



Oakland YMCA

April 25th - May 1st

2350 Broadway
Oakland, CA 94612
5104519622

	THU 25	FRI 26	SAT 27	SUN 28	MON 29	TUE 30	WED 1
5am	Open Gym Basketball Court Oakland YMCA 5am - 6pm	Open Gym Basketball Court Oakland YMCA 5am - 8pm			Open Gym Basketball Court Oakland YMCA 5am - 4pm	Open Gym Basketball Court Oakland YMCA 5am - 6pm	Open Gym Basketball Court Oakland YMCA 5am - 9am
	Open Lap Swim & Water Walking Lap Pool Staff 5:30am - 8:30pm	Open Lap Swim & Water Walking Lap Pool Staff 5:30am - 7:30pm			Open Lap Swim & Water Walking Lap Pool Staff 5:30am - 8:30pm	Open Lap Swim & Water Walking Lap Pool Staff 5:30am - 8:30pm	Open Lap Swim & Water Walking Lap Pool Staff 5:30am - 8:30pm
6am	Cycle OY 2330 Cardio Center Kevin Brown 6:30am - 7:15am					Cycle OY 2330 Cardio Center Kevin Brown 6:30am - 7:15am	
7am		Body Sculpt Main Studio Michelle Austin 7:30am - 8:15am	Open Gym Basketball Court Oakland YMCA 7am - 9am	Open Gym Basketball Court Oakland YMCA 7am - 9am	Body Sculpt Main Studio Michelle Austin 7:30am - 8:15am		
			Open Lap Swim & Water Walking Lap Pool Staff 7:30am - 4:30pm	Open Lap Swim & Water Walking Lap Pool Staff 7:30am - 4:30pm			
8am		Tai Chi Main Studio Arthur Siu 8:30am - 9:30am	Zumba® Main Studio Vanina Doce-Mood 8:15am - 9am		Tai Chi Open Practice Main Studio Oakland YMCA 8:30am - 9:30am		Tai Chi Main Studio Arthur Siu 8am - 9am
9am	Yoga Main Studio Beth Huizenga 9:30am - 10:30am	Water Aerobics Lap Pool Steven Wilson 9am - 9:45am	Youth Sports (\$) Basketball Court Oakland YMCA 9am - 1pm	Pickleball: Open Play @ OAK Basketball Court Oakland YMCA 9am - 10:30am	Water Aerobics Lap Pool Elena Brummel 9am - 9:45am	Yoga Main Studio Beth Huizenga 9:30am - 10:30am	Water Aerobics Lap Pool Deedee Lundberg 9am - 9:45am
			Boot Camp Main Studio Michelle Austin 9:15am - 10am				Pickleball: Open Play @ OAK Basketball Court Oakland YMCA 9am - 10:30am
							Pilates Mat Main Studio David Meletiche 9:30am - 10:20am
10am		Zumba® Main Studio Becca Todd 10am - 10:45am	Aqua Zumba® Lap Pool Vanina Doce-Mood 10am - 10:45am	Zumba® Main Studio Carmen Ye 10:15am - 11am			Open Gym Basketball Court Oakland YMCA 10:30am - 4pm
			Yoga Main Studio Alicia Mandac 10:15am - 11:15am	Open Gym Basketball Court Oakland YMCA 10:30am - 5pm			
11am	Zumba® Main Studio Loubna Semlali 11am - 11:45am		U-JAM Fitness Main Studio Lorna Yearwood 11:30am - 12:20pm	Yoga Main Studio Odisa Walker 11:15am - 12:15pm	Yoga Main Studio Kyoung Mi 11am - 11:50am	Zumba® Main Studio Loubna Semlali 11am - 11:45am	Yoga Main Studio David Meletiche 11am - 11:50am

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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	THU 25	FRI 26	SAT 27	SUN 28	MON 29	TUE 30	WED 1
	Water Aerobics Lap Pool Oakland YMCA 11:15am - 12pm			Family Swim Lap Pool Staff 11:30am - 1:30pm		Water Aerobics Lap Pool Oakland YMCA 11:15am - 12pm	
				7 & Up Lap Swim Lap Pool Staff 11:30am - 1:30pm			
12pm	Senior Fitness Main Studio Joe Brigandi 12pm - 12:50pm	Pilates Mat Main Studio David Meletiche 12pm - 12:50pm			Zumba® Main Studio Becca Todd 12pm - 12:45pm	Senior Fitness Main Studio Joe Brigandi 12pm - 12:50pm	Zumba® Main Studio Carmen Ye 12pm - 12:45pm
1pm			Open Gym Basketball Court Oakland YMCA 1pm - 7pm				
2pm			Family Swim Lap Pool Staff 2pm - 3:30pm				
3pm		Family Swim Lap Pool Staff 3:15pm - 5:15pm					
4pm	7 & Up Lap Swim Lap Pool Staff 4pm - 5pm	7 & Up Lap Swim Lap Pool Staff 4pm - 5pm			7 & Up Lap Swim Lap Pool Staff 4pm - 5pm	7 & Up Lap Swim Lap Pool Staff 4pm - 5pm	7 & Up Lap Swim Lap Pool Staff 4pm - 5pm
					Teen Basketball Pick Up 13-17 Basketball Court Oakland YMCA 4pm - 6pm		Teen Basketball Pick Up 13-17 Basketball Court Oakland YMCA 4pm - 6pm
5pm	Yoga Main Studio Regina Brown 5pm - 5:55pm				Ab Lab Main Studio Jocelyn Leche 5:30pm - 5:55pm	Gentle Yoga Main Studio Jimmy Powers 5pm - 5:55pm	Yoga Main Studio Jimmy Powers 5pm - 5:55pm
	Cycle OY 2330 Cardio Center Alan Sklansky 5:30pm - 6:15pm					Cycle OY 2330 Cardio Center Alan Sklansky 5:30pm - 6:15pm	
6pm	Adult Basketball Pick Up 18+ Basketball Court Tianti Richardson 6pm - 8:15pm				H.I.I.T. Main Studio Jocelyn Leche 6pm - 6:30pm	Adult Basketball Pick Up 18+ Basketball Court Tianti Richardson 6pm - 8:15pm	Senior 60+ Pick up Basketball Basketball Court Janet Morris 6pm - 8pm
	Cardio Dance Main Studio Lorna Yearwood 6:05pm - 7pm				Open Gym Basketball Court Oakland YMCA 6pm - 9pm	H.I.I.T. Main Studio Jocelyn Leche 6:05pm - 6:35pm	Body Conditioning Main Studio Brittany Rusch 6:05pm - 6:50pm

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7pm	U-JAM Fitness Main Studio Lorna Yearwood 7:05pm - 8pm				Yoga Main Studio Dylan Murray 7pm - 7:50pm	Zumba® Main Studio Vanina Doce-Mood 7:05pm - 7:50pm	Yoga Main Studio MB Grimes 7pm - 7:50pm
8pm	Open Gym Basketball Court Oakland YMCA 8:15pm - 9pm					Open Gym Basketball Court Oakland YMCA 8:15pm - 9pm	

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