



Campbell County YMCA

June 25th - July 1st

1437 S. Ft. Thomas Ave

Fort Thomas, KY 41075

859.781.1814

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	Lap Swim (Multiple Lanes) Indoor Pool 5am - 10am	Lap Swim (Multiple Lanes) Indoor Pool 5am - 10am	Lap Swim (Multiple Lanes) Indoor Pool 5am - 10am	Open Gym Gym 5am - 9am			Lap Swim (Multiple Lanes) Indoor Pool 5am - 10am
	Open Gym Gym 5am - 8:30am	Open Gym Gym 5am - 9am	Open Gym Gym 5am - 8:30am	Lap Swim (Multiple Lanes) Indoor Pool 5am - 10am			Open Gym Gym 5am - 9am
6am	R.I.P.P.E.D. Group Exercise Room Theresa B. 6am - 7am	CYCLING Cycling Room Denise B. 6am - 7am	R.I.P.P.E.D. Group Exercise Room Theresa B. 6am - 7am	CYCLING Cycling Room Mark T. 6am - 7am			
7am					Lap Swim (Multiple Lanes) Indoor Pool 7am - 10am		
8am	Kid's Club Kid's Club 8am - 1pm	Kid's Club Kid's Club 8am - 1pm	Kid's Club Kid's Club 8am - 1pm	Kid's Club Kid's Club 8am - 1pm	STRENGTH TRAIN TOGETHER Group Exercise Room Lisa H. 8:25am - 9:25am		Kid's Club Kid's Club 8am - 1pm
	BOOT CAMP Gym Nick H. 8:30am - 9:30am	STRENGTH TRAIN TOGETHER Group Exercise Room Stephanie L. 8:30am - 9:30am	BOOT CAMP Gym Nick H. 8:30am - 9:30am	CYCLING Cycling Room Joy B. 8:30am - 9:30am	Kid's Club Kid's Club 8:30am - 12pm		CYCLING Cycling Room Nick H. 8:30am - 9:30am
	H.I.I.T. Group Exercise Room Tabatha W. 8:45am - 9:25am	CYCLING Cycling Room Nick H. 8:30am - 9:30am	H.I.I.T. Group Exercise Room Elizabeth D. 8:45am - 9:25am	STEP Group Exercise Room Krissy R. 8:30am - 9:30am	CYCLING Cycling Room Instructor Rotation 8:45am - 9:45am		STRENGTH TRAIN TOGETHER Group Exercise Room Stephanie L. 8:30am - 9:30am
9am	CORE Group Exercise Room Tabatha W. 9:30am - 9:50am	SILVERSNEAKERS® CLASSIC Gym Shannon W. 9:35am - 10:35am	CORE Group Exercise Room Elizabeth D. 9:30am - 9:50am	SILVERSNEAKERS® CLASSIC Gym Krissy R. 9:35am - 10:35am	ZUMBA® Group Exercise Room Unspecified Instructor 9:35am - 10:35am		SILVERSNEAKERS® CLASSIC Gym Krissy R. 9:35am - 10:35am
	Open Gym Gym 9:30am - 10pm	BARRE Group Exercise Room Tabatha W. 9:40am - 10:35am		DEFEND TOGETHER Group Exercise Room Sarah C. 9:35am - 10:35am			BARRE Group Exercise Room Tabatha W. 9:40am - 10:35am
10am	Splash Pad Hours Outdoor Pool 10am - 7:45pm	SHALLOW WATER WORKOUT Indoor Pool Stephanie L. 10am - 11am	SHALLOW WATER WORKOUT Indoor Pool Stephanie L. 10am - 11am	Splash Pad Hours Outdoor Pool 10am - 7:45pm	Open Gym Gym 10am - 6pm	Open Gym Gym 10am - 1pm	SHALLOW WATER WORKOUT Indoor Pool Stephanie L. 10am - 11am
	SHALLOW WATER WORKOUT Indoor Pool Stephanie L. 10am - 11am	Splash Pad Hours Outdoor Pool 10am - 7:45pm	Splash Pad Hours Outdoor Pool 10am - 7:45pm	SHALLOW WATER WORKOUT Indoor Pool Stephanie L. 10am - 11am	No Open Swim Indoor Pool 10am - 12pm	Kid's Club Kid's Club 10:15am - 1pm	Splash Pad Hours Outdoor Pool 10am - 7:45pm
	YOGA Group Exercise Room Bridget R. 10:05am - 11:05am		YOGA Group Exercise Room Bridget R. 10:05am - 11:05am	Open Gym Gym 10:30am - 10pm	R.I.P.P.E.D. Group Exercise Room Unspecified Instructor 10:45am - 11:45am		

