



Pauline F. & W. David Robbins Family YMCA

October 11th - October 17th

201 Talbot Avenue

CAMBRIDGE, MD 21613

(410) 221-0505

	FRI 11	SAT 12	SUN 13	MON 14	TUE 15	WED 16	THU 17
5am	Lap Swimming (6 Lanes) Pool 5:30am - 8:30am			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 - 7:30am
6am					Cycle Studio II Thornette Lee 6am - 7am		
7am	Cycle Studio II Beth Hancock 7am - 8am	Lap Swimming (6 Lanes) Pool 7:30am - 8am		Cycle Studio II Audra Campbell 7:30am - 8:30am	Water Works Pool Dale Schrader 7:30am - 8:30am	Cycle Studio II Thornette Lee 7:30am - 8:30am	Water Works Pool Dale Schrader 7:30am - 8:30am
		Cycle Studio II Addie Eckardt 7:45am - 8:45am		Lap Swimming (3 Lanes) Pool 7:45am - 7:30pm	Lap Swimming (3 Lanes) Pool 7:45am - 6pm	Lap Swimming (3 Lanes) Pool 7:45am - 7:30pm	Lap Swimming (3 Lanes) Pool 7:45am - 7:30pm
8am	Line Dance Studio I Julianna Pax 8am - 9am	Water Aerobics Pool Debbie Hubbard 8am - 9am		Zumba® Stage Kim Tobat 8am - 9am		Line Dance Studio I Julianna Pax 8am - 9am	
	Zumba® Stage Kim Tobat 8am - 9am	Lap Swimming (3 Lanes) Pool 8am - 4:30pm		Line Dance Studio I Julianna Pax 8am - 9am		Water Aerobics Pool Barbara Wheatley 8am - 9am	
	Lap Swimming (3 Lanes) Pool 8:30am - 7:30pm			Water Aerobics Pool Barbara Wheatley 8am - 9am			
	AquaZUMBA (shallow) Pool Aggie Beletsky 8:30am - 9:30am						
9am	BODYPUMP™ Gymnasium Melissa Smith 9am - 10am	Swim Lessons Pool 9am - 10:30am		BODYPUMP™ Gymnasium Audra Campbell 9am - 10am	Line Dance Studio I Joyce Ritz 9am - 10:30am	Line Dance Studio I Julianna Pax 9am - 10am	Line Dance Studio I Joyce Ritz 9am - 10:30am
	Line Dance Studio I Julianna Pax 9am - 10am			Arthritis Water Program Pool Barbara Wheatley 9:30am - 10:30am	Water Aerobics Pool Barbara Wheatley 9:30am - 10:30am	BODYPUMP™ Gymnasium Dale Schrader 9am - 10am	Water Aerobics Pool Barbara Wheatley 9:30am - 10:30am
	Arthritis Water Program Pool Barbara Wheatley 9:30am - 10:30am					Arthritis Water Program Pool Barbara Wheatley 9:30am - 10:30am	
10am	Open/Family Swim Pool 10:30am - 1pm			Full Body Stretch Studio I Carolyn Corkran 10am - 11am	Low Impact & Strength Gymnasium Gail Benjamin 10am - 11am	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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	FRI 11	SAT 12	SUN 13	MON 14	TUE 15	WED 16	THU 17
				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		Open/Family Swim Pool 11am - 4:30pm					
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	Open/Family Swim Pool 3pm - 7:30pm			Open/Family Swim Pool 3pm - 5:30pm	Open/Family Swim Pool 3pm - 5pm	Open/Family Swim Pool 3pm - 5:30pm	Open/Family Swim Pool 3pm - 5pm
5pm				Water Aerobics Pool Debbie Hubbard 5:30pm - 6:15pm	Swim Lessons Pool 5pm - 6pm	Gentle Yoga Studio I Mary Leonard 5:30pm - 6:30pm	All Levels Yoga Studio I Shanna Hubbard 5pm - 6pm
					Zumba® Studio I Becky Bradford 5:30pm - 6:30pm	Water Aerobics Pool Debbie Hubbard 5:30pm - 6:15pm	Swim Lessons Pool 5pm - 6pm
6pm				Cardio Fusion Studio I Latonya Potter 6:30pm - 7:30pm	Master Swim Pool 6pm - 7:30pm	Open/Family Swim Pool 6:15pm - 7:30pm	Open/Family Swim Pool 6pm - 7:30pm
				Swim Club Pool 6:30pm - 7:30pm			

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