

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim Small Pool	7:30AM-1:00PM (Family Swim) 3:00PM-8:45PM (Family Swim)	7:30AM-1:00PM (Family Swim) 3:00PM-4:30PM (Family Swim) 7:00PM-8:45PM (Family Swim)	7:30AM-9:30AM (Family Swim) 11:00AM-1:00PM (Family Swim) 3:00PM-4:30PM (Family Swim) 7:00PM-8:45PM (Family Swim)	7:30AM-10:00AM (Family Swim) 11:00AM-1:00PM (Family Swim) 3:00PM-4:30PM (Family Swim) 7:00PM-8:45PM (Family Swim)	7:30AM-9:40AM (Family Swim) 11:30AM-1:00PM (Family Swim) 6:30PM-8:45PM (Family Swim)	8:00AM-10:00AM (Family Swim) 1:30PM-4:45PM (Family Swim)	11:30AM-1:45PM (Family Swim)
Drop-In Pickleball Gymnasium	8:00AM-10:30AM (Drop In) 7:30PM-8:45PM (Drop In)	11:00AM-1:00PM (Drop In)	8:00AM-9:45AM (Drop In)	11:00AM-1:00PM (Drop In)	8:00AM-10:30AM (Drop In)		
Group Power Studio One	9:00AM-10:00AM (Strength & Fitness) <i>Claire A.</i> 5:30PM-6:30PM (Strength & Fitness) <i>Natalie C.</i>		9:00AM-10:00AM (Strength & Fitness) 5:30PM-6:30PM (Strength & Fitness) <i>Natalie C.</i>		9:00AM-10:00AM (Strength & Fitness)		
Pedaling For Parkinson's Studio Two	9:30AM-10:45AM (YMCA Evidence Based Health Programs) <i>Karrie I.</i>		9:30AM-10:45AM (YMCA Evidence Based Health Programs) <i>Jacob M.</i>		9:30AM-10:45AM (YMCA Evidence Based Health Programs) <i>Karrie I.</i>		
Water Fitness w/Mary L Large Pool	10:05AM-11:00AM (Water Fitness) <i>Mary L.</i>	10:05AM-11:00AM (Water Fitness) <i>Mary L.</i>					
AOA Cardio & Strength Studio Two	11:15AM-12:00PM (A.O.A. & Senior Fitness) <i>Tara M.</i>		11:15AM-12:00PM (A.O.A. & Senior Fitness) <i>Tara M.</i>	11:15AM-12:00PM (A.O.A. & Senior Fitness) <i>Natalie C.</i>			
Drop-In Basketball Gymnasium	12:00PM-2:00PM (Drop In)	5:30AM-9:00AM (Drop In) 7:30PM-8:45PM (Drop In)	12:30PM-2:30PM (Drop In)	5:30AM-9:30AM (Drop In) 4:45PM-8:45PM (Drop In)		8:00AM-11:00AM (Drop In)	
Total Body Blast Studio One	12:15PM-1:00PM (Strength & Fitness) <i>Mary L.</i>						
Pool Closed Large Pool	1:00PM-3:00PM (Pool Closed)	1:00PM-3:00PM (Pool Closed)	1:00PM-3:00PM (Pool Closed)	1:00PM-3:00PM (Pool Closed)	1:00PM-3:00PM (Pool Closed)	1:00PM-1:30PM (Pool Closed)	
Pool Closed Small Pool	1:00PM-3:00PM (Pool Closed)	1:00PM-3:00PM (Pool Closed)	1:00PM-3:00PM (Pool Closed)	1:00PM-3:00PM (Pool Closed)	1:00PM-3:00PM (Pool Closed)	1:00PM-1:30PM (Pool Closed)	
Youth Basketball League Gymnasium	3:40PM-7:30PM (Y Programming)	4:30PM-7:30PM (Y Programming)	4:30PM-8:00PM (Y Programming)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Craggin Kids Climbing Wall	3:45PM-4:45PM (Climbing Wall Classes)			3:00PM-4:00PM (Climbing Wall Classes)	3:45PM-4:45PM (Climbing Wall Classes)	10:00AM-11:00AM (Climbing Wall Classes)	
Open Gym (Ages 5-16) Ninja Gym	4:00PM-7:00PM (Member's Only Ninja Gym)	4:00PM-7:00PM (Member's Only Ninja Gym)	4:00PM-7:00PM (Member's Only Ninja Gym)	4:00PM-7:00PM (Member's Only Ninja Gym)		9:00AM-12:00PM (Member's Only Ninja Gym)	
