



Easton Family YMCA  
October 16th - October 22nd

202 Peach Blossom Lane  
Easton, MD 21601  
410.822.0566

	WED 16	THU 17	FRI 18	SAT 19	SUN 20	MON 21	TUE 22
5am	<b>Lap Swim (3 Lanes Available)</b> Cool Pool @ Peachblossom No Instructor 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>BODYCOMBAT™</b> Group Exercise Room 1 @ Peach Blossom Deidra Holliday 5:30am - 6:30am	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 5:30am - 6am	<b>GRIT™</b> Group Exercise Room 1 @ Peach Blossom Amy Schiefer 5:30am - 6:15am			<b>GRIT™</b> Group Exercise Room 1 @ Peach Blossom Les Lee 5:30am - 6am	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 5:30am - 6am
	<b>Bootcamp</b> Tennis Courts @ Washington Regina Elliott 5:30am - 6:30am	<b>Interval Training</b> Group Exercise Room 1 @ Peach Blossom Deidra Holliday 5:30am - 6:30am	<b>Cycling</b> Cycling Room @ Washington Katie Hertelendy 5:30am - 6:30am			<b>Cycling</b> Cycle Room: 1st Floor @ Peach Blossom Marissa Carter 5:30am - 6:15am	<b>Interval Training</b> Group Exercise Room 1 @ Peach Blossom Deidra Holliday 5:30am - 6:30am
			<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>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>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</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>Masters- 3 Lanes</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>TRX</b> Group Exercise @ Washington Kate Loveless 6am - 6:30am
							<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>Master- No Lanes Available</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>Gentle Yoga</b> Group Exercise @ Washington Patty Schwaninger 7:15am - 8:15am				

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8am	<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>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 8am - 9am	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 8am - 9am		<b>Floor, Core, and More</b> Group Exercise @ Washington Wendy Palmer 8am - 9am	<b>Shallow Water Circuit</b> Cool Pool @ Peachblossom Jan Finger 8am - 9am	
	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 8am - 9am	<b>Pickleball</b> Tennis Courts @ Washington Wendy Palmer 8am - 11am	<b>Floor, Core, and More</b> Group Exercise @ Washington Kristin Lockerman 8am - 9am	<b>Interval Training</b> Group Exercise Room 1 @ Peach Blossom Deidra Holliday 8am - 9am		<b>Lap Swim (1 Lane Available)</b> Cool Pool @ Peachblossom No Instructor 8am - 9am	<b>TRX</b> Group Exercise @ Washington Kristin Lockerman 8am - 8:30am	
	<b>Lap Swim (1 Lane Available)</b> Cool Pool @ Peachblossom No Instructor 8am - 9am	<b>TRX</b> Group Exercise @ Washington Kristin Lockerman 8am - 8:30am	<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Trish Beveridge 8am - 9am	<b>Cycling</b> Cycling Room @ Washington Katie Hertelendy 8am - 9am		<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 8am - 9am	<b>Lap Swim (2 Lanes Available)</b> Cool Pool @ Peachblossom No Instructor 8am - 9am	
	<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Jen Runz 8am - 9am	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 8am - 9am	<b>Hatha Yoga</b> Group Exercise Room 2 @ Peach Blossom Shirley Foster 8am - 9am	<b>Les Mills Barre</b> Group Exercise @ Washington Deanna Van Skiver 8:15am - 9am		<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Jen Runz 8am - 9am	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 8am - 9am	
	<b>Cycling</b> Cycling Room @ Washington Kristin Lockerman 8:30am - 9:30am	<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>Deep Water Circuit</b> Cool Pool @ Peachblossom Jan Finger 8am - 9am	<b>Cardio Fusion</b> Group Exercise @ Washington Courtney Abell 8:30am - 9:30am	
	<b>Hatha Yoga</b> Group Exercise Room 2 @ Peach Blossom Shirley Foster 8:50am - 9:50am	<b>Express Abs</b> Group Exercise Room 1 @ Peach Blossom Trish Beveridge 8:30am - 8:50am	<b>Deep Water Circuit</b> Cool Pool @ Peachblossom Jan Finger 8am - 9am			<b>Cycling</b> Cycling Room @ Washington Les Lee 8:30am - 9:15am	<b>Cycling</b> Cycling Room @ Washington Heather Moore 8:30am - 9:30am	
		<b>Cycling</b> Cycling Room @ Washington Heather Moore 8:30am - 9:30am	<b>Cycling</b> Cycling Room @ Washington Julia Foxwell 8:15am - 9:15am			<b>Hatha Yoga</b> Group Exercise Room 2 @ Peach Blossom Shirley Foster 8:50am - 9:50am	<b>Express Abs</b> Group Exercise Room 1 @ Peach Blossom Trish Beveridge 8:30am - 8:50am	
		<b>Cardio Fusion</b> Group Exercise @ Washington Courtney Abell 8:30am - 9:30am						
	9am	<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>BODYCOMBAT™</b> Group Exercise Room 2 @ Peach Blossom Trish Beveridge 9am - 10am	<b>Cycling</b> Cycle Room: 1st Floor @ Peach Blossom Alison Rung 9am - 9:45am	<b>BODYFLOW®</b> Group Exercise @ Washington Kate Meyer 9am - 10am	<b>SH'BAM™</b> Group Exercise Room 1 @ Peach Blossom Josepha Price 9am - 10am	<b>Lap Swim (3 Lanes Available)</b> Cool Pool @ Peachblossom No Instructor 9am - 10am

