



**DOWNTOWN FAMILY YMCA**  
November 18th - November 24th

555 South Second Street  
Louisville  
Louisville, KY 40202  
(502) 587 6700

	MON 18	TUE 19	WED 20	THU 21	FRI 22	SAT 23	SUN 24
5am	<b>Open Gym</b> Gym 5am - 1pm	<b>Lap Swim (5 Lanes)</b> Pool 5am - 4pm	<b>Open Gym</b> Gym 5am - 9:55am	<b>Open Gym</b> Gym 5am - 1pm	<b>Lap Swim (5 Lanes)</b> Pool 5am - 2pm		
	<b>Lap Swim (5 Lanes)</b> Pool 5am - 2pm	<b>Open Gym</b> Gym 5am - 1:30pm	<b>Open Gym</b> Gym 5am - 9:55am	<b>Lap Swim (5 Lanes)</b> Pool 5am - 4pm	<b>Open Gym</b> Gym 5am - 11am		
		<b>Cycle _</b> 3rd Floor Cycle Studio Roxanne K 5:45am - 6:30am	<b>Lap Swim</b> Pool 5am - 3pm	<b>Open Gym</b> Gym 5am - 1pm			
6am	<b>Cycle _</b> 3rd Floor Cycle Studio Lu L 6am - 6:45am	<b>BODYPUMP</b> Ground Floor Studio Renee C 6am - 7am	<b>Step</b> Ground Floor Studio Kathy M 6am - 6:45am	<b>CrossFit Full Gallop</b> 3rd Floor CrossFit Studio YMCA Staff 6am - 7am	<b>HEAT (High Energy Athletic Training)</b> Gym Keith C 6am - 6:45am		
	<b>CrossFit Full Gallop</b> 3rd Floor CrossFit Studio YMCA Staff 6am - 7am	<b>CrossFit Full Gallop</b> 3rd Floor CrossFit Studio YMCA Staff 6am - 7am	<b>CrossFit Full Gallop</b> 3rd Floor CrossFit Studio YMCA Staff 6am - 7am	<b>BODYPUMP</b> Ground Floor Studio Kathy M 6am - 7am	<b>CrossFit Full Gallop</b> 3rd Floor CrossFit Studio YMCA Staff 6am - 7am		
			<b>HEAT (High Energy Athletic Training)</b> Gym Keith C 6am - 6:45am	<b>Cycle _</b> 3rd Floor Cycle Studio Renee C 6am - 6:45am			
7am			<b>Core</b> Ground Floor Studio Kathy M 6:45am - 7am				
						<b>Open Gym</b> Gym 7am - 11am	<b>Lap Swim (5 Lanes)</b> Pool 7am - 12pm
						<b>Lap Swim (5 Lanes)</b> Pool 7am - 8:55am	
8am						<b>Kids' Club Open</b> Kids' Club 8am - 12pm	
						<b>BODYPUMP</b> Ground Floor Studio Sonny B 8am - 9am	
9am						<b>Lap Swim (1 Lane)</b> Pool 9am - 12pm	<b>Open Gym</b> Gym 9am - 7pm
						<b>Y Barre</b> 3rd Floor Studio 1 Renee C 9am - 10am	
						<b>Swim Lessons (4 Lanes)</b> Pool 9am - 12pm	

