



Richard A. Henson Family YMCA

June 25th - July 1st

715 S. Schumaker Dr.

Salisbury, MD 21801

410.749.0101

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	Lap Swim (2 Lanes Available) Indoor Pool No Instructor 5:30am - 7am	Lap Swim Indoor Pool No Instructor 5:30am - 8:50am	Lap Swim (2 Lanes Available) Indoor Pool No Instructor 5:30am - 7am	Lap Swim Indoor Pool No Instructor 5:30am - 8:50am			Lap Swim (2 Lanes Available) Indoor Pool No Instructor 5:30am - 7am
	Lap Swim Indoor Pool No Instructor 5:30am - 8:50am	Lap Swim (2 Lanes Available) Indoor Pool No Instructor 5:30am - 7am	Lap Swim Indoor Pool No Instructor 5:30am - 8:50am	Lap Swim (2 Lanes Available) Indoor Pool No Instructor 5:30am - 7am			
6am	Active Adult Training Group Exercise 3 Cheryl Spurlock 6am - 6:45am	Cycling Group Exercise 1 Marlaine Renner 6am - 7am	Tabata Group Exercise 3 Marlaine Renner 6am - 6:45am	Cycling Group Exercise 1 Marlaine Renner 6am - 6:45am			Floor, Core, and More Group Exercise 3 Marlaine Renner 6am - 6:45am
		Step & Tone Group Exercise 3 Lynn Taylor 6am - 6:45am		Vinyasa Yoga Group Exercise 3 Celeste Grudzien 6am - 6:45am			Cycling Group Exercise 1 Jay DeBerardinis 6am - 6:45am
7am	Lap Swim Indoor Pool No Instructor 7am - 8:50am	Lap Swim Indoor Pool No Instructor 7am - 8:50am	Stretch Group Exercise 3 Marlaine Renner 7am - 7:30am	Lap Swim Indoor Pool No Instructor 7am - 8:50am	Lap Swim (2 Lanes Available) Indoor Pool No Instructor 7am - 8:30am		Lap Swim Indoor Pool No Instructor 7am - 8:50am
			Lap Swim Indoor Pool No Instructor 7am - 8:50am		Cycling Group Exercise 1 Marlaine Renner 7:30am - 8:30am		
8am		Zumba® Group Exercise 3 Davie Chandradat 8:30am - 9:30am	Lap Swim (2 Lanes Available) Indoor Pool No Instructor 8am - 9am	Zumba® Group Exercise 3 Dionne Ray 8:30am - 9:15am	Cycling Group Exercise 1 Amy Sorg 8:30am - 9:30am		Strength Training Group Exercise 3 Bev Sterling 8:30am - 9:30am
			AquaBLAST! (shallow) Indoor Pool Davie Chandradat 8am - 9am		HIIT Group Exercise 2 Don Copper 8:30am - 9:15am		
					Step Group Exercise 3 Lynn Taylor 8:30am - 9:30am		
9am	Aquatic Power Hour (deep) Indoor Pool Maureen Gerardi 9am - 10am	Water Aerobics Indoor Pool Elaine Hill 9am - 10am	Aquatic Power Hour (deep) Indoor Pool Maureen Gerardi 9am - 10am	Aquatic Power Hour (deep) Indoor Pool Maureen Gerardi 9am - 10am	Vinyasa Yoga Group Exercise 2 Bev Sterling 9:30am - 10:30am		Aquasize - Deep Indoor Pool Paula Law 9am - 10am
	AquaStretching Indoor Pool Dorothy Page 9am - 10am	Aquasize - Deep Indoor Pool Paula Law 9am - 10am	AquaStretching Indoor Pool Elaine Hill 9am - 10am	WaterFIT! (shallow) Indoor Pool Tina Lambert-Marzec 9am - 10am	Strength Training Group Exercise 3 Sarah Fielding 9:30am - 10:30am		Water Aerobics Indoor Pool Swee Smith 9am - 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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	Mat Pilates Group Exercise 3 Amy Sorg 9am - 9:30am	Tabata Group Exercise 3 Amy Sorg 9:30am - 10:30am	Pilates on the Ball Group Exercise 3 Amy Sorg 9am - 9:30am	Floor, Core, and More Group Exercise 3 Amy Sorg 9:15am - 10:15am	BODYPUMP™ Group Exercise 3 Sarah Fielding 9:30am - 10:30am		Vinyasa Yoga Group Exercise 3 Mary Kaul Black 9:30am - 10:30am
	Zumba® Group Exercise 3 Dionne Ray 9:30am - 10:15am	Vinyasa Yoga Group Exercise 2 Kate Deckenback 9:30am - 10:30am	POUND® Group Exercise 3 Davie Chandradat 9:30am - 10:15am				
	Cycling Group Exercise 1 Amy Sorg 9:35am - 10:20am		Cycling Group Exercise 1 Amy Sorg 9:35am - 10:20am				
10am	Open Swim Indoor Pool 10am - 2pm	AquaZUMBA (shallow) Indoor Pool Davie Chandradat 10am - 11am	Open Swim Indoor Pool 10am - 2pm	AquaBLAST! (shallow) Indoor Pool Davie Chandradat 10am - 11am	Zumba® Group Exercise 3 Chris Pagan 10:30am - 11:30am		Lap Swim (4 Lanes Available) Indoor Pool No Instructor 10am - 2pm
	AquaZUMBA (shallow) Indoor Pool Davie Chandradat 10am - 11am	Lap Swim (2 Lanes Available) Indoor Pool No Instructor 10am - 11am	Lap Swim (4 Lanes Available) Indoor Pool No Instructor 10am - 2pm	Open Swim Indoor Pool 10am - 11am	Lap Swim (3 Lanes Available) Indoor Pool No Instructor 10:45am - 11:15am		Open Swim Indoor Pool 10am - 2pm
	Hatha Yoga Group Exercise 3 Cheryl Sidwell 10:30am - 11:30am		Cycling Group Exercise 1 Marlaine Renner 10:30am - 11:15am	RING Pilates Group Exercise 3 Helen Myers 10:15am - 11am			Meditation Group Exercise 3 Mary Kaul Black 10:35am - 10:50am
11am	Lap Swim (4 Lanes Available) Indoor Pool No Instructor 11am - 2pm	Active Adult Training Group Exercise 3 Shelly Seibert 11am - 12pm		Active Adult Training Group Exercise 3 Bev Sterling 11am - 12pm	AquaZUMBA (shallow) Indoor Pool Davie Chandradat 11:15am - 12:15pm		Active Adult Training Group Exercise 3 Lynn Taylor 11am - 12pm
		Open Swim Indoor Pool 11am - 2pm		Lap Swim (3 Lanes Available) Indoor Pool No Instructor 11am - 12:30pm			
		Lap Swim (3 Lanes Available) Indoor Pool No Instructor 11am - 2pm					
12pm				Open Swim Indoor Pool 12:30pm - 2pm	Lap Swim (3 Lanes Available) Indoor Pool No Instructor 12:15pm - 4:30pm	Lap Swim Indoor Pool No Instructor 12pm - 1pm	
						Strength Training Group Exercise 3 Sarah Fielding 12:15pm - 1:15pm	

