



Carl H. Lindner YMCA
June 25th - July 1st

1425B Linn Street
Cincinnati, OH 45214
513.241.9622

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	Open Swim Indoor Pool 5am - 11am	Open Swim Indoor Pool 5am - 11am	Open Swim Indoor Pool 5am - 11am	Open Swim Indoor Pool 5am - 11am			Open Swim Indoor Pool 5am - 11am
6am		CYCLING Multi-Purpose Room Doc E. 6am - 6:45am		CYCLING Multi-Purpose Room Dave V. 6am - 6:45am			CYCLING Multi-Purpose Room Mark T. 6am - 6:45am
7am					Open Swim Indoor Pool 7am - 11am		
					CYCLING Multi-Purpose Room Unspecified Instructor 7:30am - 9am		
8am	Lap Swim (Multiple Lanes) Indoor Pool 8:30am - 11am	Lap Swim (Multiple Lanes) Indoor Pool 8:30am - 11am	Lap Swim (Multiple Lanes) Indoor Pool 8:30am - 11am				
9am	SILVERSNEAKERS® CLASSIC Aerobics Room Daphene B. 9:30am - 10:40am	TAI CHI Multi-Purpose Room Master F. 9am - 10:30am	SILVERSNEAKERS® CARDIOFIT Aerobics Room Daphene B. 9:30am - 10:40am	TAI CHI Multi-Purpose Room Master F. 9am - 10:30am	YOGA Blue Room Unspecified Instructor 9am - 10:15am		TAI CHI Multi-Purpose Room Master F. 9am - 10:30am
				SILVERSNEAKERS® CLASSIC Aerobics Room Brenda H. 9:30am - 10:30am	CARDIO AND STRENGTH TRAINING Aerobics Room Unspecified Instructor 9:30am - 10:30am		
10am					ZUMBA® Aerobics Room Unspecified Instructor 10:45am - 11:45am		
11am	Lap Swim (Multiple Lanes) Indoor Pool 11am - 3pm	Lap Swim (Multiple Lanes) Indoor Pool 11am - 3pm	Lap Swim (Multiple Lanes) Indoor Pool 11am - 3pm	Lap Swim (Multiple Lanes) Indoor Pool 11am - 3pm	Lap Swim (One Lane) Indoor Pool 11am - 1pm		Lap Swim (Multiple Lanes) Indoor Pool 11am - 3pm
					AQUACISE Indoor Pool Unspecified Instructor 11am - 11:45am		
12pm	CYCLING Multi-Purpose Room Mark T. 12pm - 12:45pm	CARDIO AND STRENGTH TRAINING Blue Room Sharon Ann H. 12pm - 12:45pm	CYCLING Multi-Purpose Room Amy H. 12pm - 12:45pm	CARDIO AND STRENGTH TRAINING Blue Room Sharon Ann H. 12pm - 12:45pm	AQUA ZUMBA Indoor Pool Unspecified Instructor 12pm - 12:45pm	Open Swim Indoor Pool 12pm - 4pm	CARDIO AND STRENGTH TRAINING Blue Room Sharon Ann H. 12pm - 12:45pm
					CYCLING Multi-Purpose Room Kathie K. 12:30pm - 1:30pm		
1pm					Open Swim Indoor Pool 1pm - 2:30pm		

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
3pm	Open Swim Indoor Pool 3pm - 8pm	Open Swim Indoor Pool 3pm - 8pm	Open Swim Indoor Pool 3pm - 8pm	Open Swim Indoor Pool 3pm - 8pm			Open Swim Indoor Pool 3pm - 8pm
5pm		GENTLE YOGA Aerobics Room Unspecified Instructor 5:15pm - 5:45pm					YOGA Blue Room Martie B. 5:30pm - 6:30pm
6pm	Kid's Club Kid's Club 6pm - 9pm	STRENGTH TRAINING Aerobics Room Unspecified Instructor 6pm - 7pm	Kid's Club Kid's Club 6pm - 9pm	Kid's Club Kid's Club 6pm - 9pm			STRENGTH TRAINING Aerobics Room Unspecified Instructor 6pm - 7pm
	CYCLING Multi-Purpose Room Dave V. 6pm - 6:45pm	CYCLING Multi-Purpose Room Mary SL 6pm - 6:30pm	CYCLING Multi-Purpose Room Unspecified Instructor 6pm - 6:45pm				
	BOOT CAMP Aerobics Room Kathie K. 6:30pm - 7:15pm	Kid's Club Kid's Club 6pm - 9pm					
		YOGA Blue Room Mary SL 6:30pm - 7:30pm					

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