



# Easton Family YMCA

June 25th - July 1st

202 Peach Blossom Lane

Easton, MD 21601

410.822.0566

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1	
5am	<b>Cycling</b> Cycle Room: 1st Floor @ Peach Blossom Marissa Carter 5:15am - 6am	<b>BODYCOMBAT™</b> Group Exercise Room 1 @ Peach Blossom Deidra Holliday 5:30am - 6:30am	<b>Cycling</b> Cycling Room @ Washington Regina Elliott 5:30am - 6:30am	<b>BODYPUMP™</b> Group Exercise @ Washington Adele Showalter 5:15am - 6:15am				<b>BODYPUMP™</b> Group Exercise @ Washington Adele Showalter 5:15am - 6:15am
	<b>Les Mills Barre</b> Group Exercise @ Washington Deanna Van Skiver 5:15am - 5:45am	<b>Lap Swim (3 Lanes Available)</b> Cool Pool @ Peachblossom No Instructor 5:30am - 6:30am	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 5:30am - 6am	<b>Cycling</b> Cycling Room @ Washington Katie Hertelendy 5:30am - 6:30am				<b>GRIT™</b> Group Exercise Room 1 @ Peach Blossom Lesa Lee 5:30am - 6am
	<b>Interval Training</b> Group Exercise Room 1 @ Peach Blossom Deidra Holliday 5:30am - 6:30am	<b>Bootcamp</b> Group Exercise @ Washington Regina Elliott 5:30am - 6:30am	<b>Interval Training</b> Group Exercise Room 1 @ Peach Blossom Deidra Holliday 5:30am - 6:30am	<b>GRIT™</b> Group Exercise Room 1 @ Peach Blossom Amy Schiefer 5:30am - 6:15am				<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 5:30am - 6am
	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 5:30am - 6am			<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 5:30am - 6am				
	<b>Cycling</b> Cycling Room @ Washington Adele Showalter 5:30am - 6:30am							
6am	<b>TRX</b> Group Exercise @ Washington Kate Loveless 6am - 6:30am	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 6:30am - 7am	<b>TRX</b> Group Exercise @ Washington Kate Loveless 6am - 6:30am	<b>Masters- 3 Lanes</b> Cool Pool @ Peachblossom No Instructor 6am - 7am			<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 6am - 7am	
	<b>Masters- 3 Lanes</b> Cool Pool @ Peachblossom No Instructor 6am - 7am	<b>Floor, Core, and More</b> Group Exercise Room 1 @ Peach Blossom Trish Beveridge 6:45am - 7:45am	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 6am - 7am	<b>Lap Swim (2 Lanes Available)</b> Cool Pool @ Peachblossom No Instructor 6am - 7am				<b>Floor, Core, and More</b> Group Exercise Room 1 @ Peach Blossom Trish Beveridge 6:45am - 7:45am
	<b>Lap Swim (2 Lanes Available)</b> Cool Pool @ Peachblossom No Instructor 6am - 7am		<b>Vinyasa Yoga</b> Group Exercise Room 2 @ Peach Blossom Karen Knauss 6:45am - 7:45am	<b>Floor, Core, and More</b> Group Exercise Room 1 @ Peach Blossom Trish Beveridge 6:45am - 7:45am				
	<b>Vinyasa Yoga</b> Group Exercise Room 2 @ Peach Blossom Karen Knauss 6:45am - 7:45am							
7am	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 7am - 8am	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 7am - 8am	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 7am - 8am	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 7am - 8am	<b>Master- No Lanes Available</b> Cool Pool @ Peachblossom No Instructor 7am - 8am		<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 7am - 8am	

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.



