



Downtown Berkeley YMCA
January 22nd - January 28th

2001 Allston Way
Berkeley, CA 94704
(510) 848-9622

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	Adult Lap Swimming Lap Pool No Instructor 5:30am - 10pm	Adult Lap Swimming Lap Pool No Instructor 5:30am - 10pm	Adult Lap Swimming Lap Pool No Instructor 5:30am - 10pm	Adult Lap Swimming Lap Pool No Instructor 5:30am - 10pm			Adult Lap Swimming Lap Pool No Instructor 5:30am - 10pm
6am	Group Indoor Cycling Cycling Studio SUB: Ellen C. 6am - 6:55am	Body Sculpt Aerobics Studio Irene C. 6am - 7am	Sunrise BootCamp North Gym SUB: Davi M. 6am - 6:55am	Group Indoor Cycling Cycling Studio SUB: Ellen C. 6am - 6:55am			Body Sculpt Aerobics Studio Irene C. 6am - 7am
	Sunrise BootCamp North Gym SUB: Davi M. 6am - 6:55am	Group Indoor Cycling Cycling Studio Eden M. 6am - 6:55am	Group Indoor Cycling Cycling Studio Ellen C. 6am - 6:55am	Tri Yoga Flows (A) Mind Body Center Pam M. 6:30am - 7:45am			Group Indoor Cycling Cycling Studio Darlene V. 6am - 6:55am
	Tri Yoga Flows (A) Mind Body Center Pam M. 6:30am - 7:45am						
7am	Masters Swim Lap Pool Steve T. 7am - 8am	Vinyasa Yoga (F) Mind Body Center Viviana G. 7am - 8am	Masters Swim Lap Pool Steve T. 7am - 8am	Healthy Heart North Gym SUB: Lindsay W. 7:30am - 8:20am	Zumba® North Gym Carah H. 7:15am - 7:55am	Open Gym South Gym No Instructor 7am - 11am	Vinyasa Yoga (F) Mind Body Center Viviana G. 7am - 8am
	Open Gym North Gym Open Practice 7am - 10:45am	Healthy Heart Aerobics Studio Holly B. 7:30am - 8:20am	Open Gym North Gym Open Practice 7am - 10:45am	Adult Open Exercise/Lap Swim Grace's Pool No Instructor 7:30am - 1pm	Body Sculpt Aerobics Studio SUB: Bella L. 7:15am - 7:55am	Open Gym North Gym Open Practice 7am - 4pm	Adult Open Exercise/Lap Swim Grace's Pool No Instructor 7:30am - 1pm
	Adult Open Exercise/Lap Swim Grace's Pool No Instructor 7:30am - 10am	Adult Open Exercise/Lap Swim Grace's Pool No Instructor 7:30am - 1pm	Adult Open Exercise/Lap Swim Grace's Pool No Instructor 7:30am - 10am	Open Gym/Free Play Kindergym No Instructor 7:45am - 9am	Group Indoor Cycling Cycling Studio Robert P. 7:30am - 8:25am	Adult Lap Swimming Lap Pool No Instructor 7:30am - 7:30pm	Healthy Heart North Gym Julianne K. 7:30am - 8:20am
	Open Gym/Free Play Kindergym No Instructor 7:45am - 9am	Open Gym/Free Play Kindergym No Instructor 7:45am - 9am	Open Gym/Free Play Kindergym No Instructor 7:45am - 9am		Adult Lap Swimming Lap Pool No Instructor 7:30am - 7:30pm	Open Gym/Free Play Kindergym No Instructor 7:45am - 9am	Open Gym/Free Play Kindergym No Instructor 7:45am - 9am
					Open Gym/Free Play Kindergym No Instructor 7:45am - 9am	Zumba® Aerobics Studio Becca T. 7:45am - 8:40am	
8am	Pilates Mind Body Center Becky T. 8am - 8:50am	Gentle Yoga (T) Mind Body Center Anja B. 8:30am - 9:45am	Pilates Mind Body Center Becky T. 8am - 8:50am		Zumba® Aerobics Studio Carah H. 8am - 8:55am	Group Indoor Cycling Cycling Studio Kym S. 8am - 8:55am	Gentle Yoga (T) Mind Body Center Tahil G. 8:30am - 9:45am
