



Greenknoll
January 22nd - January 28th

2 Huckleberry Hill Road
BROOKFIELD, CT 06804
(203) 775-4444

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	Open Gym Gymnasium 5am - 7:45am	Lap Swim YDAC/Outdoor Pool 5am - 2pm	Lap Swim Main Pool 5am - 9:45pm	Lap Swim YDAC/Outdoor Pool 5am - 2pm			Lap Swim YDAC/Outdoor Pool 5am - 2pm
	Lap Swim Main Pool 5am - 9:45pm	Lap Swim Main Pool 5am - 9:45pm	Open Gym Gymnasium 5am - 7:45am	Lap Swim Main Pool 5am - 9:45pm			Lap Swim Main Pool 5am - 9:45pm
	Yoga Studio Drew YMCA 5:30am - 6:30am	Open Gym Gymnasium 5:30am - 6:45am		Cross Fun Gymnasium Shelley YMCA 5:45am - 6:30am			Open Gym Gymnasium 5:30am - 6:45am
		Spinning- Full Hour Spinning Studio Brian YMCA 5:45am - 6:45am					Spinning Spinning Studio Brian YMCA 5:45am - 6:30am
6am	Spinning Spinning Studio Emily YMCA 6am - 6:45am	Strength Training Studio Claudia YMCA 6am - 6:30am	Spinning Spinning Studio Tonya YMCA 6am - 6:45am	Open Gym 1/2 Gymnasium 6:30am - 7:45am	Open Gym Gymnasium 6:30am - 7:45am	Lap Swim Main Pool 6:30am - 6:45pm	Strength Training Studio Colleen YMCA 6am - 6:30am
					Lap Swim Main Pool 6:30am - 9am	Pickleball Gymnasium 6:45am - 8:45am	Open Gym 1/2 Gymnasium 6:45am - 8:45am
7am	Les Mills CXWORX® Studio Kerry YMCA 7am - 7:30am	Volleyball Gymnasium 7am - 9am	Les Mills CXWORX® Studio Kerry YMCA 7am - 7:30am	Volleyball Gymnasium 7am - 9am	Spinning Spinning Studio Brian YMCA 7am - 7:45am		Volleyball 1/2 Gym Gymnasium 7am - 8:45am
8am	Pilates Studio Debbie YMCA 8am - 9am	W.E.T. Therapy Pool Drew YMCA 8am - 9am	Boot Camp Gymnasium Dawne YMCA 8am - 9am	W.E.T. Therapy Pool Drew YMCA 8am - 9am	ZUMBA® Studio Cassie YMCA 8am - 9am	Spinning Spinning Studio Sophie YMCA 8:15am - 9am	Silver Sneakers® Classic Studio Dee YMCA 8am - 9am
	Boot Camp Gymnasium Dawne YMCA 8am - 9am	Silver Sneakers® Circuit Studio Dee YMCA 8am - 9am	Open Gym Gymnasium 8:45am - 9am	Step & Stretch Gymnasium Nada YMCA 8am - 9am	Les Mills BodyPump® Gymnasium Sharon YMCA 8am - 9am		W.E.T. Therapy Pool Maria YMCA 8am - 9am
	Open Swim Therapy Pool 8:30am - 10am			Silver Sneakers® Classic Studio Debbie YMCA 8am - 9am	Spinning Spinning Studio Aimee YMCA 8:15am - 9am		
9am	Lap Swim YDAC/Outdoor Pool 9am - 2pm	Aqua Fit Main Pool Nina YMCA 9am - 10am	Lap Swim YDAC/Outdoor Pool 9am - 2pm	SPINPower Spinning Studio Nada YMCA 9am - 9:45am	Lap Swim YDAC/Outdoor Pool 9am - 1pm	Lap Swim YDAC/Outdoor Pool 9am - 1pm	Tabata Gymnasium Dawne YMCA 9am - 9:45am
	Spinning Spinning Studio Joe YMCA 9:15am - 10am	SPINPower Spinning Studio Nada YMCA 9:15am - 10am	It's a HIIT Gymnasium Marisa YMCA 9:15am - 10am	Aqua Fit Main Pool Nina YMCA 9am - 10am	Pilates Annex Sharon YMCA 9:15am - 10:15am	Adult Only Basketball Gymnasium 9am - 12pm	Aqua Fit Main Pool Nina YMCA 9am - 10am
	Interval 45 Gymnasium Kerry YMCA 9:15am - 10am	Step & Interval Gymnasium Marisa YMCA 9:15am - 10:15am	Spinning- Full Hour Spinning Studio Nada YMCA 9:15am - 10:15am	Barre None Studio Kerry YMCA 9:15am - 10:15am	Spinning Spinning Studio Laura YMCA 9:15am - 10am	Open Swim Main Pool 9am - 6:45pm	Spinning Spinning Studio Kerry YMCA 9:15am - 10am

