



Pleasant Hill YMCA
March 28th - April 3rd

350 Civic Drive
Pleasant Hill, CA 94523
(925) 687-8900

	THU 28	FRI 29	SAT 30	SUN 31	MON 1	TUE 2	WED 3
5am	Open Lap Swim & Water Walking Lap Pool Staff 5:15am - 8:30am	Open Lap Swim & Water Walking Lap Pool Staff 5:15am - 8:30am			Open Lap Swim & Water Walking Lap Pool Staff 5:15am - 8:30am	Open Lap Swim & Water Walking Lap Pool Staff 5:15am - 8:30am	Open Lap Swim & Water Walking Lap Pool Staff 5:15am - 8:30am
6am	Open Court Sports Court Staff 6am - 9am	Open Court Sports Court Staff 6am - 7am			Open Court Sports Court Staff 6am - 7am	Open Court Sports Court Staff 6am - 9am	Open Court Sports Court Staff 6am - 9am
7am	Iyengar Yoga Mind Body Studio Anna Lamb 7am - 8am	Power Hour Aerobics Studio Richelle Buchholz 7am - 8am	Open Court Sports Court Staff 7am - 9am	Open Lap Swim & Water Walking Lap Pool Staff 7:15am - 4:45pm	Power Hour Aerobics Studio Richelle Buchholz 7am - 8am	Iyengar Yoga Mind Body Studio Anna Lamb 7am - 8am	Power Hour Aerobics Studio Richelle Buchholz 7am - 8am
		PICKLEBALL INT/ADV @ PHY PB Courts 1-4 Staff 7am - 9am	Open Lap Swim & Water Walking Lap Pool Staff 7:15am - 8:30am		PICKLEBALL INT/ADV @ PHY PB Courts 1-4 Staff 7am - 9am		
8am	Water Aerobics Lap Pool Julie Machi 8:45am - 9:40am	Water Aerobics Lap Pool Kyle Brown 8:45am - 9:40am	Pilates Mat Mind Body Studio Svetlana Verona 8am - 8:50am	Open Court Sports Court Staff 8am - 10:30am	Water Aerobics Lap Pool Kyle Brown 8:45am - 9:40am	Water Aerobics Lap Pool Connie Foote 8:45am - 9:40am	Water Aerobics Lap Pool Julie Machi 8:45am - 9:40am
			Water Aerobics Lap Pool Lori Pena 8:45am - 9:40am				
9am	Zumba® Aerobics Studio Judi Dallara 9am - 9:50am	Body Conditioning Sports Court Julien Marquez 9am - 9:45am	Zumba® Aerobics Studio Beatriz Vela 9am - 9:50am	Swim Lessons Lap Pool Staff 9am - 1pm	Body Conditioning Sports Court Julien Marquez 9am - 9:50am	Zumba® Aerobics Studio Sus Lee 9am - 9:50am	Child Watch Child Watch Child Watch 9am - 11am
	PICKLEBALL: All Levels @ PHY PB Courts 1-4 Staff 9am - 12pm	Child Watch Child Watch Child Watch 9am - 11am	Hatha Yoga Level 1/2 Mind Body Studio Amy Farajian 9am - 10am		Child Watch Child Watch Child Watch 9am - 11am	Child Watch Child Watch Child Watch 9am - 11am	Barre Aerobics Studio Rochelle Siote-Badgley 9am - 9:50am
	Child Watch Child Watch Child Watch 9am - 11am	Intermediate Pilates Mat Mind Body Studio Svetlana Verona 9am - 9:50am	PICKLEBALL: All Levels @ PHY PB Courts 1-4 Staff 9am - 10:30am		Pilates Mat Fundamentals Mind Body Studio Richelle Buchholz 9am - 9:50am	PICKLEBALL: All Levels @ PHY PB Courts 1-4 Staff 9am - 12pm	Body Conditioning Sports Court Julien Marquez 9am - 9:45am
		Open Lap Swim & Water Walking Lap Pool Staff 9:45am - 7:45pm	Child Watch Child Watch Staff 9am - 12pm		Open Lap Swim & Water Walking Lap Pool Staff 9:45am - 1:15pm		Open Lap Swim & Water Walking Lap Pool Staff 9:45am - 1:15pm
			Open Lap Swim & Water Walking Lap Pool Staff 9:45am - 4:45pm				

