





	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Family Swim</b> Small Pool	7:30AM-1:00PM (Family Swim)  3:00PM-5:00PM (Family Swim)  6:00PM-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)
<b>Drop-In Pickleball</b> Gymnasium	8:00AM-10:30AM (Drop In)  7:00PM-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)		
<b>Group Power</b> 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)		
<b>Pedaling For Parkinson's</b> 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>		
<b>Water Fitness w/Mary L</b> Large Pool	10:05AM-11:00AM (Water Fitness) <i>Mary L.</i>	10:05AM-11:00AM (Water Fitness) <i>Mary L.</i>					
<b>AOA Cardio &amp; Strength</b> 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>			
<b>Drop-In Basketball</b> Gymnasium	12:00PM-2:00PM (Drop In)	5:30AM-9:00AM (Drop In)  5:00PM-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)	
<b>Total Body Blast</b> Studio One	12:15PM-1:00PM (Strength & Fitness) <i>Mary L.</i>						
<b>Pool Closed</b> 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)	9:30AM-10:00AM (Pool Closed)  1:00PM-1:30PM (Pool Closed)	
<b>Pool Closed</b> 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-1:30PM (Pool Closed)	

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<b>Craggin Kids</b> Climbing Wall	3:45PM-4:45PM (Climbing Wall Classes)			3:00PM-4:00PM (Climbing Wall Classes)	3:45PM-4:45PM (Climbing Wall Classes)		
<b>Open Gym (Ages 5-16)</b> 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)			
<b>Vamos - Safety Around Water</b> Large Pool	5:00PM-6:00PM (Vamos Outdoor Project)						
<b>Vamos - Safety Around Water</b> Small Pool	5:00PM-6:00PM (Vamos Outdoor Project)						
<b>Climbing Club</b> Climbing Wall	5:00PM-6:30PM (Climbing Wall Classes)						
<b>Yin Yoga</b> Studio Two	5:30PM-6:30PM (Yoga, Stretching, & Flexibility) <i>Joy L.</i>						
<b>Dolphin Swim Team</b> 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)			
<b>Judo</b> Studio One	6:45PM-8:45PM (Dance, Fun, & Other)		6:45PM-8:45PM (Dance, Fun, & Other)				
<b>Belay Class</b> Climbing Wall	6:45PM-7:45PM (Climbing Wall Classes)						
<b>Lap Swim/Open Swim</b> 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)
<b>Certified Climb Time</b> Climbing Wall	7:50PM-8:50PM (Open Climb Time)		7:30PM-8:50PM (Open Climb Time)		7:30PM-8:50PM (Open Climb Time)		
<b>Indoor Cycle 45 (AM)</b> 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)		
<b>Stretch &amp; Mobility</b> Studio One		8:00AM-8:45AM (Yoga, Stretching, & Flexibility)		8:00AM-8:45AM (Yoga, Stretching, & Flexibility)			
<b>Cardio Strength &amp; Tone</b> Studio Two		8:15AM-9:15AM (Strength & Fitness) <i>Robin G.</i>		8:15AM-9:15AM (Strength & Fitness) <i>Robin G.</i>			
<b>Yoga</b> 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>
<b>Rock Steady Boxing for Parkinson's</b> Studio Two		9:45AM-10:45AM (YMCA Evidence Based Health Programs)		9:45AM-10:45AM (YMCA Evidence Based Health Programs) <i>Karrie I.</i>			

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<b>Yoga</b> 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>	
<b>Zumba Gold</b> Studio One		11:15AM-12:00PM (Dance, Fun, & Other)			10:15AM-11:00AM (Dance, Fun, & Other)		
<b>Indoor Cycle 30</b> Studio Two		12:30PM-1:00PM (Cycling) <i>Tara M.</i>		12:30PM-1:00PM (Cycling) <i>Mary L.</i>			
<b>Community Climb</b> Climbing Wall		12:30PM-1:30PM (Open Climb Time)  6:15PM-7:15PM (Open Climb Time)  7:30PM-8:50PM (Open Climb Time)	6:15PM-7:15PM (Open Climb Time)	6:30PM-7:30PM (Open Climb Time)  7:45PM-8:50PM (Open Climb Time)	6:15PM-7:15PM (Open Climb Time)		
<b>Tai Chi Qigong</b> Studio One		1:15PM-2:15PM (A.O.A. & Senior Fitness)					
<b>Mini Mountaineers</b> Climbing Wall		4:00PM-4:45PM (Climbing Wall Classes)	4:00PM-4:45PM (Climbing Wall Classes)				
<b>Swim Lessons</b> Small Pool		4:30PM-7:00PM (Swim Lessons)	4:30PM-7:00PM (Swim Lessons)	4:30PM-7:00PM (Swim Lessons)			10:00AM-11:30AM (Swim Lessons)
<b>Swim Lessons</b> Large Pool		4:30PM-6:30PM (Swim Lessons)	4:30PM-6:30PM (Swim Lessons)	4:30PM-6:30PM (Swim Lessons)			
<b>Yosemite Youth</b> Climbing Wall		5:00PM-6:00PM (Climbing Wall Classes)	5:00PM-6:00PM (Climbing Wall Classes)				
<b>Mountain Fitness</b> Studio One		6:15PM-7:00PM (Strength & Fitness)		6:15PM-7:00PM (Strength & Fitness)			
<b>Morning H.I.I.T</b> Studio One			5:45AM-6:30AM (Strength & Fitness)				
<b>Heart House Kids Program</b> Small Pool			9:30AM-10:45AM (Heart House Kids Program)				
<b>Drop-In Pickleball 1/2 gym</b> Gymnasium			9:45AM-10:30AM (Drop In)				
<b>BSD Transitions PE 1/2 gym</b> Gymnasium			9:45AM-10:30AM (Bellingham SD Transitions)	9:45AM-10:30AM (Bellingham SD Transitions)			
<b>Water Fitness w/ Jess R</b> Large Pool			10:05AM-11:00AM (Water Fitness)		10:05AM-11:00AM (Water Fitness)		
<b>Chair Yoga Stretch</b> Studio One			10:30AM-11:00AM (A.O.A. & Senior Fitness) <i>Mary L.</i>				