Climbing Club Climbing Wall	5:00PM-6:30PM (Climbing Wall Classes)						
Yin Yoga Studio Two	5:30PM-6:30PM (Yoga, Stretching, & Flexibility) <i>Joy L.</i>						
Dolphin Swim Team Large Pool	6:00PM-7:30PM (Dolphin Swim Team)	6:00PM-7:30PM (Dolphin Swim Team)	6:00PM-7:30PM (Dolphin Swim Team)	6:00PM-7:30PM (Dolphin Swim Team)			
Judo Studio One	6:45PM-8:45PM (Dance, Fun, & Other)		6:45PM-8:45PM (Dance, Fun, & Other)				
Belay Class Climbing Wall	6:45PM-7:45PM (Climbing Wall Classes)						
Lap Swim/Open Swim Large Pool	7:30PM-8:45PM (Lap Swim/Open Swim)	7:30PM-8:45PM (Lap Swim/Open Swim)	7:30PM-8:45PM (Lap Swim/Open Swim)	7:30PM-8:45PM (Lap Swim/Open Swim)	6:30PM-8:45PM (Lap Swim/Open Swim)	1:30PM-4:45PM (Lap Swim/Open Swim)	12:00PM-1:45PM (Lap Swim/Open Swim)
Certified Climb Time Climbing Wall	7:50PM-8:50PM (Open Climb Time)		7:30PM-8:50PM (Open Climb Time)		7:30PM-8:50PM (Open Climb Time)		
Indoor Cycle 45 (AM) Studio Two		6:00AM-6:45AM (Cycling) <i>Meredith T.</i>	6:00AM-6:45AM (Cycling)	6:00AM-6:45AM (Cycling) <i>Elodie C.</i>	6:00AM-6:45AM (Cycling)		
Morning Stretch Studio One		8:00AM-8:45AM (Yoga, Stretching, & Flexibility)		8:00AM-8:45AM (Yoga, Stretching, & Flexibility)			
Cardio Strength & Tone Studio Two		8:15AM-9:15AM (Strength & Fitness) <i>Robin G.</i>		8:15AM-9:15AM (Strength & Fitness) <i>Robin G.</i>			
Yoga Studio One		9:15AM-10:30AM (Yoga, Stretching, & Flexibility)				9:15AM-10:15AM (Yoga, Stretching, & Flexibility) <i>Mataya S.</i>	10:30AM-11:30AM (Yoga, Stretching, & Flexibility) <i>Mataya S.</i>
Rock Steady Boxing for Parkinson's Studio Two		9:45AM-10:45AM (YMCA Evidence Based Health Programs)		9:45AM-10:45AM (YMCA Evidence Based Health Programs) <i>Karrie I.</i>			
Yoga Studio Two		11:00AM-12:00PM (Yoga, Stretching, & Flexibility) <i>Cindy R.</i>	5:30PM-6:30PM (Yoga, Stretching, & Flexibility) <i>Mataya S.</i>			10:30AM-11:30AM (Yoga, Stretching, & Flexibility) <i>Kat D.</i>	
Zumba Gold Studio One		11:15AM-12:00PM (Dance, Fun, & Other)			10:15AM-11:00AM (Dance, Fun, & Other)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Community Climb Climbing Wall		12:30PM-1:30PM (Open Climb Time)	6:15PM-7:15PM (Open Climb Time)	6:30PM-7:30PM (Open Climb Time) 7:45PM-8:50PM (Open Climb Time)	5:00PM-6:00PM (Open Climb Time) 6:15PM-7:15PM (Open Climb Time)	11:15AM-12:15PM (Open Climb Time) 12:30PM-1:30PM (Open Climb Time) 11:15PM-12:15PM (Open Climb Time)	
Indoor Cycle 30 Studio Two		12:30PM-1:00PM (Cycling) <i>Tara M.</i>		12:30PM-1:00PM (Cycling) <i>Mary L.</i>			
Tai Chi Qigong Studio One		1:15PM-2:15PM (A.O.A. & Senior Fitness)					
Community Support Campaign Studio Two		3:00PM-8:00PM (Y Programing)					
Swim Lessons Small Pool		4:30PM-7:00PM (Swim Lessons)	4:30PM-7:00PM (Swim Lessons)	4:30PM-7:00PM (Swim Lessons)		10:00AM-1:00PM (Swim Lessons)	10:00AM-11:30AM (Swim Lessons)