					Pilates Mind Body Center Sandi U. 8am - 8:55am	Tri Yoga Flows (A) Mind Body Center Pam M. 8:45am - 10am	NIA Dance Aerobics Studio SUB: Elisita C. 8:45am - 9:40am
					Group Indoor Cycling Cycling Studio SUB: Ellen C. 8:40am - 9:35am		

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9am	Hatha Yoga Fundamentals (A) Mind Body Center Amanda N. 9am - 9:55am	Aqua Aerobics Lap Pool Philip H. 9am - 10am	Adult Open Exercise Shallow Pool No Instructor 9am - 10am	Adult Open Exercise Shallow Pool No Instructor 9am - 10am	Youth Basketball (Registration Required) South Gym Y STAFF 9am - 4pm	Adult Open Exercise Shallow Pool No Instructor 9am - 10:30am	Adult Open Exercise Shallow Pool No Instructor 9am - 10am
	Adult Open Exercise Shallow Pool No Instructor 9am - 10am	Adult Open Exercise Shallow Pool No Instructor 9am - 10am	Back/Core/Hips & Knees Aerobics Studio Evelyn L. 9am - 9:40am	Aqua Aerobics Lap Pool Lindsey V 9am - 10am	Youth Sports North Gym Y STAFF 9am - 5pm	Body Sculpt Aerobics Studio Kym S. 9am - 9:55am	Aqua Aerobics Lap Pool Mindy M. 9am - 10am
	Back/Core/Hips & Knees Aerobics Studio Evelyn L. 9am - 9:40am	Cardio Dance Plus Aerobics Studio Evelyn L. 9:45am - 10:55am	Hatha Yoga (A) Mind Body Center Bella L. 9am - 9:55am	Gentle Yoga (T) Mind Body Center Torrey M. 9am - 10:15am	Iyengar Yoga (A) Mind Body Center Jessie H. 9am - 10:15am	Group Indoor Cycling Cycling Studio Robert P. 9:05am - 10am	Cardio Dance Plus Aerobics Studio Evelyn L. 9:45am - 10:55am
	Cardio Dance Aerobics Studio Andi K. 9:45am - 10:45am		Zumba® Aerobics Studio Noel P 9:45am - 10:45am	HIIT Cycle Cycling Studio SUB: Ceci B. 9:30am - 10:25am	Aqua Aerobics Lap Pool SUB: Philip H. 9am - 10am		
				Cardio Dance Plus Aerobics Studio Evelyn L. 9:45am - 10:55am	Pilates Aerobics Studio Suzanne R 9am - 10am		
					Group Indoor Cycling Cycling Studio Ceci B. 9:45am - 10:40am		
10am	Open Gym/Free Play Kindergym No Instructor 10am - 8pm	Open Gym/Free Play Kindergym No Instructor 10am - 3:30pm	Seniors Warm Up Mind Body Center Evelyn or Jack 10am - 10:30am	Open Gym/Free Play Kindergym No Instructor 10am - 2pm	Open Gym/Free Play Kindergym No Instructor 10am - 7:30pm	U-JAM Fitness ® Aerobics Studio Amy L. 10am - 10:55am	Open Gym/Free Play Kindergym No Instructor 10am - 3:30pm
	Seniors Warm Up Mind Body Center Evelyn or Jack 10am - 10:30am		Open Gym/Free Play Kindergym No Instructor 10am - 8pm	Gentle Yoga (T) Mind Body Center Jessica H. 10:30am - 11:45am	Cardio Kickboxing Aerobics Studio Irene C. 10am - 10:55am	Reserved for Fun & Fitness South Gym Y STAFF 10am - 1:30pm	Vinyasa Yoga (F) Mind Body Center Julie Anne S 10am - 11:30am
