



R.C. Durr YMCA  
June 25th - July 1st

5874 Veterans Way  
Burlington, KY 41005  
8595345700

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	<b>Open Swim</b> Indoor Pool 5am - 8am	<b>Open Swim</b> Indoor Pool 5am - 8am	<b>No Open Swim</b> Indoor Pool 5am - 7:30am	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 5am - 3pm			<b>Open Swim</b> Indoor Pool 5am - 8am
	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 5am - 3pm	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 5am - 3pm	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 5am - 3pm	<b>Open Swim</b> Indoor Pool 5am - 8am			<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 5am - 3pm
	<b>MOVESTRONG</b> Performance Training Studio Mary C. 5:15am - 6:05am	<b>CYCLING</b> Performance Training Studio Becky M. 5:15am - 6:05am	<b>MOVESTRONG</b> Performance Training Studio Mary C. 5:15am - 6:05am	<b>CYCLING</b> Performance Training Studio Becky M. 5:15am - 6:05am			<b>CYCLING</b> Performance Training Studio Becky M. 5:15am - 6:05am
6am	<b>Adult Pick-up Basketball</b> Gym 6:30am - 7:30am	<b>Adult Pick-up Basketball</b> Gym 6:30am - 7:30am	<b>Adult Pick-up Basketball</b> Gym 6:30am - 7:30am	<b>Adult Pick-up Basketball</b> Gym 6:30am - 7:30am			<b>Adult Pick-up Basketball</b> Gym 6:30am - 7:30am
7am			<b>Open Swim</b> Indoor Pool 7:30am - 8am		<b>Open Swim</b> Indoor Pool 7am - 8:30am		
					<b>Adult Pick-up Basketball</b> Gym 7am - 8:30am		
					<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 7am - 8am		
8am	<b>Open Swim (Shallow End Only)</b> Indoor Pool 8am - 9am	<b>Kid's Club</b> Kid's Club 8am - 1pm	<b>Open Swim (Shallow End Only)</b> Indoor Pool 8am - 9am	<b>Kid's Club</b> Kid's Club 8am - 1pm	<b>MOVESTRONG</b> Performance Training Studio Aaron H. 8am - 8:50am		<b>Open Swim (Shallow End Only)</b> Indoor Pool 8am - 9am
	<b>Kid's Club</b> Kid's Club 8am - 1pm	<b>Open Swim (Shallow End Only)</b> Indoor Pool 8am - 9am	<b>Kid's Club</b> Kid's Club 8am - 1pm	<b>Open Swim (Shallow End Only)</b> Indoor Pool 8am - 9am	<b>Lap Swim (One Lane)</b> Indoor Pool 8am - 12pm		<b>Kid's Club</b> Kid's Club 8am - 1pm
	<b>DEEP WATER WORKOUT</b> Indoor Pool Stephanie M. 8:05am - 8:55am	<b>DEEP WATER WORKOUT</b> Indoor Pool Bridget O. 8:05am - 8:55am	<b>DEEP WATER WORKOUT</b> Indoor Pool Stephanie M. 8:05am - 8:55am	<b>DEEP WATER WORKOUT</b> Indoor Pool Heather C. 8:05am - 8:55am	<b>Kid's Club</b> Kid's Club 8am - 1pm		<b>DEEP WATER WORKOUT</b> Indoor Pool Stephanie M. 8:05am - 8:55am
	<b>CORE</b> Group Exercise B/C Andrea T. 8:15am - 8:55am	<b>BARRE</b> Group Exercise C Kristin H. 8:10am - 8:50am	<b>CORE</b> Group Exercise C Stephanie A. 8:15am - 8:55am	<b>Open Gym</b> Gym 8:30am - 11:30am	<b>DEFEND TOGETHER</b> Group Exercise A/B Stephanie A. 8:20am - 9:20am		<b>BARRE</b> Group Exercise C Kristin H. 8:10am - 8:50am
		<b>Open Gym</b> Gym 8:30am - 11:30am			<b>Open Swim (Shallow End Only)</b> Indoor Pool 8:30am - 9:30am		<b>Open Gym</b> Gym 8:30am - 10am