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

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			<b>Aerobics in Motion</b> Gym @ Peach Blossom Cherie Spector 9am - 10:30am				
<b>10am</b>	<b>Lap Swim (2 Lanes Available)</b> Cool Pool @ Peachblossom 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>TCY Swim Team</b> Cool Pool @ Peachblossom 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>RS / Lap</b> Warm Pool @ Peach Blossom 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 (2 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 10am - 11am		<b>Aqua Dynamics</b> Cool Pool @ Peachblossom Ellen R 10am - 11am	<b>Deep Water HIIT</b> Cool Pool @ Peachblossom Sandi Whitehurst 10am - 11am
	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 10am - 11am	<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>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>Lap Swim (1 Lane Available)</b> Cool Pool @ Peachblossom No Instructor 10am - 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>BODYFLOW®</b> Group Exercise @ Washington Wendy Palmer 10am - 11am			<b>Low Impact &amp; Strength</b> Group Exercise Room 1 @ Peach Blossom Alison McDaniel 10:05am - 11:05am	<b>Tai Chi</b> Group Exercise Room 2 @ Peach Blossom Peter Tailley 10am - 11am
			<b>Hatha Yoga</b> Group Exercise Room 2 @ Peach Blossom Jan Finger 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>11am</b>	<b>Pickleball</b> Tennis Courts @ Washington No Instructor 11am - 2pm	<b>Senior Water Aerobics</b> Warm Pool @ Peach Blossom Shana Robinson 11am - 12pm	<b>Lap Swim (1 Lane Available)</b> Cool Pool @ Peachblossom No Instructor 11am - 12pm	<b>Pickleball</b> Tennis Courts @ Washington Wendy Palmer 11am - 2pm	<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>Lap Swim (2 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 11am - 12pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 11am - 12pm	<b>Senior Water Aerobics</b> Warm Pool @ Peach Blossom Jan McCrea 11am - 12pm	<b>Lap Swim (3 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 11am - 12pm	<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

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	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 11am - 12pm	<b>Lap Swim (2 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 11am - 12pm	<b>Deep Water HIIT</b> Cool Pool @ Peachblossom Sandi Whitehurst 11am - 12pm	<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 11am - 12pm	<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	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 11am - 12pm
	<b>Senior Water Aerobics</b> Warm Pool @ Peach Blossom Jan McCrea 11am - 12pm		<b>Lap Swim (3 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 11am - 12pm			<b>Hatha Yoga</b> Group Exercise Room 2 @ Peach Blossom Marie Davis 11:05am - 12:05pm	<b>Senior Water Aerobics</b> Warm Pool @ Peach Blossom Shana Robinson 11am - 12pm
	<b>Strength (4 Men)</b> Group Exercise Room 1 @ Peach Blossom Jan Finger 11:05am - 11:35am		<b>Lap Swim (2 Lanes 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>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>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				
12pm	<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>Faith-based Vinyasa Yoga</b> Group Exercise Room 2 @ Peach Blossom Doug Kawakami 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>RS / Lap</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	<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>Master- No Lanes Available</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>GRIT™</b> Group Exercise Room 1 @ Peach Blossom Rotating Instructor 12:15pm - 1pm		
1pm				<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 1pm - 2pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 1pm - 2pm		

