



YMCA of the Blue Water Area

December 15th - December 21st

1525 Third Street

Port Huron, MI 48060

(810) 987-6400

	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
5am		Lap Swim Pool - Competition No Instructor 5am - 8am	Open Gym Gym - East No Instructor 5am - 8am	Lap Swim Pool - Competition No Instructor 5am - 8am	Lap Swim Pool - Competition No Instructor 5am - 8am	Lap Swim Pool - Competition No Instructor 5am - 8am	
		Boot Camp Gym - West Tina H 5:30am - 6:15am	Lap Swim Pool - Competition No Instructor 5am - 8am	Boot Camp Gym - West Tina H 5:30am - 6:15am	Open Gym Gym - West No Instructor 5am - 8am	Boot Camp Gym - West Tina H 5:30am - 6:15am	
		Boot Camp Gym - East Tina H 5:30am - 6:15am	Open Gym Gym - West No Instructor 5am - 8am	Boot Camp Gym - East Tina H 5:30am - 6:15am	Open Gym Gym - East No Instructor 5am - 8am	Boot Camp Gym - East Tina H 5:30am - 6:15am	
		Boot Camp Group Exercise Tina H 5:30am - 6:15am	Fit in 30 - Pull-ups with Tina \$ Group Exercise Tina H 5:15am - 5:45am	Boot Camp Group Exercise Tina H 5:30am - 6:15am	Fit in 30 - HIIT with Tina \$ Group Exercise Tina H 5:30am - 6am	Boot Camp Group Exercise Tina H 5:30am - 6:15am	
			Intensity Group Exercise Mary M 5:30am - 6:15am				
6am		Spinning Group Exercise Michael E 6am - 6:45am	Kettlebells Group Exercise Mary M 6:30am - 7:15am	Spinning Group Exercise Michael E 6am - 6:45am	Kettlebells Group Exercise Mary M 6:30am - 7:15am	Spinning Group Exercise Michael E 6am - 6:45am	
		Open Gym Gym - West No Instructor 6:15am - 9am		Open Gym Gym - West No Instructor 6:15am - 9am		Open Gym Gym - West No Instructor 6:15am - 9am	
		Open Gym Gym - East No Instructor 6:15am - 9am		Open Gym Gym - East No Instructor 6:15am - 9am		Open Gym Gym - East No Instructor 6:15am - 9am	
7am							Open Gym Gym - West No Instructor 7am - 8pm
							Open Gym Gym - East No Instructor 7am - 9am
							Spinning Group Exercise Instructor Rotates 7:15am - 8am
8am		Current Walk Pool - Recreation No Instructor 8am - 9am	Open Swim Pool - Recreation No Instructor 8am - 9am	Yoga - Multilevel Group Exercise Sue F 8am - 8:45am	Open Swim Pool - Recreation No Instructor 8am - 9am	Yoga - Multilevel Group Exercise Sue F 8am - 8:45am	Aqua Pulse Pool - Competition Dorinne C 8am - 8:45am
		Yoga - Multilevel Group Exercise Sue F 8am - 8:45am	Pilates Group Exercise Mary M 8am - 8:45am	Current Walk Pool - Recreation No Instructor 8am - 9am	Pilates Group Exercise Mary M 8am - 8:45am	Current Walk Pool - Recreation No Instructor 8am - 9am	Spinning Group Exercise Instructor Rotates 8:15am - 9am

