sprint - Virtual Cycle Studio Les Mills Virtual 10am - 10:30am
						Zumba ® Group Ex Billy Coffey 10:45am - 11:30am	
11am		Open Swim Family Pool 11am - 1pm	Open Gym No Full Court Gym 11am - 12:45pm	Master's Swim Lap Pool LY Swim Coaches 11am - 12pm	Barre Bootcamp Group Ex Brittany Crawley 11am - 11:45am	Master's Swim Lap Pool LY Swim Coaches 11am - 12pm	
		Family Shoot Around Gym 11:45am - 7:15pm	Barre Bootcamp Group Ex Brittany Crawley 11am - 11:45am	Open Swim Family Pool 11am - 2pm		Aqua Groove Family Pool Theo Coates 11am - 12pm	
12pm	Open Swim Family Pool 12pm - 5:45pm	Les Mills Sprint - Virtual Cycle Studio Les Mills Virtual 12pm - 12:30pm	Les Mills RPM 30 Cycle Studio Les Mills Virtual 12pm - 12:30pm	Les Mills Sprint - Virtual Cycle Studio Les Mills Virtual 12pm - 12:30pm	Les Mills RPM 30 Cycle Studio Les Mills Virtual 12pm - 12:30pm	Open Swim Family Pool 12pm - 7:45pm	
	Open Swim Lap Pool 12pm - 1:30pm			Open Swim Lap Pool 12pm - 3pm		Open Swim Lap Pool 12pm - 3pm	
	Adult Pickleball Gym 12pm - 3pm						
1pm	LY Swim Team Practice Lap Pool LY Swim Coaches 1:30pm - 5pm	Aqua Groove Family Pool Theo Coates 1pm - 2pm	Adult Pickleball Gym 1pm - 4pm	Adult Pickleball Gym 1pm - 4pm		Adult Pickleball Gym 1pm - 4pm	
2pm	Les Mills RPM 30 Cycle Studio Les Mills Virtual 2pm - 2:30pm	Open Swim Family Pool 2pm - 5:30pm		Aqua Groove Family Pool Theo Coates 2pm - 3pm			Adult Basketball Full Court Gym 2:30pm - 5:30pm

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	Sunday Yoga Group Ex Gary Sullivan 2:30pm - 3:30pm						
3pm	Open Gym No Full Court Gym 3:15pm - 5:45pm	E.C. Glass Swim Team Lap Pool High School Swim Team Coaches 3pm - 4:15pm	E.C. Glass Swim Team Lap Pool High School Swim Team Coaches 3pm - 4:15pm	E.C. Glass Swim Team Lap Pool High School Swim Team Coaches 3pm - 4:15pm	E.C. Glass Swim Team Lap Pool High School Swim Team Coaches 3pm - 4:15pm	E.C. Glass Swim Team Lap Pool High School Swim Team Coaches 3pm - 4:15pm	
				Open Swim Family Pool 3pm - 5:30pm			
4pm		LY Swim Team Practice Lap Pool LY Swim Coaches 4:15pm - 6:30pm	Open Gym No Full Court Gym 4pm - 5:15pm	LY Swim Team Practice Lap Pool LY Swim Coaches 4:15pm - 6pm	LY Swim Team Practice Lap Pool LY Swim Coaches 4:15pm - 6:30pm	Family Shoot Around Gym 4:15pm - 7:30pm	
		Child Watch Child Watch 4:30pm - 8pm	LY Swim Team Practice Lap Pool LY Swim Coaches 4:15pm - 6:30pm	Family Shoot Around Gym 4:30pm - 5:15pm	Les Mills Sprint - Virtual Cycle Studio Les Mills Virtual 4:30pm - 5pm	LY Swim Team Practice Lap Pool LY Swim Coaches 4:15pm - 7:45pm	
		Les Mills RPM Cycle Studio Les Mills Virtual 4:30pm - 5:15pm	Child Watch Child Watch 4:30pm - 8pm	Flexible Strength Group Ex Kelly Watson 4:30pm - 5:30pm	Child Watch Child Watch 4:30pm - 8pm	Child Watch Child Watch 4:30pm - 7:30pm	
			Cross Training Group Ex Kelly Watson 4:30pm - 5:30pm	Child Watch Child Watch 4:30pm - 8pm	H.i.i.T Group Ex Kelly Watson 4:30pm - 5:30pm		
			Les Mills Sprint - Virtual Cycle Studio Les Mills Virtual 4:30pm - 5pm	Les Mills RPM Cycle Studio Les Mills Virtual 4:30pm - 5:15pm			
5pm	Open Swim Lap Pool 5pm - 5:45pm	Yoga for Athletes Multi Purpose Marinda Hamilton 5:30pm - 6:30pm	Les Mills RPM 55 - Virtual Cycle Studio Les Mills Virtual 5:30pm - 6:30pm	Shred Gym Jan Baker 5:30pm - 6:30pm	Deep Water HIIT Family Pool Beth Dunn 5:30pm - 6:30pm		
		Cardio Combo Family Pool Jeanne Vaughn 5:30pm - 6:30pm	P90X LIVE Gym Jan Baker 5:30pm - 6pm	Cardio Combo Family Pool Jeanne Vaughn 5:30pm - 6:30pm	P90X LIVE Gym Kelly Watson 5:30pm - 6pm		
		Cycle Cycle Studio Sondra Pinn 5:30pm - 6:30pm	Deep Water HIIT Family Pool Alicia Roberts 5:30pm - 6:30pm	Zumba ® Group Ex Maria Aponte 5:30pm - 6:30pm	Cycle Cycle Studio Sondra Pinn 5:30pm - 6:30pm		
		Spartacus Group Ex Julia Harris 5:30pm - 6:45pm		Les Mills RPM 55 - Virtual Cycle Studio Les Mills Virtual 5:30pm - 6:30pm	Barre Fusion Group Ex Andrea Neiman 5:30pm - 6:30pm		

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6pm		Open Swim Lap Pool 6:30pm - 7pm	Hatha Yoga Multi Purpose Marinda Hamilton 6pm - 7pm	Open Swim Lap Pool 6pm - 6:30pm	Open Swim Lap Pool 6:30pm - 7pm		
		Open Swim Family Pool 6:30pm - 9:45pm	Open Swim Lap Pool 6:30pm - 7pm	Open Swim Family Pool 6:30pm - 9:45pm	Open Swim Family Pool 6:30pm - 9:45pm		
			Open Swim Family Pool 6:30pm - 9:45pm	LY Swim Team Practice Lap Pool LY Swim Coaches 6:30pm - 8:45pm	Bodyump Express Group Ex Katrina Maine 6:30pm - 7pm		
			Bodyump Express Group Ex YMCA Staff Member 6:30pm - 7pm	Open Gym No Full Court Gym 6:45pm - 9:30pm			
7pm		LY Swim Team Practice Lap Pool LY Swim Coaches 7pm - 8:45pm	LY Swim Team Practice Lap Pool LY Swim Coaches 7pm - 8:45pm		LY Swim Team Practice Lap Pool LY Swim Coaches 7pm - 8:45pm		
		Adult Basketball Full Court Gym 7:30pm - 9:30pm	Family Shoot Around Gym 7:30pm - 9:30pm		Adult Basketball Full Court Gym 7:30pm - 9:30pm		
					Open Gym No Full Court Gym 7:30pm - 9:30pm		
8pm		Open Swim Lap Pool 8:45pm - 9:45pm	Open Swim Lap Pool 8:45pm - 9:45pm	Open Swim Lap Pool 8:45pm - 9:45pm	Open Swim Lap Pool 8:45pm - 9:45pm		

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