



YMCA O'Brien Center  
October 11th - October 17th

321 E. Walter Street  
South Bend, IN 46614  
5742993482

	FRI 11	SAT 12	SUN 13	MON 14	TUE 15	WED 16	THU 17
5am	<b>Open Gym</b> Gymnasium 5am - 9am			<b>Open Gym</b> Gymnasium 5am - 9am	<b>Open Gym</b> Gymnasium 5am - 9am	<b>Open Gym</b> Gymnasium 5am - 9am	<b>Open Gym</b> Gymnasium 5am - 9am
					<b>CST</b> Studio 3 Ashley R. 5:15am - 6:15am		<b>CST</b> Studio 3 Ashley R. 5:15am - 6:15am
6am		<b>Open Gym</b> Gymnasium 6am - 2:45pm				<b>Cycling</b> Cycling Studio 2 Ashley M. 6am - 6:45am	
7am		<b>Cycling</b> Cycling Studio 2 Melissa C 7:30am - 8:30am					
8am	<b>Les Mills Grit™</b> Studio 1 Anna W. 8am - 8:45am	<b>Cardio Pump</b> Studio 3 Ashley R. 8:45am - 9:45am					
9am	<b>Body Toning</b> Studio 3 Missy R. 9am - 10am		<b>Open Gym</b> Gymnasium 9am - 1:45pm	<b>Pickleball</b> Gymnasium 9am - 12pm	<b>Les Mills BodyPump™</b> Studio 1 Ashleigh T. 9am - 10am	<b>Body Toning</b> Studio 3 Missy R. 9am - 10am	<b>Les Mills BodyPump™</b> Studio 1 Heather Z. 9am - 10am
	<b>Les Mills BodyPump™</b> Studio 1 Karin L. 9am - 9:45am		<b>Women's Yoga</b> Studio 1 Rian H 9:30am - 10:30am	<b>Body Toning</b> Studio 3 Missy R. 9am - 10am	<b>Pickleball</b> Gymnasium 9am - 12pm	<b>Cycling</b> Cycling Studio 2 Pita C. 9am - 10am	<b>Pickleball</b> Gymnasium 9am - 12pm
	<b>Pickleball</b> Gymnasium 9am - 12pm			<b>Cycling</b> Cycling Studio 2 Pita C. 9am - 10am	<b>Zumba®</b> Studio 3 Rian H 9am - 10am	<b>Pickleball</b> Gymnasium 9am - 12pm	
	<b>Cycling &amp; Strength</b> Cycling Studio 2 Nicci D 9am - 10:15am			<b>Les Mills Grit™</b> Studio 1 Rian H 9am - 9:45am			
10am	<b>Les Mills BodyBalance™</b> Studio 1 Karin L. 10:15am - 11am	<b>DanceFit</b> Studio 3 Jenni S 10am - 10:45am		<b>Low Impact Fitness</b> Studio 3 Rian H 10:15am - 11am	<b>BARRE</b> Studio 1 Rian H 10:15am - 11am	<b>Les Mills BodyBalance™</b> Studio 1 Karin L. 10:15am - 11am	<b>Gentle Yoga</b> Studio 1 Karin L. 10:15am - 11:15am
	<b>Low Impact Fitness</b> Studio 3 Kim H. 10:15am - 11am	<b>Les Mills BodyPump™/Core™</b> Studio 1 Ashleigh T. 10am - 11am			<b>Senior Fit (Virtual Option)</b> Studio 3 Ruby J 10:30am - 11:15am	<b>Low Impact Fitness</b> Studio 3 Kim H. 10:15am - 11am	<b>Senior Fit (Virtual Option)</b> Studio 3 Ruby J 10:30am - 11:15am
11am			<b>Les Mills BodyBalance™</b> Studio 1 Rian H 11am - 12pm				

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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	FRI 11	SAT 12	SUN 13	MON 14	TUE 15	WED 16	THU 17
12pm	<b>Open Gym</b> Gymnasium 12pm - 7:15pm		<b>Women's Fit For Life</b> Studio 3 Rian H 12:15pm - 1pm		<b>Open Gym</b> Gymnasium 12pm - 5pm		<b>Open Gym</b> Gymnasium 12pm - 5pm
1pm				<b>Senior Fit (Virtual Option)</b> Studio 3 Ruby J 1pm - 1:45pm		<b>Senior Fit (Virtual Option)</b> Studio 3 Ruby J 1pm - 1:45pm	
4pm	<b>Core Yoga</b> Studio 3 Diana M. 4pm - 5pm			<b>Core Yoga</b> Studio 3 Diana M. 4pm - 5pm			
5pm	<b>Les Mills BodyPump™</b> Studio 3 Kim H. 5:30pm - 6:30pm			<b>Cardio Pump</b> Studio 3 Ashley R. 5:30pm - 6:30pm	<b>City of SB - Basketball</b> Gymnasium 5pm - 8:45pm	<b>Cardio Pump</b> Studio 3 Ashley R. 5:30pm - 6:30pm	<b>Les Mills Tone™</b> Studio 1 Nicci D 5pm - 5:45pm
				<b>Cycling</b> Cycling Studio 2 Melissa C 5:30pm - 6:30pm	<b>Les Mills Tone™</b> Studio 1 Nicci D 5pm - 5:45pm	<b>Cycling</b> Cycling Studio 2 John P 5:30pm - 6:30pm	<b>City of SB - Basketball</b> Gymnasium 5pm - 8:45pm
					<b>Kickboxing</b> Studio 3 Diana M. 5:15pm - 6:30pm		
					<b>Cycling</b> Cycling Studio 2 Mandy M 5:45pm - 6:30pm		
6pm				<b>Women's Cardio Barre</b> Studio 1 Rian H 6pm - 6:45pm	<b>Les Mills Core™</b> Studio 1 Rian H 6:45pm - 7:15pm	<b>StayStrong (registration required)</b> Studio 1 Kim H. 6:15pm - 7pm	<b>Les Mills Grit™</b> Studio 3 Heather Z. 6pm - 6:45pm
				<b>Les Mills BodyPump™</b> Studio 3 Emily B / Lauren S 6:45pm - 7:45pm		<b>DanceFit</b> Studio 3 Jenni S 6:45pm - 7:30pm	<b>Pilates</b> Studio 1 Rian H 6pm - 6:45pm
7pm				<b>Yoga</b> Studio 1 Rian H 7pm - 8:15pm	<b>Women's Kickboxing</b> Studio 3 Lauren S 7pm - 7:45pm	<b>Women's BODYPUMP™</b> Studio 3 Kim H. 7:45pm - 8:30pm	<b>Zumba®</b> Studio 3 Rian H 7pm - 8pm

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