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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	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
		Core Power Group Exercise Tim B 8:15am - 9am	Pickleball Gym - East No Instructor 8am - 11am	Core Power Group Exercise Tim B 8:15am - 9am	Pickleball Gym - West Carol L 8am - 11am	Core Power Group Exercise Tim B 8:15am - 9am	
		Aqua Pulse Pool - Competition Shannon T 8:30am - 9:15am	Pickleball Gym - West Carol L 8am - 11am	Aqua Pulse Pool - Competition Shannon T 8:30am - 9:15am	Pickleball Gym - East No Instructor 8am - 11am	TRX HIIT Group Exercise Mary M 8:30am - 9am	
			Kick Boxing - Marysville Viking Group Exercise - Offsite Programs Tim B 8:45am - 9:30am	Yoga - Multilevel - Y Fort Gratiot Group Exercise - Offsite Programs Melissa S 8:30am - 9:15am	Kick Boxing - Marysville Viking Group Exercise - Offsite Programs Tim B 8:45am - 9:30am	Aqua Pulse Pool - Competition Shannon T 8:30am - 9:15am	
9am		Fit in 30 - Strength & Conditioning \$ Group Exercise Mary M 9am - 10am	Fit in 30 - Member's Choice with Elizabeth \$ Group Exercise Elizabeth A 9am - 9:30am	Enhance Fitness - Mixed Level - St. Clair Group Exercise - Offsite Programs Patti G 9am - 10am	Fit in 30 - Member's Choice with Elizabeth \$ Group Exercise Elizabeth A 9am - 9:30am	Enhance Fitness - Level 2 Gym - East Sue S 9am - 10am	Swim Lessons Youth and Family Instructor Rotates 9am - 12pm
		Enhance Fitness - Level 2 Gym - East Sue S 9am - 10am	Enhance Fitness - Mixed Level Group Exercise Keri S 9am - 10am	Enhance Fitness - Level 2 Gym - East Sue S 9am - 10am	Warm World Pool - Recreation No Instructor 9am - 9:30am	Enhance Fitness - Mixed Level - St. Clair Group Exercise - Offsite Programs Patti G 9am - 10am	Couch to 5k Group Exercise Michael E 9am - 10am
		Enhance Fitness - Mixed Level - St. Clair Group Exercise - Offsite Programs Patti G 9am - 10am	Warm World Pool - Recreation No Instructor 9am - 9:30am	Warm World Pool - Recreation No Instructor 9am - 9:30am	Enhance Fitness - Mixed Level Group Exercise Keri S 9am - 10am	Enhance Fitness - Level 2 Gym - West Sue S 9am - 10am	Enhance Fitness - Mixed Level Group Exercise Keri S 9am - 10am
		Enhance Fitness - Level 2 Group Exercise Sue S 9am - 10am	Power Splash Pool - Competition Alex E 9am - 9:45am	Gentle Yoga Group Exercise Sue F 9am - 9:45am	Power Splash Pool - Competition Alex E 9am - 9:45am	Enhance Fitness - Level 2 Group Exercise Sue S 9am - 10am	Swim Lessons Pool - Competition Instructor Rotates 9am - 12pm
		Open Swim Pool - Competition No Instructor 9am - 10am	Open Swim Pool - Recreation No Instructor 9:30am - 11am	Fit in 30 - Strength & Conditioning \$ Group Exercise Mary M 9am - 10am	Open Swim Pool - Recreation No Instructor 9:30am - 11am	Warm World Pool - Recreation No Instructor 9am - 9:30am	Swim Lessons Pool - Recreation Instructor Rotates 9am - 12pm
		Gentle Yoga Group Exercise Sue F 9am - 9:45am		Enhance Fitness - Level 2 Group Exercise Sue S 9am - 10am		Open Swim Pool - Competition No Instructor 9am - 10am	Circuit Training Group Exercise Instructor Rotates 9:15am - 10am
		Enhance Fitness - Level 2 Gym - West Sue S 9am - 10am		Open Swim Pool - Competition No Instructor 9am - 10am		Step & Strength Group Exercise Sue F 9:15am - 10am	Little Ninja's Group Exercise Joey M 9:15am - 10am

