



Stanly County Family YMCA

May 9th - May 15th

427 North First Street

Albemarle, NC 28001

(704) 982-1916

	THU 9	FRI 10	SAT 11	SUN 12	MON 13	TUE 14	WED 15
5am	XPT Group Exercise Room Larry Hill 5:30am - 6am					XPT Group Exercise Room Ashley Smith 5:30am - 6am	XPT Conference Room 3 / Yoga Room Holli Lowder 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	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
8am	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 Adult Warm Pool 8am - 10am		Lap Swim (2) with water works class Tom Kean Aquatic Center - Cool Pool 8am - 8:45am	Water Wake Up Tom Kean Aquatic Center - Cool Pool Aquatic Fitness Staff 8am - 8:45am	Lap Swim (2) with water works class Tom Kean Aquatic Center - Cool Pool 8am - 8:45am
	Water Wake Up Tom Kean Aquatic Center - Cool Pool WORKOUT POSTED 8am - 8:45am	Water Wake Up Tom Kean Aquatic Center - Cool Pool Aquatic Fitness Staff 8am - 8:45am	Lap Swim (3) Tom Kean Aquatic Center - Cool Pool 8am - 10am		Water Wake Up Tom Kean Aquatic Center - Cool Pool Aquatic Fitness Staff 8am - 8:45am	Lap Swim (2) with water works class Tom Kean Aquatic Center - Cool Pool 8am - 8:45am	Water Wake Up Tom Kean Aquatic Center - Cool Pool Aquatic Fitness Staff 8am - 8:45am
	Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 8:45am - 1pm	Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 8:45am - 1pm	Open Swim (3) Tom Kean Aquatic Center - Cool 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	Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 8:45am - 1pm
			Raptor Class Raptor Room Rebekah Rierson 8:30am - 9:30am				
9am	Cycle Cycle Studio Julia Barbato 9:30am - 10:15am	ABC-Aquatic Body Conditioning Warm Pool Aquatic Fitness Staff 9am - 9:30am	Yoga Conference Room 3 / Yoga Room Steven Yost 9:30am - 10:15am		Gentle Flow Yoga Conference Room 3 / Yoga Room Rachel McClellan 9am - 10am	Flex N Stretch Group Exercise Room Anita McGugan 9am - 9:30am	Body Sculpt Group Exercise Room Mary/ Kathy 9am - 10am
	Chair Group Exercise Room Catherine K. 9:30am - 10am	Flex N Stretch Group Exercise Room Billy Mills 9am - 9:30am			ABC-Aquatic Body Conditioning Warm Pool Aquatic Fitness Staff 9am - 9:30am	ABC-Aquatic Body Conditioning Warm Pool Aquatic Fitness Staff 9am - 9:30am	ABC-Aquatic Body Conditioning Warm Pool Aquatic Fitness Staff 9am - 9:30am
		Body Sculpt Group Exercise Room Mary/ Kathy 9:30am - 10am			Chair Group Exercise Room Catherine K. 9:30am - 10am	Cycle Cycle Studio Rebekah Rierson 9:30am - 10:15am	
10am	Linedance Group Exercise Room Diane Edwards 10am - 11am	Joints in Motion Warm Pool Aquatic Fitness Staff 10am - 10:30am	Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 10am - 12pm		Joints in Motion Warm Pool Aquatic Fitness Staff 10:15am - 10:45am	Joints in Motion Warm Pool Aquatic Fitness Staff 10am - 10:30am	Joints in Motion Warm Pool Aquatic Fitness Staff 10am - 10:30am
	Joints in Motion Warm Pool Aquatic Fitness Staff 10:15am - 10:45am		Open Swim Warm Pool 10am - 12pm			Linedance Group Exercise Room Diane Edwards 10am - 11am	

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 9	FRI 10	SAT 11	SUN 12	MON 13	TUE 14	WED 15
11am	Joints in Motion Warm Pool Aquatic Fitness Staff 11:15am - 11:45am						
12pm	Raptor Class Raptor Room Rebekah Rierson 12:15pm - 12:45pm	XPT Group Exercise Room Frankie Schooley 12:15pm - 12:45pm			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
1pm	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 Warm Pool 1pm - 3pm	Pool Closed for cleaning Warm Pool 1pm - 3pm
	Staff Meeting Conference Room 1 1pm - 2pm	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						
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 3pm - 3:45pm	Lap Swim (6) Tom Kean Aquatic Center - Cool Pool 3pm - 3:45pm		Open Swim Warm Pool 3:30pm - 5pm	Open Swim Warm Pool 3pm - 8pm	Open Swim Warm Pool 3pm - 8pm	Open Swim Warm Pool 3pm - 8pm
	Open Swim Warm Pool 3pm - 8pm	Open Swim Warm Pool 3pm - 7:30pm		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	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 - 6:30pm			Lap Swim (1) Tom Kean Aquatic Center - Cool Pool 3:45pm - 6:30pm	YMCA Swim Team Tom Kean Aquatic Center - Cool Pool 3:45pm - 5:15pm	YMCA Swim Team 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			YMCA Swim Team Tom Kean Aquatic Center - Cool Pool 3:45pm - 6:30pm	Lap Swim (1) Tom Kean Aquatic Center - Cool Pool 3:45pm - 5:15pm	Lap Swim (1) Tom Kean Aquatic Center - Cool Pool 3:45pm - 6:30pm
5pm	Swim Lessons Warm Pool 5:30pm - 7pm				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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	THU 9	FRI 10	SAT 11	SUN 12	MON 13	TUE 14	WED 15
					Yoga Conference Room 3 / Yoga Room Alia King 5:45pm - 6:45pm		
6pm	Gentle Flow 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	High School Swim Tom Kean Aquatic Center - Cool Pool 6:30pm - 8pm	Cycle Cycle Studio Dana Burleson 6pm - 7pm
	High School Swim Tom Kean Aquatic Center - Cool Pool 6:30pm - 8pm					Pilates Yoga Sculpt Conference Room 3 / Yoga Room Rachel McClellan 6:45pm - 7:30pm	Zumba Group Exercise Room VIRTUAL CLASS 6pm - 7pm
							High School Swim Tom Kean Aquatic Center - Cool Pool 6:30pm - 8pm
7pm					XPT Group Exercise Room Shantel Smith 7pm - 7:30pm		

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