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10am	ZUMBA® Studio Maria YMCA 9:15am - 10:15am	Vinyasa Yoga Studio Rebecca YMCA 9:15am - 10:15am	Pilates Studio Debbie YMCA 9:15am - 10:15am		ZUMBA® Studio Cassie YMCA 9:15am - 10:15am	Step & Interval Studio Nada YMCA 9:15am - 10am	Yoga Studio Eileen YMCA 9:15am - 10:15am
	Aqua Cardio Main Pool Sujata YMCA 9:45am - 10:45am		Aqua Cardio Main Pool Sujata YMCA 9:45am - 10:45am			Spinning Spinning Studio Brigid YMCA 9:15am - 10am	Complete Core Gymnasium Dawne YMCA 9:45am - 10:10am
	MS/Non Impact Water Aerobics Main Pool Aimee YMCA 10:05am - 11:05am	Les Mills BodyPump® Gymnasium Marisa YMCA 10:20am - 11:20am	MS/Non Impact Water Aerobics Main Pool Aimee YMCA 10:05am - 11:05am	Les Mills BodyPump® Gymnasium Kerry YMCA 10:20am - 11:20am	Butt and Guts Studio Sharon YMCA 10:30am - 11:30am	Yoga Studio Eileen YMCA 10:30am - 11:30am	Les Mills BodyPump® Gymnasium Laura YMCA 10:25am - 11:25am
	Hard Core Gymnasium Kerry YMCA 10:05am - 10:20am	Silver Sneakers® Circuit Studio Karen YMCA 10:30am - 11:30am	Les Mills BodyPump® 30 Gymnasium Marisa YMCA 10:10am - 10:40am	ZUMBA® Studio Dolores YMCA 10:25am - 11:25am			Deep Water Aerobics Main Pool Drew YMCA 10:30am - 11:30am
	ZUMBA® Gold Gymnasium Donnasue YMCA 10:30am - 11:30am	Aqua Muscle Conditioning Therapy Pool Jamie YMCA 10:30am - 11:30am		Deep Water Aerobics Main Pool Drew YMCA 10:30am - 11:30am			Silver Sneakers® Classic Studio Claudia YMCA 10:30am - 11:30am
		Deep Water Aerobics Main Pool Drew YMCA 10:30am - 11:30am		Aqua Muscle Conditioning Therapy Pool Jamie YMCA 10:30am - 11:30am			Aqua Muscle Conditioning Therapy Pool Jamie YMCA 10:30am - 11:30am
		Aqua-cize Main Pool Sujata YMCA 10:45am - 11:45am		Aqua-cize Main Pool Sujata YMCA 10:45am - 11:45am			Aqua-cize Main Pool Sujata YMCA 10:45am - 11:45am
11am	Work the Water Therapy Pool Sujata YMCA 11am - 12pm	Open Gym Gymnasium 11:30am - 12:30pm	Work the Water Therapy Pool Sujata YMCA 11am - 12pm	Silver Sneakers® Circuit Studio Kerry/Dee YMCA 11:30am - 12:30pm		Yoga Studio Drew YMCA 11:45am - 12:45pm	Open Gym 1/2 Gymnasium 11:30am - 12:30pm
	Silver Splash® Main Pool Susie YMCA 11:15am - 12:15pm	Silver Sneakers® Circuit Studio Marisa YMCA 11:40am - 12:40pm	ZUMBA® Gold Gymnasium Donnasue YMCA 11am - 12pm				Silver Sneakers® Classic Studio Claudia YMCA 11:40am - 12:40pm
	Open Gym Gymnasium 11:30am - 12:30pm		Silver Splash® Main Pool MariaT YMCA 11:15am - 12:15pm				
			Silver Sneakers® Classic Studio Marisa YMCA 11:30am - 12:30pm				