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					<b>DEEP WATER WORKOUT</b> Indoor Pool Becky D. 8:30am - 9:20am		
<b>9am</b>	<b>SHALLOW WATER WORKOUT</b> Indoor Pool Stephanie M. 9am - 9:50am	<b>PIYO®</b> Group Exercise C Sarah J. 9am - 10am	<b>AOA CARDIO AND STRENGTH</b> Gym Korry J. 9am - 9:50am	<b>SHALLOW WATER WORKOUT</b> Indoor Pool Heather C. 9am - 9:50am	<b>CYCLING</b> Performance Training Studio Jamie N. 9am - 9:50am		<b>Open Swim (Deep End Only)</b> Indoor Pool 9am - 10am
	<b>AOA CARDIO AND STRENGTH</b> Gym Andrea T. 9am - 9:50am	<b>STRENGTH TRAIN TOGETHER</b> Group Exercise A/B Elaine B. 9am - 10am	<b>Open Swim (Deep End Only)</b> Indoor Pool 9am - 10am	<b>STRENGTH TRAIN TOGETHER</b> Group Exercise A/B Stacy M. 9am - 10am	<b>STRENGTH TRAIN TOGETHER</b> Group Exercise A/B Instructor Rotation 9:30am - 10:30am		<b>MOVESTRONG</b> Performance Training Studio Kristin H. 9am - 9:50am
	<b>Open Swim (Deep End Only)</b> Indoor Pool 9am - 10am	<b>Open Swim (Deep End Only)</b> Indoor Pool 9am - 10am	<b>R.I.P.P.E.D.</b> Group Exercise A/B Holly H. 9am - 10am	<b>BOOT CAMP</b> Gym Sarah J. 9am - 9:50am	<b>No Open Swim</b> Indoor Pool 9:30am - 11am		<b>BOOT CAMP</b> Group Exercise C Sarah J. 9am - 9:50am
	<b>ZUMBA®</b> Group Exercise B/C Holly H. 9am - 9:50am	<b>SHALLOW WATER WORKOUT</b> Indoor Pool Stephanie M. 9am - 9:50am	<b>SHALLOW WATER WORKOUT</b> Indoor Pool Karen D. 9am - 9:50am	<b>ZUMBA®</b> Group Exercise C Holly H. 9am - 9:50am			<b>STRENGTH TRAIN TOGETHER</b> Group Exercise A/B Holly H. 9am - 10am
		<b>MOVESTRONG</b> Performance Training Studio Aaron H. 9am - 9:50am		<b>Open Swim (Deep End Only)</b> Indoor Pool 9am - 10am			<b>SHALLOW WATER WORKOUT</b> Indoor Pool Elaine B. 9am - 9:50am
				<b>MOVESTRONG</b> Performance Training Studio Aaron H. 9am - 9:50am			
<b>10am</b>	<b>Open Gym</b> Gym 10am - 11:30am	<b>ZUMBA®</b> Group Exercise C Elizabeth B. 10am - 10:50am	<b>Open Gym</b> Gym 10am - 11:30am	<b>SHALLOW WATER WORKOUT</b> Indoor Pool Heather C. 10am - 10:50am	<b>MOVESTRONG</b> Performance Training Studio Aaron H. 10:30am - 11:20am	<b>Open Gym</b> Gym 10am - 6pm	<b>SHALLOW WATER WORKOUT</b> Indoor Pool Stephanie M. 10am - 10:50am
	<b>Open Swim</b> Indoor Pool 10am - 1pm	<b>Open Swim (Deep End Only)</b> Indoor Pool 10am - 11am	<b>Open Swim</b> Indoor Pool 10am - 1pm	<b>BARRE</b> Group Exercise C Sarah J. 10am - 11am	<b>YOGA</b> Group Exercise C Sara D. 10:45am - 11:35am	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 10am - 1pm	<b>DANCE FITNESS</b> Group Exercise C Andrea T. 10am - 10:50am
	<b>STRENGTH TRAINING</b> Group Exercise B/C Sarah J. 10am - 10:50am	<b>SHALLOW WATER WORKOUT</b> Indoor Pool Korry J. 10am - 10:50am	<b>YOGA</b> Group Exercise C Terry B. 10am - 10:50am	<b>Open Swim (Deep End Only)</b> Indoor Pool 10am - 11am		<b>Open Swim</b> Indoor Pool 10am - 1pm	<b>Open Swim (Deep End Only)</b> Indoor Pool 10am - 11am
		<b>DEFEND TOGETHER</b> Group Exercise A/B Kristin H. 10:10am - 11:10am		<b>ZUMBA®</b> Group Exercise A/B Lynn L. 10:30am - 11:20am			<b>DEFEND TOGETHER</b> Group Exercise A/B Holly H. 10:10am - 11:10am

