



Stanly County Family YMCA
February 7th - February 13th

427 North First Street
Albemarle, NC 28001
(704) 982-1916

	SAT 7	SUN 8	MON 9	TUE 10	WED 11	THU 12	FRI 13
5am			XPT Group Exercise Room Marcus Robinson 5:30am - 6am	XPT Group Exercise Room Holli Lowder 5:30am - 6am		XPT Group Exercise Room Ashley Smith 5:30am - 6am	
6am			Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 6am - 8am	Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 6am - 8am	Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 6am - 8am	Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 6am - 8am	Open Adult Warm Pool 6am - 12pm
			Open Adult Warm Pool 6am - 12pm	Open Adult Warm Pool 6am - 12pm	Open Adult Warm Pool 6am - 12pm	Open Adult Warm Pool 6am - 12pm	Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 6am - 8am
					Power Yoga Conference Room 3 / Yoga Room Anissa Chapman 6:30am - 7:15am		
					Cycle Cycle Studio Marcus Robinson 6:30am - 7:15am		
8am	Lap Swim (3) Tom Kean Aquatic Center - Cool Pool 8am - 10am		Lap Swim (2) with water works class Tom Kean Aquatic Center - Cool Pool 8am - 8:45am	Lap Swim (2) with water works class Tom Kean Aquatic Center - Cool Pool 8am - 8:45am	Lap Swim (2) with water works class Tom Kean Aquatic Center - Cool Pool 8am - 8:45am	Lap Swim (2) with water works class Tom Kean Aquatic Center - Cool Pool 8am - 8:45am	Lap Swim (2) with water works class Tom Kean Aquatic Center - Cool Pool 8am - 8:45am
	Open Swim (3) Tom Kean Aquatic Center - Cool Pool 8am - 10am		Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 8:45am - 1pm	Barre Yoga Conference Room 3 / Yoga Room Mary/ Kathy 8:45am - 9:30am	Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 8:45am - 1pm	Barre Yoga Conference Room 3 / Yoga Room Mary/ Kathy 8:45am - 9:30am	Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 8:45am - 1pm
	Open Adult Warm Pool 8am - 10am			Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 8:45am - 1pm		Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 8:45am - 1pm	
	Raptor Class Raptor Room Rebekah Rierson 8:30am - 9:30am						
9am	Yoga Conference Room 3 / Yoga Room Steven Yost 9:30am - 10:15am		Yoga Conference Room 3 / Yoga Room Marcus Robinson 9am - 10am	Flex N Stretch Group Exercise Room Anita McGugan 9am - 9:30am	Body Sculpt Group Exercise Room Mary/ Kathy 9am - 10am	Flex N Stretch Group Exercise Room Billy Mills 9am - 9:30am	Body Sculpt Group Exercise Room Mary/ Kathy 9am - 10am
				Cycle Cycle Studio Kristen Underwood 9:30am - 10:15am		Cycle Cycle Studio Kristen Underwood 9:30am - 10:15am	
10am	Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 10am - 12pm		Medical Fitness Group Exercise Room Julia Barbato 10:30am - 11am	Kids Yoga Conference Room 3 / Yoga Room Holly Horton 10am - 11am		Linedance Group Exercise Room Ava/ Dawn 10am - 11am	