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		Warm World Pool - Recreation No Instructor 9am - 9:30am		Enhance Fitness - Level 2 Gym - West Sue S 9am - 10am		Water Safety - 4th Grade Youth and Family To Be Announced 9:30am - 11am	Little Ninja's Youth and Family Joey M 9:15am - 10am
		HIIT - Y Fort Gratiot Group Exercise - Offsite Programs Elizabeth A 9:15am - 10am		Step & Strength Group Exercise Kimm E 9:15am - 10am		Water Safety - 4th Grade Pool - Recreation No Instructor 9:30am - 11am	Little Ninja's Gym - East Joey M 9:15am - 10am
10am	Family Swim River Toys Pool - Recreation No Instructor 10am - 1pm	Aqua Pulse Pool - Competition Alex E 10am - 10:45am	Silver Splash Pool - Competition Alex E 10am - 10:45am	Aqua Pulse Pool - Competition Alex E 10am - 10:45am	Silver Splash Pool - Competition Alex E 10am - 10:45am	Enhance Fitness - Mixed Level - St. Clair Group Exercise - Offsite Programs Patti G 10am - 11am	Little Tumblers Youth and Family To Be Announced 10:15am - 11am
	Open Gym Gym - West No Instructor 10am - 5pm	Enhance Fitness - Mixed Level - St. Clair Group Exercise - Offsite Programs Patti G 10am - 11am	Brains and Balance Past 60 Group Exercise Keri or April 10:15am - 11am	Arthritis Aquatics Pool - Recreation Shannon T 10am - 10:45am	Tap Cardio Group Exercise Vicki P 10:15am - 11am	Yoga - Free Flow - Y Fort Gratiot Group Exercise - Offsite Programs Storm B 10am - 10:45am	Cardio-n-Core Group Exercise Instructor Rotates 10:15am - 11am
	Family Swim River Toys Youth and Family No Instructor 10am - 1pm	Arthritis Aquatics Pool - Recreation Shannon T 10am - 10:45am	Tap Cardio Group Exercise Colleen K 10:15am - 11am	Enhance Fitness - Mixed Level Group Exercise Sue S 10am - 11am		Enhance Fitness - Mixed Level Gym - East Sue S 10am - 11am	Little Tumblers Gym - East Jenna C 10:15am - 11am
	Open Gym Gym - East No Instructor 10am - 5pm	Enhance Fitness - Mixed Level Group Exercise Sue S 10am - 11am		Enhance Fitness - Mixed Level - St. Clair Group Exercise - Offsite Programs Patti G 10am - 11am		Enhance Fitness - Mixed Level Gym - West Sue S 10am - 11am	Little Tumblers Group Exercise Sara YF 10:15am - 11am
	Lap Swim Pool - Competition No Instructor 10am - 12pm	Enhance Fitness - Mixed Level Gym - West Sue S 10am - 11am		Enhance Fitness - Mixed Level Gym - East Sue S 10am - 11am		Aqua Pulse Pool - Competition Shannon T 10am - 10:45am	
		Enhance Fitness - Mixed Level Gym - East Sue S 10am - 11am		Enhance Fitness - Mixed Level Gym - West Sue S 10am - 11am		Enhance Fitness - Mixed Level Group Exercise Sue S 10am - 11am	
		Meditation Group Exercise Jenny M 10:15am - 11am		Aerobics Group Exercise Colleen K 10:15am - 11am		Aerobics Group Exercise Colleen K 10:15am - 11am	
		Aerobics Group Exercise Colleen K 10:15am - 11am					

