



Powel Crosley, Jr. YMCA
June 25th - July 1st

9601 Winton Road
Cincinnati, OH 45231
513.521.7112

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	Open Gym (Half Court) Gym 5am - 7:30am	Open Gym (Half Court) Gym 5am - 7:30am	Open Gym (Half Court) Gym 5am - 7:30am	Open Gym (Half Court) Gym 5am - 7:30am			Open Gym (Half Court) Gym 5am - 7:30am
		CYCLING Cycling Studio Elizabeth K. 5:30am - 6:15am		CYCLING Cycling Studio Gwendolyn J. 5:30am - 6:15am			
7am					Lap Swim (Multiple Lanes) Outdoor Pool 7am - 12pm		
					Open Gym (Half Court) Gym 7am - 8:15am		
					Open Gym (Half Court) Gym 7am - 8:15am		
8am	Lap Swim (Multiple Lanes) Indoor Pool 8am - 10:30am	Lap Swim (Multiple Lanes) Indoor Pool 8am - 12pm	Lap Swim (Multiple Lanes) Indoor Pool 8am - 10:30am	Lap Swim (Multiple Lanes) Indoor Pool 8am - 12pm	BOGA FIT Indoor Pool Britta S. 8am - 9am		Lap Swim (Multiple Lanes) Indoor Pool 8am - 11am
		Open Gym (Half Court) Gym 8am - 4pm		SILVERSNEAKERS® CLASSIC Group Fitness Room Donna R. 8:30am - 9:15am	ZUMBA® Group Fitness Room Natombi S. 8:15am - 9:15am		SILVERSNEAKERS® CLASSIC Group Fitness Room Donna R. 8:30am - 9:15am
		SILVERSNEAKERS® CLASSIC Group Fitness Room Donna R. 8:30am - 9:15am					
9am	CYCLING Cycling Studio Britta S. 9am - 10:15am	BOGA FIT Indoor Pool Britta S. 9am - 10am	Kid's Club Kid's Club 9am - 1pm	Kid's Club Kid's Club 9am - 1pm	Kid's Club Kid's Club 9am - 1pm		Kid's Club Kid's Club 9am - 1pm
	Kid's Club Kid's Club 9am - 1pm	Kid's Club Kid's Club 9am - 1pm	CYCLING Cycling Studio Britta S. 9am - 10:15am	STRENGTH TRAIN TOGETHER Group Fitness Room Judith F. 9:30am - 10:45am	CYCLING Cycling Studio Unspecified Instructor 9:15am - 10am		CORE Group Fitness Room Donna R. 9:30am - 10:45am
	DEFEND TOGETHER Group Fitness Room Kaytlynd S. 9:30am - 10:15am	STRENGTH TRAIN TOGETHER Group Fitness Room Karin M. 9:30am - 10:45am	BOOT CAMP Group Fitness Room Jen R. 9:30am - 10:25am		H.I.I.T. KETTLEBELL Group Fitness Room Robyn S. 9:30am - 10:30am		
10am	CARDIO AND STRENGTH TRAINING Group Fitness Room Stephanie T. 10:30am - 11:30am	AQUATIC ARTHRITIS Water Park Unspecified Instructor 10am - 11am	DEEP WATER WORKOUT Indoor Pool Unspecified Instructor 10:30am - 11:30am	AQUATIC ARTHRITIS Water Park Unspecified Instructor 10am - 11am		Open Gym (Half Court) Gym 10am - 5:30pm	AQUATIC ARTHRITIS Water Park Unspecified Instructor 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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	DEEP WATER WORKOUT Indoor Pool Unspecified Instructor 10:30am - 11:30am		YOGA Group Fitness Room Janet O. 10:30am - 11:25am			Lap Swim (Multiple Lanes) Outdoor Pool 10am - 5:30pm	
						STRENGTH TRAIN TOGETHER Group Fitness Room Judith F. 10:30am - 11:30am	
11am	Lap Swim (Multiple Lanes) Outdoor Pool 11am - 7pm	SILVERSNEAKERS® CLASSIC Group Fitness Room Pat B. 11am - 12pm	Lap Swim (Multiple Lanes) Outdoor Pool 11am - 7pm	SILVERSNEAKERS® CLASSIC Group Fitness Room Donna R. 11:05am - 12:05pm			DEEP WATER WORKOUT Indoor Pool Unspecified Instructor 11am - 12pm
							SILVERSNEAKERS® CLASSIC Group Fitness Room Pat B. 11am - 12pm
12pm	Lap Swim (Multiple Lanes) Water Park 12pm - 5pm	Lap Swim (Multiple Lanes) Water Park 12pm - 5pm	Open Swim Water Park 12pm - 8pm	Lap Swim (Multiple Lanes) Outdoor Pool 12pm - 7pm	Open Swim Water Park 12pm - 5:30pm	Open Swim Water Park 12pm - 5:30pm	Open Swim Water Park 12pm - 8pm
	CHAIR YOGA Group Fitness Room Sandy T. 12pm - 1pm	Open Swim Water Park 12pm - 8pm	Lap Swim (Multiple Lanes) Water Park 12pm - 5pm	Open Swim Water Park 12pm - 8pm	Lap Swim (Multiple Lanes) Water Park 12pm - 5:30pm	Lap Swim (Multiple Lanes) Water Park 12pm - 5:30pm	Lap Swim (Multiple Lanes) Water Park 12pm - 5pm
	Open Swim Water Park 12pm - 8pm	Lap Swim (Multiple Lanes) Outdoor Pool 12pm - 7pm	MAT PILATES Group Fitness Room Judith F. 12pm - 12:50pm	Lap Swim (Multiple Lanes) Water Park 12pm - 8pm	Open Gym (Half Court) Gym 12:15pm - 5:30pm		Lap Swim (Multiple Lanes) Outdoor Pool 12pm - 7pm
				CHAIR YOGA Group Fitness Room Sandy T. 12:15pm - 1pm			
1pm	Open Gym (Half Court) Gym 1pm - 2pm		Open Gym (Half Court) Gym 1pm - 2pm	Open Gym (Half Court) Gym 1pm - 2pm			Open Gym (Half Court) Gym 1pm - 2pm
2pm						ZUMBA® Group Fitness Room Trina M. 2pm - 3:15pm	
4pm	Kid's Club Kid's Club 4:30pm - 8:30pm	Kid's Club Kid's Club 4:30pm - 8:30pm	Kid's Club Kid's Club 4:30pm - 8:30pm	Kid's Club Kid's Club 4:30pm - 8:30pm			Kid's Club Kid's Club 4:30pm - 8:30pm
5pm	Lap Swim (One Lane) Water Park 5pm - 8pm	GENTLE YOGA Group Fitness Room Janet O. 5pm - 6:15pm	Lap Swim (One Lane) Water Park 5pm - 8pm				Lap Swim (One Lane) Water Park 5pm - 8pm

