



CLARK COUNTY FAMILY YMCA
January 22nd - January 28th

4812 Hamburg Pike
Jeffersonville, IN 47130
(812) 283 9622

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	Open Swim Lap Pool 5am - 9:30pm	Open Swim Instructional Pool 5am - 9:30pm	Open Swim Lap Pool 5am - 9:30pm	Open Swim Instructional Pool 5am - 9:30pm			Open Swim Instructional Pool 5am - 9:30pm
	Open Swim Instructional Pool 5am - 9:30pm	Open Swim Lap Pool 5am - 9:30pm	Open Swim Instructional Pool 5am - 9:30pm	Open Swim Lap Pool 5am - 9:30pm			Open Swim Lap Pool 5am - 9:30pm
	Cycling Cycling Studio Sue P 5:45am - 6:30am	H.I.T.T. (High Intensity Interval Training) Group Fitness Room 1 Janelle L 5:45am - 6:30am		Cycling Cycling Studio Janelle L 5:30am - 6am			
6am	Boot Camp Gymnasium Rob T 6am - 7am		Boot Camp Gymnasium Rob T 6am - 7am	H.I.T.T. (High Intensity Interval Training) Group Fitness Room 1 Janelle L 6am - 6:30am			BODYPUMP Group Fitness Room 1 Jeana R 6am - 7am
7am		Aqua Fit Instructional Pool Teresa S 7am - 7:50am		Aqua Fit Instructional Pool Terri F 7am - 7:50am			Aqua Fit Instructional Pool Teresa S 7am - 7:50am
8am	Kids' Club Open Kids Club 8am - 1pm	Fit in 50 Instructional Pool Teresa S 8am - 8:50am	Open Swim Warm Water Therapy Pool 8am - 9am	Kids' Club Open Kids Club 8am - 1pm	Open Swim Lap Pool 8am - 5:30pm	Open Swim Instructional Pool 8am - 5:30pm	H.I.T.T. (High Intensity Interval Training) Group Fitness Room 1 Lisa W 8am - 8:45am
	Open Swim Warm Water Therapy Pool 8am - 9am	H.I.T.T. (High Intensity Interval Training) Group Fitness Room 1 Lisa W 8am - 8:45am	Aqua Fit Plus Instructional Pool Sarah H 8am - 8:50am	Open Swim Warm Water Therapy Pool 8am - 2pm	Pool Closed Warm Water Therapy Pool 8am - 9am	Pool Closed Warm Water Therapy Pool 8am - 11am	Open Swim Warm Water Therapy Pool 8am - 2pm
	Turbo Kick Group Fitness Room 1 Lisa W 8am - 8:50am	Kids' Club Open Kids Club 8am - 1pm	Kids' Club Open Kids Club 8am - 1pm	Fit in 50 Instructional Pool Terri F 8am - 8:50am	Kids' Club Open Kids Club 8am - 2pm		Aqua Tai Chi Warm Water Therapy Pool JoAnn C 8am - 8:50am
	Aqua Fit Plus Instructional Pool Sarah H 8am - 8:50am	Aqua Tai Chi Warm Water Therapy Pool JoAnn C 8am - 8:50am	H.I.T.T. (High Intensity Interval Training) Group Fitness Room 1 Lisa W 8am - 8:50am	Aqua Tai Chi Warm Water Therapy Pool JoAnn C 8am - 8:50am	Open Swim Instructional Pool 8am - 5:30pm		Fit in 50 Instructional Pool Teresa S 8am - 8:50am
		Open Swim Warm Water Therapy Pool 8am - 2pm			Cycling Cycling Studio Brooke L 8:15am - 9am		Kids' Club Open Kids Club 8am - 1pm
					BODYPUMP Group Fitness Room 1 Roxanne K 8:15am - 9:15am		

