



Greenknoll
December 14th - December 20th

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

	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
5am			Lap Swim YDAC/Outdoor Pool 5am - 2pm	Open Gym Gymnasium 5am - 7:45am	Lap Swim Main Pool 5am - 9:30pm	Lap Swim Main Pool 5am - 9:30pm	Lap Swim YDAC/Outdoor Pool 5am - 2pm
			Lap Swim Main Pool 5am - 9:30pm	Lap Swim Main Pool 5am - 9:30pm	Lap Swim YDAC/Outdoor Pool 5am - 2pm	Open Gym Gymnasium 5am - 7:45am	Lap Swim Main Pool 5am - 8:30pm
			Open Gym Gymnasium 5:30am - 6:45am		Open Gym Gymnasium 5:30am - 6:45am		Cross Fun Gymnasium Shelley YMCA 5:45am - 6:30am
			Spinning Spinning Studio Brian YMCA 5:45am - 6:30am		Spinning- Full Hour Spinning Studio Brian YMCA 5:45am - 6:45am		
6am	Open Gym Gymnasium 6:30am - 7:45am	Lap Swim Main Pool 6:30am - 5:30pm	Strength Training Studio Meg YMCA 6am - 6:30am		Strength Training Studio Jane YMCA 6am - 6:30am	Spinning Spinning Studio Ramsay YMCA 6am - 6:45am	Open Gym 1/2 Gymnasium 6:30am - 7:45am
	Lap Swim Main Pool 6:30am - 9am	Pickleball Gymnasium 6:45am - 8:45am	Open Gym 1/2 Gymnasium 6:45am - 8:45am				
7am	Spinning Spinning Studio Brian YMCA 7am - 7:45am		Volleyball 1/2 Gym Gymnasium 7am - 8:45am		Volleyball Gymnasium 7am - 9am	Les Mills CXWORX® Studio Kerry YMCA 7am - 7:30am	Volleyball Gymnasium 7am - 9am
					Open Gym 1/2 Gymnasium 7am - 9am		
8am	ZUMBA® Studio Alexis YMCA 8am - 9am	Spinning Spinning Studio Sophie YMCA 8:15am - 9am	Silver Sneakers® Classic Studio Dee YMCA 8am - 9am	Open Swim Therapy Pool 8:30am - 9:15am	Silver Sneakers® Circuit Studio Kerry YMCA 8am - 9am	Boot Camp Gymnasium Dawne YMCA 8am - 9am	Aqua Core Therapy Pool Dawne YMCA 8am - 9am
	Les Mills BodyPump® Gymnasium Sharon YMCA 8am - 9am				Aqua Core Therapy Pool Dawne YMCA 8am - 9am	Open Swim Therapy Pool 8:30am - 9:15am	Step & Stretch Gymnasium Marisa YMCA 8am - 9am
	Spinning Spinning Studio Aimee YMCA 8:15am - 9am						Silver Sneakers® Classic Studio Debbie YMCA 8am - 9am
9am	Youth Sports Gymnasium 9am - 12pm	Adult Only Basketball Gymnasium 9am - 12pm	Tabata Gymnasium Dawne YMCA 9am - 9:45am	Lap Swim YDAC/Outdoor Pool 9am - 2pm	Aqua Fit Main Pool Nina YMCA 9am - 10am	Lap Swim YDAC/Outdoor Pool 9am - 2pm	Senior Aqua Walk & Talk- Self Guided Therapy Pool No Instructor YMCA 9am - 10am
	Lap Swim YDAC/Outdoor Pool 9am - 1pm	Lap Swim YDAC/Outdoor Pool 9am - 1pm	Senior Aqua Walk & Talk- Self Guided Therapy Pool No Instructor YMCA 9am - 10am	Interval 45 Gymnasium Kerry YMCA 9:15am - 10am	SPINPower Spinning Studio Nada YMCA 9:15am - 10am	Pilates Studio Debbie YMCA 9:15am - 10:15am	Aqua Fit Main Pool Nina YMCA 9am - 10am