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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
12pm	Pickleball 1/2 Gym Gymnasium No Instructor YMCA 12:30pm - 2:30pm	Toning Therapy Pool Susie YMCA 12pm - 1pm	Open Gym Gymnasium 12pm - 12:30pm	Water Aerobics Main Pool Sujata YMCA 12pm - 1pm		Open Gym Gymnasium 12pm - 7pm	Water Aerobics Main Pool Sujata YMCA 12pm - 1pm
		Water Aerobics Main Pool Sujata YMCA 12pm - 1pm	Pickleball Gymnasium 12:30pm - 2:30pm	Toning Therapy Pool Susie YMCA 12pm - 1pm			Toning Therapy Pool Susie YMCA 12pm - 1pm
		Pickleball Gymnasium 12:30pm - 2:30pm		Water Aerobics Main Pool Sujata YMCA 12pm - 1pm			Pickleball Gymnasium 12:30pm - 2:30pm
		Yo Chi Studio Claudia YMCA 12:40pm - 2pm		Work the Water Annex No Instructor YMCA 12:05pm - 1pm			
				Yo Chi Studio Claudia YMCA 12:40pm - 2pm			
1pm	Open Swim Main Pool 1:15pm - 9:45pm	Open Swim Main Pool 1:15pm - 9:45pm	Open Swim Main Pool 1:15pm - 9:45pm	Open Swim Main Pool 1:15pm - 9:45pm	Open Swim Therapy Pool 1pm - 6:45pm	Open Swim Therapy Pool 1pm - 6:45pm	Open Swim Main Pool 1:15pm - 9:45pm
		Open Swim Therapy Pool 1:30pm - 8:30pm		Open Swim Therapy Pool 1:30pm - 4pm	Open Swim Main Pool 1pm - 6:45pm	Birthday Parties \$\$ Gymnasium 1pm - 3pm	Open Swim Therapy Pool 1:30pm - 8:30pm
					Lap Swim Main Pool 1pm - 6:45pm		
2pm	Open Swim Therapy Pool 2:15pm - 8:30pm	Open Gym 1/2 Gymnasium 2:30pm - 5:30pm	Open Swim Therapy Pool 2:15pm - 8:30pm				
			Open Gym Gymnasium 2:30pm - 4:30pm				
3pm		School Age 1/2 Gym Gymnasium 3:45pm - 5:30pm					
4pm	Volleyball 1/2 Gym Gymnasium 4pm - 5pm	Tabata Studio Dawne YMCA 4:30pm - 5:15pm	School Age 1/2 Gym Gymnasium 4:30pm - 5:30pm	School Age 1/2 Gym Gymnasium 4:30pm - 6:30pm			School Age 1/2 Gym Gymnasium 4:30pm - 5:30pm
	School Age 1/2 Gym Gymnasium 4:30pm - 5:30pm	School Age 1/2 Gym Gymnasium 4:30pm - 5:30pm	Open Gym 1/2 Gymnasium 4:30pm - 5:30pm	School Age 1/2 Gym Gymnasium 4:30pm - 5:30pm			ZUMBA® Studio Cassie YMCA 4:30pm - 5:30pm
		Spinning Spinning Studio Kerrilee YMCA 4:45pm - 5:30pm					

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5pm	Vinyasa Yoga Studio Faith YMCA 5:30pm - 6:30pm	Hard Core Studio Dawne YMCA 5:15pm - 5:30pm	Step & Interval Studio Blythe YMCA 5:30pm - 6:30pm	Open Swim Therapy Pool 5:15pm - 8:30pm			Barre None Studio Kerry YMCA 5:35pm - 6:35pm
		Yoga Studio Rebecca YMCA 5:45pm - 6:45pm					Les Mills BodyPump® Gymnasium Suzanne YMCA 5:45pm - 6:45pm
		Les Mills BodyPump® Gymnasium Kerry YMCA 5:45pm - 6:45pm					
6pm	Spinning- Full Hour Spinning Studio Kristina YMCA 6pm - 7pm		Water Power Hour Main Pool Cathi YMCA 6pm - 7pm				Water Power Hour Main Pool Cathi YMCA 6pm - 7pm
	Water Power Hour Main Pool Cathi YMCA 6pm - 7pm		ZUMBA® Gymnasium Maria YMCA 6pm - 7pm				Spinning Spinning Studio Brigid YMCA 6:30pm - 7:15pm
	ZUMBA® Studio Cassie YMCA 6:35pm - 7:35pm		Tabata Studio Kerry YMCA 6:30pm - 7:15pm				
			Spinning Spinning Studio Aimee YMCA 6:30pm - 7:15pm				
7pm		Open Gym 1/2 Gymnasium 7pm - 9pm	Yoga Studio Lisa YMCA 7:30pm - 8:30pm	Open Gym Gymnasium 7pm - 10pm			Open Gym Gymnasium 7pm - 10pm
		Volleyball 1/2 Gym Gymnasium 7pm - 9pm					Pilates Annex Nada YMCA 7:15pm - 8:15pm
8pm	Basketball 15+ Gymnasium 8pm - 10pm		Basketball 15+ Gymnasium 8pm - 10pm				
9pm		Open Gym Gymnasium 9pm - 10pm					

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