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8am				<b>Gentle Yoga</b> Group Exercise @ Washington Patty Schwaninger 7:15am - 8:15am				
	<b>Shallow 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>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 8am - 9am	<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Trish Beveridge 8am - 9am	<b>Interval Training</b> Group Exercise Room 1 @ Peach Blossom Deidra Holliday 8am - 9am			<b>Deep Water Circuit</b> Cool Pool @ Peachblossom Jan Finger 8am - 9am
	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 8am - 9am	<b>Deep Water Circuit</b> Cool Pool @ Peachblossom Jan Finger 8am - 9am	<b>Shallow Water Circuit</b> Cool Pool @ Peachblossom Jan Finger 8am - 9am	<b>Floor, Core, and More</b> Group Exercise @ Washington Kristin Lockerman 8am - 9am	<b>Master- No Lanes Available</b> Cool Pool @ Peachblossom No Instructor 8am - 9am			<b>Floor, Core, and More</b> Group Exercise @ Washington Beth Olavsrud 8am - 9am
	<b>Lap Swim (2 Lanes Available)</b> Cool Pool @ Peachblossom No Instructor 8am - 9am	<b>Floor, Core, and More</b> Group Exercise @ Washington Beth Olavsrud 8am - 9am	<b>Lap Swim (1 Lane Available)</b> Cool Pool @ Peachblossom No Instructor 8am - 9am	<b>Lap Swim (1 Lane Available)</b> Cool Pool @ Peachblossom No Instructor 8am - 9am	<b>Cycling</b> Cycling Room @ Washington Katie Hertelendy 8am - 9am			<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Jen Runz 8am - 9am
	<b>TRX</b> Group Exercise @ Washington Kristin Lockerman 8am - 8:30am	<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Jen Runz 8am - 9am	<b>Pickleball</b> Tennis Courts @ Washington Wendy Palmer 8am - 11am	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 8am - 9am	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 8am - 9am			<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 8am - 9am
	<b>Cardio Fusion</b> Group Exercise @ Washington Beth Olavsrud 8:30am - 9:30am	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 8am - 9am	<b>TRX</b> Group Exercise @ Washington Kristin Lockerman 8am - 8:30am	<b>Hatha Yoga</b> Group Exercise Room 2 @ Peach Blossom Shirley Foster 8am - 9am	<b>Cardio Fusion</b> Group Exercise @ Washington Courtney Abell 8:15am - 9:15am			<b>Lap Swim (1 Lane Available)</b> Cool Pool @ Peachblossom No Instructor 8am - 9am
	<b>Cycling</b> Cycling Room @ Washington Heather Moore 8:30am - 9:30am	<b>Cycling</b> Cycling Room @ Washington Kristin Lockerman 8:30am - 9:30am	<b>Cardio Fusion</b> Group Exercise @ Washington Courtney Abell 8:30am - 9:30am	<b>Deep Water Circuit</b> Cool Pool @ Peachblossom Jan Finger 8am - 9am				<b>Cycling</b> Cycling Room @ Washington Leslee 8:30am - 9:15am
	<b>Express Abs</b> Cycle Room: 1st Floor @ Peach Blossom Trish Beveridge 8:30am - 8:50am	<b>Hatha Yoga</b> Group Exercise Room 2 @ Peach Blossom Shirley Foster 8:50am - 9:50am	<b>Express Abs</b> Cycle Room: 1st Floor @ Peach Blossom Trish Beveridge 8:30am - 8:50am	<b>Cycling</b> Cycling Room @ Washington Julia Foxwell 8:30am - 9:30am				<b>Hatha Yoga</b> Group Exercise Room 2 @ Peach Blossom Shirley Foster 8:50am - 9:50am
			<b>Cycling</b> Cycling Room @ Washington Heather Moore 8:30am - 9:30am					
	9am	<b>Lap Swim (3 Lanes Available)</b> Cool Pool @ Peachblossom No Instructor 9am - 10am	<b>Cycling</b> Cycle Room: 1st Floor @ Peach Blossom Tarah Kleinert 9am - 9:45am	<b>Lap Swim (3 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 9am - 10am	<b>Lap Swim (3 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 9am - 10am	<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 9am - 10am	<b>BODYFLOW®</b> Group Exercise @ Washington Kate Meyer 9am - 10am	<b>Spinal Stability</b> Warm Pool @ Peach Blossom Jan Finger 9am - 10am