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<b>Total Body Conditioning</b> Studio One			12:15PM-1:00PM (Strength & Fitness) <i>Mary L.</i>				
<b>Juggling 101</b> Studio One			1:15PM-2:15PM (Dance, Fun, & Other) <i>Chuck J.</i>				
<b>Open Gym - Family Time</b> Gymnasium			2:30PM-5:00PM (Open Gym)			2:45PM-4:45PM (Open Gym)	
<b>Drop-In Volleyball</b> Gymnasium			8:00PM-8:45PM (Drop In)		2:30PM-6:00PM (Drop In)		
<b>Slow Vinyasa Yoga</b> Studio One				9:15AM-10:30AM (Yoga, Stretching, & Flexibility) <i>Kat D.</i>			
<b>Open Gym - 1/2 Gym</b> Gymnasium				9:30AM-11:00AM (Open Gym)			
<b>BARKLEY KIDS PROGRAM</b> Small Pool				10:00AM-11:00AM (Barkley Kids Program)			
<b>Water Fitness w/Ashley G</b> Large Pool				10:05AM-11:00AM (Water Fitness)			
<b>Yoga For Healing</b> Studio One				11:00AM-12:00PM (A.O.A. & Senior Fitness) <i>Jessie L.</i>			
<b>Wall Maintenance</b> Climbing Wall				12:00PM-2:00PM (Climbing Wall Maintenance)			11:15AM-1:50PM (Climbing Wall Maintenance)
<b>CAMP</b> Large Pool				1:00PM-3:00PM (Camp)			
<b>CAMP</b> Small Pool				1:00PM-3:00PM (Camp)			
<b>Teen Climb Time</b> Climbing Wall				4:15PM-6:15PM (Open Climb Time)			
<b>Juggling 101</b> Studio Two				6:00PM-7:30PM (Dance, Fun, & Other) <i>Chuck J.</i>			
<b>Mountaineers and Friends</b> Climbing Wall					7:00AM-9:00AM (Partner Programs)		
<b>Millworks Preschool Program</b> Small Pool					9:40AM-11:30AM (Millworks Preschool Program)		
<b>AOA Balance &amp; Strength</b> Studio Two					11:15AM-12:00PM (A.O.A. & Senior Fitness) <i>Jessica W.</i>		

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<b>Teen Programs</b> Climbing Wall					12:00PM-1:00PM (Y Programming)		
<b>Cardio HIIT</b> Studio One					12:15PM-1:00PM (Strength & Fitness) <i>Natalie C.</i>		
<b>Teen Program</b> Small Pool					4:45PM-6:30PM (Teen Program)		
<b>Teen Program</b> Large Pool					4:45PM-6:30PM (Teen Program)		
<b>Vamos Outdoor Project</b> Climbing Wall					5:00PM-6:00PM (Climbing Wall Classes)		
<b>Healthy Kids Day</b> Studio One						8:00AM-2:00PM (Y Programming )	
<b>Healthy Kids Day</b> Studio Two						8:00AM-2:00PM (Y Programming )	
<b>Happy Kids Day</b> Ninja Gym						10:00AM-1:00PM (Happy Kids Day)	
<b>Healthy Kids Day - Aqua Track</b> Large Pool						10:00AM-1:00PM (Healthy Kids Day)	
<b>Healthy Kids Day - Family Swim</b> Small Pool						10:00AM-1:00PM (Healthy Kids Day)	
<b>Healthy Kids Day</b> Climbing Wall						10:00AM-1:00PM (Y Programming)	
<b>Healthy Kids Day</b> Gymnasium						10:00AM-2:00PM (Y Programming)	
<b>1/2 gym Drop-In Pickleball 1/2 gym Open Gym</b> Gymnasium						1:00PM-2:45PM (Drop In)	
<b>Y Programming- Studio Unavailable</b> Studio Two						8:00PM-2:00PM (Y Programming )	
<b>Family Climb</b> Climbing Wall							10:15AM-11:15AM (Open Climb Time)
<b>Squash Sunday Group</b> Squash #1							11:00AM-1:00PM (Squash Court #1 - Squash Sunday Group)