



M.E. Lyons YMCA
June 25th - July 1st

8108 Clough Pike
Cincinnati, OH 45244
513.474.1400

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	Lap Swim (Multiple Lanes) Indoor Pool 5am - 8am	Lap Swim (Multiple Lanes) Indoor Pool 5am - 8am	Lap Swim (Multiple Lanes) Indoor Pool 5am - 8am	Lap Swim (Multiple Lanes) Indoor Pool 5am - 8am			Lap Swim (Multiple Lanes) Indoor Pool 5am - 8am
	TRX SUSPENSION TRAINING® Studio Rhonda J. 5:30am - 6am	Open Gym Gym 5am - 9:30am	Adult Pick-up Basketball Gym 5:30am - 7:30am	Open Gym Gym 5am - 9:30am			Open Gym Gym 5am - 9:30am
	Adult Pick-up Basketball Gym 5:30am - 7:30am	YOGA Studio Abby W. 5:30am - 6:30am	TRX SUSPENSION TRAINING® Studio Rhonda J. 5:30am - 6am	CYCLING Cycling Studio Curtis C. 5:15am - 6:15am			CYCLING Cycling Studio Dave V. 5:15am - 6:15am
6am					Adult Pick-up Basketball Gym 6am - 8am		
					Lap Swim (Multiple Lanes) Indoor Pool 6am - 6:45am		
7am	Open Gym Gym 7:30am - 9:30am		Open Gym Gym 7:30am - 9:30am		CYCLING Cycling Studio Instructor Rotation 7am - 8am		
8am	Lap Swim (Two Lanes) Indoor Pool 8am - 10am	SHALLOW WATER WORKOUT Indoor Pool Bonnie K. 8am - 9am	Lap Swim (Two Lanes) Indoor Pool 8am - 10am	Lap Swim (Two Lanes) Indoor Pool 8am - 10am	PIYO® Studio Lindsey S. 8am - 8:55am		Lap Swim (Two Lanes) Indoor Pool 8am - 10am
	STEP Studio MaryAnn SJ 8:30am - 9:15am	Lap Swim (Two Lanes) Indoor Pool 8am - 10am	STEP Studio MaryAnn SJ 8:30am - 9:15pm	SHALLOW WATER WORKOUT Indoor Pool Bonnie K. 8am - 9am	Open Gym Gym 8am - 6pm		SHALLOW WATER WORKOUT Indoor Pool Bonnie K. 8am - 9am
				SILVERSNEAKERS CIRCUIT Studio Julie S. 8:30am - 9:15am	Kid's Club Kid's Club 8:30am - 2pm		SILVERSNEAKERS® CARDIOFIT Cycling Studio Holly E. 8:30am - 9:15am
					Adaptive Swim Lessons Indoor Pool 8:30am - 10:30am		
9am	SHALLOW WATER WORKOUT (LOW IMPACT) Indoor Pool Sue B. 9:15am - 10am	SHALLOW & DEEP WATER Indoor Pool Sue B. 9am - 10am	SHALLOW WATER WORKOUT (LOW IMPACT) Indoor Pool Sue B. 9:15am - 10am	SHALLOW & DEEP WATER Indoor Pool Sue B. 9am - 10am			SHALLOW & DEEP WATER Indoor Pool Sue B. 9am - 10am