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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11am	Lap Swim (Multiple Lanes) Indoor Pool 11am - 1pm	ZUMBA® GOLD Group Exercise Room Connie W. 11am - 11:50am	Lap Swim (Multiple Lanes) Indoor Pool 11am - 1pm	Lap Swim (Multiple Lanes) Indoor Pool 11am - 1pm	Outdoor Pool Hours Outdoor Pool 11am - 5:45pm	DEFEND TOGETHER Group Exercise Room Instructor Rotation 11am - 12pm	ZUMBA® GOLD Group Exercise Room Connie W. 11am - 11:50am
	R.I.P.P.E.D. Group Exercise Room Elizabeth Y. 11:15am - 12:15pm	Lap Swim (Multiple Lanes) Indoor Pool 11am - 1pm	R.I.P.P.E.D. Group Exercise Room Elizabeth Y. 11:15am - 12:15pm		Splash Pad Hours Splash Pad 11am - 5:45pm		Lap Swim (Multiple Lanes) Indoor Pool 11am - 1pm
12pm	Outdoor Pool Hours Outdoor Pool 12pm - 7:45pm	Pickle Ball Gym 12pm - 1:30pm	Outdoor Pool Hours Outdoor Pool 12pm - 7:45pm	Outdoor Pool Hours Outdoor Pool 12pm - 7:45pm	Pool Closed Indoor Pool 12pm - 6pm	Lap Swim (Multiple Lanes) Indoor Pool 12pm - 1pm	Outdoor Pool Hours Outdoor Pool 12pm - 7:45pm
		Outdoor Pool Hours Outdoor Pool 12pm - 7:45pm		ENHANCE FITNESS Group Exercise Room Ramsey S. 12pm - 1pm		Outdoor Pool Hours Outdoor Pool 12pm - 5:45pm	Pickle Ball Gym 12pm - 1:30pm
		ENHANCE FITNESS Group Exercise Room Ramsey S. 12pm - 1pm				Splash Pad Hours Splash Pad 12pm - 5:45pm	ENHANCE FITNESS Group Exercise Room Ramsey S. 12pm - 1pm
1pm	No Lap Swim Indoor Pool 1pm - 3pm	No Lap Swim Indoor Pool 1pm - 3pm	No Lap Swim Indoor Pool 1pm - 3pm	No Lap Swim Indoor Pool 1pm - 3pm		Men's Basketball League Gym 1pm - 5pm	No Lap Swim Indoor Pool 1pm - 3pm
	TAI CHI Group Exercise Room John T. 1:45pm - 2:15pm	Open Gym Gym 1:30pm - 8pm	TAI CHI Group Exercise Room John T. 1:45pm - 2:15pm				Open Gym Gym 1:30pm - 6pm
3pm	Pool Closed Indoor Pool 3pm - 5pm	Pool Closed Indoor Pool 3pm - 5pm	Pool Closed Indoor Pool 3pm - 5pm	Pool Closed Indoor Pool 3pm - 5pm			Pool Closed Indoor Pool 3pm - 5pm
5pm	Lap Swim (Multiple Lanes) Indoor Pool 5pm - 6pm	Kid's Club Kid's Club 5pm - 9pm	Kid's Club Kid's Club 5pm - 9pm	Lap Swim (Multiple Lanes) Indoor Pool 5pm - 6pm		Open Gym Cycling Room 5pm - 6pm	Kid's Club Kid's Club 5pm - 9pm
	Kid's Club Kid's Club 5pm - 9pm	Lap Swim (Multiple Lanes) Indoor Pool 5pm - 6pm	Lap Swim (Multiple Lanes) Indoor Pool 5pm - 6pm	YOGA Group Exercise Room Bridget R. 5:30pm - 6:30pm			Lap Swim (Multiple Lanes) Indoor Pool 5pm - 6pm
	DEFEND TOGETHER Group Exercise Room Maggie M. 5:15pm - 6:15pm	STRENGTH TRAIN TOGETHER Group Exercise Room Lisa H. 5:15pm - 6:15pm					STRENGTH TRAIN TOGETHER Group Exercise Room Elizabeth Y. 5:15pm - 6:15pm
6pm	CYCLING Cycling Room Alesha M. 6pm - 7pm	Pool Closed Indoor Pool 6pm - 7:45pm	CYCLING Cycling Room Joy B. 6pm - 7pm	Pool Closed Indoor Pool 6pm - 8pm			Adult Basketball Gym 6pm - 8pm
	Swim Lessons (multiple lanes) Indoor Pool 6pm - 7:30pm	YOGA Group Exercise Room Heather R. 6:25pm - 7:25pm	Swim Lessons (multiple lanes) Indoor Pool 6pm - 7:30pm				Pool Closed Indoor Pool 6pm - 8pm

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	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
	DANCE FITNESS Group Exercise Room Denise F. 6:25pm - 7:25pm						Open Swim Indoor Pool 6pm - 9pm
							YOGA Group Exercise Room Heather R. 6:25pm - 7:25pm
7pm	Pool Closed Indoor Pool 7:30pm - 8pm	R.I.P.E.D. Group Exercise Room Theresa B. 7:35pm - 8:35pm	Pool Closed Indoor Pool 7:30pm - 8pm				DEFEND TOGETHER Group Exercise Room Sarah C. 7:35pm - 8:35pm
	ZUMBA® Group Exercise Room Sarah M. 7:35pm - 8:35pm	SHALLOW & DEEP WATER Indoor Pool Heather R. 7:45pm - 8:45pm	ZUMBA® Group Exercise Room Sarah M. 7:35pm - 8:35pm				
8pm	Open Swim Indoor Pool 8pm - 9pm	Adult Pick-up Basketball Gym 8pm - 10pm	Open Swim Indoor Pool 8pm - 9pm	Open Swim Indoor Pool 8pm - 9pm			Open Swim Indoor Pool 8pm - 9pm
	Open Swim Indoor Pool 8pm - 9pm		Open Swim Indoor Pool 8pm - 9pm				Open Gym Gym 8pm - 10pm
9pm	Lap Swim (Multiple Lanes) Indoor Pool 9pm - 9:45pm	Lap Swim (Multiple Lanes) Indoor Pool 9pm - 9:45pm	Lap Swim (Multiple Lanes) Indoor Pool 9pm - 9:45pm	Lap Swim (Multiple Lanes) Indoor Pool 9pm - 9:45pm			Lap Swim (Multiple Lanes) Indoor Pool 9pm - 9:45pm

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