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	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
11am	Youth Wrestling Clinic Youth and Family Daylon E 11am - 1pm	Warm World Gym - East No Instructor 11am - 12:15pm	Arthritis Aquatics Pool - Recreation Alex E 11am - 11:45am	Open Swim Pool - Competition No Instructor 11am - 12pm	Open Gym Gym - West No Instructor 11am - 12pm	Senior Boot Camp Group Exercise Alex E 11am - 11:45am	Family Yoga Group Exercise Jenna C 11:15am - 12pm
		Arthritis Aquatics Pool - Recreation Shannon T 11am - 11:45am	Open Swim Pool - Competition No Instructor 11am - 12pm	Warm World Gym - East No Instructor 11am - 12:15pm	Warm World Gym - East No Instructor 11am - 12:15pm	Enhance Fitness - Level 1 Group Exercise Keri S 11am - 12pm	Family Yoga Youth and Family Jenna C 11:15am - 12pm
		Senior Boot Camp Gym - West Alex E 11am - 11:45am	Warm World Gym - East No Instructor 11am - 12:15pm	Arthritis Aquatics Pool - Recreation Shannon T 11am - 11:45am	Open Swim Pool - Competition No Instructor 11am - 12pm	Warm World Gym - East No Instructor 11am - 12:15pm	
		Enhance Fitness - Level 1 Group Exercise Keri S 11am - 12pm	Open Gym Gym - West No Instructor 11am - 12pm	Enhance Fitness - Level 1 Group Exercise Keri S 11am - 12pm	Arthritis Aquatics Pool - Recreation Alex E 11am - 11:45am	Open Swim Pool - Competition No Instructor 11am - 12pm	
		Senior Boot Camp Group Exercise Alex E 11am - 11:45am		Senior Boot Camp Group Exercise Alex E 11am - 11:45am		Arthritis Aquatics Pool - Recreation Shannon T 11am - 11:45am	
		Open Swim Pool - Competition No Instructor 11am - 12pm		Senior Boot Camp Gym - West Alex E 11am - 11:45am		Senior Boot Camp Gym - West Alex E 11am - 11:45am	
				Celtic Dance Group Exercise David Tague 11:15am - 12pm			
12pm	Open Swim Pool - Competition No Instructor 12pm - 1pm	Open Swim Pool - Recreation No Instructor 12pm - 1pm	Open Swim Pool - Recreation No Instructor 12pm - 1pm	Open Swim Pool - Recreation No Instructor 12pm - 1pm	Lap Swim Pool - Competition No Instructor 12pm - 1pm	Lap Swim Pool - Competition No Instructor 12pm - 1pm	Open Gym Gym - East No Instructor 12pm - 8pm
		Lap Swim Pool - Competition No Instructor 12pm - 1pm	Lap Swim Pool - Competition No Instructor 12pm - 1pm	Lap Swim Pool - Competition No Instructor 12pm - 1pm	Open Swim Pool - Recreation No Instructor 12pm - 1pm	Open Swim Pool - Recreation No Instructor 12pm - 1pm	Circuit - Adaptive Group Exercise Ali S 12:15pm - 1pm
		Spinning Group Exercise Elizabeth A 12:10pm - 12:40pm	Pickleball Gym - West No Instructor 12:15pm - 2:15pm	Spinning Group Exercise Elizabeth A 12:10pm - 12:40pm	Intensity Group Exercise Mary M 12:10pm - 12:40pm	Spinning Group Exercise Elizabeth A 12:10pm - 12:40pm	Circuit - Adaptive Youth and Family Ali S 12:15pm - 1pm
		Adult Basketball Gym - West No Instructor 12:15pm - 3pm	Pickleball Gym - East Carol L 12:15pm - 2:15pm	Adult Basketball Gym - West No Instructor 12:15pm - 3pm	Home School Gym Gym - East No Instructor 12:15pm - 1:15pm	Adult Basketball Gym - West No Instructor 12:15pm - 3pm	
		Adult Basketball Gym - East No Instructor 12:15pm - 3pm		Adult Basketball Gym - East No Instructor 12:15pm - 3pm	Home School Gym Gym - West To Be Announced 12:15pm - 1:15pm	Adult Basketball Gym - East No Instructor 12:15pm - 3pm	

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	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
					Home School Gym Youth and Family Dee A 12:15pm - 1:15pm		
1pm	Splash Down - River, Toys, Slide Pool - Competition No Instructor 1pm - 4:30pm	Enhance Fitness - Mixed Level - Y Fort Gratiot Group Exercise - Offsite Programs Keri S 1pm - 2pm	Physical Therapy- Open Swim Pool - Recreation No Instructor 1pm - 3pm	Open Swim Pool - Competition No Instructor 1pm - 3pm	Physical Therapy- Open Swim Pool - Recreation No Instructor 1pm - 3pm	Recreation Pool Closed Pool - Recreation No Instructor 1pm - 4pm	Dance Aerobics - Adaptive Youth and Family Sara Buck 1:15pm - 2pm
	Splash Down - River, Toys, Slide Pool - Recreation No Instructor 1pm - 4:30pm	Open Swim Pool - Competition No Instructor 1pm - 3pm		Enhance Fitness - Mixed Level - Y Fort Gratiot Group Exercise - Offsite Programs Keri S 1pm - 2pm	Pickleball Gym - West No Instructor 1:15pm - 3:15pm	Enhance Fitness - Mixed Level - Y Fort Gratiot Group Exercise - Offsite Programs Keri S 1pm - 2pm	
	Splash Down - River, Toys, Slide Youth and Family No Instructor 1pm - 4:30pm	Recreation Pool Closed Pool - Recreation No Instructor 1pm - 4pm		Recreation Pool Closed Pool - Recreation No Instructor 1pm - 4pm	Home School Swim - Open Swim Pool - Recreation Dee A 1:15pm - 2:15pm	Open Swim Pool - Competition No Instructor 1pm - 3pm	
	Family Wellness- Duffy Youth and Family No Instructor 1pm - 3pm				Pickleball Gym - East No Instructor 1:15pm - 3:15pm		
	Brazilian Jiu Jitsu Group Exercise Dwight A 1pm - 3pm				Home School Swim - Open Swim Pool - Competition To Be Announced 1:15pm - 2:15pm		
					Home School Swim - Open Swim Youth and Family Dee A 1:15pm - 2:15pm		
2pm			Open Gym Gym - West No Instructor 2:15pm - 9pm				
			Open Gym Gym - East No Instructor 2:15pm - 3:15pm				
3pm		PHASD Swim Team Pool - Competition No Instructor 3pm - 5pm	Open Swim Pool - Competition No Instructor 3pm - 5:30pm	PHASD Swim Team Pool - Competition No Instructor 3pm - 5pm	PHASD Swim Team Pool - Competition No Instructor 3pm - 4:30pm	Open Gym Gym - West No Instructor 3pm - 9pm	
		Open Gym Gym - West No Instructor 3:15pm - 9pm	Open Swim Pool - Recreation No Instructor 3pm - 4pm	Open Gym Gym - West No Instructor 3pm - 5pm	Open Swim Pool - Recreation No Instructor 3pm - 4pm	PHASD Swim Team Pool - Competition No Instructor 3pm - 5pm	

