



The Y in Catonsville
June 25th - July 1st

850 S Rolling Rd
Catonsville, MD 21228
(410) 747-9622

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	Lap Swim Pool 6 Lanes 5:30am - 7:30am	Lap Swim Pool 6 Lanes 5:30am - 7:30am	Lap Swim Pool 6 Lanes 5:30am - 7:30am	Lap Swim Pool 6 Lanes 5:30am - 7:30am			Lap Swim Pool 6 Lanes 5:30am - 7:30am
	Cycle Cycle Studio Carden S. 5:40am - 6:20am	Cycle Cycle Studio Anthony K. 5:40am - 6:20am	Cycle Cycle Studio Carden S. 5:40am - 6:20am	BODYPUMP Multipurpose Room Laurie B. 5:40am - 6:25am			BODYPUMP Multipurpose Room Laurie B. 5:35am - 5:55am
		BODYPUMP Multipurpose Room Laurie B. 5:40am - 6:25am		Cycle Cycle Studio Kelly S. 5:40am - 6:20am			Cycle (requires ticket) Cycle Studio Anthony K. 5:40am - 6:20am
6am	Circuit Training Multipurpose Room Paula G. 6am - 6:45am	CXWorX Multipurpose Room Laurie B. 6:30am - 7am	Circuit Training Multipurpose Room Paula G. 6am - 6:45am	CXWorX Multipurpose Room Laurie B. 6:30am - 7am			CXWorX Multipurpose Room Laurie B. 6am - 6:30am
7am	Family Swim Pool 2 Lanes 7:30am - 9am	Lap Swim Pool 4 Lanes 7:30am - 8:25am	Lap Swim Pool 4 Lanes 7:30am - 9am	Lap Swim Pool 4 Lanes 7:30am - 8:25am	Lap Swim Pool 6 Lanes 7am - 8:30am		Family Swim Pool 2 Lanes 7:30am - 8:25am
	Lap Swim Pool 4 Lanes 7:30am - 9am	Family Swim Pool 2 Lanes 7:30am - 8:25am	Family Swim Pool 2 Lanes 7:30am - 9am	Family Swim Pool 2 Lanes 7:30am - 8:25am	BODYPUMP Multipurpose Room Deb S. 7:05am - 8:05am		Lap Swim Pool 4 Lanes 7:30am - 8:25am
		Everfit Multipurpose Room Janet J. 7:45am - 8:45am		Yoga Lvl 2 Group Exercise Room Jeanne H. 7:45am - 9am	Cycle Cycle Studio Lisa H. 7:30am - 8:30am		Everfit Multipurpose Room Janet J. 7:45am - 8:45am
8am	Yoga Lvl 2 Group Exercise Room Jessica M. 8am - 9am	Yoga Lvl 2 Group Exercise Room Jessica M. 8am - 9am		Flexibility Group Exercise Room Sandra D. 8:10am - 9am	Step & Strong Multipurpose Room Deb S. 8:10am - 9am		Lap Swim Pool 2 Lanes 8:25am - 10am
		Lap Swim Pool 2 Lanes 8:25am - 10am		Lap Swim Pool 2 Lanes 8:25am - 10am	Stay & Play Stay & Play 8:15am - 1pm		Water Fitness Pool 4 Lanes 8:30am - 9:15am
		Water Fitness Pool 4 Lanes 8:30am - 9:15am		Water Fitness Pool 4 Lanes 8:30am - 9:15am			
9am	Stay & Play Stay & Play 9am - 1pm	Stay & Play Stay & Play 9am - 1pm	Lap Swim Pool 3 Lanes 9am - 10am	Stay & Play Stay & Play 9am - 1pm	Zumba Group Exercise Room Natasha V. 9am - 10am	Family Swim Pool 2 Lanes 9am - 11am	Stay & Play Stay & Play 9am - 1pm
	Lap Swim Pool 3 Lanes 9am - 10am	Cardio Dance Group Exercise Room Sandra D. 9:10am - 10am	Stay & Play Stay & Play 9am - 1pm	Zumba Group Exercise Room Sandra D. 9:10am - 10am	Cycle Cycle Studio Rachael C. 9am - 10am	Stay & Play Stay & Play 9am - 12pm	Aqua Arthritis Pool 3 Lanes 9:15am - 10am
	Swim Fit Pool 3 Lanes 9am - 9:45am	Core Conditioning Multipurpose Room Janet J. 9:15am - 10am	Swim Fit Pool 3 Lanes 9am - 9:45am	Aqua Arthritis Pool 3 Lanes 9:15am - 10am	CXWorX Multipurpose Room Deb S. 9:05am - 9:35am	Lap Swim Pool 4 Lanes 9am - 11am	Core Conditioning Multipurpose Room Janet J. 9:15am - 10am