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<b>Spinal Stability</b> Warm Pool @ Peach Blossom Jan Finger 9am - 10am	<b>Water Fitness</b> Cool Pool @ Peachblossom Karen S 9am - 10am	<b>2 Lap Lanes/ 3 Open Lane swim</b> Cool Pool @ Peachblossom No Instructor 9am - 10am	<b>SH'BAM™</b> Group Exercise Room 1 @ Peach Blossom Josepha Price 9am - 10am	<b>Cycling</b> Cycle Room: 1st Floor @ Peach Blossom Alison Rung 9am - 9:45am		<b>Lap Swim (1 Lane Available)</b> Cool Pool @ Peachblossom No Instructor 9am - 10am
<b>Lap Swim (3 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 9am - 10am	<b>Deep Water Circuit</b> Warm Pool @ Peach Blossom Ellen R 9am - 10am	<b>Spinal Stability</b> Warm Pool @ Peach Blossom Jan Finger 9am - 10am	<b>Lap Swim (3 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 9am - 10am	<b>Vinyasa Yoga</b> Group Exercise Room 2 @ Peach Blossom Paul Gilmore 9am - 10am		<b>Les Mills Barre</b> Group Exercise @ Washington Wendy Palmer 9am - 9:30am
<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Trish Beveridge 9:05am - 10:05am	<b>Lap Swim (2 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 9am - 10am	<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Trish Beveridge 9:05am - 10:05am	<b>Lap Swim (1 Lane Available)</b> Cool Pool @ Peachblossom No Instructor 9am - 10am	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 9am - 10am		<b>Deep Water Circuit</b> Warm Pool @ Peach Blossom Ellen R 9am - 10am
<b>BODYFLOW®</b> Group Exercise @ Washington Wendy Palmer 9:30am - 10:30am	<b>SH'BAM™</b> Group Exercise Room 1 @ Peach Blossom Josepha Price 9am - 10am	<b>BODYFLOW®</b> Group Exercise @ Washington Wendy Palmer 9:30am - 10:30am	<b>Deep Water Circuit</b> Warm Pool @ Peach Blossom Ellen R 9am - 10am	<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Rotating Instructor 9:05am - 10:05am		<b>Cycling</b> Cycle Room: 1st Floor @ Peach Blossom Kerry Foxwell 9am - 9:45am
	<b>Lap Swim (2 Lanes Available)</b> Cool Pool @ Peachblossom No Instructor 9am - 10am		<b>Water Aerobics</b> Cool Pool @ Peachblossom Karen S 9am - 10am	<b>BODYPUMP™</b> Group Exercise @ Washington Rotating Instructor 9:15am - 10:15am		<b>Water Aerobics</b> Cool Pool @ Peachblossom Karen S 9am - 10am
	<b>Les Mills Barre</b> Group Exercise @ Washington Wendy Palmer 9am - 9:30am		<b>BODYCOMBAT™</b> Group Exercise Room 2 @ Peach Blossom Trish Beveridge 9am - 10am			<b>SH'BAM™</b> Group Exercise Room 1 @ Peach Blossom Josepha Price 9am - 10am
	<b>Spinal Stability</b> Warm Pool @ Peach Blossom Jan Finger 9am - 10am		<b>Cycling</b> Cycle Room: 1st Floor @ Peach Blossom Tarah Kleinert 9am - 9:45am			<b>Aerobics in Motion</b> Gym @ Peach Blossom Cherie Spector 9am - 10:30am
	<b>Aerobics in Motion</b> Gym @ Peach Blossom Cherie Spector 9am - 10:30am		<b>Aerobics in Motion</b> Gym @ Peach Blossom Cherie Spector 9am - 10:30am			<b>BODYPUMP™</b> Group Exercise @ Washington Sandi Whitehurst 9:30am - 10:30am
	<b>BODYPUMP™</b> Group Exercise @ Washington Sandi Whitehurst 9:30am - 10:30am		<b>Spinal Stability</b> Warm Pool @ Peach Blossom Jan Finger 9am - 10am			
			<b>BODYPUMP™</b> Group Exercise @ Washington Jen Runz 9:30am - 10:30am			

