



Downtown Berkeley YMCA
December 15th - December 21st

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

	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
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		Body Sculpt Aerobics Studio SUB: Bella L. 6am - 7am	Group Indoor Cycling Cycling Studio Darlene V. 6am - 6:55am	Body Sculpt Aerobics Studio Bella L. 6am - 7am	Sunrise BootCamp North Gym Kym S. 6am - 6:55am	Group Indoor Cycling Cycling Studio Marjorie M. 6am - 6:55am	
		Group Indoor Cycling Cycling Studio Marjorie M. 6am - 6:55am	Sunrise BootCamp North Gym Kym S. 6am - 6:55am	Group Indoor Cycling Cycling Studio Jordan W. 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	
			Tri Yoga Flows (A) Mind Body Center Pam M. 6:30am - 7:45am				
7am	Open Gym North Gym No Instructor 7am - 9:25am	Vinyasa Yoga (F) Mind Body Center Viviana G. 7am - 8am	Masters Swim Lap Pool Steve T. 7am - 8am	Vinyasa Yoga (F) Mind Body Center Viviana G. 7am - 8am	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 Andrea J. 7:15am - 7:55am
	Open Gym South Gym No Instructor 7am - 11am	Healthy Heart North Gym Elisita C. 7:30am - 8:20am	Open Gym North Gym Open Practice 7am - 10:45am	Healthy Heart Aerobics Studio Holly B. 7:30am - 8:20am	Masters Swim Lap Pool Steve T. 7am - 8am	Healthy Heart North Gym SUB: Elisita 7:30am - 8:20am	Zumba® North Gym Carah H. 7:15am - 7:55am
	Adult Lap Swimming Grace's Pool No Instructor 7:30am - 8:30am	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	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	Open Gym/Free Play Kindergym No Instructor 7:45am - 9am	Open Gym/Free Play Kindergym No Instructor 7:45am - 9am		Group Indoor Cycling Cycling Studio Robert P. 7:30am - 8:25am
	Zumba® Aerobics Studio SUB: Elisita 7:45am - 8:40am						Open Gym/Free Play Kindergym No Instructor 7:45am - 9am
8am	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 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		Pilates Mind Body Center Sandi U. 8am - 8:55am
	Vinyasa Yoga (F) Mind Body Center Taraneh B. 8:45am - 10am	NIA Dance Aerobics Studio Nila R. 8:45am - 9:40am					Pilates Fundamentals North Gym CLASS CANCELLED 8am - 8:50am
							Zumba® Aerobics Studio Carah H. 8am - 8:55am

