



# Easton Family YMCA and Y @ Washington

March 29th - April 4th

1180 South Washington  
Street  
Easton, MD 21601  
4108220566

	FRI 29	SAT 30	SUN 31	MON 1	TUE 2	WED 3	THU 4
5am				<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Adele Showalter 5am - 6am	<b>Bootcamp</b> Gym @ Peach Blossom Kristi Mertaugh 5:30am - 6:30am	<b>Cycling</b> GEX 3 Cycle Room: 2nd Floor @ Peach Blossom Katie Hertelendy 5:30am - 6:30am	<b>Bootcamp</b> Gym @ Peach Blossom Kristi Mertaugh 5:30am - 6:30am
				<b>Cycling</b> GEX 3 Cycle Room: 2nd Floor @ Peach Blossom Katie Hertelendy 5:30am - 6:30am	<b>Lap Lanes (5 Lanes available)</b> Cool Pool @ Peachblossom No Instructor 5:30am - 6am	<b>Lap Lanes (5 Lanes available)</b> Cool Pool @ Peachblossom No Instructor 5:30am - 6am	<b>Lap Lanes (5 Lanes available)</b> Cool Pool @ Peachblossom No Instructor 5:30am - 8am
				<b>Lap Lanes (5 Lanes available)</b> Cool Pool @ Peachblossom No Instructor 5:30am - 6am			<b>Lap Lanes (5 Lanes available)</b> Cool Pool @ Peachblossom No Instructor 5:30am - 6am
6am				<b>HIIT</b> Group Exercise Room 1 @ Peach Blossom Kristi English 6:45am - 7:45am	<b>Lap Swim (2 Lanes Available)</b> Cool Pool @ Peachblossom No Instructor 6am - 7am	<b>HIIT</b> Group Exercise Room 1 @ Peach Blossom Kristi English 6:45am - 7:45am	<b>Express Cycling</b> GEX 3 Cycle Room: 2nd Floor @ Peach Blossom Julia Foxwell 6:30am - 7am
					<b>Masters- 3 Lanes</b> Cool Pool @ Peachblossom No Instructor 6am - 7am		
					<b>Express Cycling</b> GEX 3 Cycle Room: 2nd Floor @ Peach Blossom Deanna Van Skiver 6:30am - 7:10am		
7am		<b>Bootcamp</b> Gym @ Peach Blossom Kristi English 7:30am - 8:30am		<b>Lap Lanes (5 Lanes available)</b> Cool Pool @ Peachblossom No Instructor 7am - 8am	<b>Lap Lanes (5 Lanes available)</b> Cool Pool @ Peachblossom No Instructor 7am - 8am	<b>Lap Lanes (5 Lanes available)</b> Cool Pool @ Peachblossom No Instructor 7am - 8am	<b>Lap Lanes (5 Lanes available)</b> Cool Pool @ Peachblossom No Instructor 7am - 8am
		<b>Masters 4 lanes(1 Lane to the public)</b> Cool Pool @ Peachblossom No Instructor 7:30am - 8am		<b>Hatha Yoga</b> Yoga Studio Y @ Washington Shirley Foster 7:45am - 8:45am		<b>Hatha Yoga</b> Yoga Studio Y @ Washington Shirley Foster 7:45am - 8:45am	
		<b>Cardio Fusion</b> Group Exercise Room 1 @ Peach Blossom Latonya Potter 7:45am - 8:45am					