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10am	<b>Lap Swim (1 Lane Available)</b> Cool Pool @ Peachblossom No Instructor 10am - 11am	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 10am - 11am	<b>Deep Water HIIT</b> Cool Pool @ Peachblossom Sandi Whitehurst 10am - 11am	<b>Lap Swim (1 Lane Available)</b> Cool Pool @ Peachblossom No Instructor 10am - 11am	<b>Lap Swim (2 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 10am - 11am	<b>Cycling</b> Cycling Room @ Washington Lesa Lee 10:05am - 11:05am	<b>Lap Swim (1 Lane Available)</b> Cool Pool @ Peachblossom No Instructor 10am - 11am
	<b>Deep Water HIIT</b> Cool Pool @ Peachblossom Sandi Whitehurst 10am - 11am	<b>Lap Swim (2 Lanes Available)</b> Cool Pool @ Peachblossom No Instructor 10am - 11am	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 10am - 11am	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 10am - 11am	<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 10am - 11am		<b>Aqua Dynamics</b> Cool Pool @ Peachblossom Ellen R 10am - 11am
	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 10am - 11am	<b>Aqua Dynamics</b> Cool Pool @ Peachblossom Ellen R 10am - 11am	<b>Lap Swim (1 Lane Available)</b> Cool Pool @ Peachblossom No Instructor 10am - 11am	<b>Hatha Yoga</b> Group Exercise Room 2 @ Peach Blossom Jan Finger 10am - 11am	<b>BODYCOMBAT™</b> Group Exercise Room 1 @ Peach Blossom Heather Moore 10:10am - 11:10am		<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 10am - 11am
	<b>GRIT™</b> Group Exercise Room 1 @ Peach Blossom Alison McDaniel 10:30am - 11am	<b>Low Impact &amp; Strength</b> Group Exercise Room 1 @ Peach Blossom Alison McDaniel 10:05am - 11:05am	<b>GRIT™</b> Group Exercise Room 1 @ Peach Blossom Alison McDaniel 10:30am - 11am	<b>Aqua Dynamics</b> Cool Pool @ Peachblossom Ellen R 10am - 11am			<b>Low Impact &amp; Strength</b> Group Exercise Room 1 @ Peach Blossom Alison McDaniel 10:05am - 11:05am
				<b>Low Impact &amp; Strength</b> Group Exercise Room 1 @ Peach Blossom Alison McDaniel 10:05am - 11:05am			<b>Power Pilates</b> Group Exercise Room 2 @ Peach Blossom Kristin Lockerman 10:05am - 11:05am
				<b>BODYFLOW®</b> Group Exercise @ Washington Wendy Palmer 10:30am - 11:30am			
11am	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 11am - 12pm	<b>Pickleball</b> Tennis Courts @ Washington Wendy Palmer 11am - 2pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 11am - 12pm	<b>Lap Swim (3 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 11am - 12pm	<b>Lap Swim (3 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 11am - 12pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 11am - 12pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 11am - 12pm
	<b>Lap Swim (1 Lane Available)</b> Warm Pool @ Peach Blossom No Instructor 11am - 12pm	<b>Senior Water Aerobics</b> Warm Pool @ Peach Blossom Jan McCrea 11am - 12pm	<b>Lap Swim (2 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 11am - 12pm	<b>Senior Water Aerobics</b> Warm Pool @ Peach Blossom Jan McCrea 11am - 12pm	<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 11am - 11:30am	<b>Master- No Lanes Available</b> Cool Pool @ Peachblossom No Instructor 11am - 12pm	<b>Senior Water Aerobics</b> Warm Pool @ Peach Blossom Jan McCrea 11am - 12pm
	<b>Pickleball</b> Tennis Courts @ Washington Wendy Palmer 11am - 2pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 11am - 12pm	<b>Senior Water Aerobics</b> Warm Pool @ Peach Blossom Shana Robinson 11am - 12pm	<b>Deep Water HIIT</b> Cool Pool @ Peachblossom Sandi Whitehurst 11am - 12pm	<b>Pickleball</b> Tennis Courts @ Washington Wendy Palmer 11am - 2pm	<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Rotating Instructor 11:15am - 12:15pm	<b>Lap Swim (1 Lane Available)</b> Warm Pool @ Peach Blossom No Instructor 11am - 12pm

