



Perkins Family YMCA  
December 14th - December 20th

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

	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
6am			<b>Open Swimming</b> Pool No Instructor 6:30am - 1pm	<b>Open Swimming</b> Pool No Instructor 6:30am - 8:15am	<b>Barre</b> Studio 2 Jacalyn Baxendale 6am - 7am	<b>Open Swimming</b> Pool No Instructor 6:30am - 11am	
					<b>Lap Swim (3 Lanes Available)</b> Pool No Instructor 6:30am - 10am	<b>Lap Swim (3 Lanes Available)</b> Pool No Instructor 6:30am - 11am	
					<b>Open Swimming</b> Pool No Instructor 6:30am - 1pm		
7am	<b>Cycling</b> Studio 1 Tracy Eutsler 7:45am - 8:30am				<b>Stroke Clinic</b> Pool Michael Keene 7:30am - 8:30am		
8am	<b>Open Swimming</b> Pool No Instructor 8am - 9:45am		<b>Vinyasa Yoga</b> Studio 2 Susan Irwin 8:15am - 9:15am	<b>Hatha Yoga</b> Studio 2 Colleen Morrison 8:15am - 9:15am	<b>Mat Pilates</b> Studio 2 Susan Irwin 8:15am - 9am	<b>Express Strength</b> Studio 1 Tracy Eutsler 8am - 8:30am	<b>Open Swimming</b> Pool No Instructor 8am - 9am
	<b>Express Strength</b> Studio 1 Tracy Eutsler 8:30am - 9am		<b>Floor, Core, and More</b> Studio 1 Kristin Lockerman 8:15am - 9:15am		<b>Cycling</b> Studio 1 Diana Bartell 8:15am - 9am	<b>Hatha Yoga</b> Studio 2 Susan Irwin 8:15am - 9:15am	<b>Vinyasa Yoga</b> Studio 2 Susan Irwin 8:15am - 9:15am
					<b>Lap Swim (3 Lanes Available)</b> Pool No Instructor 8:30am - 10am	<b>CXWORX</b> Studio 1 Tracy Eutsler 8:30am - 9am	<b>Cycling</b> Studio 1 Diana Bartell 8:15am - 9am
9am					<b>Open Swimming</b> Pool No Instructor 8:30am - 10am		
	<b>Barre</b> Studio 2 Jacalyn Baxendale 9am - 10am		<b>Step</b> Studio 1 Tracy Eutsler 9:15am - 10:15am	<b>Open Swimming</b> Multi Purpose Room No Instructor 9am - 11am	<b>Express Abs</b> Studio 1 Diana Bartell 9am - 9:15am	<b>Chair Yoga</b> Multi Purpose Room Sara Robins 9:30am - 10:30am	<b>Deep Water HIIT</b> Pool Sandi Whitehurst 9am - 10am
	<b>Swim Lessons- Preschool</b> Pool No Instructor 9:45am - 10:15am			<b>Lap Swim (3 Lanes Available)</b> Pool No Instructor 9am - 11am	<b>HIIT</b> Studio 1 Diana Bartell 9:15am - 9:45am	<b>Interval Training</b> Studio 2 Christin Hahn 9:30am - 10:15am	<b>Express Abs</b> Studio 1 Diana Bartell 9am - 9:15am
				<b>Interval Training</b> Studio 1 Christin Hahn 9:30am - 10:15am	<b>Reformer Pilates</b> Studio 2 Susan Irwin 9:15am - 10am		<b>Core &amp; More</b> Studio 1 Diana Bartell 9:15am - 9:45am
			<b>Chair Yoga</b> Studio 2 Sara Robins 9:30am - 10:30am			<b>Stretch</b> Studio 2 Susan Irwin 9:30am - 10am	

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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10am			<b>Steady &amp; Strong</b> Studio 1 Janet Pfeffer 10:45am - 11:30am	<b>Barre</b> Studio 2 Christin Hahn 10:30am - 11:30am	<b>Swim Lessons- Parent/ Child</b> Pool No Instructor 10am - 10:30am	<b>Barre</b> Studio 2 Christin Hahn 10:30am - 11:30am	<b>Reformer Pilates</b> Studio 2 Susan Irwin 10am - 10:45am
					<b>Open Swimming</b> Pool No Instructor 10:30am - 1pm		<b>Steady &amp; Strong</b> Studio 1 Janet Pfeffer 10:45am - 11:30am
					<b>Lap Swim (2 Lanes Available)</b> Pool No Instructor 10:30am - 1pm		<b>Water Aerobics</b> Pool Karen S 10:45am - 11:45am
					<b>Steady &amp; Strong</b> Studio 1 Janet Pfeffer 10:45am - 11:30am		
11am	<b>Open Swimming</b> Pool No Instructor 11:45am - 5:30pm	<b>Lap Swim (3 Lanes Available)</b> Pool No Instructor 11am - 5:30pm	<b>Steady &amp; Strong II</b> Studio 1 Janet Pfeffer 11:30am - 12:15pm	<b>Aqua Fit</b> Pool Rotating Instructor 11am - 12pm	<b>Steady &amp; Strong II</b> Studio 1 Janet Pfeffer 11:30am - 12:15pm	<b>Aqua Fit</b> Pool Rotating Instructor 11am - 12pm	<b>Steady &amp; Strong II</b> Studio 1 Janet Pfeffer 11:30am - 12:15pm
		<b>Cardio Dance</b> Studio 2 Natalie Lentz 11:15am - 12:15pm					
12pm				<b>Lap Swim (3 Lanes Available)</b> Pool No Instructor 12pm - 1pm		<b>Water Aerobics</b> Pool Karen S 12pm - 1pm	
				<b>Open Swimming</b> Pool No Instructor 12pm - 1pm			
3pm			<b>Open Swimming</b> Pool No Instructor 3pm - 4:30pm	<b>Open Swimming</b> Pool No Instructor 3pm - 6:15pm	<b>Lap Swim (3 Lanes Available)</b> Pool No Instructor 3pm - 6pm	<b>Open Swimming</b> Pool No Instructor 3pm - 6:15pm	
					<b>Open Swimming</b> Pool No Instructor 3pm - 6pm		
4pm				<b>Express Strength</b> Studio 1 Tracy Eutsler 4:30pm - 5pm		<b>HIIT</b> Studio 1 Kristin Lockerman 4pm - 4:30pm	
						<b>Cycling</b> Studio 1 Kristin Lockerman 4:45pm - 5:30pm	

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5pm			<b>HIIT</b> Studio 1 Diana Bartell 5pm - 5:30pm	<b>CXWORX</b> Studio 1 Tracy Eutsler 5pm - 5:30pm	<b>Cardio Fusion</b> Studio 1 Tracy Eutsler 5:15pm - 6pm	<b>Mat Pilates</b> Studio 2 Kristin Lockerman 5:30pm - 6:15pm	
			<b>Cycling</b> Studio 1 Diana Bartell 5:45pm - 6:30pm	<b>Express Cycling</b> Studio 1 Julia Foxwell 5:45pm - 6:30pm			
6pm			<b>Vinyasa Yoga</b> Studio 2 Doug Kawakami 6pm - 7pm	<b>Dance Fusion</b> Studio 2 Natalie Lentz 6pm - 7pm	<b>Vinyasa Yoga</b> Studio 2 Colleen Morrison 6pm - 7pm	<b>Swim Lessons- Youth</b> Pool No Instructor 6:15pm - 7pm	
				<b>Swim Lessons- Youth</b> Pool No Instructor 6:15pm - 7pm			
7pm			<b>Barre</b> Studio 2 Jacalyn Baxendale 7pm - 8pm				

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