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	ZUMBA® Studio Ashley YMCA 9:15am - 10:15am	Open Swim Main Pool 9am - 5:30pm	Aqua Fit Main Pool Nina YMCA 9am - 10am	Spinning Spinning Studio Kerrilee YMCA 9:15am - 10am	Vinyasa Yoga Studio Drew YMCA 9:15am - 10:15am	Spinning- Full Hour Spinning Studio Nada YMCA 9:15am - 10:15am	SPINPower Spinning Studio Nada YMCA 9am - 9:45am
	Pilates Annex Kerry/Nada YMCA 9:15am - 10:15am	Step & Interval Studio Blythe YMCA 9:15am - 10:15am	Yoga Studio Debbie YMCA 9:15am - 10:15am	ZUMBA® Studio Maria YMCA 9:15am - 10:15am	Step & Interval Gymnasium Marisa YMCA 9:15am - 10:15am	It's a HIIT Gymnasium Marisa YMCA 9:15am - 10am	Barre None Studio Kerry YMCA 9:15am - 10:15am
	Spinning Spinning Studio Laura YMCA 9:15am - 10am	Spinning Spinning Studio Brigid YMCA 9:15am - 10am	Spinning Spinning Studio Kerry YMCA 9:15am - 10am	Aqua Cardio Main Pool Sujata YMCA 9:30am - 10:30am		Aqua Cardio Main Pool Sujata YMCA 9:30am - 10:30am	Kickboxing Gymnasium Marisa YMCA 9:15am - 10:15am
			Complete Core Gymnasium Dawne YMCA 9:45am - 10:15am				
10am	Butt and Guts Studio Blythe 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	Les Mills BodyPump® Gymnasium Marisa YMCA 10:20am - 11:20am	MS/Non Impact Water Aerobics Main Pool Aimee YMCA 10:05am - 11:05am	Inner Core Spinning Studio Nada YMCA 10am - 10:45am
			Aqua Muscle Conditioning Therapy Pool Jamie YMCA 10:30am - 11:30am	MS/Non Impact Water Aerobics Main Pool Aimee YMCA 10:05am - 11:05am	Aqua Muscle Conditioning Therapy Pool Jamie YMCA 10:30am - 11:30am	Les Mills BodyPump® 30 Gymnasium Marisa YMCA 10:10am - 10:40am	Les Mills BodyPump® Gymnasium Marisa YMCA 10:20am - 11:20am
			Silver Sneakers® Classic Studio Claudia YMCA 10:30am - 11:30am	ZUMBA® Gold Gymnasium Donnasue YMCA 10:30am - 11:30am	Silver Sneakers® Circuit Studio Karen YMCA 10:30am - 11:30am		ZUMBA® Studio Dolores YMCA 10:25am - 11:25am
			Aqua-cize Main Pool Sujata YMCA 10:45am - 11:45am		Aqua-cize Main Pool Sujata YMCA 10:45am - 11:45am		Aqua Muscle Conditioning Therapy Pool Jamie YMCA 10:30am - 11:30am
							Aqua-cize Main Pool Sujata YMCA 10:45am - 11:45am
11am	Youth Sports 1/2 Gym Gymnasium 11am - 12pm	Yoga Studio Drew YMCA 11:45am - 12:45pm	Aqua Strength Main Pool Dawne YMCA 11:15am - 12:15pm	Work the Water Therapy Pool Sujata YMCA 11am - 12pm	Aqua Strength Main Pool Dawne YMCA 11:15am - 12:15pm	Work the Water Therapy Pool Sujata YMCA 11am - 12pm	Aqua Strength Main Pool Dawne YMCA 11:15am - 12:15pm
			Open Gym 1/2 Gymnasium 11:30am - 12:30pm	Silver Splash® Main Pool Susie YMCA 11:15am - 12:15pm	Open Gym Gymnasium 11:30am - 12:30pm	ZUMBA® Gold Gymnasium Cristina YMCA 11am - 12pm	Open Gym Gymnasium 11:30am - 4:30pm
			Silver Sneakers® Classic Studio Claudia YMCA 11:40am - 12:40pm	Open Gym Gymnasium 11:30am - 12:30pm	Silver Sneakers® Circuit Studio Marisa YMCA 11:40am - 12:40pm	Silver Splash® Main Pool MariaT YMCA 11:15am - 12:15pm	Silver Sneakers® Circuit Studio Kerry YMCA 11:30am - 12:30pm