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



# Easton Family YMCA and Y @ Washington

March 29th - April 4th

1180 South Washington

Street

Easton, MD 21601

4108220566

	FRI 29	SAT 30	SUN 31	MON 1	TUE 2	WED 3	THU 4
8am		<b>Master- No Lanes Available</b> Cool Pool @ Peachblossom No Instructor 8am - 9am		<b>Deep Water Circuit</b> Cool Pool @ Peachblossom Jan Finger 8am - 9am	<b>Lap Swim (1 Lane Available)</b> Cool Pool @ Peachblossom No Instructor 8am - 9am	<b>Cycling</b> GEX 3 Cycle Room: 2nd Floor @ Peach Blossom Laura Batchelor 8am - 9am	<b>Lap Swim (1 Lane Available)</b> Cool Pool @ Peachblossom No Instructor 8am - 9am
		<b>Advanced Pickleball Open Play</b> Tennis Courts @ Washington No Instructor 8am - 11am		<b>Floor, Core, and More</b> Group Exercise @ Washington Rotating Instructor 8am - 9am	<b>TRX</b> Group Exercise @ Washington Kristin Lockerman 8am - 8:30am	<b>Deep Water Circuit</b> Cool Pool @ Peachblossom Jan Finger 8am - 9am	<b>TRX</b> Group Exercise @ Washington Kristin Lockerman 8am - 8:30am
				<b>LES MILLS CORE™</b> Group Exercise Room 1 @ Peach Blossom Kristin Lockerman 8am - 8:45am	<b>BODYPUMP™</b> Gym @ Peach Blossom Alison Rung 8:30am - 9:30am	<b>Floor, Core, and More</b> Group Exercise @ Washington Rotating Instructor 8am - 9am	<b>SHiNE™</b> Group Exercise @ Washington Jen Runz 8:30am - 9:30am
				<b>Cycling</b> GEX 3 Cycle Room: 2nd Floor @ Peach Blossom Kerry Foxwell 8am - 9am	<b>Cycling</b> GEX 3 Cycle Room: 2nd Floor @ Peach Blossom Heather Moore 8:30am - 9:30am	<b>Mat Pilates</b> Group Exercise Room 1 @ Peach Blossom Shannon Wiggins 8am - 9am	<b>BODYPUMP™</b> Gym @ Peach Blossom Kristin Lockerman 8:30am - 9:30am
					<b>SHiNE™</b> Group Exercise @ Washington Courtney Abell 8:30am - 9:30am		<b>Cycling</b> GEX 3 Cycle Room: 2nd Floor @ Peach Blossom Heather Moore 8:30am - 9:30am
9am		<b>BODYPUMP™</b> Group Exercise @ Washington Rotating Instructor 9am - 10am		<b>Aerobics in Motion</b> Gym @ Peach Blossom Cherie Spector 9am - 10:15am	<b>Spinal Stability</b> Warm Pool @ Peach Blossom Jan Finger 9am - 10am	<b>Aerobics in Motion</b> Gym @ Peach Blossom Cherie Spector 9am - 10:15am	<b>Spinal Stability</b> Warm Pool @ Peach Blossom Jan Finger 9am - 10am
		<b>Swim Team - Winter</b> Cool Pool @ Peachblossom No Instructor 9am - 12pm		<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Kristin Lockerman 9am - 10am	<b>Hatha Yoga</b> Group Exercise Room 1 @ Peach Blossom Paul Gilmore 9am - 10am	<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Kristin Lockerman 9am - 10am	<b>Lap Swim (2 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 9am - 10am
		<b>Vinyasa Yoga</b> Group Exercise Room 1 @ Peach Blossom Paul Gilmore 9am - 10am		<b>Lap Swim (2 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 9am - 10am	<b>Lap Swim (2 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 9am - 10am	<b>Lap Swim (2 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 9am - 10am	<b>Hatha Yoga</b> Group Exercise Room 1 @ Peach Blossom Paul Gilmore 9am - 10am
		<b>Cycling</b> GEX 3 Cycle Room: 2nd Floor @ Peach Blossom Alison Rung 9am - 10am		<b>Spinal Stability</b> Warm Pool @ Peach Blossom Jan Finger 9am - 10am	<b>BODYFLOW®</b> Group Exercise @ Washington Heather Moore 9:45am - 10:45am	<b>Spinal Stability</b> Warm Pool @ Peach Blossom Jan Finger 9am - 10am	<b>BODYFLOW®</b> Group Exercise @ Washington Heather Moore 9:45am - 10:45am

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



# Easton Family YMCA and Y @ Washington

March 29th - April 4th

1180 South Washington  
Street  
Easton, MD 21601  
4108220566

	FRI 29	SAT 30	SUN 31	MON 1	TUE 2	WED 3	THU 4
10am				<b>Water Aerobics</b> Cool Pool @ Peachblossom Karen S 9am - 10am		<b>Water Aerobics</b> Cool Pool @ Peachblossom Karen S 9am - 10am	
				<b>Deep Water Works</b> Cool Pool @ Peachblossom Ellen R 9:30am - 10:30am		<b>Zumba®</b> Group Exercise @ Washington Jen Burrows 9am - 10am	
						<b>Deep Water Works</b> Cool Pool @ Peachblossom Ellen R 9:30am - 10:30am	
				<b>Low Impact &amp; Strength</b> Group Exercise Room 1 @ Peach Blossom Rotating Instructor 10am - 11am	<b>Deep Water HIIT</b> Cool Pool @ Peachblossom Sandi Whitehurst 10:30am - 11:30am	<b>Low Impact &amp; Strength</b> Group Exercise Room 1 @ Peach Blossom Rotating Instructor 10am - 11am	<b>Deep Water HIIT</b> Cool Pool @ Peachblossom Sandi Whitehurst 10:30am - 11:30am
				<b>Strength 4 Men</b> Gym @ Peach Blossom Jan Finger 10:30am - 11:30am	<b>Deep Water HIIT</b> Cool Pool @ Peachblossom Sandi Whitehurst 10:30am - 11:30am	<b>Strength 4 Men</b> Gym @ Peach Blossom Jan Finger 10:30am - 11:30am	<b>Deep Water HIIT</b> Cool Pool @ Peachblossom Sandi Whitehurst 10:30am - 11:30am
11am							<b>Swim Lessons- Preschool</b> Warm Pool @ Peach Blossom No Instructor 10:30am - 11:30am
				<b>Pickleball</b> Tennis Courts @ Washington No Instructor 11am - 2pm	<b>Water Aerobics</b> Warm Pool @ Peach Blossom Shana Robinson 11am - 12pm	<b>Water Aerobics</b> Warm Pool @ Peach Blossom Jan McCrea 11am - 12pm	<b>Pickleball</b> Tennis Courts @ Washington No Instructor 11am - 2pm
				<b>Water Aerobics</b> Warm Pool @ Peach Blossom Shana Robinson 11am - 12pm		<b>Beginner/ Intermediate Pickleball Open Play</b> Tennis Courts @ Washington No Instructor 11:30am - 2:30pm	<b>Water Aerobics</b> Warm Pool @ Peach Blossom Shana Robinson 11am - 12pm
12pm							<b>Water Aerobics</b> Warm Pool @ Peach Blossom Shana Robinson 11am - 12pm
		<b>Pickleball</b> Tennis Courts @ Washington No Instructor 12pm - 3pm		<b>Tranquility Hour</b> Warm Pool @ Peach Blossom No Instructor 12pm - 1pm	<b>Tranquility Hour</b> Warm Pool @ Peach Blossom No Instructor 12pm - 1pm	<b>Tranquility Hour</b> Warm Pool @ Peach Blossom No Instructor 12pm - 1pm	<b>Tranquility Hour</b> Warm Pool @ Peach Blossom No Instructor 12pm - 1pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