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							Group Indoor Cycling Cycling Studio Andrea J. 8:40am - 9:35am
9am	Adult Open Exercise Shallow Pool No Instructor 9am - 10:30am	Adult Open Exercise Shallow Pool No Instructor 9am - 10am	Back/Core/Hips & Knees Aerobics Studio Evelyn L. 9am - 9:40am	Aqua Aerobics Lap Pool Philip H. 9am - 10am	Hatha Yoga (A) Mind Body Center SUB: Bella L. 9am - 9:55am	Adult Open Exercise Shallow Pool No Instructor 9am - 10am	Aqua Aerobics Lap Pool Philip H. 9am - 10am
	Body Sculpt Aerobics Studio Kym S. 9am - 9:55am	Aqua Aerobics Lap Pool Mindy M. 9am - 10am	Hatha Yoga Fundamentals (A) Mind Body Center Amanda N. 9am - 9:55am	Adult Open Exercise Shallow Pool No Instructor 9am - 10am	Back/Core/Hips & Knees Aerobics Studio SUB: Elisita 9am - 9:40am	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	Adult Open Exercise Shallow Pool No Instructor 9am - 10am	Cardio Dance Aerobics Studio Andi K. 9:45am - 10:45am	Adult Open Exercise Shallow Pool No Instructor 9am - 10am	Aqua Aerobics Lap Pool Philip H. 9am - 10am	Pilates Aerobics Studio CLASS CANCELLED 9am - 9:55am
	Pilates North Gym David M. 9:30am - 10:25am		Cardio Dance Aerobics Studio Andi K. 9:45am - 10:45am		Zumba® Aerobics Studio SUB: Elisita teaches Latin Fusion today 9:45am - 10:45am	HIIT Cycle Cycling Studio Maria C. 9:30am - 10:25am	Group Indoor Cycling Cycling Studio Ceci B. 9:45am - 10:40am
						Cardio Dance Plus Aerobics Studio SUB: Elisita 9:45am - 10:55am	
10am	U-JAM Fitness ® Aerobics Studio SUB: Antoinette D. 10am - 10:55am	Vinyasa Yoga (F) Mind Body Center SUB: David M. 10am - 11:30am	Seniors Warm Up Mind Body Center Evelyn or Brian 10am - 10:30am	Open Gym/Free Play Kindergym No Instructor 10am - 3:30pm	Open Gym/Free Play Kindergym No Instructor 10am - 8pm	Open Gym/Free Play Kindergym No Instructor 10am - 2pm	Cardio Kickboxing Aerobics Studio SUB: Dana M. 10am - 10:55am
	Open Gym/Free Play Kindergym No Instructor 10am - 7:30pm	Open Gym/Free Play Kindergym No Instructor 10am - 3:30pm	Open Gym/Free Play Kindergym No Instructor 10am - 8pm		Seniors Warm Up Mind Body Center Evelyn or Brian 10am - 10:30am	Gentle Yoga (T) Mind Body Center Jessica H. 10:30am - 11:45am	Open Gym/Free Play Kindergym No Instructor 10am - 7:30pm
	Group Indoor Cycling Cycling Studio Lynne T. 10:10am - 11:05am		Tiny Waves Shallow Pool No Instructor 10am - 10:30am		Advanced Tai Chi Mind Body Center John P. 10:30am - 10:55am		Aqua Zumba® Lap Pool Tasi N. 10:30am - 11:25am
	Vinyasa Yoga (F) Mind Body Center Danika M. 10:15am - 11:45am		Beginning Tai Chi Mind Body Center Jodi K. 10:30am - 11:25am				Hatha Yoga Fundamentals (A) Mind Body Center Alisha G. 10:30am - 11:45am
	Reserved for Fun & Fitness North Gym Y STAFF 10:30am - 1pm		Tiny Waves Shallow Pool No Instructor 10:30am - 11am				
	Tiny Waves Shallow Pool No Instructor 10:30am - 11am						