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	<b>Senior Water Aerobics</b> Warm Pool @ Peach Blossom Shana Robinson 11am - 12pm	<b>Lap Swim (2 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 11am - 12pm		<b>Lap Swim (2 Lanes Available)</b> Cool Pool @ Peachblossom No Instructor 11am - 12pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 11:30am - 12pm		<b>Hatha Yoga</b> Group Exercise Room 2 @ Peach Blossom Marie Davis 11:05am - 12:05pm
	<b>Mat Pilates</b> Group Exercise Room 1 @ Peach Blossom Alison McDaniel 11:15am - 12:15pm	<b>Hatha Yoga</b> Group Exercise Room 2 @ Peach Blossom Marie Davis 11:05am - 12:05pm		<b>Lap Swim (1 Lane Available)</b> Cool Pool @ Peachblossom No Instructor 11am - 12pm			<b>Strength (4 Men)</b> Group Exercise Room 1 @ Peach Blossom Jan Finger 11:05am - 11:35am
		<b>Strength (4 Men)</b> Group Exercise Room 1 @ Peach Blossom Jan Finger 11:05am - 11:35am		<b>Strength (4 Men)</b> Group Exercise Room 1 @ Peach Blossom Jan Finger 11:05am - 11:35am			<b>Stretch (4 men)</b> Group Exercise Room 1 @ Peach Blossom Jan Finger 11:35am - 12:05pm
		<b>Stretch (4 men)</b> Group Exercise Room 1 @ Peach Blossom Jan Finger 11:35am - 12:05pm		<b>Stretch (4 men)</b> Group Exercise Room 1 @ Peach Blossom Jan Finger 11:35am - 12:05pm			
<b>12pm</b>	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 12pm - 1pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 12pm - 1pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 12pm - 1pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 12pm - 1pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 12pm - 1pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 12pm - 1pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 12pm - 1pm
	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 12pm - 1pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 12pm - 1pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 12pm - 1pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 12pm - 1pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 12pm - 1pm	<b>Master- No Lanes Available</b> Cool Pool @ Peachblossom No Instructor 12pm - 1pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 12pm - 1pm
						<b>Faith-based Vinyasa Yoga</b> Group Exercise Room 2 @ Peach Blossom Doug Kawakami 12pm - 1pm	
						<b>GRIT™</b> Group Exercise Room 1 @ Peach Blossom Rotating Instructor 12:15pm - 1pm	
<b>1pm</b>	<b>Tranquility Hour</b> Warm Pool @ Peach Blossom No Instructor 1pm - 2pm	<b>Tranquility Hour</b> Warm Pool @ Peach Blossom No Instructor 1pm - 2pm	<b>Tranquility Hour</b> Warm Pool @ Peach Blossom No Instructor 1pm - 2pm	<b>Tranquility Hour</b> Warm Pool @ Peach Blossom No Instructor 1pm - 2pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 1pm - 2pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 1pm - 2pm	<b>Tranquility Hour</b> Warm Pool @ Peach Blossom No Instructor 1pm - 2pm
					<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 1pm - 2pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 1pm - 2pm	

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2pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 2pm - 3pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 2pm - 3pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 2pm - 3pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 2pm - 3pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 2pm - 3pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 2pm - 3pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 2pm - 3pm
					<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 2pm - 3pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 2pm - 3pm	
3pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 3pm - 4pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 3pm - 4pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 3pm - 4pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 3pm - 4pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 3pm - 4pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 3pm - 4pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 3pm - 4pm
	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 3pm - 4pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 3pm - 4pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 3pm - 4pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 3pm - 4pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 3pm - 4pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 3pm - 4pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 3pm - 4pm
4pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 4pm - 5pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 4pm - 5pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 4pm - 5pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 4pm - 5pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 4pm - 5pm	<b>Yin Yoga</b> Group Exercise Room 2 @ Peach Blossom Kandice Bridge 4pm - 5pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 4pm - 5pm
	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 4pm - 5pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 4pm - 5pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 4pm - 5pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 4pm - 5pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 4pm - 5pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 4pm - 5pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 4pm - 5pm
						<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 4pm - 5pm	
5pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 5pm - 6pm	<b>TRX</b> Group Exercise @ Washington Amy Schiefer 5pm - 5:30pm	<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Katie Ewers 5pm - 6pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 5pm - 6pm			<b>Dance Fusion</b> Group Exercise Room 1 @ Peach Blossom Megan Spence 5pm - 5:45pm
	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 5pm - 6pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 5pm - 6pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 5pm - 6pm	<b>Pickleball</b> Tennis Courts @ Washington Wendy Palmer 5pm - 8pm			<b>TRX</b> Group Exercise @ Washington Kristin Lockerman 5pm - 5:30pm
	<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Katie Ewers 5pm - 6pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 5pm - 6pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 5pm - 5:30pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 5pm - 6pm			<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 5pm - 6pm
	<b>Les Mills Barre</b> Group Exercise @ Washington Wendy Palmer 5pm - 5:30pm	<b>BODYCOMBAT™</b> Group Exercise Room 1 @ Peach Blossom Laurie Porter 5:30pm - 6:15pm	<b>Les Mills Barre</b> Group Exercise @ Washington Kate Meyer 5:15pm - 6pm	<b>Dance Fusion</b> Group Exercise Room 1 @ Peach Blossom Lisa Mateo 5:30pm - 6:30pm			<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 5pm - 6pm

