



Blue Ash YMCA
June 25th - July 1st

5000 YMCA Drive
Cincinnati, OH 45242
513.791.5000

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	Lap Swim (Multiple Lanes) Main Pool 5am - 8:25am	Lap Swim (Multiple Lanes) Main Pool 5am - 8:25am	Lap Swim (Multiple Lanes) Main Pool 5am - 8:25am	Lap Swim (Multiple Lanes) Main Pool 5am - 8:25am			Lap Swim (Multiple Lanes) Main Pool 5am - 8:25am
	Adult Pick-up Basketball Gym 5am - 6:30am	Open Gym Gym 5am - 6:30am	Adult Pick-up Basketball Gym 5am - 6:30am	Open Gym Gym 5am - 6:30am			Open Gym Gym 5am - 6:30am
	CYCLING Cycling Studio Joe H. 5:15am - 6am	Lap Swim (Multiple Lanes) Outdoor Pool 5:15am - 6:30am	CYCLING Cycling Studio Joe H. 5:15am - 6am	Lap Swim (Multiple Lanes) Outdoor Pool 5:15am - 6:30am			Lap Swim (Multiple Lanes) Outdoor Pool 5:15am - 6:30am
		CYCLING Cycling Studio Robyn W. 5:45am - 6:45am		CYCLING Cycling Studio Bob D. 5:45am - 6:45am			CYCLING Cycling Studio Bob D. 5:45am - 6:30am
6am	CYCLING Cycling Studio Valerie H. 6:15am - 7am	No Open Gym Gym 6:30am - 9am	No Open Gym Gym 6:30am - 9am	Swim Team (multiple lanes) Outdoor Pool 6:30am - 10am	Lap Swim (Multiple Lanes) Main Pool 6am - 9am		Swim Team (multiple lanes) Outdoor Pool 6:30am - 10am
	Swim Team (multiple lanes) Outdoor Pool 6:30am - 10am	Swim Team (multiple lanes) Outdoor Pool 6:30am - 10am	Swim Team (multiple lanes) Outdoor Pool 6:30am - 10am	No Open Gym Gym 6:30am - 9am	Open Gym Gym 6am - 7pm		No Open Gym Gym 6:30am - 9am
	No Open Gym Gym 6:30am - 9am	TRX SUSPENSION TRAINING® Main Studio Robyn W. 6:35am - 7:05am					
7am	Adult Only Lap Swim Ferris Pool 7am - 9:30am	Adult Only Lap Swim Ferris Pool 7am - 9:30am	Adult Only Lap Swim Ferris Pool 7am - 9:30am	Adult Only Lap Swim Ferris Pool 7am - 9:30am	Swim Team (multiple lanes) Ferris Pool 7am - 11am		Adult Only Lap Swim Ferris Pool 7am - 9:30am
		SILVERSNEAKERS® CLASSIC Ferris Studio Brenda H. 7:30am - 8:15am		SILVERSNEAKERS® CLASSIC Ferris Studio Brenda H. 7:30am - 8:15am	Swim Team (multiple lanes) Outdoor Pool 7am - 11am		SILVERSNEAKERS® CLASSIC Ferris Studio Brenda H. 7:30am - 8:15am
					CYCLING Cycling Studio Instructor Rotation 7:20am - 8:20am		
8am	GENTLE YOGA Ferris Studio Keri B. 8am - 9am	STEP Ferris Studio Susan W. 8:30am - 9:30am	GENTLE YOGA Ferris Studio Keri B. 8am - 9am	SHALLOW WATER WORKOUT Main Pool Bob D. 8:30am - 9:30am	Kid's Club Kid's Club 8am - 1pm		SHALLOW WATER WORKOUT Main Pool Debbie D. 8:30am - 9:30am
	TAI CHI Main Studio Amber H. 8:15am - 9:30am		TAI CHI Main Studio Amber H. 8:15am - 9:30am	BARRE Ferris Studio Emily L. 8:45am - 9:30am	BOOT CAMP Main Studio Denise H. 8:30am - 9:30am		STEP Ferris Studio Susan W. 8:30am - 9:30am

