



Perkins Family YMCA
October 11th - October 17th

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

	FRI 11	SAT 12	SUN 13	MON 14	TUE 15	WED 16	THU 17
5am	Open Gym Gymnasium 5am - 7:30am			Open Gym Gymnasium 5am - 7:30am	Open Gym Gymnasium 5am - 7am	Open Gym Gymnasium 5am - 7:30am	Open Gym Gymnasium 5am - 7am
	Lap / Open Swim Pool 5:30am - 9am			Lap / Open Swim Pool 5:30am - 9am		Lap / Open Swim Pool 5:30am - 9am	
7am	Cardio Fusion Studio 1 Tracy Eutsler 7am - 7:45am			HIIT Studio 1 Tracy Eutsler 7am - 7:45am		Cycle Bootcamp Studio 1 Tracy Eutsler 7am - 7:45am	Pickleball Drills 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		Pickleball Open Play - Rating 3.5+ Gymnasium 7:30am - 10:30am	
8am	Group Cycle Studio 1 Diana Bartell 8am - 8:45am	Group Cycle Studio 1 Diana Bartell 8am - 8:45am		Group Cycle Studio 1 Diana Bartell 8am - 8:45am	Mat Pilates Studio 2 Susan Irwin 8am - 9am	LES MILLS CORE™ Studio 1 Jacalyn Baxendale 8am - 8:30am	Lap / Open Swim Pool 8am - 11am
	Hatha Yoga Studio 2 Anja Keller 8am - 8:55am	Lap / Open Swim Pool 8am - 1pm		Hatha Yoga Studio 2 Anastasiia DuHoffman 8am - 8:55am	Lap / Open Swim Pool 8am - 11am	Vinyasa Yoga Studio 2 Doug Kawakami 8am - 9am	Mat Pilates Studio 2 Susan Irwin 8am - 9am
					Pickleball Open Play - Rating 2.5-3.0 Gymnasium 8am - 11am		Pickleball Open Play - Rating 2.5-3.0 Gymnasium 8am - 11am
9am	Aqua Interval Training Pool Sandi Whitehurst 9am - 10am	Express Strength Studio 1 Jacalyn Baxendale 9am - 9:30am		Aqua Interval Training Pool Sandi Whitehurst 9am - 10am	Interval Training Studio 1 Diana Bartell 9am - 9:45am	Aqua Interval Training Pool Sandi Whitehurst 9am - 10am	Interval Training Studio 1 Tracy Eutsler 9am - 9:45am
	Stretch in the Chair Studio 1 Anja Keller 9:15am - 10am	Pickleball Open Play - Rating 2.5-3.0 Gymnasium 9am - 12pm		Strength & Core Studio 1 Diana Bartell 9am - 9:45am		Chair Yoga Studio 1 Doug Kawakami 9:15am - 10:15am	
		LES MILLS CORE™ Studio 1 Jacalyn Baxendale 9:35am - 10:05am					
10am	Lap / Open Swim Pool 10am - 11am			Lap / Open Swim Pool 10am - 7pm		Lap / Open Swim Pool 10am - 1pm	
	Pickleball Open Play - Rating 3.0-3.5 Gymnasium 10:30am - 12:30pm			Pickleball Open Play - Rating 3.0-3.5 Gymnasium 10:30am - 12:30pm		Pickleball Open Play - Rating 3.0-3.5 Gymnasium 10:30am - 12:30pm	
	Steady & Strong Studio 1 Janet Pfeffer 10:30am - 11:15am			Steady & Strong Studio 1 Janet Pfeffer 10:30am - 11:15am		Steady & Strong Studio 1 Janet Pfeffer 10:30am - 11:15am	

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
11am	Water Aerobics Pool Karen S 11am - 12pm		Family Gym Gymnasium 11am - 12:30pm	Steady & Strong II Studio 1 Janet Pfeffer 11:30am - 12:15pm	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 - 1:30pm
	Steady & Strong II Studio 1 Janet Pfeffer 11:30am - 12:15pm		Lap / Open Swim Pool 11am - 3pm		Water Aerobics Pool Rotating Instructor 11am - 12pm		Water Aerobics Pool Karen S 11am - 12pm
12pm	Lap / Open Swim Pool 12pm - 6pm	Open Basketball Gymnasium 12pm - 4:45pm	Pickleball Open Play - Mixed Level Gymnasium 12:30pm - 3:30pm	Pickleball Drills Gymnasium 12:30pm - 1:30pm	Lap / Open Swim Pool 12pm - 1pm	Open Basketball Gymnasium 12:30pm - 2:30pm	Lap / Open Swim Pool 12pm - 1pm
	Open Basketball Gymnasium 12:30pm - 2:30pm						
1pm				Open Basketball Gymnasium 1:30pm - 2:30pm	Open Basketball Gymnasium 1pm - 2:30pm		Open Basketball Gymnasium 1:30pm - 2:30pm
2pm	Teen Open Gym Gymnasium 2:30pm - 5pm			Teen Open Gym Gymnasium 2:30pm - 5pm	Lap / Open Swim Pool 2pm - 7pm	Lap / Open Swim Pool 2pm - 7pm	Lap / Open Swim Pool 2pm - 7pm
					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				
4pm							Express Strength Studio 1 Tracy Eutsler 4:30pm - 5pm
5pm	Open Basketball Gymnasium 5pm - 6:45pm			Open Basketball Gymnasium 5pm - 7:45pm	LES MILLS CORE™ Studio 1 Jacalyn Baxendale 5pm - 5:30pm	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	Open Basketball Gymnasium 5pm - 5:45pm	Vinyasa Yoga Studio 2 Anja Keller 5:30pm - 6:30pm	
					Stretch Studio 1 Jacalyn Baxendale 5:30pm - 6pm		
					Pickleball Drills Gymnasium 5:45pm - 6:45pm		
6pm							Pickleball Open Play - Mixed Level Gymnasium 6pm - 7:45pm

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