	Tiny Waves Shallow Pool No Instructor 10am - 10:30am		Advanced Tai Chi Mind Body Center John P. 10:30am - 10:55am		Hatha Yoga Fundamentals (A) Mind Body Center Alisha G. 10:30am - 11:45am	Open Gym/Free Play Kindergym No Instructor 10am - 7:30pm	
	Tiny Waves Shallow Pool No Instructor 10:30am - 11am					Group Indoor Cycling Cycling Studio Lynne T. 10:10am - 11:05am	
	Beginning Tai Chi Mind Body Center SUB: John P. 10:30am - 11:25am					Vinyasa Yoga (F) Mind Body Center CANCELLED TEMPORARILY 10:15am - 11:45am	

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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
						Family Yoga - Ages 4-12 Mind Body Center Erica K. 10:15am - 11am	
						Tiny Waves Shallow Pool No Instructor 10:30am - 11am	
11am	Body Sculpt Aerobics Studio Carah H. 11am - 11:55am	Barre (REGISTRATION REQUIRED) Youth Movement Studio Andi K. 11am - 11:55am	Senior Aerobics Aerobics Studio Evelyn L. 11am - 11:55am	Aqua Aerobics Lap Pool Celia I. 11am - 11:55am	Hip Hop Aerobics Studio Dana M. 11am - 11:55am	Zumba® Aerobics Studio Sumitha B 11am - 11:55am	Intermediate Circuit North Gym Joy F. 11am - 12pm
	Aqua Aerobics Lap Pool Bianca S. 11am - 11:55am	Aqua Aerobics Lap Pool Celia I. 11am - 11:55am	Aqua Aerobics Lap Pool Celia I. 11am - 11:55am	Tiny Waves Shallow Pool No Instructor 11am - 11:30am		Tiny Waves Shallow Pool No Instructor 11am - 11:30am	Senior Aerobics Aerobics Studio Evelyn L. 11am - 11:55am
	Barre (REGISTRATION REQUIRED) Youth Movement Studio Andi K. 11am - 11:55am	Barre (REGISTRATION REQUIRED) Youth Movement Studio Andi K. 11am - 11:55am	Intermediate Circuit North Gym Joy F. 11am - 12pm	Tiny Waves Shallow Pool No Instructor 11:30am - 12pm		Body Roll Mind Body Center Leslie O. 11:15am - 12pm	Aqua Aerobics Lap Pool Genevieve D. 11am - 12pm
	Tai Chi Mind Body Center SUB: John P. 11:30am - 12pm	Tiny Waves Shallow Pool No Instructor 11am - 11:30am	Tai Chi Mind Body Center John P. 11am - 12pm			Tiny Waves Shallow Pool No Instructor 11:30am - 12pm	Tiny Waves Shallow Pool No Instructor 11am - 11:30am
		Tiny Waves Shallow Pool No Instructor 11:30am - 12pm	Tiny Waves Shallow Pool No Instructor 11am - 11:30am				Tiny Waves Shallow Pool No Instructor 11:30am - 12pm
			Tiny Waves Shallow Pool No Instructor 11:30am - 12pm				
12pm	Zumba® Aerobics Studio Carah H. 12pm - 12:55pm	Water Pilates Lap Pool James T. 12pm - 12:45pm	NIA Dance Aerobics Studio Julianne K. 12pm - 12:55pm	Water Pilates Lap Pool James T. 12pm - 12:45pm	Advanced Vinyasa Yoga (F) Mind Body Center Jessica H 12pm - 1:30pm	Tiny Waves Shallow Pool No Instructor 12pm - 12:30pm	Adult Open Exercise Shallow Pool No Instructor 12pm - 1pm
	Adult Open Exercise Shallow Pool No Instructor 12pm - 1pm	Iyengar Yoga (A) Mind Body Center Scotty M 12pm - 1pm	Adult Open Exercise Shallow Pool No Instructor 12pm - 1pm	High Intensity Interval Training (HIIT) Aerobics Studio SUB: Corina J. 12pm - 12:55pm	Shotokan Karate Aerobics Studio CANCELED TODAY 12pm - 1:45pm	Family Yoga - Ages 4-9 Mind Body Center CANCELED TEMPORARILY 12pm - 12:45pm	Urban Kick & HIIT Aerobics Studio Anne M. 12pm - 12:55pm

