



Pauline F. & W. David Robbins Family YMCA

April 17th - April 23rd

201 Talbot Avenue
CAMBRIDGE, MD 21613
(410) 221-0505

	WED 17	THU 18	FRI 19	SAT 20	SUN 21	MON 22	TUE 23
5am	Lap Swimming (6 Lanes) Pool 5:30am - 7:45am	Lap Swimming (6 Lanes) Pool 5:30am - 7:30am	Lap Swimming (6 Lanes) Pool 5:30am - 7:45am			Lap Swimming (6 Lanes) Pool 5:30am - 7:45am	Bootcamp Studio I Latonya Potter 5:15am - 5:45am
							Lap Swimming (6 Lanes) Pool 5:30am - 7:30am
7am	Lap Swimming (3 Lanes) Pool 7:45am - 6:15pm	Water Works Pool Dale Schrader 7:30am - 8:30am	Cycle Studio II Troy Acosta 7:45am - 8:45am	Lap Swimming (3 Lanes) Pool 7:30am - 4:30pm		Cycle Studio II Audra Campbell 7:45am - 8:50am	Water Works Pool Dale Schrader 7:30am - 8:30am
	Cycle Studio II Troy Acosta 7:45am - 8:45am	Lap Swimming (3 Lanes) Pool 7:45am - 7:30pm	Lap Swimming (3 Lanes) Pool 7:45am - 7:30pm	Open/Family Swim Pool 7:30am - 8am		Lap Swimming (3 Lanes) Pool 7:45am - 6:15pm	Lap Swimming (3 Lanes) Pool 7:45am - 6pm
				Cycle Studio II Addie Eckardt 7:45am - 8:30am			
8am	Line Dance Studio I Julianna Pax 8am - 9am		Line Dance Studio I Julianna Pax 8am - 9am	Water Aerobics Pool Debbie Hubbard 8am - 8:45am		Line Dance Studio I Julianna Pax 8am - 9am	
	Water Aerobics Pool Barbara Wheatley 8am - 9am		AquaZUMBA (shallow) Pool Aggie Beletsky 8:30am - 9:30am			Water Aerobics Pool Barbara Wheatley 8am - 9am	
9am	Line Dance Studio I Julianna Pax 9am - 10am	Line Dance Studio I Joyce Ritz 9am - 10:30am	BODYPUMP™ Gymnasium Melissa Smith 9am - 10am	All Levels Yoga Studio I Shanna Hubbard 9am - 10am		BODYPUMP™ Gymnasium Melissa Smith 9am - 10am	Line Dance Studio I Joyce Ritz 9am - 10:30am
	BODYPUMP™ Gymnasium Melissa Smith 9am - 10am	Water Aerobics Pool Barbara Wheatley 9:30am - 10:30am	Line Dance Studio I Julianna Pax 9am - 10am	Swim Lessons Pool 9am - 10:30am		Zumba® Studio I Kim Tobat 9am - 10am	Water Aerobics Pool Barbara Wheatley 9:30am - 10:30am
	Arthritis Water Program Pool Barbara Wheatley 9:30am - 10:30am		Zumba® Stage Kim Tobat 9am - 10am			Arthritis Water Program Pool Barbara Wheatley 9:30am - 10:30am	
			Arthritis Water Program Pool Barbara Wheatley 9:30am - 10:30am				
10am	Full Body Stretch Studio I Carolyn Corkran 10am - 11am	Low Impact & Strength Gymnasium Gail Benjamin 10am - 11am	Open/Family Swim Pool 10:30am - 1pm			Full Body Stretch Studio I Carolyn Corkran 10am - 11am	Low Impact & Strength Gymnasium Gail Benjamin 10am - 11am

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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	WED 17	THU 18	FRI 19	SAT 20	SUN 21	MON 22	TUE 23
	Open/Family Swim Pool 10:30am - 1pm	Open/Family Swim Pool 10:30am - 1pm				Open/Family Swim Pool 10:30am - 1pm	Open/Family Swim Pool 10:30am - 1pm
11am			Floor, Core, and More Studio I Wayne Outlaw 11am - 12pm	Open/Family Swim Pool 11am - 4:30pm			Hatha Yoga Studio I Paul Gilmore 11am - 12pm
12pm					Lap Swimming (3 Lanes) Pool 12pm - 4:30pm		
					Open/Family Swim Pool 12pm - 4:30pm		
1pm	Adult Swim Pool 1pm - 3pm	Adult Swim Pool 1pm - 3pm	Adult Swim Pool 1pm - 3pm			Adult Swim Pool 1pm - 3pm	Adult Swim Pool 1pm - 3pm
3pm	CSD Swim Team Practice Pool 3pm - 5pm	CSD Swim Team Practice Pool 3pm - 5pm	Open/Family Swim Pool 3pm - 7:30pm			CSD Swim Team Practice Pool 3pm - 5pm	CSD Swim Team Practice Pool 3pm - 5pm
5pm	Gentle Yoga Studio I Mary Leonard 5:30pm - 6:30pm	All Levels Yoga Studio I Shanna Hubbard 5pm - 6pm				Yoga/Pilates Studio I Kathy Yorton 5pm - 6pm	Swim Lessons Pool 5pm - 6pm
	Water Aerobics Pool Debbie Hubbard 5:30pm - 6:30pm	Swim Lessons Pool 5pm - 6pm				Water Aerobics Pool Debbie Hubbard 5:30pm - 6:30pm	Zumba® Studio I Becky Bradford 5:30pm - 6:30pm
6pm	Swim Club Pool 6:30pm - 7:30pm	BODYCOMBAT™ Studio I Wayne Outlaw 6pm - 7pm				Cardio Fusion Studio I Latonya Potter 6:30pm - 7:30pm	Master Swim Pool 6pm - 7pm
		Open/Family Swim Pool 6pm - 7:30pm				Swim Club Pool 6:30pm - 7:30pm	

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