



Perkins Family YMCA  
September 22nd - September 28th

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

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
<b>6am</b>	<b>Open Swim</b> Pool - Reservations Required - Please Call 6:30am - 1pm	<b>Open Swim</b> Pool - Reservations Required - Please Call 6:30am - 11am	<b>Open Swimming</b> Pool - Reservations Required - Please Call No Instructor 6:30am - 11am	<b>Lap Swim (3 Lanes Available)</b> Pool - Reservations Required - Please Call No Instructor 6:30am - 9am			<b>Lap Swim (3 Lanes Available)</b> Pool - Reservations Required - Please Call No Instructor 6:30am - 11:30am
	<b>Lap Swim (3 Lanes Available)</b> Pool - Reservations Required - Please Call No Instructor 6:30am - 1pm	<b>Lap Swim (3 Lanes Available)</b> Pool - Reservations Required - Please Call No Instructor 6:30am - 11am	<b>Lap Swim (3 Lanes Available)</b> Pool - Reservations Required - Please Call No Instructor 6:30am - 11am	<b>Open Swim</b> Pool - Reservations Required - Please Call 6:30am - 9am			<b>Open Swim</b> Pool - Reservations Required - Please Call 6:30am - 11:30am
<b>7am</b>		<b>HIIT</b> Studio 1 Tracy Eutsler 7am - 8am					
<b>8am</b>	<b>Vinyasa Yoga</b> Studio 2 Susan Irwin 8am - 9am		<b>Yogalates</b> Studio 2 Susan Irwin 8am - 9am	<b>Group Cycle</b> Outside - Weather Permitting Diana Bartell 8am - 8:45am	<b>Lap Swim (3 Lanes Available)</b> Pool - Reservations Required - Please Call No Instructor 8am - 1pm		<b>Cycling &amp; Core</b> Gymnasium Diana Bartell 8am - 9am
					<b>Open Swim</b> Pool - Reservations Required - Please Call 8am - 1pm		
					<b>Group Cycle</b> Gymnasium Tracy Eutsler 8am - 8:45am		
<b>9am</b>	<b>Senior Fitness</b> Facebook - Y of Chesapeake pg. Barbara Jarrell 9am - 10am	<b>Cardio Kickboxing</b> Studio 1 Christin Hahn 9am - 9:45am	<b>Interval Training</b> Studio 1 Christin Hahn 9am - 9:45am	<b>Vinyasa Yoga</b> Studio 2 Susan Irwin 9am - 10am	<b>CXWORX</b> Studio 1 Tracy Eutsler 9am - 9:30am	<b>Mat Pilates</b> Outside - Weather Permitting Jacalyn Baxendale 9am - 10am	<b>Strength &amp; Core</b> Studio 1 Laura Batchelor 9am - 10am
	<b>Chair Yoga</b> Outside - Weather Permitting Colleen Morrison 9am - 10am	<b>Tabata</b> Facebook - Y of Chesapeake pg. Amy Sorg 9:30am - 10:30am	<b>Strength &amp; Core</b> Facebook - Y of Chesapeake pg. Tracy Eutsler 9:15am - 10:15am	<b>Deep Water HIIT</b> Pool Sandi Whitehurst 9am - 10am			<b>BODYFLOW®</b> Facebook - Y of Chesapeake pg. Wendy Palmer 9:30am - 10:30am
	<b>Interval Training</b> Studio 1 Christin Hahn 9am - 9:45am			<b>Senior Fitness</b> Facebook - Y of Chesapeake pg. Barbara Jarrell 9am - 10am			
<b>10am</b>	<b>Barre</b> Studio 2 Christin Hahn 10:15am - 11:15am	<b>Steady &amp; Strong</b> ZOOM - email invite required Janet Pfeffer 10:45am - 11:30am	<b>Chair Yoga</b> Facebook - Perkins Y pg Colleen Morrison 10am - 11am	<b>Lap Swim (3 Lanes Available)</b> Pool - Reservations Required - Please Call No Instructor 10am - 11am	<b>Barre</b> Studio 2 Jacalyn Baxendale 10am - 11am		<b>Steady &amp; Strong</b> ZOOM - email invite required Janet Pfeffer 10:45am - 11:30am