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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
	Group Indoor Cycling Cycling Studio Ceci C. 12:05pm - 1pm	High Intensity Interval Training (HIIT) Aerobics Studio SUB: Katy M. 12pm - 12:55pm	Group Indoor Cycling Cycling Studio Laura D. 12:05pm - 1pm	Vinyasa Yoga (F) Mind Body Center Lisa K. 12pm - 1pm		Adult Open Exercise Shallow Pool No Instructor 12:30pm - 2:30pm	Pilates Youth Movement Studio Leslie O. 12pm - 12:55pm
	Deep Water Aerobics Grace's Pool Celia I. 12:05pm - 1pm	Pilates Youth Movement Studio Andi K. 12pm - 12:55pm	Deep Water Aerobics Grace's Pool Celia I. 12:05pm - 1pm	Group Indoor Cycling Cycling Studio Ceci B. 12:05pm - 1pm			Vinyasa Yoga Fundamentals (F) Mind Body Center Margaret K. 12pm - 1pm
	Adult Basketball South Gym No Instructor 12:15pm - 2:15pm	Adult Open Exercise Shallow Pool No Instructor 12pm - 1pm	Adult Basketball North Gym No Instructor 12:15pm - 2:15pm	Adult Basketball North Gym No Instructor 12:15pm - 2:15pm			Group Indoor Cycling Cycling Studio Inka G 12:05pm - 1pm
	Adult Basketball North Gym No Instructor 12:15pm - 2:15pm	Group Indoor Cycling Cycling Studio Inka G. 12:05pm - 1pm	Adult Basketball South Gym No Instructor 12:15pm - 2:15pm	Adult Basketball South Gym No Instructor 12:15pm - 2:15pm			Adult Basketball North Gym No Instructor 12:15pm - 2:15pm
	Iyengar Yoga (A) Mind Body Center Nancy L. 12:30pm - 1:45pm	Adult Basketball South Gym No Instructor 12:15pm - 2:15pm	Vinyasa Yoga (F) Mind Body Center Odisa W 12:30pm - 1:45pm				Adult Basketball South Gym No Instructor 12:15pm - 2:15pm
		Adult Basketball North Gym No Instructor 12:15pm - 2:15pm					
1pm	Aqua Tai-Chi Grace's Pool Celia I. 1pm - 1:45pm	Gentle Deep Water Aerobics Grace's Pool James T. 1pm - 1:45pm	Adult Open Exercise/Lap Swim Grace's Pool No Instructor 1pm - 2:30pm	Gentle Deep Water Aerobics Grace's Pool James T. 1pm - 1:45pm		Pickleball South Gym Darlene V. 1:30pm - 4pm	Water Fitness Grace's Pool Celia I. 1pm - 1:55pm
		Mind Body Center Open Practice Mind Body Center No Instructor 1:15pm - 2:45pm		Mind Body Center Open Practice Mind Body Center No Instructor 1:15pm - 2:45pm			Mind Body Center Open Practice Mind Body Center No Instructor 1:15pm - 2:45pm
2pm	Mind Body Center Open Practice Mind Body Center No Instructor 2pm - 4:30pm	Gentle Shallow Water Aerobics Grace's Pool Celia I. 2pm - 2:55pm	Mind Body Center Open Practice Mind Body Center No Instructor 2pm - 4:30pm	Gentle Shallow Water Aerobics Grace's Pool Celia I. 2pm - 2:55pm	Partner Yoga Mind Body Center Scotty M. 2pm - 3:30pm	Family Swim Shallow Pool No Instructor 2:30pm - 3:15pm	Gentle Shallow Water Aerobics Grace's Pool Celia I. 2pm - 2:55pm