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4pm		Warm World Gym - East No Instructor 3:15pm - 4:15pm	Warm World Gym - East No Instructor 3:15pm - 4:15pm	Warm World Gym - East No Instructor 3:15pm - 4:15pm	Open Gym Gym - West No Instructor 3:15pm - 7pm	Warm World Gym - East No Instructor 3:15pm - 4:15pm	
					Warm World Gym - East No Instructor 3:15pm - 4:15pm		
		Open Swim Pool - Recreation No Instructor 4pm - 6pm	Prime Time Pool - Recreation No Instructor 4pm - 4:45pm	Open Swim Pool - Recreation No Instructor 4pm - 6pm	Swim Lessons Pool - Recreation Instructor Rotates 4:30pm - 6pm	Open Swim Pool - Recreation No Instructor 4pm - 6pm	
		Open Gym Gym - East No Instructor 4:15pm - 9pm	Open Gym Gym - East No Instructor 4:15pm - 6pm	Open Gym Gym - East No Instructor 4:15pm - 9pm	Swim Lessons Pool - Competition Instructor Rotates 4:30pm - 6pm	Open Gym Gym - East No Instructor 4:15pm - 9pm	
5pm			Circuit Training Group Exercise Elizabeth A 4:30pm - 5:15pm	Intervalocity Group Exercise Elizabeth A 4:30pm - 5:15pm	Swim Lessons Youth and Family Instructor Rotates 4:30pm - 6pm		
		H2O Flow Pool - Competition Missy J 5pm - 5:45pm	Open Swim Pool - Recreation No Instructor 5pm - 6pm	Little Ninja's Group Exercise Joey M 5pm - 5:45pm	Porpoise Club Pool - Competition Maggie M 5:30pm - 6:30pm	H2O Flow Pool - Competition Missy J 5pm - 5:45pm	Open Swim Pool - Competition No Instructor 5pm - 7:30pm
		Kick Boxing - Marysville Viking Group Exercise - Offsite Programs Tim B 5:15pm - 6pm	Porpoise Club Pool - Competition Maggie M 5:30pm - 6:30pm	Little Ninja's Youth and Family Joey M 5pm - 5:45pm	Kids Circuit Group Exercise To Be Announced 5:30pm - 6:15pm		Family Swim River Toys Pool - Recreation No Instructor 5pm - 7:30pm
		Pound Fit Group Exercise Keri S 5:30pm - 6:15pm	Zumba Group Exercise Danielle R 5:30pm - 6:15pm	H2O Flow Pool - Competition Anne C 5pm - 5:45pm	Porpoise Club Youth and Family To Be Announced 5:30pm - 6:30pm		Family Swim River Toys Youth and Family No Instructor 5pm - 7:30pm
		Yoga - Multilevel - Y Fort Gratiot Group Exercise - Offsite Programs Sue F 5:30pm - 6:15pm	H2O Flow Pool - Competition Dorinne C 5:30pm - 6:15pm	Little Ninja's Gym - West To Be Announced 5pm - 5:45pm	Kids Circuit Gym - East Deklan R 5:30pm - 6:15pm		
			Zumba Youth and Family Danielle R 5:30pm - 6:15pm	HIIT Group Exercise Tim B 5:30pm - 6:15pm	Kids Circuit Youth and Family Deklan R 5:30pm - 6:15pm		
		Porpoise Club Youth and Family To Be Announced 5:30pm - 6:30pm	Yoga - Multilevel - Y Fort Gratiot Group Exercise - Offsite Programs Sue F 5:30pm - 6:15pm				

