



Perkins Family YMCA
April 16th - April 22nd

300 Seymour Avenue
St. Michael's, MD 21663
410-745-5963

	TUE 16	WED 17	THU 18	FRI 19	SAT 20	SUN 21	MON 22
5am	Open Gym Gymnasium 5am - 7am	Open Gym Gymnasium 5am - 7:30am	Open Gym Gymnasium 5am - 7am	Open Gym Gymnasium 5am - 7:30am			Open Gym Gymnasium 5am - 7:30am
		Lap Swimming Pool 5:30am - 7:30am					Lap / Open Swim Pool 5:30am - 7:30am
		Open Swim Pool 5:30am - 7:30am					
6am							HIIT Studio 1 Tracy Eutsler 6:30am - 7:30am
7am	Open Gym (South Court Only) Gymnasium 7am - 8am	Cycle Bootcamp Studio 1 Tracy Eutsler 7am - 7:45am	Pickleball Drills Gymnasium 7am - 8am	Cardio Fusion Studio 1 Tracy Eutsler 7am - 7:45am			Pickleball Open Play - Rating 3.5+ Gymnasium 7:30am - 10:30am
	Pickleball Ball Machine Practice (North Ct Only) Gymnasium 7am - 8am	Pickleball Open Play - Rating 3.5+ Gymnasium 7:30am - 10:30am		Pickleball Open Play - Rating 3.5+ Gymnasium 7:30am - 10:30am			
8am	Mat Pilates Studio 2 Susan Irwin 8am - 9am	Vinyasa Yoga Studio 2 Doug Kawakami 8am - 9am	Mat Pilates Studio 2 Susan Irwin 8am - 9am	Hatha Yoga Studio 2 Tracy Eutsler 8am - 8:55am	Group Cycle Studio 1 Tracy Eutsler 8am - 8:45am		Hatha Yoga Studio 2 Tracy Eutsler 8am - 8:55am
	Pickleball Open Play - Rating 2.5-3.0 Gymnasium 8am - 11am		Pickleball Open Play - Rating 2.5-3.0 Gymnasium 8am - 11am	Group Cycle Studio 1 Diana Bartell 8am - 8:45am			Group Cycle Studio 1 Diana Bartell 8am - 8:45am
				Open Swim Pool 8:30am - 9am			Lap / Open Swim Pool 8:30am - 9am
				Lap Swimming Pool 8:30am - 9am			
9am	Interval Training Studio 1 Tracy Eutsler 9am - 9:45am	Aqua HIIT Pool Sandi Whitehurst 9am - 10am	Open Swim Pool 9am - 11am	Aqua HIIT Pool Sandi Whitehurst 9am - 10am	Pickleball Open Play - Rating 2.5-3.0 Gymnasium 9am - 11am		Aqua HIIT Pool Sandi Whitehurst 9am - 10am
	Open Swim Pool 9am - 11am	Chair Yoga Studio 1 Rotating Instructor 9:15am - 10:15am	Interval Training Studio 1 Diana Bartell 9am - 9:45am	Chair Yoga Studio 1 Colleen Morrison 9:15am - 10am	Express Strength Studio 1 Tracy Eutsler 9am - 9:30am		Strength & Core Studio 1 Diana Bartell 9am - 9:45am
	Lap Swimming Pool 9am - 11am		Lap Swimming Pool 9am - 11am		LES MILLS CORE™ Studio 1 Tracy Eutsler 9:35am - 10:05am		
10am		Lap Swimming Pool 10am - 12:30pm		Open Swim Pool 10am - 11am			Lap / Open Swim Pool 10am - 12:30pm