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11am	Tiny Waves Shallow Pool No Instructor 11am - 11:30am	Aqua Aerobics Lap Pool Genevieve D. 11am - 12pm	Aqua Aerobics Lap Pool Bianca S. 11am - 11:55am	Aqua Aerobics Lap Pool Celia I. 11am - 11:55am	Traditional Tai Chi Mind Body Center John P. 11am - 12pm	Tiny Waves Shallow Pool No Instructor 11am - 11:30am	Hip Hop Aerobics Studio Dana M. 11am - 11:55am
	Zumba® Aerobics Studio Sumitha B 11am - 11:55am	Senior Aerobics Aerobics Studio Evelyn L. 11am - 11:55am	Barre (REGISTRATION REQUIRED) Youth Movement Studio Andi K. 11am - 11:55am	Tiny Waves Shallow Pool No Instructor 11am - 11:30am	Aqua Aerobics Lap Pool Celia I. 11am - 11:55am	Aqua Aerobics Lap Pool Celia I. 11am - 11:55am	Reserved for Fun & Fitness North Gym Y STAFF 11am - 1pm
	Tiny Waves Shallow Pool No Instructor 11:30am - 12pm	Intermediate Circuit North Gym Mijoia F. 11am - 12pm	Body Sculpt Aerobics Studio Carah H. 11am - 11:55am	Barre (REGISTRATION REQUIRED) Youth Movement Studio Andi K. 11am - 11:55am	Senior Aerobics Aerobics Studio SUB: Marjorie S. 11am - 11:55am	Tiny Waves Shallow Pool No Instructor 11:30am - 12pm	
		Tiny Waves Shallow Pool No Instructor 11am - 11:30am	Tai Chi Mind Body Center Jodi K. 11:30am - 12pm	Tiny Waves Shallow Pool No Instructor 11:30am - 12pm	Intermediate Circuit North Gym Blake F. 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		
12pm	Tiny Waves Shallow Pool No Instructor 12pm - 12:30pm	Urban Kick & H I T Aerobics Studio Madisyn O. 12pm - 12:55pm	Adult Open Exercise Shallow Pool No Instructor 12pm - 1pm	Adult Open Exercise Shallow Pool No Instructor 12pm - 1pm	Adult Open Exercise Shallow Pool No Instructor 12pm - 1pm	Vinyasa Yoga (F) Mind Body Center Leslie O. 12pm - 1pm	Shotokan Karate Aerobics Studio Shotokan Volunteer 12pm - 1:45pm
	Youth Dance North Gym Y STAFF 12pm - 1pm	Pilates Mind Body Center Leslie O. 12pm - 12:55pm	Zumba® Aerobics Studio Carah H. 12pm - 12:55pm	Pilates Youth Movement Studio Andi K. 12pm - 12:55pm	Zumba® Aerobics Studio Heidi A. 12pm - 12:55pm	High Intensity Interval Training (HIIT) Aerobics Studio Rashad H. 12pm - 12:55pm	Advanced Vinyasa Yoga (F) Mind Body Center Jessica H 12pm - 1:30pm
	Family Yoga - Ages 4-9 Mind Body Center SUB: Tara E. 12pm - 12:45pm	Adult Open Exercise Shallow Pool No Instructor 12pm - 1pm	Group Indoor Cycling Cycling Studio Ceci C. 12:05pm - 1pm	Aqua Aerobics Lap Pool Genevieve D. 12pm - 12:45pm	Group Indoor Cycling Cycling Studio Laura D. 12:05pm - 1pm	Aqua Aerobics Lap Pool Elena B. 12pm - 12:45pm	
	Adult Open Exercise Shallow Pool No Instructor 12:30pm - 2:30pm	Group Indoor Cycling Cycling Studio Noel P 12:05pm - 1pm	Deep Water Aerobics Grace's Pool Celia I. 12:05pm - 12:55pm	High Intensity Interval Training (HIIT) Aerobics Studio Katy M. 12pm - 12:55pm	Deep Water Aerobics Grace's Pool Celia I. 12:05pm - 12:55pm	Group Indoor Cycling Cycling Studio Ceci B. 12:05pm - 1pm	
		Adult Basketball North Gym No Instructor 12:15pm - 2:15pm	Adult Basketball North Gym No Instructor 12:15pm - 2:15pm	Iyengar Yoga (A) Mind Body Center Scotty M 12pm - 1pm	Adult Basketball North Gym No Instructor 12:15pm - 2:15pm	Adult Basketball North Gym No Instructor 12:15pm - 2:15pm	

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			Iyengar Yoga (A) Mind Body Center Nancy L. 12:30pm - 1:45pm	Group Indoor Cycling Cycling Studio Lynne T. 12:05pm - 1pm	Vinyasa Yoga (F) Mind Body Center Odisa W 12:30pm - 1:45pm		
				Adult Basketball North Gym No Instructor 12:15pm - 2:15pm			
1pm	Open Gym North Gym Open Practice 1pm - 4pm	Water Fitness Grace's Pool SUB: Genevieve D. 1pm - 1:55pm	Aqua Tai-Chi Grace's Pool Celia I. 1pm - 1:45pm	Gentle Deep Water Aerobics Grace's Pool Genevieve D. 1pm - 1:45pm	Adult Open Exercise/Lap Swim Grace's Pool No Instructor 1pm - 2:30pm	Gentle Deep Water Aerobics Grace's Pool Celia I. 1pm - 1:45pm	
		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		Mind Body Center Open Practice Mind Body Center No Instructor 1:15pm - 2:45pm	
2pm	Family Swim Shallow Pool No Instructor 2:30pm - 3:15pm	Gentle Shallow Water Aerobics Grace's Pool CANCELED TODAY 2pm - 2:55pm	Mind Body Center Open Practice Mind Body Center No Instructor 2pm - 4:30pm	Family Swim Shallow Pool No Instructor 2pm - 3pm	Mind Body Center Open Practice Mind Body Center No Instructor 2pm - 4:30pm	Gentle Shallow Water Aerobics Grace's Pool Elena B. 2pm - 2:55pm	
	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	Gentle Shallow Water Aerobics Grace's Pool Celia I. 2pm - 2:55pm	Open Gym South Gym No Instructor 2pm - 3:30pm	Adult Open Exercise Shallow Pool No Instructor 2:45pm - 4pm	
			Family Swim Shallow Pool No Instructor 2pm - 3pm		Family Swim Shallow Pool No Instructor 2pm - 3pm		
3pm	Family Swim Grace's Pool No Instructor 3:15pm - 4pm	Iyengar Yoga (A) Mind Body Center Nancy L. 3pm - 4:25pm	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 Shallow Pool No Instructor 3:20pm - 4:05pm	Family Swim Grace's Pool No Instructor 3pm - 3:45pm		Tri Yoga Flows (A) Mind Body Center Pam M. 3pm - 4:25pm		Family Swim Grace's Pool No Instructor 3pm - 4pm	
	Iyengar Yoga (A) Mind Body Center Scotty M 3:45pm - 5pm						
4pm	Adult Open Exercise/Lap Swim Grace's Pool No Instructor 4pm - 6pm	Teen Yoga North Gym Tara E. 4pm - 5pm	7-up Lap Swim Lap Pool No Instructor 4pm - 5pm	Teen Pilates North Gym Erica K. 4pm - 5pm	Teen Dance Jam North Gym Amy L. 4pm - 5pm	Family Swim Shallow Pool No Instructor 4pm - 5pm	7-up Lap Swim Lap Pool No Instructor 4pm - 5:30pm
	Adult Volleyball North Gym Rajya G. 4pm - 7:30pm	Teen Hoops South Gym No Instructor 4pm - 5:30pm	Teen Barre North Gym Ceci B. 4pm - 5pm	Teen Hoops South Gym No Instructor 4pm - 5:30pm	7-up Lap Swim Lap Pool No Instructor 4pm - 5pm	Teen Hoops North Gym No Instructor 4pm - 5pm	Family Swim Grace's Pool No Instructor 4pm - 5pm