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	Cardio Dance Group Exercise Room Sandra D. 9:10am - 10am	Aqua Arthritis Pool 3 Lanes 9:15am - 10am	Zumba Group Exercise Room Sandra D. 9:10am - 10am	Cycle Cycle Studio Morgan B. 9:20am - 10:05am		Yoga Lvl 3/4 Multipurpose Room Cap D. 9:15am - 10:15am	Cycle Cycle Studio Erika V. 9:20am - 10:05am
	Core Conditioning Multipurpose Room Cristina H. 9:15am - 9:45am	Cycle Cycle Studio Erika V. 9:20am - 10:05am					
10am	Lap Swim Pool 3 Lanes 10am - 1pm	Lap Swim Pool 1 Lane 10am - 11:30am	Boot Camp Multipurpose Room Cristina H. 10am - 11am	Family Swim Pool 2 Lanes 10am - 1pm	Yoga Lvl 2 Multipurpose Room Dawn Y. 10am - 11am	Cycle Cycle Studio Amy B. 10:15am - 11am	Lap Swim Pool 1 Lane 10am - 4pm
	Boot Camp Multipurpose Room Cristina H. 10am - 11am	Body Sculpt Group Exercise Room Sandi C. 10:15am - 11am	Lap Swim Pool 3 Lanes 10am - 2:15pm	Lap Swim Pool 4 Lanes 10am - 1pm			Lap Swim Pool 3 Lanes 10am - 11:15am
	Boot Camp Multipurpose Room Cristina H. 10am - 11am			Lap Swim Pool 1 Lane 10am - 1pm			Family Swim Pool 2 Lanes 10am - 1:30pm
				Body Sculpt Multipurpose Room Cristina H. 10:20am - 11:10am			Body Sculpt Multipurpose Room Paula G. 10:15am - 11am
11am		Lap Swim Pool 3 Lanes 11:30am - 2pm	Lap Swim Pool 4 Lanes 11:30am - 1pm			Zumba Group Exercise Room Kalindi G. 11am - 12pm	Lap Swim Pool 4 Lanes 11:15am - 1:30pm
			Family Swim Pool 2 Lanes 11:30am - 1:30pm			Lap Swim Pool 2 Lanes 11am - 1:15pm	Family Swim Pool 2 Lanes 11:15am - 1:30pm
			Family Swim Pool 2 Lanes 11:30am - 1:30pm			Family Swim Pool 2 Lanes 11am - 12pm	
12pm					Lap Swim Pool 1 Lane 12pm - 1pm	Family Swim Pool 2 Lanes 12pm - 1:15pm	
					Water Fitness Pool 3 Lanes 12pm - 12:45pm	Water Fitness Combo Pool 2 Lanes 12pm - 1:15pm	
1pm	Lap Swim Pool 1 Lane 1pm - 4pm		Lap Swim Pool 2 Lanes 1pm - 6pm	Lap Swim Pool 1 Lane 1pm - 3pm	Lap Swim Pool 3 Lanes 1pm - 4pm	Family Swim Pool 2 Lanes 1:15pm - 2:30pm	Aqua Arthritis Pool 3 Lanes 1:30pm - 2:15pm
			Aqua Arthritis Pool 3 Lanes 1:30pm - 2:15pm		Family Swim Pool 3 Lanes 1pm - 4pm	Lap Swim Pool 1 Lane 1:15pm - 2:30pm	

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					Family Swim Pool 3 Lanes 1pm - 6:45pm		
2pm	Yoga Chair Multipurpose Room Carol E. 2pm - 3pm	Lap Swim Pool 1 Lane 2pm - 6pm	Family Swim Pool 2 Lanes 2:15pm - 4pm			Family Swim Pool 3 Lanes 2:30pm - 4:30pm	Lap Swim Pool 4 Lanes 2:15pm - 3pm
		Family Swim Pool 2 Lanes 2pm - 4pm	Yoga Chair Multipurpose Room Carol E. 2:30pm - 3:30pm			Lap Swim Multipurpose Room 3 Lanes 2:30pm - 4:30pm	Family Swim Pool 2 Lanes 2:15pm - 4pm
							Yoga Chair Multipurpose Room Carol E. 2:30pm - 3:30pm
3pm		Lap Swim Pool 2 Lanes 3pm - 5:30pm		Family Swim Pool 2 Lanes 3pm - 8pm			Lap Swim Pool 2 Lanes 3pm - 5:30pm
				Lap Swim Pool 2 Lanes 3pm - 5:30pm			
				Lap Swim Pool 1 Lane 3pm - 4pm			
4pm	Lap Swim Pool 2 Lanes 4pm - 6pm	Lap Swim Pool 2 Lanes 4pm - 6pm	Stay & Play Stay & Play 4pm - 8:15pm	Lap Swim Pool 2 Lanes 4pm - 8pm	Family Swim Multipurpose Room 2 Lanes 4pm - 5pm	Family Swim Pool 2 Lanes 4:30pm - 6:45pm	Family Swim Pool 2 Lanes 4pm - 9pm
	Stay & Play Stay & Play 4pm - 8:15pm	Stay & Play Stay & Play 4pm - 8:15pm	Lap Swim Pool 1 Lane 4pm - 8pm	Stay & Play Stay & Play 4pm - 8:15pm	Lap Swim Multipurpose Room 2 Lanes 4pm - 5pm	Lap Swim Pool 2 Lanes 4:30pm - 6:45pm	Stay & Play Stay & Play 4pm - 8:15pm
	Lap Swim Pool 1 Lane 4pm - 8pm				Family Swim Pool 2 Lanes 4pm - 5pm		Lap Swim Pool 4 Lanes 4pm - 6pm
5pm	Cardio Kickboxing Group Exercise Room Michelle K. 5:15pm - 6pm	Cycle Cycle Studio Jani L. 5:30pm - 6:30pm	Cycle Cycle Studio Lisa H. 5:30pm - 6:30pm		Lap Swim Pool 3 Lanes 5pm - 6:45pm		Cycle Cycle Studio Trish S. 5:15pm - 6:15pm
	Cycle Cycle Studio Brenda C. 5:30pm - 6:30pm				Family Swim Pool 3 Lanes 5pm - 6:45pm		Boot Camp Multipurpose Room Cristina H. 5:30pm - 6:15pm
	BODYPUMP Multipurpose Room Lisa H. 5:30pm - 6:30pm						Cardio Dance Group Exercise Room Janet S. 5:30pm - 6:15pm