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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	BOOT CAMP Gym Amanda T. 9:35am - 10:35am	DEEP WATER WORKOUT Indoor Pool YMCA Staff 9:15am - 10:15am	ZUMBA® Gym Kat S. 9:30am - 10:30am	DEEP WATER WORKOUT Indoor Pool YMCA Staff 9:15am - 10:15am			DEEP WATER WORKOUT Indoor Pool YMCA Staff 9:15am - 10:15am
	CYCLE + TRX Cycling Studio Shari W. 9:35am - 10:35am	CYCLING Cycling Studio Susie R. 9:30am - 10:20am	CYCLE + TRX Cycling Studio Shari W. 9:35am - 10:35am	ZUMBA® Gym Lisa J. 9:30am - 10:25am			CYCLING Cycling Studio Susie R. 9:30am - 10:20am
		ZUMBA® Gym Lisa J. 9:30am - 10:25am	STRENGTH TRAIN TOGETHER Studio Christina W. 9:35am - 10:35am	CYCLING Cycling Studio Jamie W. 9:30am - 10:30am			ZUMBA® Gym Lisa J. 9:30am - 10:25am
		CIRCUIT TRAINING Studio Amanda T. 9:35am - 10:30am		ZUMBA® Gym Lisa J. 9:30am - 10:25am			STRENGTH TRAIN TOGETHER Studio Erin K. 9:30am - 10:30am
				CARDIO TRAINING Studio Christina W. 9:35am - 10:30am			
10am	Lap Swim (One Lane) Indoor Pool 10am - 12:30pm	Swim Lessons (multiple lanes) Indoor Pool 10am - 12:30pm	Swim Lessons (multiple lanes) Indoor Pool 10am - 12:30pm	Lap Swim (Two Lanes) Indoor Pool 10am - 12pm	Lap Swim (One Lane) Indoor Pool 10am - 12:30pm	Lap Swim (Two Lanes) Indoor Pool 10am - 12pm	Lap Swim (One Lane) Indoor Pool 10am - 12:30pm
	Swim Lessons (multiple lanes) Indoor Pool 10am - 12:30pm	AQUATIC PILATES Indoor Pool Cathy S. 10am - 10:45am	DEEP WATER WORKOUT Indoor Pool Cheryl B. 10am - 11am	DEEP WATER WORKOUT Indoor Pool YMCA Staff 10:15am - 11:15am	DEEP WATER WORKOUT Indoor Pool Cheryl B. 10am - 10:55am	Open Gym Gym 10am - 12pm	Swim Lessons (multiple lanes) Indoor Pool 10am - 12:30pm
	DEEP WATER WORKOUT Indoor Pool Cheryl B. 10am - 11am	Lap Swim (One Lane) Indoor Pool 10am - 12:30pm	Lap Swim (One Lane) Indoor Pool 10am - 12:30pm	YOGA Gym Abby W. 10:30am - 11:25am	STEP Studio MaryAnn SJ 10am - 10:55am	Open Swim Indoor Pool 10am - 5pm	DEEP WATER WORKOUT Indoor Pool YMCA Staff 10:15am - 11:15am
	ZUMBA® Gym Lili H. 10:40am - 11:35am	DEEP WATER WORKOUT Indoor Pool YMCA Staff 10:15am - 11:15am	MAT PILATES Studio Shari W. 10:40am - 11:40am	DEFEND TOGETHER Studio Erin K. 10:35am - 11:30am	Swim Lessons (multiple lanes) Indoor Pool 10am - 12:30pm	Private Lessons (one lane) Indoor Pool 10am - 12pm	TRX SUSPENSION TRAINING® Cycling Studio Marjie C. 10:30am - 11:30am
	MAT PILATES Studio Shari W. 10:40am - 11:40am	YOGA Gym Abby W. 10:30am - 11:25am		SHALLOW WATER WORKOUT (LOW IMPACT) Indoor Pool Cathy S. 10:45am - 11:45am		YOGA Studio Erica L. 10:45am - 11:45am	YOGA Studio Gina B. 10:35am - 11:25am
		TRX SUSPENSION TRAINING® Cycling Studio Marjie C. 10:30am - 11:30am					BARRE Gym Lindsey S. 10:35am - 11:25am

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		STRONG BY ZUMBA® Studio Erin K. 10:30am - 11:30am					SHALLOW WATER WORKOUT (LOW IMPACT) Indoor Pool Cathy S. 10:45am - 11:45am
		SHALLOW WATER WORKOUT (LOW IMPACT) Indoor Pool Cathy S. 10:45am - 11:45am					
11am	Open Gym Gym 11:30am - 10pm	SILVERSNEAKERS® CARDIOFIT Studio YMCA Staff 11:40am - 12:40pm	Open Gym Gym 11:30am - 6pm	SILVERSNEAKERS® CARDIOFIT Studio Kelley R. 11:40am - 12:40pm	YOGA Studio YMCA Staff 11am - 11:55am		SILVERSNEAKERS® CARDIOFIT Studio Kelley R. 11:40am - 12:40pm
	SILVERSNEAKERS CIRCUIT Studio Judy B. 11:45am - 12:35pm		SILVERSNEAKERS CIRCUIT Studio Kelley R. 11:45am - 12:35pm				
12pm	Outdoor Pool Hours Outdoor Pool 12pm - 8:45pm	Adult Pick-up Basketball Gym 12pm - 2pm	Outdoor Pool Hours Outdoor Pool 12pm - 8:45pm	Outdoor Pool Hours Outdoor Pool 12pm - 8:45pm	Lap Swim (Multiple Lanes) Indoor Pool 12:30pm - 7:45pm	CIRCUIT TRAINING Studio Amanda T. 12pm - 1pm	Outdoor Pool Hours Outdoor Pool 12pm - 8:45pm
	Lap Swim (Two Lanes) Indoor Pool 12:30pm - 6pm	Outdoor Pool Hours Outdoor Pool 12pm - 8:45pm	Lap Swim (Two Lanes) Indoor Pool 12:30pm - 6pm	Lap Swim (Three Lanes) Indoor Pool 12pm - 9:45pm	Open Swim Indoor Pool 12:30pm - 7:45pm	Adult Pick-up Basketball Gym 12pm - 2pm	Lap Swim (Two Lanes) Indoor Pool 12pm - 3pm
	Open Swim Indoor Pool 12:30pm - 6pm	Open Swim Indoor Pool 12:30pm - 6pm	Open Swim Indoor Pool 12:30pm - 6pm	Adult Pick-up Basketball Gym 12pm - 2pm		Lap Swim (Three Lanes) Indoor Pool 12pm - 5pm	Adult Pick-up Basketball Gym 12pm - 2pm
		Lap Swim (Two Lanes) Indoor Pool 12:30pm - 6pm		Open Swim Indoor Pool 12:30pm - 6pm			Open Swim Indoor Pool 12pm - 2:45pm
		SILVERSNEAKERS YOGA® Studio YMCA Staff 12:45pm - 1:35pm		SILVERSNEAKERS YOGA® Studio Erica L. 12:45pm - 1:30pm			SILVERSNEAKERS YOGA® Studio Erica L. 12:45pm - 1:30pm
1pm	Swim Lessons (multiple lanes) Indoor Pool 1:30pm - 2:45pm	Swim Lessons (multiple lanes) Indoor Pool 1:30pm - 2:45pm	Swim Lessons (multiple lanes) Indoor Pool 1:30pm - 2:45pm				Swim Lessons (multiple lanes) Indoor Pool 1:30pm - 2:45pm
2pm	GENTLE YOGA Studio Erica L. 2pm - 3pm			Open Gym Gym 2pm - 10pm		Open Gym Gym 2pm - 6pm	Open Gym Gym 2pm - 8pm
3pm							Lap Swim (One Lane) Indoor Pool 3pm - 4pm