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11am	<b>MAT PILATES</b> Group Exercise B/C Terri DB 11am - 11:50am	<b>Open Swim</b> Indoor Pool 11am - 1pm	<b>Outdoor Pool Hours</b> Outdoor Pool 11am - 7pm	<b>Open Swim</b> Indoor Pool 11am - 1pm	<b>Open Swim</b> Indoor Pool 11am - 1pm		<b>Open Swim</b> Indoor Pool 11am - 1pm
	<b>Outdoor Pool Hours</b> Outdoor Pool 11am - 7pm	<b>Outdoor Pool Hours</b> Outdoor Pool 11am - 7pm	<b>ZUMBA®</b> Group Exercise C Eric H. 11am - 11:50am	<b>Outdoor Pool Hours</b> Outdoor Pool 11am - 8pm	<b>Outdoor Pool Hours</b> Outdoor Pool 11am - 8pm		<b>Outdoor Pool Hours</b> Outdoor Pool 11am - 7pm
	<b>Adult Pick-up Basketball</b> Gym 11:30am - 1:30pm	<b>GENTLE YOGA</b> Group Exercise A/B Terri DB 11:15am - 12:15pm	<b>MAT PILATES</b> Group Exercise A/B Terri DB 11am - 11:50am	<b>Adult Pick-up Basketball</b> Gym 11:30am - 1:30pm	<b>Open Gym</b> Gym 11am - 6pm		<b>GENTLE YOGA</b> Group Exercise A/B Terri DB 11:15am - 12:15pm
	<b>MOVESTRONG</b> Performance Training Studio Holly H. 11:30am - 12:20pm	<b>Adult Pick-up Basketball</b> Gym 11:30am - 1:30pm	<b>MOVESTRONG</b> Performance Training Studio Korry J. 11:30am - 12:20pm	<b>YOGALATES</b> Group Exercise A/B Terri DB 11:30am - 12:20pm			<b>Adult Pick-up Basketball</b> Gym 11:30am - 1:30pm
			<b>Adult Pick-up Basketball</b> Gym 11:30am - 1:30pm				
12pm	<b>CHAIR YOGA</b> Group Exercise B/C Terry B. 12:30pm - 1:20pm	<b>SILVERSNEAKERS® CLASSIC</b> Group Exercise A/B Holly R. 12:30pm - 1:15pm	<b>CHAIR YOGA</b> Group Exercise B/C Terry B. 12:30pm - 1:20pm	<b>SILVERSNEAKERS® CLASSIC</b> Group Exercise A/B Debbie P. 12:40pm - 1:30pm	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 12pm - 1pm	<b>Outdoor Pool Hours</b> Outdoor Pool 12pm - 6pm	<b>SILVERSNEAKERS® CLASSIC</b> Group Exercise A/B Holly R. 12:30pm - 1:15pm
1pm	<b>Open Swim (Deep End Only)</b> Indoor Pool 1pm - 2pm	<b>Open Swim (Deep End Only)</b> Indoor Pool 1pm - 2pm	<b>SHALLOW WATER WORKOUT</b> Indoor Pool Debbie P. 1pm - 1:50pm	<b>Open Swim</b> Indoor Pool 1pm - 3pm	<b>Pool Closed</b> Indoor Pool 1pm - 6pm	<b>Pool Closed</b> Indoor Pool 1pm - 6pm	<b>Open Swim (Deep End Only)</b> Indoor Pool 1pm - 2pm
	<b>SHALLOW WATER WORKOUT</b> Indoor Pool Karen D. 1pm - 1:50pm	<b>GENTLE MOVES</b> Indoor Pool Debbie P. 1pm - 1:50pm	<b>Open Swim (Deep End Only)</b> Indoor Pool 1pm - 2pm	<b>Open Gym</b> Gym 1:30pm - 10pm			<b>GENTLE MOVES</b> Indoor Pool Jane W. 1pm - 1:50pm
	<b>Open Gym</b> Gym 1:30pm - 10pm	<b>Open Gym</b> Gym 1:30pm - 4:45pm	<b>Open Gym</b> Gym 1:30pm - 5:30pm				<b>CHAIR VOLLEYBALL</b> Group Exercise A/B Unspecified Instructor 1:25pm - 2:25pm
							<b>Open Gym</b> Gym 1:30pm - 4:45pm
2pm	<b>Open Swim</b> Indoor Pool 2pm - 3pm	<b>Open Swim</b> Indoor Pool 2pm - 3pm	<b>Open Swim</b> Indoor Pool 2pm - 3pm				<b>Open Swim</b> Indoor Pool 2pm - 3pm
3pm	<b>No Lap Swim</b> Indoor Pool 3pm - 5pm	<b>No Open Swim</b> Indoor Pool 3pm - 6pm	<b>No Open Swim</b> Indoor Pool 3pm - 6pm	<b>No Open Swim</b> Indoor Pool 3pm - 6pm		<b>Kid's Club</b> Kid's Club 3pm - 5pm	<b>No Lap Swim</b> Indoor Pool 3pm - 5pm
	<b>No Open Swim</b> Indoor Pool 3pm - 6pm	<b>No Lap Swim</b> Indoor Pool 3pm - 5pm	<b>No Lap Swim</b> Indoor Pool 3pm - 5pm	<b>No Lap Swim</b> Indoor Pool 3pm - 5pm			<b>No Open Swim</b> Indoor Pool 3pm - 6pm