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6pm	Water Fitness Pool 3 Lanes 6pm - 6:30pm	Family Swim Pool 2 Lanes 6pm - 8pm	BODYPUMP Multipurpose Room Ray K. 6pm - 7pm	Body Sculpt Group Exercise Room Gail G. 6pm - 6:30pm			Lap Swim Pool 3 Lanes 6pm - 7pm
	Lap Swim Pool 1 Lane 6pm - 7:15pm		Water Fitness Combo Pool 3 Lanes 6pm - 7:15pm	Lap Swim Pool 2 Lanes 6pm - 7pm			CXWorX Multipurpose Room Deb S. 6:30pm - 7pm
	Water Fitness Pool 3 Lanes 6:30pm - 7:15pm		Lap Swim Pool 1 Lane 6pm - 7:15pm	Step & Strong Group Exercise Room Gail G. 6:35pm - 7:05pm			
	Yoga Lvl 2 Multipurpose Room Dan H. 6:45pm - 7:45pm						
7pm	Deep Water Jog Pool 3 Lanes 7pm - 7:45pm	Step & Strong Group Exercise Room Gail G. 7pm - 8pm	Deep Water Jog Pool 3 Lanes 7pm - 7:45pm	BODYPUMP Multipurpose Room Deb S. 7:10pm - 8:10pm			Step & Strong Multipurpose Room Deb S. 7:05pm - 8:05pm
	Family Swim Pool 3 Lanes 7:15pm - 8pm	BODYPUMP Multipurpose Room Deb S. 7:30pm - 8:30pm	Yoga Lvl 2 Multipurpose Room Malisha P. 7:10pm - 8:10pm	Zumba Group Exercise Room Kalindi G. 7:15pm - 8:15pm			Lap Swim Pool 4 Lanes 7:30pm - 9pm
	Lap Swim Pool 2 Lanes 7:15pm - 8pm		Family Swim Pool 3 Lanes 7:15pm - 8pm	Family Swim Pool 2 Lanes 7:30pm - 9:45pm			
			Lap Swim Pool 3 Lanes 7:15pm - 8pm				
8pm	Family Swim Pool 2 Lanes 8pm - 9pm	Lap Swim Pool 4 Lanes 8pm - 9pm	Lap Swim Pool 4 Lanes 8pm - 9pm	Lap Swim Pool 4 Lanes 8pm - 9pm			Core Conditioning Aerobics Studio Nancy H. 8:10pm - 9:10pm
	Family Swim Pool 3 Lanes 8pm - 9pm	Family Swim Pool 2 Lanes 8pm - 9pm	Family Swim Pool 2 Lanes 8pm - 9pm	Family Swim Pool 2 Lanes 8pm - 9pm			
	Lap Swim Pool 3 Lanes 8pm - 9pm	Yoga Lvl 2 Group Exercise Room Jessica P. 8:15pm - 9:15pm	Lap Swim Pool 4 Lanes 8pm - 9pm				
		Yoga Lvl 2 Group Exercise Room Jessica P. 8:15pm - 9:15pm	Family Swim Pool 2 Lanes 8pm - 9pm				
9pm	Lap Swim Pool 6 Lanes 9pm - 9:45pm	Lap Swim Pool 2 Lanes 9pm - 9:45pm	Lap Swim Pool 6 Lanes 9pm - 9:45pm	Lap Swim Pool 4 Lanes 9pm - 9:45pm			Lap Swim Pool 2 Lanes 9pm - 9:45pm

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			Lap Swim Pool 4 Lanes 9pm - 9:45pm			

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