



Richard A. Henson Family YMCA
December 14th - December 20th

715 S. Schumaker Dr.
Salisbury, MD 21801
410.749.0101

	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
5am			Lap Swim (2 Lanes Available) Indoor Pool No Instructor 5:30am - 7am	Lap Swim (1 Lane Available) Indoor Pool No Instructor 5:30am - 7am	Lap Swim (2 Lanes Available) Indoor Pool No Instructor 5:30am - 7am	Lap Swim (2 Lanes Available) Donnie Williams Pool No Instructor 5:30am - 8am	Open Swimming Donnie Williams Pool No Instructor 5:30am - 8:50am
							Lap Swim (2 Lanes Available) Indoor Pool No Instructor 5:30am - 7am
							Lap Swim (2 Lanes Available) Donnie Williams Pool No Instructor 5:30am - 8:50am
6am			Floor, Core, and More Group Exercise 3 Celeste Grudzien 6am - 6:45am	Active Adult Training Group Exercise 3 Lynn Taylor 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
			Cycling Group Exercise 1 Jay DeBerardinis 6am - 6:45am		Step & Tone Group Exercise 3 Lynn Taylor 6am - 6:45am		Vinyasa Yoga Group Exercise 3 Celeste Grudzien 6am - 6:45am
7am	Lap Swim (1 Lane 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	Lap Swim Indoor Pool No Instructor 7am - 8:50am	Stretch Group Exercise 2 Marlaine Renner 7am - 7:30am	Lap Swim Indoor Pool No Instructor 7am - 8:50am
	Lap Swim (2 Lanes Available) Donnie Williams Pool No Instructor 7am - 9am					Lap Swim Indoor Pool No Instructor 7am - 8am	Lap Swim Indoor Pool No Instructor 7am - 8:50am
	Cycling Group Exercise 1 Marlaine Renner 7:30am - 8:30am						
8am	Step Group Exercise 3 Ruta DiCarlo 8:30am - 9:30am		Strength Training Group Exercise 3 Bev Sterling 8:30am - 9:30am		Zumba® Group Exercise 3 Jen Morgan 8:30am - 9:30am	AquaBLAST! (shallow) Indoor Pool Swee Smith 8am - 9am	Cardio Dance Group Exercise 3 Hannah Hooper 8:30am - 9:15am
	HIIT Group Exercise 2 Don Copper 8:30am - 9:15am						
	Cycling Group Exercise 1 Amy Sorg 8:30am - 9:30am						