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9am	Aqua Fit Plus Instructional Pool Bill B 9am - 9:50am	SilverSneakers Circuit Group Fitness Room 1 Kate H 9am - 9:45am	POUND Fitness Group Fitness Room 2 Michelle C 9am - 9:45am	Cycling Cycling Studio Sue P 9am - 9:45am	Open Swim/Swim Lessons Warm Water Therapy Pool 9am - 1pm	Open Swim Lap Pool 9am - 5:30pm	SilverSneakers Splash Warm Water Therapy Pool JoAnn C 9am - 9:50am
	Yoga Activities Center Esther R 9am - 9:55am	Cycling Cycling Studio Sarah J 9am - 9:45am	Arthritis Aquatic Exercise Warm Water Therapy Pool Shelby B 9am - 9:50am	Zumba Group Fitness Room 1 Audra S 9am - 9:50am	Power Yoga Group Fitness Room 1 Kristi R 9:20am - 10:35am		Cycling Cycling Studio Jeana R 9am - 9:45am
	Barre Group Fitness Room 2 Lisa W 9am - 10am	SilverSneakers Splash Warm Water Therapy Pool JoAnn C 9am - 9:50am	Aqua Fit Plus Instructional Pool Bill B 9am - 9:50am	SilverSneakers Splash Warm Water Therapy Pool JoAnn C 9am - 9:50am			Zumba Group Fitness Room 1 Audra S 9am - 9:50am
	Arthritis Aquatic Exercise Warm Water Therapy Pool Sarah H 9am - 9:50am		Yoga Activities Center Megan G 9am - 9:55am				
	INSANITY Group Fitness Room 1 Jeana R 9am - 9:50am		Circuit Group Fitness Room 1 Jeana R 9am - 9:50am				
10am	BODYPUMP Group Fitness Room 1 Dawn M 10am - 11am	Aqua Fit Plus Instructional Pool Lee Ann B 10am - 10:50am	BODYPUMP Group Fitness Room 1 Jeana R 10am - 11am	Turbo Kick Group Fitness Room 1 YMCA Staff 10am - 10:55am	Open Swim/Slide Open Family Fun Pool & Slide 10am - 5pm		Step Express Group Fitness Room 1 Anna D 10am - 10:45am
		Turbo Kick Group Fitness Room 1 Jeana R 10am - 10:55am	Barre Group Fitness Room 2 Whitney S 10am - 11am	Stretch and Balance Group Fitness Room 2 Yvette M 10am - 10:45am			Aqua Fit Plus Instructional Pool Lee Ann B 10am - 10:50am
							Stretch and Balance Group Fitness Room 2 Jeana R 10am - 10:45am
11am	SilverSneakers Classic Group Fitness Room 1 Kate H 11:15am - 12pm	Strength and Sculpt Group Fitness Room 1 Megan G 11am - 11:30am	SilverSneakers Classic Group Fitness Room 1 Sheri M 11:15am - 12pm	Strength and Sculpt Group Fitness Room 1 Yvette M 11am - 11:30am	Active Together Group Fitness Room 1 Cari S 11am - 12pm	Open Swim Warm Water Therapy Pool 11am - 12pm	Tai Chi Group Fitness Room 1 John F 11am - 12pm
		Water Pilates Warm Water Therapy Pool Coleen F 11am - 11:50am					Water Pilates Warm Water Therapy Pool Coleen F 11am - 11:50am

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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
12pm			Taijifit Group Fitness Room 1 Jennifer H 12:15pm - 1pm			Open Swim/Swim Lessons Warm Water Therapy Pool 12pm - 3pm	
1pm	Physical Therapy (Frazier Patients Only) Warm Water Therapy Pool Frazier Staff 1pm - 2pm		Physical Therapy (Frazier Patients Only) Warm Water Therapy Pool Frazier Staff 1pm - 2pm		Pool Closed Warm Water Therapy Pool 1pm - 6pm	Power Fusion Group Fitness Room 1 Whitney S 1pm - 1:50pm	
						Cycling Cycling Studio Sarah J or Maria J 1pm - 2pm	
						Kids' Club Open Kids Club 1pm - 4pm	
2pm	Pool Closed Warm Water Therapy Pool 2pm - 4pm	Pool Closed Warm Water Therapy Pool 2pm - 4pm	Pool Closed Warm Water Therapy Pool 2pm - 4pm	Pool Closed Warm Water Therapy Pool 2pm - 4pm		Open Swim/Slide Open Family Fun Pool & Slide 2pm - 5pm	Pool Closed Warm Water Therapy Pool 2pm - 4pm
						BODYPUMP Group Fitness Room 1 Whitney S 2pm - 3pm	
3pm						Pool Closed Warm Water Therapy Pool 3pm - 6pm	
4pm	Family Swim (Play Features ON/Slide ON) Family Fun Pool & Slide 4pm - 8pm	Kids' Club Open Kids Club 4pm - 8:30pm	Water Power Warm Water Therapy Pool Linda C 4pm - 4:50pm	Kids' Club Open Kids Club 4pm - 8:30pm			Family Swim (Play Features ON/Slide ON) Family Fun Pool & Slide 4pm - 8pm
	Water Power Warm Water Therapy Pool Linda C 4pm - 4:50pm	Open Swim Warm Water Therapy Pool 4pm - 9pm	Kids' Club Open Kids Club 4pm - 8:30pm	Family Swim (Play Features ON/Slide ON) Family Fun Pool & Slide 4pm - 8pm			Open Swim Warm Water Therapy Pool 4pm - 9pm
	Kids' Club Open Kids Club 4pm - 8:30pm	Family Swim (Play Features ON/Slide ON) Family Fun Pool & Slide 4pm - 8pm	Open Swim Warm Water Therapy Pool 4pm - 9pm	Open Swim Warm Water Therapy Pool 4pm - 9pm			Kids' Club Open Kids Club 4pm - 8:30pm