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						<b>CrossFit Full Gallop</b> 3rd Floor CrossFit Studio YMCA Staff 9am - 10am	
						<b>Cardio F.I.T.</b> Ground Floor Studio Sonny B 9:15am - 10am	
						<b>Cycle _</b> 3rd Floor Cycle Studio Robbie E 9:15am - 10am	
<b>10am</b>	<b>Forever Fit</b> Ground Floor Studio Robbie E 10:30am - 11:30am		<b>Gym Closed: Maintenance</b> Gym 10am - 11:15am		<b>Forever Fit</b> Ground Floor Studio Debra H 10:30am - 11:30am	<b>Cycle in 60</b> 3rd Floor Cycle Studio Kelli P 10:15am - 11:15am	<b>Active Together</b> Ground Floor Studio YMCA Staff 10am - 11am
						<b>BODYPUMP</b> Ground Floor Studio Lu L 10:15am - 11:15am	
<b>11am</b>			<b>Open Gym</b> Gym 11:15am - 2pm		<b>Cycle in 30</b> 3rd Floor Cycle Studio Roxanne K 11:15am - 11:45am	<b>Pick Up Games/Open Gym</b> Gym 11am - 1:30pm	<b>BODYPUMP</b> Ground Floor Studio YMCA Staff 11:15am - 12:15pm
						<b>Pick Up Games/Rock Wall</b> Gym 11am - 1:30pm	
						<b>Rock Wall Open</b> Rock Wall 11am - 1pm	
						<b>Yoga</b> 3rd Floor Studio 1 Kristina P 11:30am - 12:30pm	
<b>12pm</b>	<b>Yoga</b> 3rd Floor Studio 1 Kristina P 12pm - 12:45pm	<b>Power Vinyasa Yoga</b> 3rd Floor Studio 1 Stephanie B 12pm - 12:45pm	<b>Yoga</b> 3rd Floor Studio 1 Kristina P 12pm - 12:45pm	<b>Cycle _</b> 3rd Floor Cycle Studio Andrea T 12pm - 12:45pm	<b>Yoga</b> 3rd Floor Studio 1 Kristina P 12pm - 12:45pm	<b>Lap Swim (2 Lanes)</b> Pool 12pm - 6:30pm	<b>Lap Swim (2 Lanes)</b> Pool 12pm - 6:30pm
	<b>Cycle _</b> 3rd Floor Cycle Studio Christina G 12pm - 12:45pm	<b>Cycle _</b> 3rd Floor Cycle Studio Kathy M 12pm - 12:45pm	<b>BODYPUMP</b> Ground Floor Studio Roxanne K 12pm - 12:45pm		<b>BODYPUMP</b> Ground Floor Studio Sonny B 12pm - 12:45pm	<b>Water Fitness</b> Pool Valerie L 12:35pm - 1:30pm	<b>Deep Water Fitness</b> Pool Jeannie R 12pm - 1pm
	<b>BODYPUMP</b> Ground Floor Studio Roxanne K 12pm - 12:45pm					<b>Yoga in 30</b> 3rd Floor Studio 1 Kristina P 12:45pm - 1:15pm	<b>Yoga</b> 3rd Floor Studio 1 Anne D or Judy L 12:15pm - 1:15pm
<b>1pm</b>	<b>Pick Up Games/Open Gym</b> Gym 1pm - 6:30pm	<b>Tai Chi</b> 3rd Floor Studio 2 Renee L 1pm - 2pm		<b>Stay Strong</b> Ground Floor Studio Tanika O 1pm - 1:30pm		<b>Gym Closed: Pickleball Open Play</b> Gym 1pm - 4pm	<b>Water Cycle</b> Pool YMCA Staff 1pm - 1:45pm

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		<b>Stay Strong</b> Ground Floor Studio Tanika O 1pm - 1:30pm		<b>Pick Up Games/Open Gym</b> Gym 1pm - 4:30pm		<b>Family Swim (3 Lanes)</b> Pool 1:30pm - 6:30pm	
		<b>Pick Up Games/Open Gym</b> Gym 1:30pm - 6pm					
<b>2pm</b>	<b>Water Fitness</b> Pool Debra H 2pm - 2:45pm		<b>Pick Up Games/Open Gym</b> Gym 2pm - 7:30pm		<b>Water Fitness</b> Pool Jeannie R 2pm - 2:45pm		<b>Water Cycle</b> Pool YMCA Staff 2pm - 2:45pm
					<b>Pick Up Games/Open Gym</b> Gym 2:30pm - 8pm		<b>Family Swim</b> Pool 2:45pm - 6:30pm
<b>3pm</b>	<b>Swim Team (3 Lanes)</b> Pool 3pm - 5pm		<b>Swim Team (3 Lanes)</b> Pool 3pm - 5pm		<b>Swim Team (3 Lanes)</b> Pool 3pm - 5pm		
<b>4pm</b>	<b>Kids' Club Open</b> Kids' Club 4:30pm - 8:30pm	<b>Swim Team (3 Lanes)</b> Pool 4pm - 5pm	<b>Kids' Club Open</b> Kids' Club 4:30pm - 8:30pm	<b>Swim Team (3 Lanes)</b> Pool 4pm - 5pm	<b>Kids' Club Open</b> Kids' Club 4:30pm - 7pm	<b>Pick Up Games/Open Gym</b> Gym 4:30pm - 7pm	<b>Yoga 2</b> 3rd Floor Studio 1 Raj S 4pm - 5:15pm
	<b>Just Step</b> Ground Floor Studio Jen T 4:30pm - 5:15pm	<b>Kids' Club Open</b> Kids' Club 4:30pm - 8:30pm		<b>Kids' Club Open</b> Kids' Club 4:30pm - 8:30pm	<b>Active Together</b> Ground Floor Studio Renee C 4:30pm - 5:30pm		
<b>5pm</b>	<b>Lap Swim (5 Lanes)</b> Pool 5pm - 7:35pm	<b>Swim Lessons (3 Lanes)</b> Pool 5:15pm - 6:45pm	<b>Lap Swim (5 Lanes)</b> Pool 5pm - 6:30pm	<b>Gym Closed: Pickleball Open Play</b> Gym 5pm - 8pm	<b>Lap Swim (5 Lanes)</b> Pool 5pm - 6pm		
	<b>BODYPUMP</b> Ground Floor Studio Kathy M 5:30pm - 6:30pm	<b>Core</b> Ground Floor Studio Keith C 5:40pm - 5:55pm	<b>Yoga in 30</b> 3rd Floor Studio 1 Kristina P 5:10pm - 5:40pm	<b>Swim Lessons (3 Lanes)</b> Pool 5:15pm - 6:45pm	<b>BODYPUMP</b> Ground Floor Studio Renee C 5:45pm - 6:45pm		
	<b>Cycle in 30</b> 3rd Floor Cycle Studio Holly T 5:30pm - 6pm	<b>Cycle in 60</b> 3rd Floor Cycle Studio Renee C 5:45pm - 6:45pm	<b>BODYPUMP</b> Ground Floor Studio Sonny B 5:30pm - 6:30pm	<b>Core</b> Ground Floor Studio Keith C 5:40pm - 5:55pm			
			<b>Rock Wall Open</b> Rock Wall 5:30pm - 7:30pm	<b>Mat Pilates</b> 3rd Floor Studio 1 Sherri M or Robbie E 5:45pm - 6:30pm			
			<b>Yoga</b> 3rd Floor Studio 1 Kristina P 5:50pm - 6:50pm	<b>Cycle Plus</b> 3rd Floor Cycle Studio Kathy M 5:45pm - 6:45pm			
<b>6pm</b>	<b>CrossFit Full Gallop</b> 3rd Floor CrossFit Studio YMCA Staff 6pm - 7pm	<b>Cardio F.I.T.</b> Ground Floor Studio Kelli P 6pm - 7pm	<b>CrossFit Full Gallop</b> 3rd Floor CrossFit Studio YMCA Staff 6pm - 7pm	<b>Cardio F.I.T.</b> Ground Floor Studio Kelli P 6pm - 7pm	<b>Family Swim (3 Lanes)</b> Pool 6pm - 7:30pm		

