



Richmond Parkway YMCA

April 24th - April 30th

4300 Lakeside Drive
Richmond, CA 94806
(510) 222-9622

	WED 24	THU 25	FRI 26	SAT 27	SUN 28	MON 29	TUE 30
7am	Open Gym Basketball Court Richmond Parkway 7am - 3:30pm	Open Gym Basketball Court Richmond Parkway 7am - 3pm	Open Gym Basketball Court Richmond Parkway 7am - 12pm			Open Gym Basketball Court Richmond Parkway 7am - 1pm	Open Gym Basketball Court Richmond Parkway 7am - 3:30pm
8am				Open Gym Basketball Court Richmond Parkway 8am - 12pm			
9am	Yoga Aerobics Studio Monica Avila 9:30am - 10:30am	Pilates Mat Aerobics Studio Leslie Olsson 9am - 9:50am		Pilates Mat Aerobics Studio David Meletiche 9am - 9:50am		Pilates Mat Aerobics Studio Leslie Olsson 9am - 9:50am	
10am		Tai Chi Chih Aerobics Studio Nina Gibson 10am - 11am		Zumba® Aerobics Studio Claudia Menjivar 10am - 10:50am		Zumba® Aerobics Studio Natasha Korobkova 10am - 10:45am	Tai Chi Open Practice Aerobics Studio Richmond Parkway 10am - 11am
11am	Senior Strength Aerobics Studio Jocelyn Leche 11am - 12pm			Yoga Aerobics Studio Jingyun Fan 11am - 11:50am		Senior Strength Aerobics Studio Gary Chu 11am - 11:50am	
12pm		Zumba® Aerobics Studio Nai Saephan 12pm - 12:45pm	Pickleball: Open Play @ RPY Basketball Court Staff 12pm - 2pm				
1pm						Pickleball: Open Play @ RPY Basketball Court Richmond Parkway 1pm - 2:30pm	
2pm			Open Gym Basketball Court Richmond Parkway 2pm - 6pm			Open Gym Basketball Court Richmond Parkway 2:30pm - 6pm	
3pm	Teen Basketball Pick Up 13-17 Basketball Court Richmond Parkway 3:30pm - 5:30pm	Open Gym Basketball Court Richmond Parkway 3pm - 6pm					Teen Basketball Pick Up 13-17 Basketball Court Richmond Parkway 3:30pm - 5:30pm
5pm	Open Gym Basketball Court Richmond Parkway 5:30pm - 9pm						Open Gym Basketball Court Richmond Parkway 5:30pm - 9pm
6pm	Zumba® Aerobics Studio Claudia Menjivar 6:30pm - 7:30pm	Yoga Aerobics Studio Rebecca Brown 6pm - 7pm				Yoga Aerobics Studio Nicole Griffin 6pm - 7pm	
		Adult Pick Up Basketball (RP) Basketball Court Richmond Parkway 6pm - 9pm				Adult Pick Up Basketball (RP) Basketball Court Richmond Parkway 6pm - 9pm	

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.