



Clippard Family YMCA
June 25th - July 1st

8920 Cheviot Road
Cincinnati, OH 45251
513.923.4466

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	Lap Swim (Multiple Lanes) Indoor Pool 5am - 8:55am	Lap Swim (Multiple Lanes) Indoor Pool 5am - 8:55am	Lap Swim (Multiple Lanes) Indoor Pool 5am - 8:55am	Lap Swim (Multiple Lanes) Indoor Pool 5am - 8:55am			Lap Swim (Multiple Lanes) Indoor Pool 5am - 8:55am
		CYCLING Cycling Room Unspecified Instructor 5:30am - 6:15am		CYCLING Cycling Room Unspecified Instructor 5:30am - 6:15am			CYCLING Cycling Room Unspecified Instructor 5:30am - 6:15am
7am					Lap Swim (Multiple Lanes) Indoor Pool 7am - 8:55am		
					CYCLING Cycling Room Mary J. 7:30am - 8:30am		
					YOGA Group Fitness Room Unspecified Instructor 7:30am - 8:25am		
8am	Kid's Club Kid's Club 8:30am - 1pm	Kid's Club Kid's Club 8:30am - 1pm	CYCLING Cycling Room Rich L. 8:30am - 9:15am	Kid's Club Kid's Club 8:30am - 1pm	Kid's Club Kid's Club 8:30am - 1pm		ACTIVE ADULT CARDIO Group Fitness Room Connie W. 8:30am - 9:10am
		Kid's Club Kid's Club 8:30am - 1pm	ACTIVE ADULT CARDIO Group Fitness Room Connie W. 8:30am - 9:10am	BOOT CAMP Group Fitness Room Lori N. 8:30am - 9:25am			Kid's Club Kid's Club 8:30am - 1pm
9am	SHALLOW WATER WORKOUT Indoor Pool Unspecified Instructor 9am - 9:55am	BARRE Group Fitness Room Tammy B. 9am - 9:40am	SHALLOW WATER WORKOUT Indoor Pool Unspecified Instructor 9am - 9:55am	SHALLOW WATER WORKOUT Indoor Pool Unspecified Instructor 9am - 9:55am	SHALLOW WATER WORKOUT Indoor Pool Unspecified Instructor 9am - 9:55am		SHALLOW WATER WORKOUT Indoor Pool Unspecified Instructor 9am - 9:55am
	BOOT CAMP Group Fitness Room Keith S. P. 9:30am - 10:30am	SHALLOW WATER WORKOUT Indoor Pool Unspecified Instructor 9am - 9:55am	CYCLING Cycling Room Jeff S. 9:30am - 10:15am	STRENGTH TRAINING Group Fitness Room Connie W. 9:15am - 9:40am	MAT PILATES Group Fitness Room Beth S. 9:30am - 10:25am		CYCLING Cycling Room Rich L. 9am - 9:45am
	CYCLING Cycling Room Jeff S. 9:30am - 10:15am	STEP Group Fitness Room Tammy B. 9:45am - 10:25am	BOOT CAMP Gym Keith S. P. 9:30am - 10:30am	STEP Group Fitness Room Tammy B. 9:45am - 10:25am			STRENGTH TRAINING Group Fitness Room Connie W. 9:15am - 9:40am
			STRENGTH TRAIN TOGETHER Group Fitness Room Andrea W. 9:30am - 10:30am				STEP Group Fitness Room Tammy B. 9:45am - 10:25am
10am	Lap Swim (Multiple Lanes) Indoor Pool 10am - 12pm	Lap Swim (Multiple Lanes) Indoor Pool 10am - 10:55am	Lap Swim (Multiple Lanes) Indoor Pool 10am - 12pm	Lap Swim (Multiple Lanes) Indoor Pool 10am - 10:55am	Lap Swim (Multiple Lanes) Indoor Pool 10am - 12pm	Lap Swim (Multiple Lanes) Indoor Pool 10am - 6:45pm	Lap Swim (Two Lanes) Indoor Pool 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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	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
	SILVERSNEAKERS CIRCUIT Group Fitness Room Nora D. 10:40am - 11:35am	MAT PILATES Group Fitness Room Tammy B. 10:30am - 11:25am	SILVERSNEAKERS CIRCUIT Group Fitness Room Joanne H. 10:40am - 11:35am	Lap Swim (Multiple Lanes) Indoor Pool 10am - 11pm	BOOT CAMP Group Fitness Room Unspecified Instructor 10:30am - 11:25am		CORE Group Fitness Room Tammy B. 10:30am - 11am
				MAT PILATES Group Fitness Room Tammy B. 10:30am - 11:30am			
11am	SILVERSNEAKERS® CLASSIC Group Fitness Room Nora D. 11:40am - 12:35pm	SHALLOW WATER WORKOUT Indoor Pool Unspecified Instructor 11:05am - 12pm	SILVERSNEAKERS® CLASSIC Group Fitness Room Joanne H. 11:40am - 12:35pm	SHALLOW WATER WORKOUT Indoor Pool Unspecified Instructor 11:05am - 12pm	ZUMBA® Group Fitness Room Unspecified Instructor 11:30am - 12:30pm		SHALLOW WATER WORKOUT Indoor Pool Unspecified Instructor 11:05am - 12pm
		SILVERSNEAKERS CIRCUIT Group Fitness Room Janice R. 11:30am - 12:25pm					
12pm	Lap Swim (Multiple Lanes) Indoor Pool 12pm - 3pm	Lap Swim (Multiple Lanes) Indoor Pool 12pm - 1pm	Lap Swim (Multiple Lanes) Indoor Pool 12pm - 3pm	Open Gym Gym 12pm - 4:30pm	Lap Swim (Multiple Lanes) Indoor Pool 12pm - 6:45pm		Open Gym Gym 12pm - 4pm
		DEEP WATER WORKOUT Outdoor Pool Unspecified Instructor 12pm - 12:50pm		Lap Swim (Multiple Lanes) Indoor Pool 12pm - 12:55pm			Lap Swim (Multiple Lanes) Indoor Pool 12pm - 12:55pm
		SILVERSNEAKERS YOGA® Group Fitness Room Janice R. 12:30pm - 1:30pm					
1pm		AQUATIC ARTHRITIS Indoor Pool Unspecified Instructor 1pm - 1:55pm		Lap Swim (One Lane) Indoor Pool 1pm - 2pm			AQUATIC ARTHRITIS Indoor Pool Unspecified Instructor 1pm - 1:55pm
		Lap Swim (One Lane) Indoor Pool 1pm - 2pm		AQUATIC ARTHRITIS Indoor Pool Unspecified Instructor 1pm - 1:55pm			Lap Swim (One Lane) Indoor Pool 1pm - 2pm
2pm		Lap Swim (Multiple Lanes) Indoor Pool 2pm - 3pm		Lap Swim (Multiple Lanes) Indoor Pool 2pm - 3pm			Lap Swim (Multiple Lanes) Indoor Pool 2pm - 3pm
3pm	Lap Swim (One Lane) Indoor Pool 3pm - 4pm	Lap Swim (One Lane) Indoor Pool 3pm - 4pm	Lap Swim (One Lane) Indoor Pool 3pm - 4pm	Lap Swim (One Lane) Indoor Pool 3pm - 4pm			Lap Swim (One Lane) Indoor Pool 3pm - 4pm
		TAI CHI Group Fitness Room Karen B. 3:30pm - 4:30pm					

