



Easton Family YMCA and Y @ Washington

September 22nd - September 28th

1180 South Washington Street
Easton, MD 21601
4108200566

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 5:30am - 6am	Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 5:30am - 8am	Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 5:30am - 8am	Cycling Gym @ Peach Blossom Katie Hertelendy 5:30am - 6:30am			Cycling Gym @ Peach Blossom Katie Hertelendy 5:30am - 6:30am
	Bootcamp Gym @ Peach Blossom Deidra Holliday 5:45am - 6:45am	Cycling Gym @ Peach Blossom Adele Showalter 5:30am - 6:30am	Bootcamp Gym @ Peach Blossom Deidra Holliday 5:45am - 6:45am	Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 5:30am - 6am			BODYPUMP™ Group Exercise @ Washington Adele Showalter 5:30am - 6:30am
				BODYPUMP™ Group Exercise @ Washington Adele Showalter 5:30am - 6:30am			Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 5:30am - 8am
6am	Masters- 3 Lanes Cool Pool @ Peachblossom No Instructor 6am - 7am	Bootcamp Group Exercise @ Washington Regina Elliott 6am - 7am		Masters- 3 Lanes Cool Pool @ Peachblossom No Instructor 6am - 7am			Cardio Fusion Gym @ Peach Blossom Trish Beveridge 6:45am - 7:45am
		Cardio Fusion Gym @ Peach Blossom Trish Beveridge 6:45am - 7:45am		Cardio Fusion Gym @ Peach Blossom Trish Beveridge 6:45am - 7:45am			
7am	Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 7am - 8am	GRIT™ Group Exercise Room 1 @ Peach Blossom Kristin Lockerman 7:45am - 8:30am		Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 7am - 8am	Master- No Lanes Available Cool Pool @ Peachblossom No Instructor 7am - 8am		GRIT™ Group Exercise Room 1 @ Peach Blossom Kristin Lockerman 7:45am - 8:30am
				GRIT™ Group Exercise Room 1 @ Peach Blossom Kristin Lockerman 7:45am - 8:30am			
8am	3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 8am - 9am	Lap Swim (1 Lane Available) Cool Pool @ Peachblossom No Instructor 8am - 10am	Deep Water Circuit Cool Pool @ Peachblossom Jan Finger 8am - 9am	3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 8am - 9am	Les Mills Barre Group Exercise @ Washington Deanna Van Skiver 8am - 8:45am		Floor, Core, and More Group Exercise @ Washington Wendy Palmer 8am - 9am
	Pickleball Tennis Courts @ Washington No Instructor 8am - 11am	3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 8am - 9am	3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 8am - 9am	Floor, Core, and More Group Exercise @ Washington Wendy Palmer 8am - 9am	Masters 4 lanes(1 Lane to the public) Cool Pool @ Peachblossom No Instructor 8am - 9am		Lap Swim (1 Lane Available) Cool Pool @ Peachblossom No Instructor 8am - 10am

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
September 22nd - September 28th