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10am	Body Sculpt Aerobics Studio Gary Chu 10am - 10:45am	Zumba® Gold Aerobics Studio Shakira Durham 10am - 10:50am	Body Sculpt Aerobics Studio Rochelle Siote-Badgley 10am - 10:50am	Zumba® Aerobics Studio Pamela Suarez 10am - 10:50am	Vinyasa Yoga Mind Body Studio Wenlan Ng 10am - 11am	Body Sculpt Aerobics Studio Gary Chu 10am - 10:45am	Vinyasa Yoga Mind Body Studio Wenlan Ng 10am - 11am
		Kundalini Yoga Mind Body Studio Monica Avila 10am - 11:15am	PICKLEBALL INT/ADV @ PHY PB Courts 1-4 Staff 10:30am - 12pm	PICKLEBALL: All Levels @ PHY PB Courts 1-4 Staff 10:30am - 12pm	PICKLEBALL: All Levels @ PHY PB Courts 1-4 Staff 10:30am - 12pm		(\$ Bike X Lift - AM Aerobics Studio Julien Marquez 10:30am - 11:30am
		PICKLEBALL: All Levels @ PHY PB Courts 1-4 Staff 10:30am - 12pm	Swim Lessons Lap Pool Staff 10:30am - 1:30pm		(\$ Bike X Lift - AM Aerobics Studio Julien Marquez 10:30am - 11:30am		PICKLEBALL: All Levels @ PHY PB Courts 1-4 Staff 10:30am - 12pm
11am	Senior Strength & Balance Aerobics Studio Gary Chu 11am - 11:45am		Barre Aerobics Studio Rochelle Siote-Badgley 11am - 11:50am		Gentle Yoga Mind Body Studio Wenlan Ng 11:15am - 12:15pm	Senior Strength & Balance Aerobics Studio Gary Chu 11am - 11:45am	Gentle Yoga Mind Body Studio Wenlan Ng 11:15am - 12:15pm
	Open Lap Swim & Water Walking Lap Pool Staff 11am - 1:15pm					Open Lap Swim & Water Walking Lap Pool Staff 11am - 1:15pm	
12pm	Open Court Sports Court Staff 12pm - 6pm	Chair Yoga Aerobics Studio Amy Farajian 12pm - 1pm	Open Court Sports Court Staff 12:30pm - 3:30pm	Family Swim Lap Pool Staff 12pm - 4:45pm	Open Court Sports Court Staff 12pm - 5:30pm	Open Court Sports Court Staff 12pm - 6pm	Senior Strength & Balance II Aerobics Studio Richelle Buchholz 12pm - 12:45pm
		Open Court Sports Court Staff 12pm - 4pm		Open Court Sports Court Staff 12:30pm - 3:30pm	Senior Strength & Balance II Aerobics Studio Richelle Buchholz 12pm - 12:45pm		Open Court Sports Court Staff 12pm - 5:30pm
1pm	Water Aerobics Lap Pool Julie Machi 1:30pm - 4pm		Family Swim Lap Pool Staff 1pm - 4:45pm		Water Aerobics Lap Pool Connie Foote 1:30pm - 2:25pm	Water Aerobics Lap Pool Julie Machi 1:30pm - 2:25pm	Water Aerobics Lap Pool Vicki de 1:30pm - 2:25pm
2pm	Open Lap Swim & Water Walking Lap Pool Staff 2:30pm - 4pm				Open Lap Swim & Water Walking Lap Pool Staff 2:30pm - 4pm	Open Lap Swim & Water Walking Lap Pool Staff 2:30pm - 4pm	Open Lap Swim & Water Walking Lap Pool Staff 2:30pm - 4pm
3pm	Swim Lessons Lap Pool Staff 3pm - 7pm	Family Swim Lap Pool Staff 3:30pm - 7:45pm			Swim Lessons Lap Pool Staff 3pm - 7pm	Swim Lessons Lap Pool Staff 3pm - 7pm	Swim Lessons Lap Pool Staff 3pm - 7pm
4pm	Family Swim Lap Pool Staff 4pm - 6:15pm	Open Court Sports Court Staff 4pm - 6:30pm			Child Watch Child Watch Staff 4pm - 7pm	Family Swim Lap Pool Staff 4pm - 6:15pm	Child Watch Child Watch Staff 4pm - 7pm

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5pm					Family Swim Lap Pool Staff 4pm - 6:15pm		Family Swim Lap Pool Staff 4pm - 6:15pm
	Pilates Mat Mind Body Studio Leslie Olsson 5pm - 5:50pm				Iyengar Yoga Mind Body Studio Wenlan Ng 5pm - 6:15pm	Pilates Mat Fundamentals Mind Body Studio Richelle Buchholz 5pm - 5:50pm	Iyengar Yoga Mind Body Studio Anna Lamb 5pm - 6:15pm
					PICKLEBALL: All Levels @ PHY PB Courts 1-4 Staff 5:30pm - 7pm		PICKLEBALL: All Levels @ PHY PB Courts 1-4 Staff 5:30pm - 7pm
6pm					Body Sculpt Aerobics Studio Svetlana Verona 5:30pm - 6:20pm		Body Sculpt Aerobics Studio Svetlana Verona 5:30pm - 6:20pm
	Hatha Yoga Level 1/2 Mind Body Studio Amy Farajian 6pm - 7pm	Zumba® Aerobics Studio Priscilla Francis- 6pm - 6:50pm			Open Lap Swim & Water Walking Lap Pool Staff 6:15pm - 8:45pm	Deep Yoga Flow Mind Body Studio Sherry Ellingson 6pm - 7pm	Open Lap Swim & Water Walking Lap Pool Staff 6:15pm - 8:45pm
	Body Conditioning Sports Court Angie Conder 6pm - 6:50pm				Zumba® Aerobics Studio Pamela Suarez 6:30pm - 7:20pm	Open Lap Swim & Water Walking Lap Pool Staff 6:15pm - 8:45pm	Pilates Mat Mind Body Studio Svetlana Verona 6:30pm - 7:20pm
7pm	Open Lap Swim & Water Walking Lap Pool Staff 6:15pm - 8:45pm				Pilates Mat Mind Body Studio Svetlana Verona 6:30pm - 7:20pm		Zumba® Aerobics Studio Beatriz Vela 6:30pm - 7:20pm
	Open Court Sports Court Staff 7pm - 8pm				Open Court Sports Court Staff 7pm - 8pm	Open Court Sports Court Staff 7pm - 8pm	Open Court Sports Court Staff 7pm - 8pm

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