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9am	SHALLOW WATER WORKOUT Main Pool Bob D. 8:30am - 9:30am		SHALLOW WATER WORKOUT Main Pool Debbie D. 8:30am - 9:30am		YOGALATES Ferris Studio Leahn M. 8:30am - 9:45am		
	Open Gym Gym 9am - 11am	No Open Gym Gym 9am - 11:30am	Open Gym Gym 9am - 9:30am	WATER IN MOTION Ferris Pool Juanita G. 9:30am - 10:30am	Swim Lessons (multiple lanes) Main Pool 9:20am - 12:15pm		Open Gym Gym 9am - 11am
	Lap Swim (Multiple Lanes) Main Pool 9:30am - 11am	CYCLING Cycling Studio Steve O. 9:30am - 10:30am	CYCLING Cycling Studio Stephanie C. 9:15am - 10:15am	WATER IN MOTION Ferris Pool Gayle D. 9:30am - 10:30am			CYCLING Cycling Studio Robyn W. 9:15am - 10:15am
	Swim Lessons (multiple lanes) Main Pool 9:30am - 11am	Swim Lessons (multiple lanes) Main Pool 9:30am - 11am	DEFEND TOGETHER Gym Instructor Rotation 9:30am - 10:30am	Lap Swim (Multiple Lanes) Main Pool 9:30am - 11am			WATER IN MOTION Ferris Pool Debbie F. 9:30am - 10:30am
	CYCLING Cycling Studio Unspecified Instructor 9:30am - 10:30am	WATER IN MOTION Ferris Pool Debbie F. 9:30am - 10:30am	SHALLOW WATER WORKOUT Ferris Pool Melissa S. 9:30am - 10:30am	CYCLING Cycling Studio Steve O. 9:30am - 10:30am			Lap Swim (Multiple Lanes) Main Pool 9:30am - 11am
	SHALLOW WATER WORKOUT Ferris Pool Melissa S. 9:30am - 10:30am	Lap Swim (Multiple Lanes) Main Pool 9:30am - 11am	YOGA Ferris Studio Leahn M. 9:30am - 10:45am	H.I.I.T. Gym Stephanie C. 9:30am - 10:30am			DEEP WATER WORKOUT Main Pool Debbie D. 9:30am - 10:10am
	YOGA Ferris Studio Leahn M. 9:30am - 10:45am	IN-TRINITY® Main Studio Leahn M. 9:30am - 10:15am	Lap Swim (Multiple Lanes) Main Pool 9:30am - 11am	ZUMBA® Ferris Studio Barb S. 9:40am - 10:40am			DANCE FITNESS Ferris Studio Barb S. 9:40am - 10:40am
		DEEP WATER WORKOUT Main Pool Debbie D. 9:30am - 10:10am					
		DANCE FITNESS Ferris Studio Barb S. 9:40am - 10:40am					
	10am	Lap Swim (Multiple Lanes) Outdoor Pool 10am - 11:30am	Lap Swim (Multiple Lanes) Outdoor Pool 10am - 11:30am	Lap Swim (Multiple Lanes) Outdoor Pool 10am - 11:30am	Lap Swim (Multiple Lanes) Outdoor Pool 10am - 11:30am	DANCE FITNESS Ferris Studio Judy L. 10am - 11am	Open Gym Gym 10am - 6pm
ZUMBA® Main Studio Mandy L. 10am - 11am		YOGA Main Studio Kim G. 10:30am - 11:45am	H.I.I.T. Main Studio Stephanie C. 10:20am - 11:15pm	Lap Swim (Multiple Lanes) Ferris Pool 10:30am - 2:45pm	CYCLING Cycling Studio Instructor Rotation 10am - 11am		TRX SUSPENSION TRAINING® Main Studio Robyn W. 10:30am - 11:10am
Lap Swim (Multiple Lanes) Ferris Pool 10:30am - 2:45pm		Lap Swim (Multiple Lanes) Ferris Pool 10:30am - 2:45pm	Lap Swim (Multiple Lanes) Ferris Pool 10:30am - 2:45pm	No Open Gym Gym 10:30am - 11am			Lap Swim (Multiple Lanes) Ferris Pool 10:30am - 2:45pm