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	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
	Open Gym South Gym Open Practice 4:10pm - 7:30pm	Prenatal Yoga Mind Body Center Amanda N. 4:30pm - 5:25pm	Pilates Mind Body Center Willow L. 4:30pm - 5:25pm	Chi Gung Mind Body Center Willow L. 4:30pm - 5:25pm	Pilates Mind Body Center Paul P. 4:30pm - 5:25pm	Teen Hoops South Gym No Instructor 4pm - 5:30pm	Family Swim Shallow Pool No Instructor 4pm - 4:35pm
	Family Swim Shallow Pool No Instructor 4:10pm - 4:55pm	Body Sculpt Aerobics Studio Carah H. 4:40pm - 5:25pm	Urban Kick Aerobics Studio Madsyn O. 4:40pm - 5:25pm		Bollywood Dance Aerobics Studio Surbhi A. 4:40pm - 5:25pm	Adult Open Exercise/Lap Swim Grace's Pool No Instructor 4pm - 6pm	Open Gym South Gym Open Practice 4:30pm - 7:30pm
						Body Sculpt Aerobics Studio Susan Sternberg 4:40pm - 5:25pm	Family Swim Shallow Pool No Instructor 4:40pm - 5:15pm
5pm	Iyengar Yoga (A) Mind Body Center Scotty M 5:15pm - 6:25pm	7-up Lap Swim Lap Pool No Instructor 5pm - 6pm	Vinyasa Yoga (F) North Gym Tara E. 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	Adult Open Exercise/Lap Swim Grace's Pool No Instructor 5pm - 7pm
		Youth Capoeira, Ages 6-12 North Gym Helio C. 5pm - 6:30pm	Group Indoor Cycling Cycling Studio Robert 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	7-up Lap Swim Lap Pool No Instructor 5:30pm - 7:30pm	Open Gym North Gym No Instructor 5pm - 7:30pm
		Open Gym/Free Play Kindergym No Instructor 5:15pm - 8pm	Zumba® Aerobics Studio Noel P 5:30pm - 6:25pm	Group Games, Ages 6-12 North Gym Angelo P. 5:30pm - 6:25pm	Group Indoor Cycling Cycling Studio SUB: Eden M. 5:30pm - 6:25pm	Hip Hop Aerobics Studio SUB: Amy L. 5:30pm - 6:25pm	Family Swim Shallow Pool No Instructor 5:20pm - 5:55pm
		Group Indoor Cycling Cycling Studio Eden M. 5:30pm - 6:25pm		Group Indoor Cycling 30 Minute Express Cycling Studio Ceci B. 5:30pm - 6pm			
		Dance Groove Aerobics Studio Alexander B. 5:30pm - 6:25pm		Pilates Mind Body Center Erica K. 5:30pm - 6:25pm			
		Pilates Mind Body Center Susie S. 5:30pm - 6:25pm		Hip Hop Aerobics Studio Tati A. 5:30pm - 6:25pm			
				Barre (REGISTRATION REQUIRED) Youth Movement Studio Bruce A. 5:35pm - 6:30pm			
6pm	Adult Lap Swimming Grace's Pool No Instructor 6pm - 7:30pm	Family Swim Shallow Pool No Instructor 6:20pm - 6:50pm	Iyengar Yoga (A) Mind Body Center SUB: Bella L. 6pm - 7:15pm	Group Indoor Cycling 30 Minute Express Cycling Studio Ceci B. 6:05pm - 6:35pm	Yoga for Meditation Mind Body Center Anja B. 6pm - 7:10pm	Pilates Mind Body Center Paul P. 6pm - 7pm	Adult Open Exercise Shallow Pool No Instructor 6pm - 7pm