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9am	Vinyasa Yoga Group Exercise 2 Bev Sterling 9:30am - 10:30am		Water Aerobics Donnie Williams Pool Swee Smith 9am - 10am	Aquatic Power Hour (deep) Indoor Pool Maureen Gerardi 9am - 10am	Aqua Core and More Indoor Pool Paula Law 9am - 10am	Aquatic Power Hour (deep) Indoor Pool Maureen Gerardi 9am - 10am	Aquatic Power Hour (deep) Indoor Pool Maureen Gerardi 9am - 10am
	BODYPUMP™ Group Exercise 3 Sarah Fielding 9:30am - 10:30am		Aqua Core and More Indoor Pool Paula Law 9am - 10am	Aquatic Power Hour (deep) Indoor Pool Maureen Gerardi 9am - 10am	Water Aerobics Donnie Williams Pool Swee Smith 9am - 10am	Aquatic Power Hour (deep) Indoor Pool Maureen Gerardi 9am - 10am	WaterFIT! (shallow) Donnie Williams Pool Tina Lambert-Marzec 9am - 10am
			Vinyasa Yoga Group Exercise 3 Mary Kaul Black 9:30am - 10:30am	Mat Pilates Group Exercise 3 Amy Sorg 9am - 9:30am	Tabata Group Exercise 3 Amy Sorg 9:30am - 10:30am	AquaStretching Donnie Williams Pool Swee Smith 9am - 10am	Floor, Core, and More Group Exercise 3 Amy Sorg 9:15am - 10:15am
				AquaStretching Donnie Williams Pool Swee Smith 9am - 10am	Vinyasa Yoga Group Exercise 2 Marlaine Renner 9:30am - 10:30am	Pilates on the Ball Group Exercise 3 Amy Sorg 9am - 9:30am	
				Cycling Group Exercise 1 Amy Sorg 9:35am - 10:20am		Cycling Group Exercise 1 Amy Sorg 9:35am - 10:20am	
10am	Zumba® Group Exercise 3 Chris Pagan 10:30am - 11:30am		Lap Swim Indoor Pool No Instructor 10am - 2pm	AquaBLAST! (shallow) Indoor Pool Swee Smith 10am - 11am	Lap Swim Indoor Pool No Instructor 10am - 2pm	Lap Swim Indoor Pool No Instructor 10am - 2pm	Lap Swim (2 Lanes Available) Donnie Williams Pool No Instructor 10am - 1pm
	Barre Group Exercise 2 Bev Sterling 10:30am - 11:15am		Meditation Group Exercise 3 Mary Kaul Black 10:35am - 10:50am	Hatha Yoga Group Exercise 2 Sarah Halcott 10:30am - 11:30am	Lap Swim Donnie Williams Pool No Instructor 10am - 10:30am	Hatha Yoga Group Exercise 2 Sarah Halcott 10:30am - 11:30am	AquaBLAST! (shallow) Indoor Pool Swee Smith 10am - 11am
							Open Swim Donnie Williams Pool 10am - 2pm
							Lap Swim Indoor Pool No Instructor 10am - 2pm
							RING Pilates Group Exercise 3 Helen Myers 10:15am - 11am
11am	Lap Swim Indoor Pool No Instructor 11am - 4:30pm	Lap Swim Indoor Pool No Instructor 11am - 1pm	Active Adult Training Group Exercise 3 Lynn Taylor 11am - 12pm	Open Swim Donnie Williams Pool 11am - 2pm	Active Adult Training Group Exercise 3 Shelly Seibert 11am - 12pm	Open Swim Donnie Williams Pool 11am - 2pm	Lap Swim Indoor Pool No Instructor 11am - 2pm
		Lap Swim (2 Lanes Available) Donnie Williams Pool No Instructor 11am - 4:30pm	Lap Swim Donnie Williams Pool No Instructor 11:30am - 2pm	Lap Swim Indoor Pool No Instructor 11am - 2pm	Lap Swim Donnie Williams Pool No Instructor 11:30am - 2pm	Lap Swim (2 Lanes Available) Donnie Williams Pool No Instructor 11am - 2pm	Active Adult Training Group Exercise 3 Bev Sterling 11am - 12pm

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		Open Swimming Donnie Williams Pool No Instructor 11am - 4:30pm					Open Swim Donnie Williams Pool 11:30am - 2pm
12pm		Strength Training Group Exercise 3 Sarah Fielding 12:15pm - 1:15pm			Open Swim Donnie Williams Pool 12pm - 2pm		Open Swim Donnie Williams Pool 12pm - 2pm
1pm	Splash Pool Donnie Williams Pool No Instructor 1pm - 4:30pm	Lap Swim (3 Lanes Available) Indoor Pool No Instructor 1pm - 4:30pm					
	Lap Swim (2 Lanes Available) Donnie Williams Pool No Instructor 1pm - 4:30pm	Splash Pool Donnie Williams Pool No Instructor 1pm - 4:30pm					
		Vinyasa Yoga Group Exercise 2 Kate Deckenback 1:30pm - 2:30pm					
2pm		Zumba® Group Exercise 3 Chris Pagan 2:30pm - 3:30pm	Senior Swim Donnie Williams Pool No Instructor 2pm - 3pm	Senior Swim Donnie Williams Pool No Instructor 2pm - 3pm	Senior Swim Donnie Williams Pool No Instructor 2pm - 3pm	Senior Swim Indoor Pool No Instructor 2pm - 3pm	Senior Swim Donnie Williams 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	Senior Swim Donnie Williams Pool No Instructor 2pm - 3pm	Senior Swim Indoor Pool No Instructor 2pm - 3pm
						Lap Swim (3 Lanes Available) Indoor Pool No Instructor 2pm - 3pm	
3pm			Lap Swim (2 Lanes Available) Donnie Williams Pool No Instructor 3pm - 5:30pm	Lap Swim (2 Lanes Available) Donnie Williams Pool No Instructor 3pm - 5:30pm	Open Swim Outdoor Pool 3pm - 4pm	Lap Swim Indoor Pool No Instructor 3pm - 3:30pm	Open Swim Donnie Williams Pool 3pm - 7:30pm
			Lap Swim Indoor Pool No Instructor 3pm - 4pm	Lap Swim Indoor Pool No Instructor 3pm - 3:30pm	Lap Swim Indoor Pool No Instructor 3pm - 4pm	Lap Swim (2 Lanes Available) Donnie Williams Pool No Instructor 3pm - 5:30pm	Lap Swim Indoor Pool No Instructor 3pm - 4pm
				Lap Swim (2 Lanes Available) Indoor Pool No Instructor 3:30pm - 4pm	Lap Swim (2 Lanes Available) Donnie Williams Pool No Instructor 3pm - 5:30pm	Lap Swim (2 Lanes Available) Indoor Pool No Instructor 3:30pm - 4pm	Lap Swim (2 Lanes Available) Donnie Williams Pool No Instructor 3pm - 7:30pm