1180 South Washington
Street
Easton, MD 21601
4108200566

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
	TRX Group Exercise @ Washington Kristin Lockerman 8am - 8:30am	Deep Water Circuit Cool Pool @ Peachblossom Jan Finger 8am - 9am	TRX Group Exercise @ Washington Kristin Lockerman 8am - 8:30am	Lap Swim (1 Lane Available) Cool Pool @ Peachblossom No Instructor 8am - 10am	Cycling Gym @ Peach Blossom Rotating Instructor 8am - 9am		Deep Water Circuit Cool Pool @ Peachblossom Jan Finger 8am - 9am
	Deep Water Circuit Cool Pool @ Peachblossom Jan Finger 8am - 9am	Floor, Core, and More Group Exercise @ Washington Wendy Palmer 8am - 9am	Cycling Gym @ Peach Blossom Heather Moore 8:30am - 9:30am	Cycling Gym @ Peach Blossom Rotating Instructor 8am - 9am	3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 8am - 5pm		3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 8am - 9am
	Cycling Gym @ Peach Blossom Heather Moore 8:30am - 9:30am	Cycling Gym @ Peach Blossom Rotating Instructor 8am - 9am	SHiNE™ Group Exercise @ Washington Courtney Abell 8:35am - 9:35am	Deep Water Circuit Cool Pool @ Peachblossom Jan Finger 8am - 9am			Cycling Gym @ Peach Blossom Rotating Instructor 8am - 9am
	SHiNE™ Group Exercise @ Washington Courtney Abell 8:35am - 9:35am						
9am	Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 9am - 10am	Spinal Stability Warm Pool @ Peach Blossom Jan Finger 9am - 10am	Spinal Stability Warm Pool @ Peach Blossom Jan Finger 9am - 10am	Lap Swim (1 Lane Available) Warm Pool @ Peach Blossom No Instructor 9am - 12pm	TCY Swim Team Cool Pool @ Peachblossom No Instructor 9am - 12pm	BODYFLOW® Group Exercise @ Washington Kate Meyer 9am - 10am	Spinal Stability Warm Pool @ Peach Blossom Jan Finger 9am - 10am
	Lap Swim (1 Lane Available) Warm Pool @ Peach Blossom No Instructor 9am - 12pm	Aerobics in Motion Group Exercise Room 1 @ Peach Blossom Cherie Spector 9am - 10am	Lap Swim (1 Lane Available) Warm Pool @ Peach Blossom No Instructor 9am - 12pm	3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 9am - 12pm	Vinyasa Yoga Yoga Studio Y @ Washington Paul Gilmore 9am - 10am		Aerobics in Motion Group Exercise Room 1 @ Peach Blossom Cherie Spector 9am - 10am
	3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 9am - 12pm	Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 9am - 5pm	3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 9am - 12pm	Spinal Stability Warm Pool @ Peach Blossom Jan Finger 9am - 10am	BODYPUMP™ Gym @ Peach Blossom Rotating Instructor 9:05am - 10:05am		Water Aerobics Cool Pool @ Peachblossom Karen S 9am - 10am
	Mat Pilates Group Exercise Room 1 @ Peach Blossom Rebecca Wales 9am - 10am	3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 9am - 12pm	Hatha Yoga Yoga Studio Y @ Washington Paul Gilmore 9am - 10am	Senior Fitness Facebook LIVE Barbara Jarrell 9am - 9:45am	SHiNE™ Group Exercise @ Washington Courtney Abell 9:15am - 10:15am		Lap Swim (1 Lane Available) Warm Pool @ Peach Blossom No Instructor 9am - 12pm
	Hatha Yoga Yoga Studio Y @ Washington Paul Gilmore 9am - 10am	Lap Swim (1 Lane Available) Warm Pool @ Peach Blossom No Instructor 9am - 12pm	Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 9am - 10am	BODYPUMP™ Gym @ Peach Blossom Rotating Instructor 9am - 10am			BODYPUMP™ Gym @ Peach Blossom Rotating Instructor 9am - 10am

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
September 22nd - September 28th

1180 South Washington
Street
Easton, MD 21601
4108200566

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
	Senior Fitness Facebook LIVE Barbara Jarrell 9am - 9:45am	BODYPUMP™ Gym @ Peach Blossom Rotating Instructor 9am - 10am	BODYPUMP™ Gym @ Peach Blossom Trish Beveridge 9:30am - 10:30am	Water Aerobics Cool Pool @ Peachblossom Karen S 9am - 10am			Tai Chi Lawn Peter Tailley 9am - 10am
	Spinal Stability Warm Pool @ Peach Blossom Jan Finger 9am - 10am	Water Aerobics Cool Pool @ Peachblossom Karen S 9am - 10am	BODYFLOW® Group Exercise @ Washington Wendy Palmer 9:45am - 10:45am	Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 9am - 11am			Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 9am - 5pm
	BODYPUMP™ Gym @ Peach Blossom Trish Beveridge 9:30am - 10:30am	SHiNE™ Group Exercise @ Washington Courtney Abell 9:15am - 10:15am		Aerobics in Motion Group Exercise Room 1 @ Peach Blossom Cherie Spector 9am - 10am			3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 9am - 12pm
	BODYFLOW® Group Exercise @ Washington Wendy Palmer 9:45am - 10:45am	Tabata Facebook LIVE Amy Sorg 9:30am - 10:30am		SHiNE™ Group Exercise @ Washington Courtney Abell 9:15am - 10:15am			SHiNE™ Group Exercise @ Washington Courtney Abell 9:15am - 10:15am
10am	Deep Water HIIT Cool Pool @ Peachblossom Sandi Whitehurst 10am - 11am	Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 10am - 5pm	Deep Water HIIT Cool Pool @ Peachblossom Sandi Whitehurst 10am - 11am	Deep Water Works Warm Pool @ Peach Blossom Ellen R 10am - 11am			Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 10am - 5pm
	Lap lanes & Open swim is closed Cool Pool @ Peachblossom No Instructor 10am - 11am	Deep Water Works Warm Pool @ Peach Blossom Ellen R 10am - 11am	Lap lanes & Open swim is closed Cool Pool @ Peachblossom No Instructor 10am - 11am	Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 10am - 5pm			Deep Water Works Warm Pool @ Peach Blossom Ellen R 10am - 11am
		Strength 4 Men Gym @ Peach Blossom Jan Finger 10:30am - 11:30am		Strength 4 Men Gym @ Peach Blossom Jan Finger 10:30am - 11:30am			Strength 4 Men Gym @ Peach Blossom Jan Finger 10:30am - 11:30am
11am	Water Aerobics Warm Pool @ Peach Blossom Shana Robinson 11am - 12pm	Water Aerobics Warm Pool @ Peach Blossom Jan McCrea 11am - 12pm	Water Aerobics Warm Pool @ Peach Blossom Shana Robinson 11am - 12pm	Water Aerobics Warm Pool @ Peach Blossom Jan McCrea 11am - 12pm	Pickleball Tennis Courts @ Washington No Instructor 11am - 2pm	Master- No Lanes Available Cool Pool @ Peachblossom No Instructor 11am - 12pm	Water Aerobics Warm Pool @ Peach Blossom Shana Robinson 11am - 12pm
	Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 11am - 6pm	Pickleball Tennis Courts @ Washington No Instructor 11am - 2pm	Pickleball Tennis Courts @ Washington No Instructor 11am - 2pm	Lap lanes & Open swim is closed Cool Pool @ Peachblossom No Instructor 11am - 12pm		3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 11am - 5pm	Pickleball Tennis Courts @ Washington No Instructor 11am - 2pm

