



CLARK COUNTY FAMILY YMCA
June 25th - July 1st

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

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	Open Swim Instructional Pool 5am - 9:30pm	Open Swim Lap 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 Lap 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 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
	Kids' Club Open Kids Club 7:45am - 1pm	Aqua Fit Instructional Pool Teresa S 7am - 7:50am	Kids' Club Open Kids Club 7:45am - 1pm	Aqua Fit Instructional Pool Terri F 7am - 7:50am			Aqua Fit Instructional Pool Teresa S 7am - 7:50am
8am		Kids' Club Open Kids Club 7:45am - 1pm		Kids' Club Open Kids Club 7:45am - 1pm			Kids' Club Open Kids Club 7:45am - 1pm
	Open Swim Warm Water Therapy Pool 8am - 9am	Fit in 50 Instructional Pool Teresa S 8am - 8:50am	H.I.T.T. (High Intensity Interval Training) Group Fitness Room 1 Lisa W 8am - 8:50am	Open Swim Warm Water Therapy Pool 8am - 2pm	Open Swim Instructional Pool 8am - 5:30pm	Pool Closed Warm Water Therapy Pool 8am - 11am	Aqua Tai Chi Warm Water Therapy Pool JoAnn C 8am - 8:50am
	Aqua Fit Plus Instructional Pool Sarah H 8am - 8:50am	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 Sarah J 8am - 8:45am	Kids' Club Open Kids Club 8am - 2pm	Open Swim Instructional Pool 8am - 5:30pm	Fit in 50 Instructional Pool Teresa S 8am - 8:50am
	Turbo Kick Group Fitness Room 1 Lisa W 8am - 8:50am	Open Swim Warm Water Therapy Pool 8am - 2pm	Aqua Fit Plus Instructional Pool Sarah H 8am - 8:50am	Aqua Tai Chi Warm Water Therapy Pool JoAnn C 8am - 8:50am	Pool Closed Warm Water Therapy Pool 8am - 9am		Open Swim Warm Water Therapy Pool 8am - 2pm
		Aqua Tai Chi Warm Water Therapy Pool JoAnn C 8am - 8:50am		Fit in 50 Instructional Pool Terri F 8am - 8:50am	Open Swim Lap Pool 8am - 5:30pm		H.I.T.T. (High Intensity Interval Training) Group Fitness Room 1 Lisa W 8am - 8:45am
				BODYPUMP Group Fitness Room 1 Roxanne K 8:15am - 9:15am			

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.



CLARK COUNTY FAMILY YMCA
June 25th - July 1st

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

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
					Cycling Cycling Studio Robin W or Brooke L 8:15am - 9am		
9am	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	Endurance Ride Cycling Studio Sue P 9am - 10am	Open Swim/Swim Lessons Warm Water Therapy Pool 9am - 1pm	Open Swim Lap Pool 9am - 5:30pm	Zumba Group Fitness Room 1 Audra S 9am - 9:50am
	Aqua Fit Plus Instructional Pool Bill B 9am - 9:50am	Cycling Cycling Studio Sarah J or Robin W 9am - 9:45am	POUND Fitness Group Fitness Room 2 Michelle C 9am - 9:45am	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
	Arthritis Aquatic Exercise Warm Water Therapy Pool Sarah H 9am - 9:50am	SilverSneakers Circuit Group Fitness Room 1 Kate H 9am - 9:45am	Yoga For All Group Fitness Room 1 Megan G 9am - 9:50am	SilverSneakers Splash Warm Water Therapy Pool JoAnn C 9am - 9:50am			SilverSneakers Splash Warm Water Therapy Pool JoAnn C 9am - 9:50am
	Yoga For All Group Fitness Room 1 Esther R 9am - 9:50am		Arthritis Aquatic Exercise Warm Water Therapy Pool Shelby B 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 Robin W 10am - 10:50am	Open Swim/Slide Open Family Fun Pool & Slide 10am - 5pm	Endurance Ride Activities Center Sarah J or Maria J 10am - 11am	Stretch and Balance Group Fitness Room 2 Jeana R 10am - 10:45am
		Turbo Kick Group Fitness Room 1 Jeana R 10am - 10:50am	Barre Group Fitness Room 2 Whitney S 10am - 11am	Stretch and Balance Group Fitness Room 2 Yvette M 10am - 10:45am			Step Express Group Fitness Room 1 Anna D 10am - 10:50am
							Aqua Fit Plus Instructional Pool Lee Ann B 10am - 10:50am
11am	SilverSneakers Classic Group Fitness Room 1 Kate H 11:15am - 12pm	Water Pilates Warm Water Therapy Pool Coleen F 11am - 11:50am	SilverSneakers Classic Group Fitness Room 1 Sheri M 11:15am - 12pm	Cardio Sculpt Group Fitness Room 1 Yvette M 11am - 11:45am	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
		Cardio Sculpt Group Fitness Room 1 YMCA Staff 11am - 11:45am					Water Pilates Warm Water Therapy Pool Coleen F 11am - 11:50am
12pm						Open Swim/Swim Lessons Warm Water Therapy Pool 12pm - 3pm	

