



Clermont Family YMCA
June 25th - July 1st

2075 James E. Sauls, Sr. Dr.
Batavia, OH 45103
513.724.9622

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	Open Gym Gym 5am - 9am	Open Gym Gym 5am - 10:45am	Open Swim / Lap Swim Indoor Pool 5am - 6am	Open Swim Indoor Pool 5am - 9am			Open Gym Gym 5am - 10:45am
	Open Swim / Lap Swim Indoor Pool 5am - 6am	Open Swim Indoor Pool 5am - 9am	Lap Swim (Multiple Lanes) Indoor Pool 5am - 6am	Open Swim Indoor Pool 5am - 9am			Open Swim Indoor Pool 5am - 9am
	Open Swim / Lap Swim Indoor Pool 5am - 6am	Open Gym Gym 5am - 10:45am	Lap Swim (Multiple Lanes) Indoor Pool 5am - 6am	Open Gym Gym 5am - 9am			
	Lap Swim (Multiple Lanes) Indoor Pool 5am - 6am		Open Swim / Lap Swim Indoor Pool 5am - 6am	Open Gym Gym 5am - 9am			
	Lap Swim (Multiple Lanes) Indoor Pool 5am - 6am		Open Gym Gym 5am - 9am	Lap Swim (Multiple Lanes) Indoor Pool 5am - 9am			
	Open Gym Gym 5am - 9am		Open Gym Gym 5am - 9am	TRX SUSPENSION TRAINING® Multi-Purpose Room Tracey T. 5:15am - 5:45am			
	TRX SUSPENSION TRAINING® Multi-Purpose Room Tracey T. 5:15am - 5:45am						
6am	Swim Team (multiple lanes) Indoor Pool 6am - 7am		Swim Team (multiple lanes) Indoor Pool 6am - 7am	CYCLING Cycling Room Tracey T. 6:05am - 6:40am			
7am	Lap Swim (Multiple Lanes) Indoor Pool 7am - 9am		Open Swim Indoor Pool 7am - 9am		YOGA Meeting Room Sheri M. 7am - 8am		
	Open Swim Indoor Pool 7am - 9am		Lap Swim (Multiple Lanes) Indoor Pool 7am - 9am		Open Swim Indoor Pool 7am - 8am		
					Open Gym Gym 7am - 10am		
8am	YOGA Meeting Room Lynn A. 8:30am - 9:15am	Kid's Club Kid's Club 8:30am - 12:15pm	Kid's Club Kid's Club 8:30am - 12:15pm	Kid's Club Kid's Club 8:30am - 12:15pm	STRENGTH TRAIN TOGETHER Multi-Purpose Room Tom M. 8am - 9am		Kid's Club Kid's Club 8:30am - 12:15pm

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9am	Kid's Club Kid's Club 8:30am - 12:15pm				SHALLOW WATER WORKOUT Indoor Pool Bobbie A. 8am - 9am		
					Kid's Club Kid's Club 8:30am - 12:15pm		
	Pickle Ball Gym 9am - 12pm	DEEP WATER WORKOUT Indoor Pool Rita V. 9am - 9:55am	Pickle Ball Gym 9am - 12pm	CYCLING Cycling Room Lynn A. 9am - 10am	Swim Lessons (multiple lanes) Indoor Pool 9am - 12pm		DEEP WATER WORKOUT Indoor Pool Rita V. 9am - 9:55am
	Open Swim Indoor Pool 9am - 6:30pm	STRENGTH TRAINING Multi-Purpose Room Lynn A. 9:10am - 10:10am	SHALLOW WATER WORKOUT Indoor Pool Rita V. 9am - 9:55am	Pickle Ball Gym 9am - 12pm	CYCLING Cycling Room Instructor Rotation 9:15am - 10am		H.I.I.T. Multi-Purpose Room Lynn A. 9:10am - 9:50am
	SHALLOW WATER WORKOUT Indoor Pool Rita V. 9am - 9:55am	SILVERSNEAKERS® CARDIOFIT Meeting Room Vikki G. 9:15am - 10am	Open Swim Indoor Pool 9am - 9pm	DEEP WATER WORKOUT Indoor Pool Rita V. 9am - 9:55am	CYCLING Cycling Room Instructor Rotation 9:15am - 10am		BOSU® BALANCE TRAINING Cycling Room Lynn A. 9:20am - 9:50am
	KICKBOXING Multi-Purpose Room Lynn A. 9:30am - 10:15am		MAT PILATES Multi-Purpose Room Catherine B. 9:15am - 10:10am	SILVERSNEAKERS® CARDIOFIT Meeting Room Holly E. 9:15am - 10am			
10am	GENTLE MOVES Indoor Pool Rita V. 10am - 11am	SHALLOW WATER WORKOUT Indoor Pool Rita V. 10am - 10:50am	GENTLE MOVES Indoor Pool Rita V. 10am - 11am	TRX SUSPENSION TRAINING® Multi-Purpose Room Lynn A. 10am - 10:30am	Youth Basketball Gym 10am - 12pm	Open Gym Gym 10am - 6pm	STRENGTH TRAINING Multi-Purpose Room Catherine B. 10am - 10:55am
	BARRE Multi-Purpose Room Lynn A. 10:30am - 11:15am	SILVERSNEAKERS® CLASSIC Meeting Room Vikki G. 10:15am - 11am	STRENGTH TRAINING Multi-Purpose Room Catherine B. 10:30am - 11:15am	Synchro (multiple lanes) Indoor Pool 10am - 11am	ZUMBA® Multi-Purpose Room Robin F. 10:30am - 11:20am	Open Swim Indoor Pool 10am - 12pm	SHALLOW WATER WORKOUT Indoor Pool Rita V. 10am - 10:50am
		CYCLING Cycling Room Lynn A. 10:20am - 11:10am		SILVERSNEAKERS® CLASSIC Meeting Room Holly E. 10:15am - 11am			SILVERSNEAKERS® CLASSIC Meeting Room Lynn A. 10:15am - 11am
		Open Gym (Half Court) Gym 10:45am - 12pm		YOGA Multi-Purpose Room Lynn A. 10:30am - 11:30am			SILVERSNEAKERS® CLASSIC Meeting Room Vikki G. 10:15am - 11am
		AOA DANCE FITNESS Gym Lou P. 10:45am - 12pm					AOA DANCE FITNESS Gym Lou P. 10:45am - 12pm