	Family Swim Shallow Pool No Instructor 2pm - 3pm	Family Swim Shallow Pool No Instructor 2pm - 3pm	Family Swim Shallow Pool No Instructor 2pm - 3pm	Adult Open Exercise Shallow Pool No Instructor 2:45pm - 4pm		Family Swim Grace's Pool No Instructor 2:30pm - 3:15pm	Family Swim Shallow Pool No Instructor 2pm - 3pm
	Open Gym South Gym No Instructor 2pm - 3:30pm		Open Gym South Gym No Instructor 2pm - 3:30pm				
3pm	Family Swim Grace's Pool No Instructor 3pm - 3:45pm	Family Swim Grace's Pool No Instructor 3pm - 3:45pm	Family Swim Grace's Pool No Instructor 3pm - 3:45pm	Iyengar Yoga (A) Mind Body Center Scotty M 3pm - 4:30pm	Family Swim Grace's Pool No Instructor 3pm - 4pm	Family Swim Grace's Pool No Instructor 3:15pm - 4pm	Restorative Yoga (T) Mind Body Center Nancy L. 3pm - 4:25pm

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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
	Teen Hoops South Gym No Instructor 3:30pm - 4:25pm	Tri Yoga Flows (A) Mind Body Center Pam M. 3pm - 4:25pm	Teen Hoops South Gym No Instructor 3:30pm - 4:25pm	Family Swim Grace's Pool No Instructor 3pm - 4pm		Family Swim Shallow Pool No Instructor 3:20pm - 4:05pm	Iyengar Yoga (A) Mind Body Center Nancy L. 3pm - 4:25pm
		Teen Hoops South Gym No Instructor 3:30pm - 4:25pm		Teen Hoops North Gym No Instructor 3:30pm - 4:25pm		Iyengar Yoga (A) Mind Body Center Scotty M 3:45pm - 5pm	Family Swim Grace's Pool No Instructor 3pm - 3:45pm
		Reserved for Swim & Gym Kindergym Y STAFF 3:45pm - 5:15pm		Teen Hoops South Gym No Instructor 3:30pm - 4:25pm			Teen Hoops South Gym No Instructor 3:30pm - 4:25pm
4pm	7-up Lap Swim Lap Pool No Instructor 4pm - 5pm	Chi Gung Mind Body Center SUB: John P. 4:30pm - 5:25pm	7-up Lap Swim Lap Pool No Instructor 4pm - 5pm	Family Swim Shallow Pool No Instructor 4pm - 5pm	7-up Lap Swim Lap Pool No Instructor 4pm - 5:30pm	Open Gym South Gym Open Practice 4pm - 7:30pm	Teen Yoga North Gym Y STAFF 4pm - 5pm
	Youth Basketball (Registration Required) South Gym Y STAFF 4:30pm - 7:30pm	Youth Basketball (Registration Required) South Gym Y STAFF 4:30pm - 7:30pm	Pilates Mind Body Center SUB: Paul P. 4:30pm - 5:25pm	Adult Open Exercise/Lap Swim Grace's Pool No Instructor 4pm - 6pm	Family Swim Grace's Pool No Instructor 4pm - 5pm	Adult Open Exercise/Lap Swim Grace's Pool No Instructor 4pm - 6pm	Prenatal Yoga Mind Body Center Amanda N. 4:30pm - 5:25pm
	Pilates Mind Body Center SUB: Leslie O. 4:30pm - 5:25pm	Body Sculpt Aerobics Studio Noel P 4:40pm - 5:25pm	Youth Basketball (Registration Required) South Gym Y STAFF 4:30pm - 7:30pm	Youth Basketball (Registration Required) North Gym Y STAFF 4:30pm - 7:30pm	Family Swim Shallow Pool No Instructor 4pm - 4:35pm	Adult Volleyball North Gym Coach AJ 4pm - 7:30pm	Youth Basketball (Registration Required) South Gym Y STAFF 4:30pm - 7:30pm