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	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
			Open Swim Therapy Pool 11:55am - 12:55pm		Open Swim Therapy Pool 11:55am - 12:55pm	Silver Sneakers® Classic Studio Marisa YMCA 11:30am - 12:30pm	Open Swim Therapy Pool 11:55am - 12:55pm
12pm	Lap Swim Main Pool 12pm - 5:30pm	Open Gym Gymnasium 12pm - 6pm	Water Aerobics Main Pool Sujata YMCA 12pm - 1pm	Tai Ji Quan Studio Donnasue YMCA 12:30pm - 2pm	Water Aerobics Main Pool Sujata YMCA 12pm - 1pm	Open Gym Gymnasium 12pm - 12:30pm	Water Aerobics Main Pool Sujata YMCA 12pm - 1pm
	Open Swim Therapy Pool 12pm - 5:30pm	Open Swim Therapy Pool 12pm - 5:30pm	Pickleball Gymnasium 12:30pm - 2:30pm		Pickleball Gymnasium 12:30pm - 2:30pm	Pickleball Gymnasium 12:30pm - 2:30pm	Water Aerobics Main Pool Sujata YMCA 12pm - 1pm
	Open Gym Gymnasium 12pm - 6pm				Yo Chi Studio Claudia YMCA 12:40pm - 2pm	Tai Ji Quan Studio Donnasue YMCA 12:30pm - 2pm	Work the Water Annex No Instructor YMCA 12:05pm - 1pm
	Open Swim Main Pool 12pm - 5:30pm						Yo Chi Studio Claudia YMCA 12:40pm - 2pm
1pm			Toning Therapy Pool Susie YMCA 1pm - 2pm	Open Swim Main Pool 1:15pm - 9:30pm	Toning Therapy Pool Susie YMCA 1pm - 2pm	Open Swim Main Pool 1:15pm - 9:30pm	Toning Therapy Pool Susie YMCA 1pm - 2pm
			Open Swim Main Pool 1:15pm - 9:30pm		Open Swim Main Pool 1:15pm - 9:30pm		Open Swim Main Pool 1:15pm - 8:30pm
2pm			Open Swim Therapy Pool 2:15pm - 8:30pm	Open Swim Therapy Pool 2:15pm - 8:30pm	Open Swim Therapy Pool 2:15pm - 8:30pm	Open Swim Therapy Pool 2:15pm - 8:30pm	Open Swim Therapy Pool 2:15pm - 4:15pm
			Open Gym Gymnasium 2:30pm - 4:30pm		Open Gym Gymnasium 2:30pm - 4:30pm	Open Gym Gymnasium 2:30pm - 4:30pm	
3pm			Swim Team Studio YMCA Instructor 3:15pm - 4:15pm	Escape Afterschool Studio Ymca Instructors YMCA 3:30pm - 5:15pm		Swim Team Studio YMCA Instructor 3:15pm - 4:15pm	
4pm			ZUMBA® Studio Ashley YMCA 4:30pm - 5:30pm	School Age 1/2 Gym Gymnasium 4:30pm - 5:30pm	Tabata Studio Dawne YMCA 4:30pm - 5:15pm	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		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		
5pm			Barre None Studio Kerry YMCA 5:35pm - 6:35pm	Vinyasa Yoga Studio Faith YMCA 5:30pm - 6:30pm	Hard Core Studio Dawne YMCA 5:15pm - 5:30pm	Youth Sports 1/2 Gym Gymnasium 5:15pm - 7:15pm	Open Swim Therapy Pool 5:15pm - 8:30pm

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			Les Mills BodyPump® Gymnasium Suzanne YMCA 5:45pm - 6:45pm		Yoga Studio Lisa YMCA 5:45pm - 6:45pm	Step & Interval Studio Blythe YMCA 5:30pm - 6:30pm	Youth Sports Gymnasium 5:30pm - 7pm
					Les Mills BodyPump® Gymnasium Kerry YMCA 5:45pm - 6:45pm		
6pm			Water Power Hour Main Pool Cathi YMCA 6pm - 7pm	Spinning- Full Hour Spinning Studio Brigid YMCA 6pm - 7pm		Water Power Hour Main Pool Cathi YMCA 6pm - 7pm	
			Spinning Spinning Studio Brigid YMCA 6:30pm - 7:15pm	Water Power Hour Main Pool Cathi YMCA 6pm - 7pm		ZUMBA® Gymnasium Thelma YMCA 6pm - 7pm	
				ZUMBA® Studio Ashley 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 Gymnasium 7pm - 10pm		Volleyball 1/2 Gym Gymnasium 7pm - 9pm	Open Gym Gymnasium 7pm - 8pm	Open Gym Gymnasium 7pm - 9pm
			Pilates Annex Nada YMCA 7:15pm - 8:15pm			Yoga Studio Trisha YMCA 7:30pm - 8:30pm	
8pm				Basketball 15+ Gymnasium 8pm - 10pm		Basketball 15+ Gymnasium 8pm - 10pm	
9pm					Open Gym Gymnasium 9pm - 10pm		

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