



# Gamble-Nippert YMCA

June 25th - July 1st

3159 Montana Avenue

Cincinnati, OH 45211

513.661.1105

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
<b>5am</b>	<b>Open Swim</b> Indoor Pool 5am - 9am	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 5am - 8am	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 5am - 9am	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 5am - 8am			<b>Open Gym</b> Gym 5am - 9am
	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 5am - 9am		<b>Open Swim</b> Indoor Pool 5am - 9am				<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 5am - 8am
<b>6am</b>		<b>BOOT CAMP</b> Group Fitness Room Linda H. 6am - 7am		<b>BOOT CAMP</b> Group Fitness Room Linda H. 6am - 7am	<b>No Open Swim</b> Indoor Pool 6am - 9am		<b>BOOT CAMP</b> Group Fitness Room Linda H. 6am - 7am
					<b>Open Gym</b> Gym 6am - 7pm		
<b>8am</b>	<b>Kid's Club</b> Kid's Club 8:30am - 1pm	<b>Lap Swim (One Lane)</b> Indoor Pool 8am - 12pm	<b>Kid's Club</b> Kid's Club 8:30am - 1pm	<b>AQUATIC ARTHRITIS</b> Indoor Pool JoAnn D. 8am - 9am	<b>Kid's Club</b> Kid's Club 8:30am - 12:15pm		<b>Lap Swim (One Lane)</b> Indoor Pool 8am - 12pm
		<b>AQUATIC ARTHRITIS</b> Indoor Pool JoAnn D. 8am - 9am		<b>Lap Swim (One Lane)</b> Indoor Pool 8am - 12pm	<b>BOOT CAMP</b> Group Fitness Room Antionette P. 8:45am - 9:30am		<b>AQUATIC ARTHRITIS</b> Indoor Pool JoAnn D. 8am - 9am
		<b>Kid's Club</b> Kid's Club 8:30am - 1pm		<b>Kid's Club</b> Kid's Club 8:30am - 1pm			<b>Kid's Club</b> Kid's Club 8:30am - 1pm
<b>9am</b>	<b>Lap Swim (One Lane)</b> Indoor Pool 9am - 10am	<b>SHALLOW &amp; DEEP WATER</b> Indoor Pool YMCA Staff 9am - 10am	<b>SHALLOW &amp; DEEP WATER</b> Indoor Pool Kim A. 9am - 10am	<b>SHALLOW &amp; DEEP WATER</b> Indoor Pool YMCA Staff 9am - 10am	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 9am - 10am		<b>SHALLOW &amp; DEEP WATER</b> Indoor Pool YMCA Staff 9am - 10am
	<b>No Open Swim</b> Indoor Pool 9am - 11:45am	<b>CYCLING</b> Racquetball Court #3 Roger W. 9:15am - 10am	<b>SILVERSNEAKERS CIRCUIT</b> Group Fitness Room Linda W. 9am - 10am	<b>CYCLING</b> Racquetball Court #3 Sarrah G. 9:15am - 10am	<b>SHALLOW &amp; DEEP WATER</b> Indoor Pool Katie J. 9am - 10am		<b>CYCLING</b> Racquetball Court #3 Roger W. 9:15am - 10am
	<b>SHALLOW &amp; DEEP WATER</b> Indoor Pool Kim A. 9am - 10am	<b>DANCE FITNESS</b> Group Fitness Room Zmara P. 9:45am - 10:25am	<b>Lap Swim (One Lane)</b> Indoor Pool 9am - 10am	<b>DANCE FITNESS</b> Group Fitness Room Zmara P. 9:30am - 10:15am	<b>No Open Swim</b> Indoor Pool 9:30am - 12pm		<b>DANCE FITNESS</b> Group Fitness Room Linda H. 9:30am - 10:15am
	<b>SILVERSNEAKERS® CLASSIC</b> Group Fitness Room Linda H. 9am - 9:45am				<b>CYCLING</b> Racquetball Court #3 Antionette P. 9:45am - 10:30am		
<b>10am</b>	<b>CYCLING</b> Racquetball Court #3 Linda H. 10am - 10:45am	<b>SHALLOW &amp; DEEP WATER</b> Indoor Pool Barb B. 10am - 11am	<b>Pickle Ball</b> Gym 10am - 12pm	<b>SHALLOW &amp; DEEP WATER</b> Indoor Pool Barb B. 10am - 11am	<b>TRX SUSPENSION TRAINING®</b> Racquetball Court #3 Antionette P. 10:30am - 11am	<b>Open Gym</b> Gym 10am - 7pm	<b>SHALLOW &amp; DEEP WATER</b> Indoor Pool Barb B. 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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	<b>Pickle Ball</b> Gym 10am - 12pm	<b>TRX SUSPENSION TRAINING®</b> Racquetball Court #3 Roger W. 10:15am - 10:45am	<b>CYCLING</b> Racquetball Court #3 Linda H. 10am - 10:45am	<b>TRX SUSPENSION TRAINING®</b> Racquetball Court #3 Sarra G. 10:15am - 10:45am			<b>TRX SUSPENSION TRAINING®</b> Racquetball Court #3 Roger W. 10:15am - 10:45am
	<b>Lap Swim (Three Lanes)</b> Indoor Pool 10am - 11:45am	<b>AOA MOTION</b> Group Fitness Room Zmara P. 10:30am - 11:30am	<b>STRENGTH TRAIN TOGETHER</b> Group Fitness Room Helen S. 10:10am - 11:10am	<b>Open Gym (Half Court)</b> Gym 10:30am - 12pm			<b>AOA MOTION</b> Group Fitness Room Zmara P. 10:30am - 11:30am
	<b>STRENGTH TRAIN TOGETHER</b> Group Fitness Room Helen S. 10:10am - 11:10am	<b>Open Gym (Half Court)</b> Gym 10:30am - 12pm		<b>SILVERSNEAKERS® CLASSIC</b> Group Fitness Room Zmara P. 10:30am - 11:15am			<b>Open Gym (Half Court)</b> Gym 10:30am - 12pm
<b>11am</b>	<b>SILVERSNEAKERS YOGA®</b> Group Fitness Room Linda W. 11:30am - 12:30pm	<b>Open Swim</b> Indoor Pool 11am - 4:30pm	<b>YOGA</b> Group Fitness Room YMCA Staff 11:30am - 12:30pm	<b>Open Swim</b> Indoor Pool 11am - 4:30pm			<b>Open Swim</b> Indoor Pool 11am - 12pm
	<b>Open Swim</b> Indoor Pool 11:45am - 4:30pm	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 11am - 4:30pm	<b>Open Swim</b> Indoor Pool 11:45am - 4:30pm	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 11am - 4:30pm			<b>YOGA</b> Group Fitness Room Megan K. 11:45am - 12:45pm
		<b>GENTLE YOGA</b> Group Fitness Room Anele W. 11:45am - 12:45pm		<b>GENTLE YOGA</b> Group Fitness Room Melissa D. 11:30am - 12:30pm			
<b>12pm</b>	<b>Open Gym</b> Gym 12pm - 2:30pm	<b>Open Gym</b> Gym 12pm - 2:30pm	<b>Open Gym</b> Gym 12pm - 2:30pm	<b>Open Gym</b> Gym 12pm - 2:30pm	<b>Open Swim</b> Indoor Pool 12pm - 6:45pm	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 12pm - 4:45pm	<b>Open Gym</b> Gym 12pm - 2:30pm
					<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 12pm - 6:45pm	<b>Open Swim</b> Indoor Pool 12pm - 4:45pm	<b>Adaptive Swim Lessons</b> Indoor Pool 12pm - 2pm
<b>1pm</b>	<b>YOGA</b> Group Fitness Room YMCA Staff 1pm - 2pm					<b>DEFEND TOGETHER</b> Group Fitness Room Kevin W. 1:15pm - 2:15pm	
<b>2pm</b>	<b>Open Gym (Half Court)</b> Gym 2:30pm - 4pm	<b>Open Gym (Half Court)</b> Gym 2:30pm - 4:45pm	<b>Open Gym (Half Court)</b> Gym 2:30pm - 4pm	<b>Open Gym (Half Court)</b> Gym 2:30pm - 4:45pm		<b>YOGA</b> Group Fitness Room Megan K. 2:30pm - 3:30pm	<b>Open Swim</b> Indoor Pool 2pm - 3pm
							<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 2pm - 3pm
							<b>Open Gym (Half Court)</b> Gym 2:30pm - 4:45pm