	Cardio Kickboxing Aerobics Studio Julianne K. 4:40pm - 5:25pm		Bombay Jam Aerobics Studio Shraddha G. 4:30pm - 5:25pm	Youth Basketball (Registration Required) South Gym Y STAFF 4:30pm - 7:30pm	Open Gym South Gym Open Practice 4:30pm - 7:30pm	Family Swim Shallow Pool No Instructor 4:10pm - 4:55pm	Body Sculpt Aerobics Studio Carah H. 4:40pm - 5:25pm
				Body Sculpt Aerobics Studio Susan Sternberg 4:40pm - 5:25pm	Family Swim Shallow Pool No Instructor 4:40pm - 5:15pm		
5pm	Vinyasa Yoga (F) North Gym Lisa K. 5:10pm - 6:25pm	7-up Lap Swim Lap Pool No Instructor 5pm - 6pm	Hatha Yoga (F) North Gym Jason S 5:10pm - 6:25pm	Reserved for Childwatch Kindergym No Instructor 5pm - 8pm	Open Gym North Gym No Instructor 5pm - 7:30pm	7-up Lap Swim Lap Pool No Instructor 5pm - 7pm	Youth Capoeira, 6-9yo North Gym Helio C. 5pm - 5:45pm
	Zumba® Aerobics Studio Noel P 5:30pm - 6:25pm	Open Gym/Free Play Kindergym No Instructor 5:15pm - 8pm	Urban Kick & H I I T Aerobics Studio Anne M. 5:30pm - 6:25pm	Hip Hop Aerobics Studio Vera H. 5:30pm - 6:25pm	Adult Open Exercise/Lap Swim Grace's Pool No Instructor 5pm - 7pm	Iyengar Yoga (A) Mind Body Center Scotty M 5:15pm - 6:25pm	7-up Lap Swim Lap Pool No Instructor 5pm - 6pm
	Group Indoor Cycling Cycling Studio Robert P. 5:30pm - 6:25pm	Group Games, Ages 6-12 North Gym Y STAFF 5:30pm - 6:25pm	Group Indoor Cycling Cycling Studio Kym S. 5:30pm - 6:25pm	7-up Lap Swim Lap Pool No Instructor 5:30pm - 7:30pm	Family Swim Shallow Pool No Instructor 5:20pm - 5:55pm		Open Gym/Free Play Kindergym No Instructor 5:15pm - 8pm

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		Group Indoor Cycling 30 Minute Express Cycling Studio STAFF TBD 5:30pm - 6pm					Group Indoor Cycling Cycling Studio Lynne T. 5:30pm - 6:25pm
		Hip Hop Aerobics Studio Tati A. 5:30pm - 6:25pm					Hip Hop Aerobics Studio SUB: Noel P. 5:30pm - 6:25pm
		Pilates Mind Body Center Erica K. 5:30pm - 6:25pm					Pilates Mind Body Center Susie S. 5:30pm - 6:25pm
		Barre (REGISTRATION REQUIRED) Youth Movement Studio SUB: Ceci B. 5:35pm - 6:30pm					Youth Capoeira, 10-12yo North Gym Helio C. 5:45pm - 6:30pm
6pm	Iyengar Yoga (A) Mind Body Center Nancy L. 6pm - 7:15pm	Group Indoor Cycling 30 Minute Express Cycling Studio SUB: Noel P. 6:05pm - 6:35pm	Vinyasa Yoga- Slow Flow Mind Body Center Bella L. 6:15pm - 7:30pm	Family Swim Shallow Pool No Instructor 6pm - 7pm	Adult Open Exercise Shallow Pool No Instructor 6pm - 7pm	Mindful Meditation Mind Body Center Roopa R. 6:30pm - 7:30pm	Family Swim Shallow Pool No Instructor 6:20pm - 6:50pm
	Family Swim Shallow Pool No Instructor 6:20pm - 6:50pm	Family Swim Shallow Pool No Instructor 6:20pm - 6:50pm	Family Swim Shallow Pool No Instructor 6:20pm - 6:50pm	Pilates Mind Body Center Paul P. 6pm - 7pm			Zumba® Aerobics Studio Carah H. 6:30pm - 7:25pm