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Easton Family YMCA  
June 25th - July 1st

202 Peach Blossom Lane  
Easton, MD 21601  
410.822.0566

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
	<b>BODYPUMP™</b> Group Exercise @ Washington Kristin Lockerman 5:30pm - 6:30pm	<b>Cycling</b> Cycling Room @ Washington Kristin Lockerman 5:30pm - 6:30pm	<b>Lap Swim (3 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 5:30pm - 6:30pm				<b>Vinyasa Yoga</b> Group Exercise Room 2 @ Peach Blossom Michelle Kirk 5:30pm - 6:30pm
	<b>Group Cycle</b> Cycle Room: 1st Floor @ Peach Blossom Michelle Kirk 5:30pm - 6:30pm	<b>BODYFLOW®</b> Group Exercise @ Washington Kate Meyer 5:30pm - 6:30pm	<b>Cycling</b> Cycle Room: 1st Floor @ Peach Blossom Lisa Nappier 5:30pm - 6:15pm				<b>Cycling</b> Cycling Room @ Washington Heather Moore 5:30pm - 6:30pm
		<b>Gentle Yoga</b> Group Exercise @ Washington Patty Schwaninger 5:30pm - 6:30pm	<b>Hi-Lo</b> Group Exercise Room 2 @ Peach Blossom Sarah Keating 5:30pm - 6:30pm				<b>BODYFLOW®</b> Group Exercise @ Washington Rotating Instructor 5:30pm - 6:30pm
			<b>Aqua Fit</b> Warm Pool @ Peach Blossom Shana Robinson 5:30pm - 6:30pm				<b>Cardio Fusion</b> Group Exercise Room 1 @ Peach Blossom Megan Spence 5:45pm - 6:45pm
<b>6pm</b>	<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 6pm - 7pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 6pm - 7pm	<b>BODYPUMP™</b> Group Exercise @ Washington Deanna Van Skiver 6pm - 7pm	<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 6pm - 7pm			<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 6pm - 7pm
	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 6pm - 7pm	<b>Master- No Lanes Available</b> Cool Pool @ Peachblossom No Instructor 6pm - 8pm	<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 6pm - 7pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 6pm - 7pm			<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 6pm - 7pm
	<b>BODYCOMBAT™</b> Group Exercise Room 1 @ Peach Blossom Heather Moore 6:05pm - 7:05pm	<b>GRIT™</b> Group Exercise Room 1 @ Peach Blossom Rotating Instructor 6:20pm - 6:50pm	<b>BODYCOMBAT™</b> Group Exercise Room 1 @ Peach Blossom Trish Beveridge 6:05pm - 7:05pm				
			<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 6:30pm - 7pm				
<b>7pm</b>	<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 7pm - 8pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 7pm - 8pm	<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 7pm - 8pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 7pm - 7:30pm			<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 7pm - 8pm
	<b>Shotokan Karate</b> Group Exercise Room 2 @ Peach Blossom Dwayne Eutsey 7pm - 8pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 7pm - 8pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 7pm - 8pm	<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 7pm - 7:30pm			<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 7pm - 8pm

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	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 7pm - 8pm		<b>Shotokan Karate</b> Group Exercise Room 2 @ Peach Blossom Dwayne Eutsey 7pm - 8pm	<b>Yin Yoga</b> Group Exercise Room 2 @ Peach Blossom Kandice Bridge 7pm - 8pm			
	<b>Yin Yoga</b> Group Exercise Room 1 @ Peach Blossom Kandice Bridge 7:10pm - 8:10pm						
8pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 8pm - 9pm	<b>Water Polo</b> Cool Pool @ Peachblossom No Instructor 8pm - 9pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 8pm - 9pm				<b>Water Polo</b> Cool Pool @ Peachblossom No Instructor 8pm - 9pm
	<b>Shotokan Karate</b> Group Exercise Room 2 @ Peach Blossom Dwayne Eutsey 8pm - 9pm		<b>Shotokan Karate</b> Group Exercise Room 2 @ Peach Blossom Dwayne Eutsey 8pm - 9pm				

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