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6pm	BOOT CAMP Group Fitness Room Jen R. 5:30pm - 6:15pm	Lap Swim (One Lane) Water Park 5pm - 8pm					GENTLE YOGA Group Fitness Room Janet O. 5:15pm - 6:15pm
	CYCLING Cycling Studio Darin L. 6:15pm - 7pm	DEEP WATER WORKOUT Indoor Pool Unspecified Instructor 6pm - 7pm	ZUMBA® Group Fitness Room Aida C. 6pm - 7pm				ZUMBA® Group Fitness Room Natombi S. 6:15pm - 7:15pm
	AQUA ZUMBA Water Park Patrice M. 6:30pm - 7:15pm	ZUMBA® Group Fitness Room Trina M. 6:15pm - 7:10pm	CYCLING Cycling Studio Helen B. 6:15pm - 7pm				
7pm	POWER YOGA Group Fitness Room Jeff W. 6:30pm - 7:45pm						
	Open Gym (Half Court) Gym 7:30pm - 9:30pm	KETTLEBELL Group Fitness Room Robyn S. 7:15pm - 8:15pm	Open Gym (Half Court) Gym 7:30pm - 9:30pm	Open Gym (Half Court) Gym 7:30pm - 9:30pm			STRENGTH TRAIN TOGETHER Group Fitness Room Karin M. 7:15pm - 8:30pm
		Open Gym (Half Court) Gym 7:30pm - 9:30pm					Open Gym (Half Court) Gym 7:30pm - 9:30pm

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