	High Intensity Interval Training (HIIT) Aerobics Studio Noel P 6:30pm - 7:25pm	Cardio Dance North Gym Teresa T. 6:30pm - 7:25pm	Group Indoor Cycling Cycling Studio Robert P. 6:30pm - 7:25pm	Ballroom Dancing (REGISTRATION REQUIRED) Aerobics Studio Brandee S. 6:30pm - 7:30pm			Youth Basketball (Registration Required) North Gym Y STAFF 6:30pm - 7:30pm
	Aqua Aerobics Lap Pool Lindsey V 6:30pm - 7:30pm	High Intensity Interval Training (HIIT) Aerobics Studio Shola O. 6:30pm - 7:25pm	Aqua Aerobics Lap Pool SUB: Deedee L. 6:30pm - 7:30pm				Hatha Yoga (F) Mind Body Center Ashleigh S. 6:35pm - 7:45pm
	Pilates Fundamentals North Gym Paul P. 6:35pm - 7:25pm	Prenatal Yoga Mind Body Center SUB: Erica B. 6:30pm - 7:30pm	Body Sculpt Aerobics Studio SUB: Marina C. 6:30pm - 7:25pm				Family Swim Shallow Pool No Instructor 6:55pm - 7:25pm
	Family Swim Grace's Pool No Instructor 6:55pm - 7:25pm	Family Swim Grace's Pool No Instructor 6:55pm - 7:25pm	Family Swim Grace's Pool No Instructor 6:55pm - 7:25pm				Family Swim Grace's Pool No Instructor 6:55pm - 7:25pm
	Family Swim Shallow Pool No Instructor 6:55pm - 7:25pm	Family Swim Shallow Pool No Instructor 6:55pm - 7:25pm	Family Swim Shallow Pool No Instructor 6:55pm - 7:25pm				

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7pm	Deep Water Aerobics Grace's Pool Anna Maria G. 7:30pm - 8:30pm	Open Rec Swim Grace's Pool No Instructor 7:30pm - 8:30pm	Deep Water Aerobics Grace's Pool Anna Maria G. 7:30pm - 8:30pm	Adult Open Exercise Shallow Pool No Instructor 7pm - 8pm			Adult Basketball North Gym Open Practice 7:30pm - 10pm
	Restorative Yoga (T) Mind Body Center Nancy L. 7:30pm - 8:45pm	Adult Basketball South Gym Open Practice 7:30pm - 10pm	Advanced Volleyball North Gym Coach Jathan 7:30pm - 10pm	Family Swim Grace's Pool No Instructor 7pm - 8pm			Open Rec Swim Grace's Pool No Instructor 7:30pm - 8:30pm
	Latin Fusion Aerobics Studio Elisita C. 7:30pm - 8:25pm	U-JAM Fitness® Aerobics Studio Antoinette D. 7:30pm - 8:25pm	Hip Hop Aerobics Studio Tati A. 7:30pm - 8:25pm	Ballroom Dancing (REGISTRATION REQUIRED) Aerobics Studio Brandee S. 7:30pm - 8:30pm			Open Gym South Gym No Instructor 7:30pm - 10pm
	Adult Volleyball North Gym Coach Jathan 7:30pm - 10pm	Hatha Yoga (F) Mind Body Center Jason S 7:35pm - 9pm	Shotokan Karate South Gym Shotokan Volunteer 7:35pm - 8:35pm				Step and Sculpt Aerobics Studio Susan Sternberg 7:30pm - 8:25pm
	Shotokan Karate South Gym Shotokan Volunteer 7:35pm - 8:35pm						
8pm	Adult Open Exercise/Lap Swim Grace's Pool No Instructor 8:30pm - 9:30pm	Adult Open Exercise/Lap Swim Grace's Pool No Instructor 8:30pm - 9:30pm	Adult Open Exercise/Lap Swim Grace's Pool No Instructor 8:30pm - 9:30pm	Open Rec Swim Grace's Pool No Instructor 8pm - 9pm			Adult Open Exercise/Lap Swim Grace's Pool No Instructor 8:30pm - 9:30pm
	Adult Volleyball South Gym Coach Jathan 8:40pm - 10pm		Adult Volleyball South Gym Coach Jathan 8:40pm - 10pm				

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