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	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
		STRENGTH TRAIN TOGETHER Ferris Studio Mandy L. 10:50am - 11:50am	Open Gym Gym 10:30am - 11am	STRENGTH TRAIN TOGETHER Ferris Studio Mandy L. 10:50am - 11:50am			STRENGTH TRAIN TOGETHER Ferris Studio Chelsea P. 10:50am - 11:50am
11am	MAT PILATES Ferris Studio Leahn M. 11am - 12pm	No Open Gym Gym 11am - 12pm	No Open Gym Gym 11am - 12pm	AQUATIC ARTHRITIS Main Pool Juanita G. 11am - 12pm	Adult Only Lap Swim Ferris Pool 11am - 12pm		No Open Gym Gym 11am - 12pm
	No Open Gym Gym 11am - 12pm	AQUATIC ARTHRITIS Main Pool Debbie F. 11am - 12pm	SHALLOW WATER WORKOUT Main Pool Melissa S. 11am - 12pm	No Open Gym Gym 11am - 12pm	WATER IN MOTION Ferris Pool Mary M. 11:05am - 11:55am		AQUATIC ARTHRITIS Main Pool Debbie F. 11am - 12pm
	SHALLOW WATER WORKOUT Main Pool Melissa S. 11am - 12pm		MAT PILATES Ferris Studio Susan E. 11am - 12pm		STRENGTH TRAIN TOGETHER Ferris Studio Mandy L. 11:15am - 12:15pm		
12pm	Open Swim / Lap Swim Outdoor Pool 12pm - 9pm	Open Swim / Lap Swim Outdoor Pool 12pm - 9pm	Open Swim Main Pool 12pm - 4:25pm	Lap Swim (Multiple Lanes) Main Pool 12pm - 4:55pm	Open Swim / Lap Swim Outdoor Pool 12pm - 6:45pm	Open Swim / Lap Swim Outdoor Pool 12pm - 5:45pm	Lap Swim (Multiple Lanes) Main Pool 12pm - 4:25pm
	Lap Swim (Multiple Lanes) Main Pool 12pm - 4:25pm	Open Swim Main Pool 12pm - 4:25pm	Open Swim / Lap Swim Outdoor Pool 12pm - 9pm	Lap Swim (Multiple Lanes) Main Pool 12pm - 4:55pm	Lap Swim (Multiple Lanes) Ferris Pool 12pm - 4pm	Lap Swim (Multiple Lanes) Main Pool 12pm - 5:45pm	Open Gym Gym 12pm - 4pm
	Open Gym Gym 12pm - 12:30pm	Lap Swim (Multiple Lanes) Main Pool 12pm - 4:25pm	Lap Swim (Multiple Lanes) Main Pool 12pm - 4:25pm	Open Gym Gym 12pm - 4pm	Lap Swim (Multiple Lanes) Main Pool 12:15pm - 6:45pm	Adult Only Lap Swim Ferris Pool 12pm - 1pm	Open Swim / Lap Swim Outdoor Pool 12pm - 9pm
	Open Swim Main Pool 12pm - 4:25pm	Open Gym Gym 12pm - 4pm	Open Gym Gym 12pm - 12:30pm	Open Swim / Lap Swim Outdoor Pool 12pm - 9pm	Open Swim Main Pool 12:15pm - 6:45pm	Open Swim Main Pool 12pm - 5:45pm	Open Swim Main Pool 12pm - 4:25pm
	SILVERSNEAKERS® CLASSIC Ferris Studio Melanie M. 12:10pm - 12:55pm	SILVERSNEAKERS® CLASSIC Ferris Studio Juanita G. 12:10pm - 12:55pm	SILVERSNEAKERS® CLASSIC Ferris Studio John T. 12:10pm - 12:55pm	SILVERSNEAKERS® CLASSIC Ferris Studio Jenn W. 12:10pm - 12:55pm			SILVERSNEAKERS® CLASSIC Ferris Studio John T. 12:10pm - 12:55pm
	Pickle Ball Gym 12:30pm - 2:30pm		SILVERSNEAKERS® CLASSIC Ferris Studio John T. 12:10pm - 12:55pm				
			Pickle Ball Gym 12:30pm - 2:30pm				
1pm	CHAIR YOGA Ferris Studio Betsy B. 1pm - 1:45pm		CHAIR YOGA Ferris Studio Betsy B. 1pm - 1:45pm				