# Easton Family YMCA and Y @ Washington

March 29th - April 4th

1180 South Washington

Street

Easton, MD 21601

4108220566

	FRI 29	SAT 30	SUN 31	MON 1	TUE 2	WED 3	THU 4
1pm					<b>Pickleball</b> Tennis Courts @ Washington No Instructor 1pm - 4pm		
5pm				<b>SHINE™</b> Group Exercise Room 1 @ Peach Blossom Tricia Weise 5pm - 6pm	<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Katie Ewers 5pm - 6pm	<b>SHINE™</b> Group Exercise Room 1 @ Peach Blossom Tricia Weise 5pm - 6pm	<b>Swim Team</b> Cool Pool @ Peachblossom No Instructor 5pm - 8pm
				<b>Swim Team</b> Cool Pool @ Peachblossom No Instructor 5pm - 8pm	<b>Swim Team</b> Cool Pool @ Peachblossom No Instructor 5pm - 8pm	<b>Master- No Lanes Available</b> Cool Pool @ Peachblossom No Instructor 5pm - 6:30pm	<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Katie Ewers 5pm - 6pm
				<b>Cycling</b> GEX 3 Cycle Room: 2nd Floor @ Peach Blossom Julia Foxwell 5:15pm - 6pm	<b>Express Cycling</b> GEX 3 Cycle Room: 2nd Floor @ Peach Blossom Lisa Nappier 5:15pm - 6pm	<b>Express Cycling</b> GEX 3 Cycle Room: 2nd Floor @ Peach Blossom Kristi Mertaugh 5:15pm - 6pm	<b>Express Cycling</b> GEX 3 Cycle Room: 2nd Floor @ Peach Blossom Victoria Windmiller 5:15pm - 6:15pm
				<b>BODYFLOW®</b> Group Exercise @ Washington Kate Meyer 5:30pm - 6:30pm		<b>BODYFLOW®</b> Group Exercise @ Washington Kate Meyer 5:30pm - 6:30pm	<b>Aqua Fit</b> Warm Pool @ Peach Blossom Shana Robinson 5:30pm - 6:30pm
						<b>Hatha Yoga</b> Yoga Studio Y @ Washington Patty Schwaninger 5:30pm - 6:30pm	
6pm				<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Deanna Van Skiver 6pm - 7pm	<b>Cardio Kickboxing</b> Group Exercise Room 1 @ Peach Blossom Deanna Van Skiver 6pm - 6:30pm	<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Deanna Van Skiver 6pm - 7pm	<b>Cardio Kickboxing</b> Group Exercise Room 1 @ Peach Blossom Deanna Van Skiver 6pm - 6:30pm
					<b>Rockwall</b> Rockwall Rotating Instructor 6pm - 8pm	<b>Special Olympics Swim Time</b> Cool Pool @ Peachblossom No Instructor 6:15pm - 8pm	<b>Rockwall</b> Rockwall Rotating Instructor 6pm - 8pm
					<b>LES MILLS CORE™</b> Group Exercise Room 1 @ Peach Blossom Deanna Van Skiver 6:30pm - 7pm		<b>LES MILLS CORE™</b> Group Exercise Room 1 @ Peach Blossom Deanna Van Skiver 6:30pm - 7pm
8pm						<b>Water Polo</b> Cool Pool @ Peachblossom No Instructor 8pm - 8:45pm	

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.