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				<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 1pm - 2pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 1pm - 2pm		
<b>2pm</b>	<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>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>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 2pm - 3pm		
<b>3pm</b>	<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>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>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>4pm</b>	<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>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>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>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>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>5pm</b>	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 5pm - 5:30pm	<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>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>Lap Swim</b> Cool Pool @ Peachblossom 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>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 5pm - 5:30pm	<b>Pickleball</b> Tennis Courts @ Washington Wendy Palmer 5pm - 8pm			<b>Dance Fusion</b> Group Exercise Room 1 @ Peach Blossom Megan Spence 5pm - 5:45pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 5pm - 5:30pm

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Easton Family YMCA  
October 16th - October 22nd

202 Peach Blossom Lane  
Easton, MD 21601  
410.822.0566

	WED 16	THU 17	FRI 18	SAT 19	SUN 20	MON 21	TUE 22
	<b>BODYFLOW®</b> Group Exercise @ Washington Kate Meyer 5:30pm - 6:30pm	<b>Les Mills Barre</b> Group Exercise @ Washington Kate Meyer 5:15pm - 6pm				<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>Master- No Lanes Available</b> Cool Pool @ Peachblossom No Instructor 5:30pm - 7pm	<b>Hi-Lo</b> Group Exercise Room 2 @ Peach Blossom Sarah Keating 5:30pm - 6:30pm				<b>Cycling</b> Cycling Room @ Washington Heather Moore 5:30pm - 6:30pm	<b>Group Cycle</b> Cycle Room: 1st Floor @ Peach Blossom Michelle Kirk 5:30pm - 6:30pm
	<b>BODYCOMBAT™</b> Group Exercise Room 1 @ Peach Blossom Heather Moore 5:30pm - 6:15pm	<b>Cycling</b> Cycle Room: 1st Floor @ Peach Blossom Lisa Nappier 5:30pm - 6:15pm				<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 5:30pm - 7pm	<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 5:30pm - 7pm
	<b>Cycling</b> Cycling Room @ Washington Kristin Lockerman 5:30pm - 6:30pm	<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 5:30pm - 7pm				<b>Vinyasa Yoga</b> Group Exercise Room 2 @ Peach Blossom Michelle Kirk 5:30pm - 6:30pm	<b>Hi-Lo</b> Group Exercise Room 2 @ Peach Blossom Sarah Keating 5:30pm - 6:30pm
	<b>Gentle Yoga</b> Group Exercise @ Washington Patty Schwaninger 5:30pm - 6:30pm	<b>Lap Swim (3 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 5:30pm - 6:30pm				<b>BODYFLOW®</b> Group Exercise @ Washington Kate Meyer 5:30pm - 6:30pm	<b>BODYPUMP™</b> Group Exercise @ Washington Kristin Lockerman 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	
6pm	<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>GRIT™</b> Group Exercise Room 1 @ Peach Blossom Rotating Instructor 6:20pm - 6:50pm	<b>BODYCOMBAT™</b> Group Exercise Room 1 @ Peach Blossom Jeanine Beasley 6:05pm - 7:05pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 6pm - 7pm				<b>BODYCOMBAT™</b> Group Exercise Room 1 @ Peach Blossom Trish Beveridge 6:05pm - 7:05pm
	<b>Cardio Dance</b> Cycling Room @ Washington Courtney Abell 6:30pm - 7:30pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 6:30pm - 7pm					
7pm	<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>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>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 7pm - 8pm

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	WED 16	THU 17	FRI 18	SAT 19	SUN 20	MON 21	TUE 22
	<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>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 7pm - 7:30pm			<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 7pm - 8pm	<b>Shotokan Karate</b> Group Exercise Room 2 @ Peach Blossom Dwayne Eutsey 7pm - 8pm
		<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 7pm - 8pm	<b>Yin Yoga</b> Group Exercise Room 2 @ Peach Blossom Kandice Bridge 7pm - 8pm				<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 7pm - 8pm
							<b>Yin Yoga</b> Group Exercise Room 1 @ Peach Blossom Kandice Bridge 7:10pm - 8:10pm
8pm	<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>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>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 8pm - 9pm					<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 8pm - 9pm

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