



Easton Family YMCA  
December 15th - December 21st

202 Peach Blossom Lane  
Easton, MD 21601  
410.822.0566

	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
5am		<b>BODYPUMP™</b> Group Exercise @ Washington Adele Showalter 5:15am - 6:15am	<b>Cycling</b> Cycling Room @ Washington Adele Showalter 5:15am - 6:15am	<b>Lap Swim (2 Lanes Available)</b> Cool Pool @ Peachblossom No Instructor 5:30am - 6:45am	<b>Interval Training</b> Group Exercise Room 1 @ Peach Blossom Deidra Holliday 5:30am - 6:30am	<b>BODYPUMP™</b> Group Exercise @ Washington Adele Showalter 5:15am - 6:15am	
		<b>GRIT™</b> Group Exercise Room 1 @ Peach Blossom Leslee 5:30am - 6am	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 5:30am - 6am	<b>Bootcamp</b> Group Exercise @ Washington Regina Elliott 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>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 5:30am - 6am	<b>Interval Training</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>GRIT™</b> Group Exercise Room 1 @ Peach Blossom Amy Schiefer 5:30am - 6:15am	
		<b>Cycling</b> Cycle Room: 1st Floor @ Peach Blossom Marissa Carter 5:30am - 6:15am				<b>Cycling</b> Cycling Room @ Washington Katie Hertelendy 5:30am - 6:30am	
6am		<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 6am - 7am	<b>TRX</b> Group Exercise @ Washington Kate Loveless 6am - 6:30am	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 6:45am - 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>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>TRX</b> Group Exercise @ Washington Kate Loveless 6am - 6:30am	<b>Lap Swim (2 Lanes Available)</b> Cool Pool @ Peachblossom No Instructor 6am - 7am	
			<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>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>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>Deep 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>Cycling</b> Cycling Room @ Washington Katie Hertelendy 8am - 9am
		<b>Floor, Core, and More</b> Group Exercise @ Washington Wendy Palmer 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>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>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 8am - 9am
		<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Jen Runz 8am - 9am	<b>Shallow Water Circuit</b> Cool Pool @ Peachblossom Jan Finger 8am - 9am	<b>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Jen Runz 8am - 9am		<b>Pickleball</b> Tennis Courts @ Washington No Instructor 8am - 11am	<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>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>Shallow Water Circuit</b> Cool Pool @ Peachblossom Jan Finger 8am - 9am	<b>Floor, Core, and More</b> Group Exercise @ Washington Wendy Palmer 8am - 9am	<b>Masters- 3 Lanes</b> Cool Pool @ Peachblossom No Instructor 8am - 9am
		<b>Deep Water Circuit</b> Cool Pool @ Peachblossom Jan Finger 8am - 9am	<b>Express Abs</b> Group Exercise Room 1 @ Peach Blossom Trish Beveridge 8:30am - 8:50am	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 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>Les Mills Barre</b> Group Exercise @ Washington Deanna Van Skiver 8:15am - 9am
		<b>Cycling</b> Cycling Room @ Washington Lesa Lee 8:30am - 9:15am	<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 Dance</b> Group Exercise @ Washington Courtney Abell 8:30am - 9:30am	<b>Deep Water Circuit</b> Cool Pool @ Peachblossom Jan Finger 8am - 9am	
		<b>Hatha Yoga</b> Group Exercise Room 2 @ Peach Blossom Shirley Foster 8:50am - 9:50am	<b>Cardio Dance</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>Cycling</b> Cycling Room @ Washington Julia Foxwell 8:15am - 9:15am	
						<b>Cycling</b> Cycling Room @ Washington Heather Moore 8:30am - 9:30am		

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

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				<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	
						<b>BODYCOMBAT™</b> Group Exercise Room 2 @ Peach Blossom Trish Beveridge 9:10am - 10am	
<b>10am</b>	<b>Cycling</b> Cycling Room @ Washington Lesa Lee 10:05am - 11:05am	<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>Lap Swim (2 Lanes Available)</b> Cool Pool @ Peachblossom No Instructor 10am - 11am	<b>Lap Swim (1 Lane Available)</b> Cool Pool @ Peachblossom No Instructor 10am - 11am	<b>BODYFLOW®</b> Group Exercise @ Washington Wendy Palmer 10am - 11am	<b>Lap Swim (2 Lanes Available)</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>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 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>TCY Swim Team</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>Deep Water HIIT</b> Cool Pool @ Peachblossom Sandi Whitehurst 10am - 11am	<b>Low Impact &amp; Strength</b> Group Exercise Room 1 @ Peach Blossom Alison McDaniel 10:05am - 11:05am	<b>Deep Water HIIT</b> Cool Pool @ Peachblossom Sandi Whitehurst 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>Tai Chi</b> Group Exercise Room 2 @ Peach Blossom Peter Tailley 10am - 11am		<b>GRIT™</b> Group Exercise Room 1 @ Peach Blossom Alison McDaniel 10:30am - 11am	<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>Deep Water HIIT</b> Cool Pool @ Peachblossom Sandi Whitehurst 10:45am - 11:45am	
<b>11am</b>	<b>Master- No Lanes Available</b> Cool Pool @ Peachblossom No Instructor 11am - 12pm	<b>Senior Water Aerobics</b> Warm Pool @ Peach Blossom Rotating Instructor 11am - 12pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 11am - 12pm	<b>Pickleball</b> Tennis Courts @ Washington No Instructor 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>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 11am - 12pm