Swim Lessons Large Pool		4:30PM-6:30PM (Swim Lessons)	4:30PM-6:30PM (Swim Lessons)	4:30PM-6:30PM (Swim Lessons)		10:00AM-1:00PM (Swim Lessons)	
Yosemite Youth Climbing Wall		5:00PM-6:00PM (Climbing Wall Classes)	5:00PM-6:00PM (Climbing Wall Classes)				
Mountaineers Programming Climbing Wall		6:15PM-8:15PM (Partner Programs)					
Heart House Kids Program Small Pool			9:30AM-10:45AM (Heart House Kids Program)				
BSD Transitions PE 1/2 gym Gymnasium			9:45AM-10:30AM (Bellingham SD Transitions)	9:45AM-10:30AM (Bellingham SD Transitions)			
Drop-In Pickleball 1/2 gym Gymnasium			9:45AM-10:30AM (Drop In)				
Water Fitness w/ Jess R Large Pool			10:05AM-11:00AM (Water Fitness)		10:05AM-11:00AM (Water Fitness)		
Chair Yoga Stretch Studio One			10:30AM-11:00AM (A.O.A. & Senior Fitness) <i>Mary L.</i>				
Total Body Conditioning Studio One			12:15PM-1:00PM (Strength & Fitness) <i>Mary L.</i>				
Juggling 101 Studio One			1:15PM-2:15PM (Dance, Fun, & Other) <i>Chuck J.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym - Family Time Gymnasium			2:30PM-4:30PM (Open Gym)			2:45PM-4:45PM (Open Gym)	
Mini Mountaineers Climbing Wall			4:00PM-4:45PM (Climbing Camp)				
Drop-In Volleyball Gymnasium			8:00PM-8:45PM (Drop In)		2:30PM-6:00PM (Drop In)		
Slow Vinyasa Yoga Studio One				9:15AM-10:30AM (Yoga, Stretching, & Flexibility) <i>Kat D.</i>			
Open Gym - 1/2 Gym Gymnasium				9:30AM-11:00AM (Open Gym)			
BARKLEY KIDS PROGRAM Small Pool				10:00AM-11:00AM (Barkley Kids Program)			
Water Fitness w/Ashley G Large Pool				10:05AM-11:00AM (Water Fitness)			
Yoga For Healing Studio One				11:00AM-12:00PM (A.O.A. & Senior Fitness) <i>Jessie L.</i>			
Wall Maintenance Climbing Wall				12:00PM-2:00PM (Climbing Wall Maintenance)			11:00AM-1:50PM (Climbing Wall Maintenance)
Teen Climb Time Climbing Wall				4:15PM-6:15PM (Open Climb Time)			
Juggling 101 Studio Two				6:00PM-7:30PM (Dance, Fun, & Other) <i>Chuck J.</i>			
Mountain Fitness Studio One				6:15PM-7:00PM (Strength & Fitness)			
Mountaineers and Friends Climbing Wall					7:00AM-9:00AM (Partner Programs)		
Millworks Preschool Program Small Pool					9:40AM-11:30AM (Millworks Preschool Program)		
AOA Balance & Strength Studio Two					11:15AM-12:00PM (A.O.A. & Senior Fitness) <i>Jessica W.</i>		
Cardio HIIT Studio One					12:15PM-1:00PM (Strength & Fitness) <i>Natalie C.</i>		
Teen Program Small Pool					4:45PM-6:30PM (Teen Program)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teen Program Large Pool					4:45PM-6:30PM (Teen Program)		
1/2 gym Drop-In Pickleball 1/2 gym Open Gym Gymnasium						1:00PM-2:45PM (Drop In)	
Family Climb Climbing Wall							10:00AM-11:00AM (Open Climb Time)
Squash Sunday Group Squash #1							11:00AM-1:00PM (Squash Court #1 - Squash Sunday Group)