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1pm						Lap Swim (1 Lane Available) Indoor Pool No Instructor 1pm - 3:30pm	
						Open Swim Indoor Pool 1pm - 3:30pm	
						Vinyasa Yoga Group Exercise 3 Mary Seemann 1:30pm - 2:30pm	
2pm	Senior Swim Indoor Pool No Instructor 2pm - 3pm	Senior Swim Indoor Pool No Instructor 2pm - 3pm	Senior Swim Indoor Pool No Instructor 2pm - 3pm	Senior Swim Indoor Pool No Instructor 2pm - 3pm		Zumba® Group Exercise 3 Chris Pagan 2:30pm - 3:30pm	Senior Swim Indoor Pool No Instructor 2pm - 3pm
3pm	Lap Swim Indoor Pool No Instructor 3pm - 3:30pm	Open Swim Indoor Pool 3pm - 4pm	Lap Swim (3 Lanes Available) Indoor Pool No Instructor 3pm - 9pm	Lap Swim (4 Lanes Available) Indoor Pool No Instructor 3pm - 4pm			Open Swim Indoor Pool 3pm - 4pm
	BODYPUMP™Teen Group Exercise 3 Sarah Fielding 3:30pm - 4:30pm	Lap Swim (3 Lanes Available) Indoor Pool No Instructor 3pm - 4pm	Lap Swim Indoor Pool No Instructor 3pm - 3:30pm	Open Swim Indoor Pool 3pm - 4pm			Lap Swim (3 Lanes Available) Indoor Pool No Instructor 3pm - 4pm
			Lap Swim (2 Lanes Available) Indoor Pool No Instructor 3:30pm - 4pm				
4pm	BODYPUMP™ Group Exercise 3 Don Copper 4:45pm - 5:30pm	Lap Swim (1 Lane Available) Indoor Pool No Instructor 4pm - 7:30pm		Lap Swim (1 Lane Available) Indoor Pool No Instructor 4pm - 7:30pm			Lap Swim (1 Lane Available) Indoor Pool No Instructor 4pm - 9pm
		Step & Tone Group Exercise 3 Ruta DiCarlo 4:30pm - 5:30pm		Open Swim Indoor Pool 4pm - 7:30pm			Step & Tone Group Exercise 3 Amy Sorg 4:30pm - 5:30pm
5pm	Lap Swim (1 Lane Available) Indoor Pool No Instructor 5:30pm - 9pm	Cycling Group Exercise 1 Sarah Fielding 5:30pm - 6:30pm	BODYPUMP™ Group Exercise 3 Don Copper 5pm - 6pm	Zumba Toning Group Exercise 3 Davie Chandradat 5pm - 6pm			Cycling Group Exercise 1 Sarah Fielding 5:30pm - 6:30pm
	Cycling Interval Group Exercise 1 Sarah Fielding 5:45pm - 6:45pm	Vinyasa Yoga Group Exercise 3 Eva Whipple 5:30pm - 6:30pm	Cycling Group Exercise 1 Sarah Fielding 5:45pm - 6:15pm	Vinyasa Yoga Group Exercise 2 Eva Whipple 5:30pm - 6:30pm			Zumba® Group Exercise 3 Britni Fleetwood 5:30pm - 6:15pm
	Mat Pilates Group Exercise 2 Celeste Grudzien 5:45pm - 6:45pm						