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	Open Swim Warm Water Therapy Pool 4pm - 9pm	BODYPUMP Express Group Fitness Room 1 YMCA Staff 4:15pm - 5pm	Family Swim (Play Features ON/Slide ON) Family Fun Pool & Slide 4pm - 8pm	Teen Room Open Kids Zone 4:30pm - 8:30pm			BODYPUMP Group Fitness Room 1 YMCA Staff 4:15pm - 5:15pm
	H.I.T.T. (High Intensity Interval Training) Group Fitness Room 1 Jeana R 4:15pm - 5pm	Teen Room Open Kids Zone 4:30pm - 8:30pm	Cycling Cycling Studio Amber J 4:15pm - 5pm				Teen Room Open Kids Zone 4:30pm - 8:30pm
	Teen Room Open Kids Zone 4:30pm - 8:30pm		Teen Room Open Kids Zone 4:30pm - 8:30pm				
5pm	BODYPUMP Group Fitness Room 1 Carol K 5:15pm - 6:15pm	Low Impact Warm Water Therapy Pool Jan S 5pm - 5:50pm	BODYPUMP Group Fitness Room 1 Dawn M 5:15pm - 6:15pm	Low Impact Warm Water Therapy Pool Jan S 5pm - 5:50pm			Low Impact Warm Water Therapy Pool Jan S 5pm - 5:50pm
	Power Yoga Group Fitness Room 2 Norma C 5:30pm - 6:30pm	Circuit Group Fitness Room 1 Angie T 5:30pm - 6:20pm	Barre Group Fitness Room 2 Amber J 5:30pm - 6:30pm	Turbo Kick Group Fitness Room 1 YMCA Staff 5:30pm - 6:20pm			Turbo Kick Group Fitness Room 1 Jeana R 5:30pm - 6:20pm
	Cycling Cycling Studio YMCA Staff 5:30pm - 6:15pm	Aqua Intervals Instructional Pool Patty H 5:30pm - 6:30pm					Cycling Cycling Studio YMCA Staff 5:30pm - 6:15pm
		Barre Group Fitness Room 2 Mary T 5:30pm - 6:30pm					Aqua Intervals Instructional Pool Patty H 5:30pm - 6:30pm
6pm	POUND Fitness Group Fitness Room 1 Brooke L 6:30pm - 7:15pm	Active Together Group Fitness Room 1 Cari S 6:30pm - 7:30pm	U-JAM Fitness Group Fitness Room 1 Whitney T 6:30pm - 7:30pm	BODYPUMP Group Fitness Room 1 YMCA Staff 6:30pm - 7:30pm			Flow Yoga Group Fitness Room 1 YMCA Staff 6:30pm - 7:30pm
		Core Focus Together Group Fitness Room 2 Dawn M 6:30pm - 7pm	Core Focus Together Group Fitness Room 2 Amber J 6:30pm - 7pm				Circuit Group Fitness Room 2 Megan G 6:30pm - 7:20pm
7pm	Aqua Fit Extra Instructional Pool Lee Ann B 7pm - 8pm		Aqua Fit Extra Instructional Pool Lee Ann B 7pm - 8pm				
	Zumba Group Fitness Room 1 Kate H 7:30pm - 8:20pm						
9pm	Pool Closed Warm Water Therapy Pool 9pm - 10pm	Pool Closed Warm Water Therapy Pool 9pm - 10pm	Pool Closed Warm Water Therapy Pool 9pm - 10pm	Pool Closed Warm Water Therapy Pool 9pm - 10pm			Pool Closed Warm Water Therapy Pool 9pm - 10pm

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TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
Pool Closed Instructional Pool 9:30pm - 10pm	Pool Closed Instructional Pool 9:30pm - 10pm	Pool Closed Instructional Pool 9:30pm - 10pm	Pool Closed Instructional Pool 9:30pm - 10pm			Pool Closed Instructional Pool 9:30pm - 10pm

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