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	Open Swim Warm Pool 10am - 12pm			Linedance Group Exercise Room Ava/ Dawn 10am - 11am			
12pm			XPT Group Exercise Room Rebekah Rierson 12:15pm - 12:45pm	TRX Raptor Room Pamela Sullivan 12:15pm - 12:45pm	XPT Group Exercise Room Kristen Helms 12:15pm - 1pm	Raptor Class Raptor Room Rebekah Rierson 12:15pm - 12:45pm	XPT Group Exercise Room Frankie Schooley 12:15pm - 12:45pm
1pm			Pool Closed for cleaning Warm Pool 1pm - 3pm	Pool Closed for cleaning Warm Pool 1pm - 3pm	Pool Closed for cleaning Warm Pool 1pm - 3pm	Pool Closed for cleaning Tom Kean Aquatic Center - Cool Pool 1pm - 3pm	Pool Closed for cleaning Tom Kean Aquatic Center - Cool Pool 1pm - 3pm
			Pool Closed for cleaning Tom Kean Aquatic Center - Cool Pool 1pm - 3pm	Pool Closed for cleaning Tom Kean Aquatic Center - Cool Pool 1pm - 3pm	Pool Closed for cleaning Tom Kean Aquatic Center - Cool Pool 1pm - 3pm	Pool Closed for cleaning Warm Pool 1pm - 3pm	Pool Closed for cleaning Warm Pool 1pm - 3pm
						Staff Meeting Conference Room 1 1pm - 2pm	
2pm		Lap Swim (3) Tom Kean Aquatic Center - Cool Pool 2pm - 3:30pm					
		Open Adult Warm Pool 2pm - 3:30pm					
		Open Swim (3) Tom Kean Aquatic Center - Cool Pool 2pm - 3:30pm					
3pm		Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 3:30pm - 5pm	Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 3pm - 3:45pm	Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 3pm - 3:45pm	Open Swim Warm Pool 3pm - 8pm	Open Swim Warm Pool 3pm - 8pm	Open Swim Warm Pool 3pm - 7:30pm
		Open Swim Warm Pool 3:30pm - 5pm	Open Swim Warm Pool 3pm - 8pm	Open Swim Warm Pool 3pm - 8pm	Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 3pm - 3:45pm	Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 3pm - 3:45pm	Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 3pm - 3:45pm
			YMCA Swim Team Tom Kean Aquatic Center - Cool Pool 3:45pm - 6:30pm	YMCA Swim Team Tom Kean Aquatic Center - Cool Pool 3:45pm - 5:15pm	Lap Swim (1) Tom Kean Aquatic Center - Cool Pool 3:45pm - 6:30pm	Lap Swim (1) Tom Kean Aquatic Center - Cool Pool 3:45pm - 6:30pm	Lap Swim (1) Tom Kean Aquatic Center - Cool Pool 3:45pm - 6:30pm
			Lap Swim (1) Tom Kean Aquatic Center - Cool Pool 3:45pm - 6:30pm	Lap Swim (1) Tom Kean Aquatic Center - Cool Pool 3:45pm - 5:15pm	YMCA Swim Team Tom Kean Aquatic Center - Cool Pool 3:45pm - 6:30pm	YMCA Swim Team Tom Kean Aquatic Center - Cool Pool 3:45pm - 6:30pm	YMCA Swim Team Tom Kean Aquatic Center - Cool Pool 3:45pm - 6:30pm
5pm			Body Pump (LES MILLS) Group Exercise Room Marcus Robinson 5pm - 6pm	Swim Lessons Warm Pool 5:30pm - 7pm	Swim Lessons Warm Pool 5:30pm - 7pm	Swim Lessons Warm Pool 5:30pm - 7pm	

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6pm			Swim Lessons Warm Pool 5:30pm - 7pm				
			Yoga Conference Room 3 / Yoga Room Steven Yost 5:45pm - 6:45pm				
			XPT Group Exercise Room Shantel Smith 6:15pm - 6:45pm	Buns&Guns Group Exercise Room Jessica Pigg 6pm - 7pm	Cycle Cycle Studio Dana Burleson 6pm - 7pm	Gentle Yoga Conference Room 3 / Yoga Room Steven Yost 6pm - 7pm	Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 6:30pm - 7:30pm
			High School Swim Tom Kean Aquatic Center - Cool Pool 6:30pm - 8pm	Kids Yoga Conference Room 3 / Yoga Room Holly Horton 6pm - 7pm	High School Swim Tom Kean Aquatic Center - Cool Pool 6:30pm - 8pm	High School Swim Tom Kean Aquatic Center - Cool Pool 6:30pm - 8pm	
				High School Swim Tom Kean Aquatic Center - Cool Pool 6:30pm - 8pm			

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