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		Open Swim Pool 10am - 12:30pm		Lap Swimming Pool 10am - 11am			Pickleball Open Play - Rating 3.0-3.5 Gymnasium 10:30am - 12:30pm
		Steady & Strong Studio 1 Janet Pfeffer 10:30am - 11:15am		Pickleball Open Play - Rating 3.0-3.5 Gymnasium 10:30am - 12:30pm			Steady & Strong Studio 1 Janet Pfeffer 10:30am - 11:15am
		Pickleball Open Play - Rating 3.0-3.5 Gymnasium 10:30am - 12:30pm		Steady & Strong Studio 1 Janet Pfeffer 10:30am - 11:15am			
11am	Pickleball Open Play - Rating 2.0-2.5 Gymnasium 11am - 1pm	Steady & Strong II Studio 1 Janet Pfeffer 11:30am - 12:15pm	Open Gym Gymnasium 11am - 11:30am	Water Aerobics Pool Karen S 11am - 12pm	GYM CLOSED- Healthy Kids Day! Gymnasium 11am - 1pm	Family Gym Gymnasium 11am - 12:30pm	Steady & Strong II Studio 1 Janet Pfeffer 11:30am - 12:15pm
	Water Aerobics Pool Rotating Instructor 11am - 12pm		Water Aerobics Pool Karen S 11am - 12pm	Steady & Strong II Studio 1 Janet Pfeffer 11:30am - 12:15pm			
			Pickleball Clinic_Perkins Gymnasium 11:30am - 12:30pm				
12pm	Lap Swimming Pool 12pm - 12:30pm	Open Gym Gymnasium 12:30pm - 2:30pm	Lap Swimming Pool 12pm - 12:30pm	Lap Swimming Pool 12pm - 12:30pm		Pickleball Open Play - Mixed Level Gymnasium 12:30pm - 3:30pm	Pickleball Drills Gymnasium 12:30pm - 1:30pm
	Open Swim Pool 12pm - 12:30pm		Open Swim Pool 12pm - 12:30pm	Open Swim Pool 12pm - 12:30pm			
			Pickleball Clinic_Perkins Gymnasium 12:30pm - 1:30pm	Open Gym Gymnasium 12:30pm - 2:30pm			
1pm	Open Gym Gymnasium 1pm - 2:30pm	Lap Swimming Pool 1:15pm - 7pm	Lap Swimming Pool 1:15pm - 5pm		Open Basketball Gymnasium 1pm - 4:45pm		Open Basketball Gymnasium 1:30pm - 2:30pm
	Lap Swimming Pool 1:15pm - 5pm	Open Swim Pool 1:15pm - 7pm	Open Swim Pool 1:15pm - 5pm				
	Open Swim Pool 1:15pm - 5pm		Open Gym Gymnasium 1:30pm - 2:30pm				
2pm	Teen Open Gym Gymnasium 2:30pm - 5pm	Teen Open Gym Gymnasium 2:30pm - 5pm	Teen Open Gym Gymnasium 2:30pm - 5pm	Teen Open Gym Gymnasium 2:30pm - 5pm			Teen Open Gym Gymnasium 2:30pm - 5pm
3pm						Open Basketball Gymnasium 3:30pm - 4:45pm	

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4pm			Express Strength Studio 1 Tracy Eutsler 4:30pm - 5pm				
5pm	Open Basketball Gymnasium 5pm - 6pm	LES MILLS CORE™ Studio 1 Jacalyn Baxendale 5pm - 5:45pm	Open Basketball Gymnasium 5pm - 6pm	Open Basketball Gymnasium 5pm - 6:45pm			Open Basketball Gymnasium 5pm - 7:45pm
		Open Basketball Gymnasium 5pm - 7:45pm	LES MILLS CORE™ Studio 1 Tracy Eutsler 5:05pm - 5:35pm				Vinyasa Yoga Studio 2 Doug Kawakami 5:30pm - 6:30pm
			Express Cycling Studio 1 Tracy Eutsler 5:45pm - 6:15pm				
6pm	Pickleball Open Play - Mixed Level Gymnasium 6pm - 7:45pm	Vinyasa Yoga Studio 2 Doug Kawakami 6pm - 7pm	Pickleball Open Play - Mixed Level Gymnasium 6pm - 7:45pm				

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