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.



CLARK COUNTY FAMILY YMCA
June 25th - July 1st

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

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
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	Kids' Club Open Kids Club 1pm - 4pm	
						Power Fusion Group Fitness Room 1 Whitney S 1pm - 1:50pm	
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		BODYPUMP Group Fitness Room 1 Whitney S 2pm - 3pm	Pool Closed Warm Water Therapy Pool 2pm - 4pm
						Open Swim/Slide Open Family Fun Pool & Slide 2pm - 5pm	
3pm	Kids' Club Open Kids Club 3:45pm - 8:30pm	Kids' Club Open Kids Club 3:45pm - 8:30pm	Kids' Club Open Kids Club 3:45pm - 8:30pm	Kids' Club Open Kids Club 3:45pm - 8:30pm		Pool Closed Warm Water Therapy Pool 3pm - 6pm	Kids' Club Open Kids Club 3:45pm - 8:30pm
4pm	Water Power Warm Water Therapy Pool Linda C 4pm - 4:50pm	Open Swim Warm Water Therapy Pool 4pm - 9pm	Water Power Warm Water Therapy Pool Linda C 4pm - 4:50pm	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	Family Swim (Play Features ON/Slide ON) Family Fun Pool & Slide 4pm - 8pm	Family Swim (Play Features ON/Slide ON) Family Fun Pool & Slide 4pm - 8pm	Open Swim Warm Water Therapy Pool 4pm - 9pm			Family Swim (Play Features ON/Slide ON) Family Fun Pool & Slide 4pm - 8pm
	Family Swim (Play Features ON/Slide ON) Family Fun Pool & Slide 4pm - 8pm	BODYPUMP Express Group Fitness Room 1 Robin W 4:15pm - 5pm	Open Swim Warm Water Therapy Pool 4pm - 9pm	Tai Chi Group Fitness Room 1 John F 4:15pm - 5:15pm			BODYPUMP Group Fitness Room 1 Robin W 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		Teen Room Open Kids Zone 4:30pm - 8:30pm				

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.



CLARK COUNTY FAMILY YMCA
June 25th - July 1st

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

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
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
	Cycling Cycling Studio Sarah J or Maria J 5:30pm - 6:15pm	Aqua Intervals Instructional Pool Patty H 5:30pm - 6:30pm	Barre Group Fitness Room 2 Amber J 5:30pm - 6:30pm	Turbo Kick Group Fitness Room 1 Amanda J or Dee P 5:30pm - 6:20pm			Cycling Cycling Studio Robin W 5:30pm - 6:15pm
	Yoga For All Group Fitness Room 2 Norma C 5:30pm - 6:30pm	Barre Group Fitness Room 2 Mary T 5:30pm - 6:30pm					Aqua Intervals Instructional Pool Patty H 5:30pm - 6:30pm
		Circuit Group Fitness Room 1 Angie T 5:30pm - 6:20pm					Turbo Kick Group Fitness Room 1 Jeana R 5:30pm - 6:20pm
6pm	POUND Fitness Group Fitness Room 1 Brooke L 6:30pm - 7:15pm	Core Focus Together Group Fitness Room 1 Dawn M 6:30pm - 7pm	U-JAM Fitness Group Fitness Room 1 Whitney T 6:30pm - 7:30pm	BODYPUMP Group Fitness Room 1 Carol K or Dawn M 6:30pm - 7:30pm			Yoga Flow Group Fitness Room 1 Julie L 6:30pm - 7:30pm
		Active Together Group Fitness Room 2 Cari S 6:30pm - 7:30pm					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
	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

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.