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							Swim Team (multiple lanes) Indoor Pool 3pm - 4pm
							No Open Swim Indoor Pool 3pm - 4pm
4pm							Open Swim Indoor Pool 4pm - 8:15pm
5pm		DEFEND TOGETHER Studio YMCA Staff 5pm - 6pm				Synchro (multiple lanes) Indoor Pool 5pm - 8pm	DEFEND TOGETHER Studio YMCA Staff 5pm - 6pm
						Lap Swim (One Lane) Indoor Pool 5pm - 5:45pm	
6pm	Swim Lessons (multiple lanes) Indoor Pool 6pm - 7:45pm	Swim Lessons (multiple lanes) Indoor Pool 6pm - 7:15pm	Open Swim (Shallow End Only) Indoor Pool 6pm - 8pm	Open Swim Indoor Pool 6pm - 9:45pm			Swim Lessons (multiple lanes) Indoor Pool 6pm - 7:15pm
	Open Swim Indoor Pool 6pm - 7pm	Lap Swim (One Lane) Indoor Pool 6pm - 7:15pm	Swim Lessons (multiple lanes) Indoor Pool 6pm - 7:45pm				STEP Studio MaryAnn SJ 6pm - 6:55pm
	Lap Swim (One Lane) Indoor Pool 6pm - 7:45pm	Youth Basketball Gym 6pm - 8pm	Lap Swim (One Lane) Indoor Pool 6pm - 7:45pm				Lap Swim (One Lane) Indoor Pool 6pm - 7:15pm
	ZUMBA® Studio Jessica R. 6:15pm - 7:15pm	Open Swim Indoor Pool 6pm - 9:45pm	Synchronized Swimming (two lanes) Indoor Pool 6pm - 7pm				
	CYCLING Cycling Studio Nathan G. 6:30pm - 7:25pm	YOGA Studio Erica L. 6pm - 6:55pm	Youth Basketball Gym 6pm - 8pm				
			YOGA Studio Cris BS 6:30pm - 7:30pm				
			CYCLING Cycling Studio Jamie W. 6:30pm - 7:30pm				
7pm	DEEP WATER WORKOUT Indoor Pool YMCA Staff 7pm - 7:55pm	CIRCUIT TRAINING Studio MaryAnn SJ 7pm - 7:55pm	DEEP WATER WORKOUT Indoor Pool YMCA Staff 7pm - 7:55pm				CIRCUIT TRAINING Studio MaryAnn SJ 7pm - 7:55pm

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	Lap Swim (Three Lanes) Indoor Pool 7:45pm - 9:45pm	Lap Swim (Multiple Lanes) Indoor Pool 7:15pm - 9:45pm	Open Swim (Shallow End Only) Indoor Pool 7pm - 8pm				Lap Swim (Multiple Lanes) Indoor Pool 7:15pm - 9:45pm
			Lap Swim (Three Lanes) Indoor Pool 7:45pm - 9:45pm				
8pm	Open Swim Indoor Pool 8pm - 9:45pm	Adult Basketball Gym 8pm - 10pm	Open Swim Indoor Pool 8pm - 9:45pm				Adult Basketball Gym 8pm - 10pm
							Synchronized Swimming (three lanes) Indoor Pool 8:15pm - 9:45pm
							Open Swim (Shallow End Only) Indoor Pool 8:15pm - 9:45pm

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