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3pm							No Open Swim Indoor Pool 3pm - 7:15pm
4pm	<b>Open Gym</b> Gym 4pm - 9:45pm	<b>Kid's Club</b> Kid's Club 4:30pm - 8:30pm	<b>Open Gym</b> Gym 4pm - 9:45pm	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 4:30pm - 7:30pm		<b>No Open Swim</b> Indoor Pool 4:45pm - 8pm	<b>Kid's Club</b> Kid's Club 4:30pm - 8:30pm
	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 4:30pm - 7:30pm	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 4:30pm - 7pm	<b>No Open Swim</b> Indoor Pool 4:30pm - 7:15pm	<b>Kid's Club</b> Kid's Club 4:30pm - 7pm			<b>STRENGTH TRAIN TOGETHER</b> Group Fitness Room Debbie M. 4:30pm - 5:30pm
	<b>BOOT CAMP</b> Group Fitness Room Kathy D. 4:30pm - 5:15pm	<b>STRENGTH TRAIN TOGETHER</b> Group Fitness Room Debbie M. 4:30pm - 5:30pm	<b>Kid's Club</b> Kid's Club 4:30pm - 8:30pm	<b>Open Gym</b> Gym 4:45pm - 9:45pm			<b>Gymnastics</b> Gym YMCA Staff 4:45pm - 8pm
	<b>Kid's Club</b> Kid's Club 4:30pm - 8:30pm		<b>BOOT CAMP</b> Group Fitness Room Kathy D. 4:30pm - 5:15pm				
5pm		<b>MAT PILATES</b> Group Fitness Room Linda W. 5:45pm - 6:45pm		<b>DEFEND TOGETHER</b> Group Fitness Room Kevin W. 5pm - 6pm			<b>Lap Swim (One Lane)</b> Indoor Pool 5:30pm - 7:15pm
							<b>MAT PILATES</b> Group Fitness Room Linda W. 5:45pm - 6:45pm
6pm	<b>DEFEND TOGETHER</b> Gym Katie J. 6pm - 7pm	<b>CYCLING</b> Racquetball Court #3 Katie J. 6:30pm - 7:15pm	<b>DEFEND TOGETHER</b> Gym Katie J. 6pm - 7pm	<b>H.I.I.T.</b> Group Fitness Room Mario M. 6:15pm - 6:45pm			<b>CYCLING</b> Racquetball Court #3 Antionette P. 6:30pm - 7:15pm
	<b>BARRE</b> Group Fitness Room Susan W. 6pm - 7pm		<b>TAI CHI</b> Group Fitness Room Susan W. 6pm - 7pm				
	<b>CYCLING</b> Racquetball Court #3 Maribeth E. 6:15pm - 7pm		<b>CYCLING</b> Racquetball Court #3 Maribeth E. 6:15pm - 7pm				
7pm	<b>ZUMBA®</b> Group Fitness Room Susan W. 7:15pm - 8:15pm	<b>CARDIO AND STRENGTH TRAINING</b> Group Fitness Room Zmara P. 7pm - 8pm	<b>ZUMBA®</b> Group Fitness Room Susan W. 7:15pm - 8:15pm	<b>Open Swim</b> Indoor Pool 7:30pm - 9:45pm			<b>CARDIO AND STRENGTH TRAINING</b> Group Fitness Room Zmara P. 7pm - 8pm
	<b>TRX SUSPENSION TRAINING®</b> Racquetball Court #3 Maribeth E. 7:15pm - 7:45pm	<b>No Open Swim</b> Indoor Pool 7pm - 9:45pm	<b>TRX SUSPENSION TRAINING®</b> Racquetball Court #3 Maribeth E. 7:15pm - 7:45pm	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 7:30pm - 9:45pm			<b>Open Swim</b> Indoor Pool 7:30pm - 9:45pm