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	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
4pm	Kid's Club Kid's Club 4pm - 8:30pm	Lap Swim (Three Lanes) Indoor Pool 4pm - 5:30pm	Kid's Club Kid's Club 4pm - 8:30pm	Lap Swim (Multiple Lanes) Indoor Pool 4pm - 5:30pm			Lap Swim (Three Lanes) Indoor Pool 4pm - 5:30pm
	Lap Swim (Multiple Lanes) Indoor Pool 4pm - 5:30pm	Kid's Club Kid's Club 4pm - 8:30pm	Lap Swim (Three Lanes) Indoor Pool 4pm - 5:30pm	Kid's Club Kid's Club 4pm - 8:30pm			Kid's Club Kid's Club 4pm - 8:30pm
				Gym Rented (half court) Gym 4:30pm - 6pm			
5pm	Lap Swim (Two Lanes) Indoor Pool 5:30pm - 6:30pm	Lap Swim (One Lane) Indoor Pool 5:30pm - 8:15pm	ZUMBA® Group Fitness Room Deb Y. 5:15pm - 6:10pm	HAPPY HOUR LINE DANCING Group Fitness Room Barbara G. 5pm - 6pm			Lap Swim (One Lane) Indoor Pool 5:30pm - 8:15pm
	DEFEND TOGETHER Group Fitness Room Jerusha W. 5:30pm - 6:10pm	BOOT CAMP Group Fitness Room Unspecified Instructor 5:30pm - 6:10pm	Lap Swim (Two Lanes) Indoor Pool 5:30pm - 6:30pm	Lap Swim (Two Lanes) Indoor Pool 5:30pm - 7pm			
6pm	SHALLOW WATER WORKOUT Indoor Pool Unspecified Instructor 6pm - 6:55pm	MAT PILATES Group Fitness Room Beth S. 6:15pm - 7:10pm	SHALLOW WATER WORKOUT Indoor Pool Unspecified Instructor 6pm - 6:55pm	Open Gym Gym 6pm - 9:45pm			STRENGTH TRAIN TOGETHER Group Fitness Room Teresa G. 6pm - 7pm
	STEP Group Fitness Room Ellen B. 6:15pm - 7pm		Open Gym Gym 6pm - 8:30pm	STRENGTH TRAIN TOGETHER Group Fitness Room Rich L. 6:15pm - 7:15pm			
	Lap Swim (One Lane) Indoor Pool 6:30pm - 8:15pm		Gym Rented (half court) Gym 6pm - 9pm				
			POWER YOGA Group Fitness Room Jeff W. 6:15pm - 7:25pm				
			Lap Swim (One Lane) Indoor Pool 6:30pm - 8:15pm				
7pm	STRENGTH TRAINING Group Fitness Room Ellen B. 7pm - 7:30pm	DANCE FITNESS Group Fitness Room Unspecified Instructor 7:15pm - 8:15pm	DEEP WATER WORKOUT Outdoor Pool Unspecified Instructor 7:05pm - 7:50pm	Lap Swim (Multiple Lanes) Indoor Pool 7pm - 9:45pm			SHALLOW WATER WORKOUT Indoor Pool Unspecified Instructor 7pm - 7:55pm
	YOGA Group Fitness Room Melissa B. 7:30pm - 8:25pm		YOGA Group Fitness Room Cathy D. 7:30pm - 8:25pm				HIP HOP DANCE Group Fitness Room Erin H. 7pm - 8pm

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	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
							CYCLING Cycling Room Mary J. 7pm - 7:45pm
8pm	Lap Swim (Multiple Lanes) Indoor Pool 8:15pm - 9:45pm	Lap Swim (Multiple Lanes) Indoor Pool 8pm - 9:45pm	Lap Swim (Multiple Lanes) Indoor Pool 8:15pm - 9:45pm				Lap Swim (Multiple Lanes) Indoor Pool 8pm - 9:45pm
		Open Swim Indoor Pool 8pm - 9:45pm	Open Gym Gym 8:30pm - 9:45pm				Open Swim Indoor Pool 8:15pm - 9:45pm

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