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	Mindful Meditation Mind Body Center SUB: Daniel 6:30pm - 7:30pm	Zumba® Aerobics Studio Carah H. 6:30pm - 7:25pm	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 6pm - 7pm	
		Hatha Yoga (A) Mind Body Center Ashleigh S. 6:35pm - 7:45pm	High Intensity Interval Training (HIIT) Aerobics Studio Noel P 6:30pm - 7:25pm	Zumba® North Gym Nicole Bloom 6:30pm - 7:25pm	Body Sculpt Aerobics Studio SUB: Madisyn O. 6:30pm - 7:25pm	Ballroom Dancing (REGISTRATION REQUIRED) Aerobics Studio Brandee S. 6:30pm - 7:30pm	
		Family Swim Shallow Pool No Instructor 6:55pm - 7:25pm	Aqua Aerobics Lap Pool Lindsey V 6:30pm - 7:30pm	Prenatal+Postnatal Yoga Mind Body Center Viviana G. 6:30pm - 7:30pm	Group Indoor Cycling Cycling Studio Robert P. 6:30pm - 7:25pm		
		Family Swim Grace's Pool No Instructor 6:55pm - 7:25pm	Pilates Fundamentals North Gym Paul P. 6:35pm - 7:25pm	High Intensity Interval Training (HIIT) Aerobics Studio Shola O. 6:30pm - 7:25pm	Family Swim Grace's Pool No Instructor 6:55pm - 7:25pm		
			Family Swim Grace's Pool No Instructor 6:55pm - 7:25pm	High Intensity Barre (REGISTRATION REQUIRED) Youth Movement Studio Bruce A. 6:35pm - 7:30pm	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			
				Family Swim Grace's Pool No Instructor 6:55pm - 7:25pm			
7pm		Adult Basketball North Gym Open Practice 7:30pm - 10pm	Restorative Yoga (T) Mind Body Center SUB: Erica B. 7:30pm - 8:45pm	U-JAM Fitness ® Aerobics Studio Antoinette D. 7:30pm - 8:25pm	Latin Fusion Aerobics Studio Elisita C. 7:30pm - 8:25pm	Adult Open Exercise Shallow Pool No Instructor 7pm - 8pm	
		Step and Sculpt Aerobics Studio Susan Sternberg 7:30pm - 8:25pm	Adult Volleyball North Gym Rajya G. 7:30pm - 10pm	Adult Basketball South Gym Open Practice 7:30pm - 10pm	Shotokan Karate South Gym Shotokan Volunteer 7:30pm - 8:35pm	Family Swim Grace's Pool No Instructor 7pm - 8pm	
		Open Gym South Gym No Instructor 7:30pm - 10pm	Shotokan Karate South Gym Shotokan Volunteer 7:30pm - 8:35pm	Open Rec Swim Grace's Pool No Instructor 7:30pm - 8:30pm	Advanced Volleyball North Gym Rajya G. 7:30pm - 10pm	Ballroom Dancing (REGISTRATION REQUIRED) Aerobics Studio Brandee S. 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	Hatha Yoga (F) Mind Body Center Jason S 7:35pm - 9pm	Deep Water Aerobics Grace's Pool Anna Maria G. 7:30pm - 8:30pm		

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8pm			Hip Hop Aerobics Studio Tati A. 7:30pm - 8:25pm				
		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	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 Volleyball South Gym Coach Jathan 8:40pm - 10pm		Adult Volleyball South Gym Coach Jathan 8:40pm - 10pm		

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