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
September 22nd - September 28th

1180 South Washington
Street
Easton, MD 21601
4108200566

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
			Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 11am - 6pm	Deep Water HIIT Cool Pool @ Peachblossom Laura Batchelor 11am - 12pm		Cycling Gym @ Peach Blossom Julia Foxwell 11:10am - 12:10pm	
						Faith-based Vinyasa Yoga Group Exercise Room 1 @ Peach Blossom Doug Kawakami 11:15am - 12:15pm	
12pm	3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 12pm - 1pm	3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 12pm - 1pm	3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 12pm - 1pm	3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 12pm - 1pm		BODYPUMP™ Gym @ Peach Blossom Rotating Instructor 12pm - 1pm	3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 12pm - 1pm
						Masters- 3 Lanes Cool Pool @ Peachblossom No Instructor 12pm - 1pm	
1pm		Tranquility Hour Warm Pool @ Peach Blossom No Instructor 1:30pm - 2:30pm	Tranquility Hour Warm Pool @ Peach Blossom No Instructor 1:30pm - 2:30pm	Tranquility Hour Warm Pool @ Peach Blossom No Instructor 1:30pm - 2:30pm		Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 1pm - 5pm	Tranquility Hour Warm Pool @ Peach Blossom No Instructor 1:30pm - 2:30pm
						Pickleball Tennis Courts @ Washington No Instructor 1pm - 3pm	
2pm	3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 2pm - 8pm	3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 2pm - 8pm	3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 2pm - 8pm	3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 2pm - 8pm			3 Lap Lanes/Open Swim Warm Pool @ Peach Blossom No Instructor 2pm - 8pm
5pm	BODYPUMP™ Gym @ Peach Blossom Rotating Instructor 5pm - 5:50pm	Master- No Lanes Available Cool Pool @ Peachblossom No Instructor 5pm - 7pm	BODYPUMP™ Gym @ Peach Blossom Rotating Instructor 5pm - 5:50pm	Swim Team Cool Pool @ Peachblossom No Instructor 5pm - 6pm			TCY Swim Team Cool Pool @ Peachblossom No Instructor 5pm - 6pm
	Les Mills Barre Group Exercise @ Washington Wendy Palmer 5:30pm - 6:15pm	TCY Swim Team Cool Pool @ Peachblossom No Instructor 5pm - 6pm	Les Mills Barre Group Exercise @ Washington Wendy Palmer 5:30pm - 6:15pm	Pickleball Tennis Courts @ Washington No Instructor 5pm - 8pm			TRX Group Exercise @ Washington Kristin Lockerman 5pm - 5:30pm

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
September 22nd - September 28th

1180 South Washington
Street
Easton, MD 21601
4108200566

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
	Hi-Lo Yoga Studio Y @ Washington Sarah Keating 5:30pm - 6:30pm	TRX Group Exercise @ Washington Kristin Lockerman 5pm - 5:30pm	Aqua Fit Warm Pool @ Peach Blossom Shana Robinson 5:30pm - 6:30pm				Express Cycling Gym @ Peach Blossom Rotating Instructor 5:15pm - 6pm
		Express Cycling Gym @ Peach Blossom Rotating Instructor 5:15pm - 6pm	Hi-Lo Yoga Studio Y @ Washington Sarah Keating 5:30pm - 6:30pm				BODYFLOW® Group Exercise @ Washington Kate Meyer 5:35pm - 6:35pm
		BODYFLOW® Group Exercise @ Washington Kate Meyer 5:35pm - 6:35pm					
6pm	Swim Team Cool Pool @ Peachblossom No Instructor 6pm - 8pm	Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 6pm - 9pm	Swim Team Cool Pool @ Peachblossom No Instructor 6pm - 8pm	Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 6pm - 7:30pm			Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 6pm - 9pm
		BODYPUMP™ Gym @ Peach Blossom Rotating Instructor 6pm - 7pm					BODYPUMP™ Gym @ Peach Blossom Rotating Instructor 6pm - 7pm
7pm		Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 7pm - 9pm					
8pm	Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 8pm - 9pm		Lap Lanes (5 Lanes available) Cool Pool @ Peachblossom No Instructor 8pm - 9pm				

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.