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	MON 18	TUE 19	WED 20	THU 21	FRI 22	SAT 23	SUN 24
	<b>Yoga</b> 3rd Floor Studio 1 Tracye C or Jen T 6pm - 7pm	<b>CrossFit Full Gallop</b> 3rd Floor CrossFit Studio YMCA Staff 6pm - 7pm	<b>Cycle _</b> 3rd Floor Cycle Studio Tracye C 6:15pm - 7pm	<b>CrossFit Full Gallop</b> 3rd Floor CrossFit Studio YMCA Staff 6pm - 7pm	<b>CrossFit Full Gallop</b> 3rd Floor CrossFit Studio YMCA Staff 6pm - 7pm		
	<b>Cycle _</b> 3rd Floor Cycle Studio Holly T 6:15pm - 7pm	<b>Lap Swim (5 Lanes)</b> Pool 6:45pm - 7:45pm	<b>Water Cycle</b> Pool YMCA Staff 6:35pm - 7:20pm	<b>Yoga</b> 3rd Floor Studio 1 Amie T 6:40pm - 7:40pm			
			<b>Dance Fitness</b> Ground Floor Studio Sonny B 6:40pm - 7:35pm	<b>Lap Swim (5 Lanes)</b> Pool 6:45pm - 7:45pm			
<b>7pm</b>	<b>Water Fitness</b> Pool Jeannie R or Shawn W 7:35pm - 8:30pm	<b>Y Barre</b> 3rd Floor Studio 2 Renee C 7pm - 8pm	<b>Yoga Power Mix</b> 3rd Floor Studio 1 Kristina P 7pm - 8:15pm	<b>BODYPUMP</b> Ground Floor Studio Christina G 7:15pm - 8:15pm			
		<b>Pick Up Games/Open Gym</b> Gym 7pm - 10pm	<b>Pick Up Games/Open Gym</b> Gym 7:30pm - 10pm	<b>Family Swim (3 Lanes)</b> Pool 7:45pm - 9pm			
		<b>BODYPUMP</b> Ground Floor Studio Nickole H 7:15pm - 8:15pm	<b>Water Fitness</b> Pool Valerie L 7:35pm - 8:30pm				
		<b>Family Swim (3 Lanes)</b> Pool 7:45pm - 9pm					
<b>8pm</b>	<b>Pick Up Games/Open Gym</b> Gym 8pm - 10pm		<b>Lap Swim (5 Lanes)</b> Pool 8:30pm - 9pm	<b>Pick Up Games/Open Gym</b> Gym 8pm - 10pm			
	<b>Lap Swim (5 Lanes)</b> Pool 8:30pm - 9pm						

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