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<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 11am - 12pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 11am - 12pm	<b>Pickleball</b> Tennis Courts @ Washington No Instructor 11am - 2pm	<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>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>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>Senior Water Aerobics</b> Warm Pool @ Peach Blossom Shana Robinson 11am - 12pm	<b>Senior Water Aerobics</b> Warm Pool @ Peach Blossom Rotating Instructor 11am - 12pm		<b>Senior Water Aerobics</b> Warm Pool @ Peach Blossom Rotating Instructor 11am - 12pm	<b>Pickleball</b> Tennis Courts @ Washington No Instructor 11am - 2pm	
	<b>Strength (4 Men)</b> Group Exercise Room 1 @ Peach Blossom Jan Finger 11:05am - 11:35am	<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 (1 Lane Available)</b> Cool Pool @ Peachblossom No Instructor 11am - 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>Senior Water Aerobics</b> Warm Pool @ Peach Blossom Jan McCrea 11am - 12pm		<b>Lap Swim (2 Lanes Available)</b> Cool Pool @ Peachblossom No Instructor 11am - 12pm		
	<b>Stretch (4 men)</b> Group Exercise Room 1 @ Peach Blossom Jan Finger 11:35am - 12:05pm		<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>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>12pm</b>	<b>Masters- 3 Lanes</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>Tranquility Hour</b> Warm Pool @ Peach Blossom 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>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>Lap Swim</b> Cool Pool @ Peachblossom 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>Lap Swim</b> Cool Pool @ Peachblossom 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>Lap Swim</b> Cool Pool @ Peachblossom 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	

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	<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>RS / Lap</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						<b>Lap Swim</b> Cool Pool @ Peachblossom 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>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 2pm - 3pm
	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 2pm - 3pm	<b>Swim Team</b> Cool Pool @ Peachblossom No Instructor 2:45pm - 8pm	<b>Swim Team</b> Cool Pool @ Peachblossom No Instructor 2:45pm - 4pm	<b>Swim Team</b> Cool Pool @ Peachblossom No Instructor 2:45pm - 5pm		<b>Swim Team</b> Cool Pool @ Peachblossom No Instructor 2:45pm - 4pm	<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 2pm - 3pm
						<b>Swim Team</b> Cool Pool @ Peachblossom No Instructor 2:45pm - 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>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>4pm</b>	<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>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

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	<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						
5pm		<b>TRX</b> Group Exercise @ Washington Kristin Lockerman 5pm - 5:30pm	<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>BODYPUMP™</b> Group Exercise Room 1 @ Peach Blossom Katie Ewers 5pm - 6pm	<b>Lap Swim</b> Cool Pool @ Peachblossom 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>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 5pm - 5:30pm	<b>Pickleball</b> Tennis Courts @ Washington No Instructor 5pm - 8pm		
	<b>Dance Fusion</b> Group Exercise Room 1 @ Peach Blossom Megan Spence 5pm - 5:45pm	<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>Vinyasa Yoga</b> Group Exercise Room 2 @ Peach Blossom Michelle Kirk 5:30pm - 6:30pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 5pm - 5:30pm	<b>Master- No Lanes Available</b> Cool Pool @ Peachblossom No Instructor 5:30pm - 7:30pm	<b>Les Mills Barre</b> Group Exercise @ Washington Kate Meyer 5:15pm - 6pm			
	<b>BODYFLOW®</b> Group Exercise @ Washington Kate Meyer 5:30pm - 6:30pm	<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 5:30pm - 7pm	<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>Cycling</b> Cycling Room @ Washington Heather Moore 5:30pm - 6:30pm	<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>Hi-Lo</b> Group Exercise Room 2 @ Peach Blossom Sarah Keating 5:30pm - 6:30pm			
	<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 5:30pm - 7pm	<b>Group Cycle</b> Cycle Room: 1st Floor @ Peach Blossom Michelle Kirk 5:30pm - 6:30pm	<b>Gentle Yoga</b> Group Exercise @ Washington Patty Schwaninger 5:30pm - 6:30pm	<b>Cycling</b> Cycle Room: 1st Floor @ Peach Blossom Lisa Nappier 5:30pm - 6:15pm			
	<b>Cardio Fusion</b> Group Exercise Room 1 @ Peach Blossom Megan Spence 5:45pm - 6:45pm	<b>Hi-Lo</b> Group Exercise Room 2 @ Peach Blossom Sarah Keating 5:30pm - 6:30pm		<b>Lap Swim (3 Lanes Available)</b> Warm Pool @ Peach Blossom No Instructor 5:30pm - 6:30pm			

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.



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	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
6pm					<b>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 5:30pm - 8pm		
		<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>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 6pm - 7pm	<b>BODYPUMP™</b> Group Exercise @ Washington Deanna Van Skiver 6pm - 7pm	<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>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>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 6pm - 7:30pm	
7pm				<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		
		<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>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>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>TCY Swim Team</b> Cool Pool @ Peachblossom No Instructor 7pm - 7:30pm	
8pm			<b>RS / Lap</b> Warm Pool @ Peach Blossom No Instructor 7pm - 8pm	<b>Lap Swim (4 Lanes Available)</b> Cool Pool @ Peachblossom No Instructor 7:30pm - 9pm	<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 - 7:30pm	
			<b>Yin Yoga</b> Group Exercise Room 1 @ Peach Blossom Kandice Bridge 7:10pm - 8:10pm				
		<b>Lap Swim</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>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>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 8pm - 9pm	<b>Lap Swim</b> Cool Pool @ Peachblossom No Instructor 8pm - 9pm	<b>Shotokan Karate</b> Group Exercise Room 2 @ Peach Blossom Dwayne Eutsey 8pm - 9pm		

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		<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		

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