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11am							Open Gym (Half Court) Gym 10:45am - 12pm
		GENTLE MOVES Indoor Pool Rita V. 11am - 12pm		SHALLOW WATER WORKOUT Indoor Pool Rita V. 11am - 11:50am			GENTLE MOVES Indoor Pool Rita V. 11am - 12pm
		GENTLE MOVES Indoor Pool Rita V. 11am - 12pm		ZUMBA® Meeting Room Rylee D. 11:15am - 12:15pm			MAT PILATES Multi-Purpose Room Catherine B. 11am - 12pm
		TRX SUSPENSION TRAINING® Multi-Purpose Room Lynn A. 11:15am - 11:45am					
12pm		ZUMBA® Meeting Room Rylee D. 11:15am - 12:15pm					
	Open Gym Gym 12pm - 6pm	Open Gym Gym 12pm - 2:30pm	Open Gym Gym 12pm - 6pm	Open Swim Indoor Pool 12pm - 9pm	Open Gym Gym 12pm - 6pm	No Open Swim Indoor Pool 12pm - 1pm	Open Swim Indoor Pool 12pm - 6pm
				GENTLE MOVES Indoor Pool Rita V. 12pm - 1pm	Open Swim Indoor Pool 12pm - 8pm		Open Swim Indoor Pool 12pm - 6pm
1pm							Open Gym Gym 12pm - 2:30pm
	Swim Team (multiple lanes) Indoor Pool 1pm - 2pm						
2pm		Open Gym Gym 2:30pm - 9pm		Open Gym Gym 2:30pm - 9pm			Open Gym Gym 2:30pm - 9pm
4pm						Open Swim Indoor Pool 4pm - 6pm	
5pm	Kid's Club Kid's Club 5:15pm - 8:15pm	Kid's Club Kid's Club 5:15pm - 8:15pm	Kid's Club Kid's Club 5:15pm - 8:15pm				Kid's Club Kid's Club 5:15pm - 8:15pm
6pm	YOGA Meeting Room Sheri M. 6pm - 7pm	Youth Basketball Gym 6pm - 8pm	Open Gym (Half Court) Gym 6pm - 8pm				CYCLING Cycling Room Tracy O. 6pm - 6:30pm

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	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
	Open Gym (Half Court) Gym 6pm - 8pm	BOOT CAMP Multi-Purpose Room Cathie H. 6:05pm - 6:50pm	STRENGTH TRAIN TOGETHER Multi-Purpose Room Tom M. 6:10pm - 7:10pm				Swim Lessons (multiple lanes) Indoor Pool 6pm - 8pm
	STRENGTH TRAIN TOGETHER Multi-Purpose Room Debbie C. 6:10pm - 7:10pm	CYCLING Cycling Room Tracy O. 6:15pm - 7pm	SHALLOW WATER WORKOUT Indoor Pool Bobbie A. 6:30pm - 7:20pm				Youth Basketball Gym 6pm - 8pm
	SHALLOW WATER WORKOUT Indoor Pool Bobbie A. 6:30pm - 7:20pm	TRX SUSPENSION TRAINING® Multi-Purpose Room Cathie H. 6:55pm - 7:30pm	YOGA Meeting Room Sheri M. 6:30pm - 7:30pm				BOOT CAMP Multi-Purpose Room Cathie H. 6:05pm - 6:50pm
							BOOT CAMP Multi-Purpose Room Cathie H. 6:05pm - 6:50pm
							CYCLING Cycling Room Tracy O. 6:45pm - 7:30pm
							TRX SUSPENSION TRAINING® Multi-Purpose Room Cathie H. 6:55pm - 7:30pm
							TRX SUSPENSION TRAINING® Multi-Purpose Room Cathie H. 6:55pm - 7:30pm
7pm	ZUMBA® Multi-Purpose Room Robin F. 7:15pm - 8:10pm		ZUMBA® Multi-Purpose Room Robin F. 7:15pm - 8:10pm				
8pm	Open Swim Indoor Pool 8:20pm - 9pm		Open Gym Gym 8pm - 9pm				Open Swim Indoor Pool 8pm - 8:45pm
							Open Swim Indoor Pool 8pm - 8:45pm

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