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	<b>SHALLOW &amp; DEEP WATER</b> Indoor Pool Katie J. 7:30pm - 8:30pm	<b>TRX SUSPENSION TRAINING@</b> Racquetball Court #3 Katie J. 7:30pm - 8pm	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 7:30pm - 8:30pm				<b>TRX SUSPENSION TRAINING@</b> Racquetball Court #3 Antionette P. 7:30pm - 8pm
	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 7:30pm - 8:30pm		<b>SHALLOW &amp; DEEP WATER</b> Indoor Pool Katie J. 7:30pm - 8:30pm				<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 7:45pm - 9:45pm
<b>8pm</b>	<b>Open Swim</b> Indoor Pool 8:30pm - 9:45pm	<b>Open Gym</b> Gym 8pm - 9:45pm	<b>Open Swim</b> Indoor Pool 8:30pm - 9:45pm	<b>Open Gym</b> Gym 8pm - 9:45pm			<b>Open Gym</b> Gym 8pm - 9:45pm
	<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 8:30pm - 9:45pm		<b>Lap Swim (Multiple Lanes)</b> Indoor Pool 8:30pm - 9:45pm				<b>YOGA</b> Group Fitness Room Megan K. 8:15pm - 9:15pm
<b>9pm</b>			<b>Open Gym</b> Gym 9pm - 9:45pm				

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