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6pm	POUND® Group Exercise 3 Jessica Schweikert 5:45pm - 6:30pm						
	HIIT Group Exercise 3 Don Copper 6:30pm - 7:30pm	Zumba Toning Group Exercise 3 Davie Chandradat 6:30pm - 7:30pm	BODYPUMP™ Express Group Exercise 2 Sarah Fielding 6:20pm - 6:50pm				BODYPUMP™ Express Group Exercise 2 Sarah Fielding 6:35pm - 7:05pm
7pm		BODYPUMP™ Express Group Exercise 2 Sarah Fielding 6:35pm - 7:05pm					
	Active Kids Group Exercise 2 Fitness Instructor 7:30pm - 8:30pm	POUND® Group Exercise 3 Violet Margarita-Goldkamp 7:30pm - 8pm	Active Kids Group Exercise 2 Fitness Instructor 7pm - 8pm				WaterFIT! (shallow) Indoor Pool No Instructor 7:20pm - 8:20pm
8pm	Zumba® Group Exercise 3 Britni Fleetwood 7:30pm - 8:30pm	Lap Swim (3 Lanes Available) Indoor Pool No Instructor 7:45pm - 9pm					WaterFIT! (shallow) Indoor Pool Water Exercise Instructor 7:30pm - 8:30pm
	Open Swim Indoor Pool 8:15pm - 9pm		Open Swim Indoor Pool 8pm - 9pm				
	AquaFLOW! (shallow & deep) Indoor Pool No Instructor 8:15pm - 9pm		Lap Swim (4 Lanes Available) Indoor Pool No Instructor 8pm - 9pm				

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