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6pm			Spinning Group Exercise Patty M 5:30pm - 6:15pm	Sports of All Sorts Youth and Family Joey M 5:30pm - 6:15pm			
		Blue Water Otters Pool - Competition Maggie M 6pm - 7pm	Family Swim River Toys Pool - Recreation No Instructor 6pm - 8pm	Family Swim River Toys Youth and Family No Instructor 6pm - 8pm	Family Swim River Toys Pool - Recreation No Instructor 6pm - 8pm	Splash Down - River, Toys, Slide Pool - Competition No Instructor 6pm - 8:30pm	Family Wellness-Duffy Youth and Family No Instructor 6pm - 8pm
		Family Swim River Toys Pool - Recreation No Instructor 6pm - 8pm	Couch to 5k Group Exercise Michael E 6pm - 7pm	Family Swim River Toys Pool - Recreation No Instructor 6pm - 8pm	Family Swim River Toys Youth and Family No Instructor 6pm - 8pm	Splash Down - River, Toys, Slide Youth and Family No Instructor 6pm - 8pm	
		Family Swim River Toys Youth and Family No Instructor 6pm - 8pm	Youth Volleyball Group Exercise To Be Announced 6pm - 8pm	Sports of All Sorts Gym - West To Be Announced 6pm - 6:45pm	Couch to 5k Group Exercise Michael E 6pm - 7pm	Splash Down - River, Toys, Slide Pool - Recreation No Instructor 6pm - 8pm	
		Blue Water Otters Youth and Family Maggie M 6pm - 7pm	Youth Volleyball Gym - East To Be Announced 6pm - 8pm	Blue Water Otters Youth and Family Maggie M 6pm - 7pm	Youth Strength Training Group Exercise To Be Announced 6:30pm - 7pm	Hip Hop Cardio Group Exercise Jackie R 6:30pm - 7:15pm	
		Chair Workout Group Exercise Keri S 6:30pm - 7pm	Family Swim River Toys Youth and Family No Instructor 6pm - 8pm	Blue Water Otters Pool - Competition Maggie M 6pm - 7pm	Blue Water Otters Pool - Competition Maggie M 6:30pm - 7:30pm	Hip Hop Cardio Youth and Family Jackie R 6:30pm - 7:15pm	
			Blue Water Otters Youth and Family Maggie M 6:30pm - 7:30pm	Sports of All Sorts Group Exercise Joey M 6pm - 6:45pm	Yoga - Multilevel Group Exercise Marcia S 6:30pm - 7:15pm		
			Yoga - Multilevel Group Exercise Paula P 6:30pm - 7:15pm	Hip Hop Cardio Group Exercise Jackie R 6:30pm - 7:15pm	Youth Strength Training Youth and Family Deklan R 6:30pm - 7pm		
			Blue Water Otters Pool - Competition Maggie M 6:30pm - 7:30pm	Open Gym Gym - West No Instructor 6:45pm - 9pm	Blue Water Otters Youth and Family Maggie M 6:30pm - 7:30pm		
			Spinning Group Exercise Patty M 6:30pm - 7:15pm				
	7pm	Adult Swim Class - Advanced \$ Pool - Competition Jackie M 7pm - 8pm	Open Swim Pool - Competition No Instructor 7pm - 8:30pm	Adult Swim Class - Advanced \$ Pool - Competition Jackie M 7pm - 8pm	Pickleball Gym - East No Instructor 7pm - 9pm		

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		Adult Swim Class - Advanced \$ Group Exercise Jackie M 7pm - 8pm		Yin Yoga Group Exercise Cecilia W 7pm - 7:45pm	Open Swim Pool - Competition No Instructor 7pm - 8:30pm		
				Adult Swim Class - Advanced \$ Group Exercise Jackie M 7pm - 8pm			
				Brazilian Jiu Jitsu Group Exercise Dwight A 7:30pm - 8:15pm			
				Brazilian Jiu Jitsu Youth and Family Dwight A 7:30pm - 8:15pm			
8pm			Open Gym Gym - East No Instructor 8pm - 9pm				

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