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4pm			Lap Swim (3 Lanes Available) Indoor Pool No Instructor 4pm - 9pm	BODYPUMP™ Group Exercise 3 Don Copper 4:45pm - 5:30pm	Lap Swim (3 Lanes Available) Indoor Pool No Instructor 4pm - 9pm		Tabata Group Exercise 3 Kat Mogan 4:30pm - 5:30pm
			Step & Tone Group Exercise 3 Amy Sorg 4:30pm - 5:30pm				
5pm			Cycling Group Exercise 1 Sarah Fielding 5:30pm - 6:30pm	HIIT Group Exercise 3 Don Copper 5:30pm - 6:30pm	Vinyasa Yoga Group Exercise 3 Eva Whipple 5:30pm - 6:30pm	HIIT Group Exercise 3 Don Copper 5pm - 5:45pm	Lap Swim (3 Lanes Available) Indoor Pool No Instructor 5:30pm - 7:30pm
			Zumba® Group Exercise 3 Dionne Ray 5:30pm - 6:15pm	Cycling Group Exercise 1 Mark Frieden 5:30pm - 6:30pm	Cycling Group Exercise 1 Sarah Fielding 5:30pm - 6:30pm	Lap Swim (3 Lanes Available) Indoor Pool No Instructor 5:30pm - 9pm	Vinyasa Yoga Group Exercise 2 Mary Seemann 5:30pm - 6:30pm
				Lap Swim (3 Lanes Available) Indoor Pool No Instructor 5:30pm - 9pm		Cycling Group Exercise 1 Sarah Fielding 5:30pm - 6pm	Cycling Group Exercise 1 Rocio Rodriguez 5:30pm - 6:30pm
				Mat Pilates Group Exercise 2 Celeste Grudzien 5:45pm - 6:45pm			
6pm			BODYPUMP™ Express Group Exercise 2 Sarah Fielding 6:35pm - 7:05pm		Tabata Group Exercise 3 Kat Mogan 6:30pm - 7:30pm	Zumba® Group Exercise 3 Amy Sorg 6pm - 7pm	BODYPUMP™ Group Exercise 2 Rocio Rodriguez 6:45pm - 7:45pm
					BODYPUMP™ Express Group Exercise 2 Sarah Fielding 6:35pm - 7:05pm	BODYPUMP™ Express Group Exercise 2 Sarah Fielding 6:05pm - 6:35pm	
7pm			WaterFIT! (shallow) Indoor Pool Water Exercise Instructor 7:20pm - 8:20pm	Zumba® Group Exercise 3 Dionne Ray 7:15pm - 8pm			
8pm			Lap Swim (2 Lanes Available) Donnie Williams Pool No Instructor 8pm - 9pm	Lap Swim (2 Lanes Available) Donnie Williams Pool No Instructor 8pm - 9pm	Lap Swim (2 Lanes Available) Donnie Williams Pool No Instructor 8pm - 9pm	Lap Swim (2 Lanes Available) Donnie Williams Pool No Instructor 8pm - 9pm	
				AquaFLOW! B-gym Dorothy Page 8:15pm - 9pm			

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