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	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
2pm	Open Gym Gym 2:30pm - 4pm		Open Gym Gym 2:30pm - 4pm				
3pm	Swim Team (multiple lanes) Ferris Pool 3pm - 5:30pm		Swim Team (multiple lanes) Ferris Pool 3pm - 5:30pm	Swim Team (multiple lanes) Ferris Pool 3pm - 7:30pm			
4pm	No Open Gym Gym 4pm - 6pm	No Open Gym Gym 4pm - 6pm	No Open Gym Gym 4pm - 6pm	No Open Gym Gym 4pm - 6pm	Adult Only Lap Swim Ferris Pool 4pm - 5:45pm		No Open Gym Gym 4pm - 6pm
	Synchro (multiple lanes) Main Pool 4:30pm - 6:30pm	Swim Team (multiple lanes) Main Pool 4:30pm - 5:30pm	Swim Lessons (multiple lanes) Main Pool 4:30pm - 6:30pm				Lap Swim (One Lane) Main Pool 4:30pm - 7:15pm
	Swim Lessons (multiple lanes) Main Pool 4:30pm - 7:15pm	Lap Swim (One Lane) Main Pool 4:30pm - 5:30pm	Lap Swim (One Lane) Main Pool 4:30pm - 6:30pm				Swim Lessons (multiple lanes) Main Pool 4:30pm - 7:15pm
5pm	Adult Only Lap Swim Ferris Pool 5:30pm - 6:30pm	ZUMBA® Main Studio Mandy L. 5:30pm - 6:30pm	IN-TRINITY® Main Studio Joe H. 5:15pm - 5:50pm	Swim Team (multiple lanes) Main Pool 5pm - 6pm		Swim Team (multiple lanes) Ferris Pool 5pm - 7:30pm	MAT PILATES Ferris Studio Leahn M. 5:30pm - 6:30pm
	STRENGTH TRAIN TOGETHER Ferris Studio Instructor Rotation 5:40pm - 6:40pm	Lap Swim (One Lane) Main Pool 5:30pm - 7:30pm	Adult Only Lap Swim Ferris Pool 5:30pm - 6:30pm	Lap Swim (One Lane) Main Pool 5pm - 6pm			DEFEND TOGETHER Main Studio Chelsea P. 5:40pm - 6:40pm
		Swim Lessons (multiple lanes) Main Pool 5:30pm - 7:30pm	STRENGTH TRAIN TOGETHER Ferris Studio Instructor Rotation 5:40pm - 6:40pm				
6pm	Open Gym Gym 6pm - 10pm	Open Gym Gym 6pm - 10pm	Open Gym Gym 6pm - 7pm	Open Swim Main Pool 6pm - 9pm			Open Gym Gym 6pm - 10pm
	CYCLING Cycling Studio Joe H. 6pm - 7pm	WATER IN MOTION Ferris Pool Mary M. 6pm - 7pm	CYCLING Cycling Studio Valerie H. 6pm - 7pm	Lap Swim (Multiple Lanes) Main Pool 6pm - 9pm			ZUMBA® Ferris Studio Tat-yana B. 6:45pm - 7:45pm
	Swim Team (multiple lanes) Main Pool 6:30pm - 7:30pm		Lap Swim (One Lane) Main Pool 6:30pm - 9pm	No Open Gym Gym 6:30pm - 8:15pm			
	DANCE FITNESS Ferris Studio Judy L. 6:50pm - 7:50pm		Swim Team (multiple lanes) Ferris Pool 6:30pm - 8pm	FEEL GOOD DANCING Ferris Studio Juanita G. 6:30pm - 7:45pm			
			Swim Team (multiple lanes) Main Pool 6:30pm - 9pm				

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			DANCE FITNESS Ferris Studio Judy L. 6:50pm - 7:50pm				
7pm	Lap Swim (Multiple Lanes) Main Pool 7pm - 9pm	Lap Swim (Multiple Lanes) Main Pool 7:30pm - 9pm	No Open Gym Gym 7pm - 9pm				Lap Swim (Multiple Lanes) Main Pool 7:30pm - 9pm
	IN-TRINITY® Main Studio Joe H. 7:15pm - 8pm		Swim Lessons (multiple lanes) Main Pool 7:30pm - 9pm				Open Swim / Lap Swim Main Pool 7:45pm - 9pm
	Swim Lessons (multiple lanes) Main Pool 7:30pm - 9pm						
8pm				Open Gym Gym 8:15pm - 10pm			
9pm	Lap Swim (Multiple Lanes) Main Pool 9pm - 9:45pm	Lap Swim (Multiple Lanes) Main Pool 9pm - 9:45pm	Lap Swim (Multiple Lanes) Main Pool 9pm - 9:45pm	Lap Swim (Multiple Lanes) Main Pool 9pm - 9:45pm			Lap Swim (Multiple Lanes) Main Pool 9pm - 9:45pm
			Open Gym Gym 9pm - 10pm				

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