			<b>Barre</b> Studio 2 Christin Hahn 10:15am - 11:15am	<b>Open Swim</b> Pool - Reservations Required - Please Call 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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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
				<b>Steady &amp; Strong ZOOM</b> - email invite required Janet Pfeffer 10:45am - 11:30am			
<b>11am</b>		<b>Deep Water HIIT</b> Pool Sandi Whitehurst 11am - 12pm	<b>Water Aerobics</b> Pool Karen S 11am - 12pm	<b>Water Aerobics</b> Pool Karen S 11am - 12pm		<b>Lap Swim (3 Lanes Available)</b> Pool - Reservations Required - Please Call No Instructor 11am - 5pm	<b>Deep Water HIIT</b> Pool Sandi Whitehurst 11:30am - 12:30pm
		<b>Steady &amp; Strong II ZOOM</b> - email invite required Janet Pfeffer 11:40am - 12:25pm		<b>Steady &amp; Strong II ZOOM</b> - email invite required Janet Pfeffer 11:40am - 12:25pm		<b>Open Swim</b> Pool - Reservations Required - Please Call 11am - 5pm	<b>Steady &amp; Strong II ZOOM</b> - email invite required Janet Pfeffer 11:40am - 12:25pm
<b>12pm</b>		<b>Open Swimming</b> Pool - Reservations Required - Please Call No Instructor 12pm - 1pm	<b>Open Swimming</b> Pool - Reservations Required - Please Call No Instructor 12pm - 1pm	<b>Lap Swim (3 Lanes Available)</b> Pool - Reservations Required - Please Call No Instructor 12pm - 1pm			
		<b>Lap Swim (3 Lanes Available)</b> Pool - Reservations Required - Please Call No Instructor 12pm - 1pm	<b>3 Lap Lanes/Open Swim</b> Pool - Reservations Required - Please Call No Instructor 12pm - 1pm	<b>Open Swimming</b> Pool - Reservations Required - Please Call No Instructor 12pm - 1pm			
<b>2pm</b>	<b>Open Swimming</b> Pool - Reservations Required - Please Call No Instructor 2pm - 7pm	<b>Lap Swim (3 Lanes Available)</b> Pool - Reservations Required - Please Call No Instructor 2pm - 7pm	<b>Lap Swim (3 Lanes Available)</b> Pool - Reservations Required - Please Call No Instructor 2pm - 7pm	<b>Lap Swim (3 Lanes Available)</b> Pool - Reservations Required - Please Call No Instructor 2pm - 7pm	<b>Open Swimming</b> Pool - Reservations Required - Please Call No Instructor 2pm - 5pm		<b>Lap Swim (3 Lanes Available)</b> Pool - Reservations Required - Please Call No Instructor 2pm - 7pm
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<b>4pm</b>	<b>Strength Training</b> Studio 1 Diana Bartell 4:30pm - 5:15pm		<b>Strength Training</b> Studio 1 Tracy Eutsler 4:30pm - 5:15pm				
<b>5pm</b>	<b>Cycling &amp; Core</b> Gymnasium Julia Foxwell 5:45pm - 6:45pm	<b>Barre</b> Studio 2 Jacalyn Baxendale 5:30pm - 6:30pm	<b>CXWORX</b> Studio 1 Tracy Eutsler 5:30pm - 6pm				<b>Vinyasa Yoga</b> Studio 2 Doug Kawakami 5:30pm - 6:30pm
<b>6pm</b>		<b>Vinyasa Yoga</b> Facebook - Perkins Y pg Colleen Morrison 6pm - 7pm	<b>Cycling</b> Gymnasium Laura Batchelor 6pm - 6:45pm				

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