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<b>4pm</b>	<b>Kid's Club</b> Kid's Club 4:30pm - 8:30pm	<b>Kid's Club</b> Kid's Club 4:30pm - 8:30pm	<b>Kid's Club</b> Kid's Club 4:30pm - 8:30pm	<b>Kid's Club</b> Kid's Club 4:30pm - 7:30pm			<b>Kid's Club</b> Kid's Club 4:30pm - 8:30pm
<b>5pm</b>	<b>Lap Swim (One Lane)</b> Indoor Pool 5pm - 7:30pm	<b>Lap Swim (One Lane)</b> Indoor Pool 5pm - 6pm	<b>Lap Swim (One Lane)</b> Indoor Pool 5pm - 7:30pm	<b>Lap Swim (One Lane)</b> Indoor Pool 5pm - 6:15pm			<b>Lap Swim (One Lane)</b> Indoor Pool 5pm - 6pm
	<b>PIYO®</b> Group Exercise C Natalie G. 5:30pm - 6:30pm	<b>Open Gym</b> Gym 5:30pm - 10pm	<b>MOVESTRONG</b> Performance Training Studio Crystal F. 5:30pm - 6:20pm				<b>CYCLING</b> Performance Training Studio Stacy M. 5:30pm - 6:20pm
	<b>MOVESTRONG</b> Performance Training Studio Stephanie M. 5:30pm - 6:20pm	<b>YOGA</b> Group Exercise C Martie B. 5:30pm - 6:20pm					<b>Open Gym</b> Gym 5:30pm - 10pm
		<b>CYCLING</b> Performance Training Studio Tiara C. 5:30pm - 6:20pm					<b>BARRE</b> Group Exercise C Sarah J. 5:30pm - 6:20pm
<b>6pm</b>	<b>Open Swim</b> Indoor Pool 6pm - 9:45pm	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 6pm - 7:30pm	<b>Open Swim</b> Indoor Pool 6pm - 9:45pm	<b>No Open Swim</b> Indoor Pool 6pm - 6:15pm			<b>No Lap Swim</b> Indoor Pool 6pm - 6:45pm
	<b>DEFEND TOGETHER</b> Group Exercise A/B Nick E. 6:30pm - 7:30pm	<b>No Open Swim</b> Indoor Pool 6pm - 7:15pm	<b>CYCLING</b> Performance Training Studio Kim F. 6:30pm - 7:20pm	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 6:15pm - 9:45pm			<b>No Open Swim</b> Indoor Pool 6pm - 7:30pm
	<b>CYCLING</b> Performance Training Studio Kim F. 6:30pm - 7:20pm	<b>CARDIO AND STRENGTH TRAINING</b> Group Exercise A/B Holly H. 6:30pm - 7:20pm	<b>STRENGTH TRAIN TOGETHER</b> Group Exercise A/B Sarah J. 6:30pm - 7:30pm	<b>Open Swim</b> Indoor Pool 6:15pm - 9:45pm			<b>STRENGTH TRAIN TOGETHER</b> Group Exercise A/B Stacy M. 6:30pm - 7:30pm
		<b>MOVESTRONG</b> Performance Training Studio Mary C. 6:45pm - 7:35pm					<b>MOVESTRONG</b> Performance Training Studio Holly H. 6:45pm - 7:35pm
<b>7pm</b>	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 7:30pm - 9:45pm	<b>Open Swim</b> Indoor Pool 7:15pm - 9:45pm	<b>Open Gym</b> Gym 7pm - 10pm				<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 7:30pm - 9:45pm
	<b>R.I.P.P.E.D.</b> Group Exercise A/B Nick E. 7:30pm - 8:30pm	<b>Lap Swim (One Lane)</b> Indoor Pool 7:30pm - 8:30pm	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 7:30pm - 9:45pm				<b>Open Swim (Shallow End Only)</b> Indoor Pool 7:30pm - 8:30pm
		<b>ZUMBA®</b> Group Exercise A/B Nick E. 7:30pm - 8:20pm	<b>R.I.P.P.E.D.</b> Group Exercise C Kristin H. 7:30pm - 8:30pm				<b>DEEP WATER WORKOUT</b> Indoor Pool Becky D. 7:30pm - 8:20pm

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8pm		Lap Swim (Multiple Lanes) Indoor Pool 8:30pm - 9:45pm					Open Swim Indoor Pool 8:30pm - 9:45pm

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