

**STUDIO****November 2024 Rev. 10/24/24**

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|---|---|--|---|--|--|---|
|   | <b>Les Mills BODYPUMP™</b><br>5:30am – 6:30am<br>Holly B  |  | <b>Les Mills BODYPUMP™</b><br>5:30am – 6:30am<br>Holly B    |  | <b>Yoga</b><br>7:00am – 7:45am<br>Janice               |   |
|   | <b>SilverSneakers® Yoga</b><br>8:00am – 8:45am<br>Brandon |  | <b>Yoga</b><br>7:00am – 7:45am<br>Janice                    | <b>Les Mills BODYBALANCE™</b><br>8:00am-8:45am<br>Linda S      |  | <b>Fusion</b><br>8:00am – 9:00am<br>Kim               |
| <b>Les Mills BODYSTEP™</b><br>9:15am – 10:00am<br>Kelly | <b>Cardio Kickboxing</b><br>9:00am – 10:00am<br>Jess      |  | <b>Cardio Kickboxing</b><br>9:00am – 10:00am<br>Jess        | <b>Strength &amp; Conditioning</b><br>9:00am-9:45am<br>Linda S | <b>Cardio Kickboxing</b><br>9:00am – 10:00am<br>Jess   | <b>Mindful Movement</b><br>9:00am – 9:45am<br>Kim     |
| <b>Healthy Back</b><br>10:15am – 11:00am<br>Joy         | <b>Yoga</b><br>11:30am -12:30pm<br>Mary Beth              |  | <b>SilverSneakers® Circuit</b><br>10:30am – 11:15am<br>Jane | <b>Core &amp; More</b><br>11:00am – 11:45am<br>Melissa T       | <b>Les Mills BODYSTEP™</b><br>10:30am-11:15am<br>Kelly | <b>Cardio Kickboxing</b><br>10:00am – 11:00am<br>Jess |
| <b>Yoga</b><br>11:15am – 12:15pm<br>Joy                 |   | <b>Zumba® Step</b><br>11:00am – 11:45am<br>Melissa T             |   |  |  | <b>Yoga</b><br>11:15am – 12:15pm<br>Adrianna          |
| <b>Core &amp; More</b><br>12:30pm – 1:15pm<br>Melissa T |   | <b>SilverSneakers® Yoga</b><br>12:00pm – 12:45pm<br>Sue          | <b>SilverSneakers® Yoga</b><br>12:30-1:15pm<br>Janice       | <b>SilverSneakers® Yoga</b><br>12:00pm – 12:45pm<br>Sue        |  |   |
|   | <b>Core &amp; More</b><br>4:45pm – 5:30pm<br>Kelly        | <b>Les Mills BODYSTEP™</b><br>5:00pm – 5:45pm<br>Kelly           |   | <b>Les Mills BODYSTEP™</b><br>5:00pm – 5:45pm<br>Kelly         |  |   |
|   | <b>Cardio Kickboxing</b><br>5:45pm – 6:45pm<br>Jess       | <b>Strength &amp; Conditioning</b><br>6:00pm – 6:45pm<br>Chelsey | <b>Healthy Back</b><br>5:15pm – 6:15pm<br>Kim               | <b>Strength &amp; Conditioning</b><br>6:00pm – 6:45pm<br>Erin  | <b>Les Mills BODYPUMP™</b><br>5:45pm – 6:45pm<br>Kelly |   |
|   | <b>Zumba®</b><br>7:00pm – 7:45pm<br>Mary G                | <b>Core &amp; More</b><br>7:00pm – 7:45pm<br>Adrianna            | <b>Zumba®</b><br>6:30pm – 7:30pm<br>Mary G                  | <b>Core &amp; More</b><br>7:00pm – 7:30pm<br>Erin              |  |   |
|   | <b>Yoga</b><br>8:00pm – 8:45pm<br>Chris B                 | <b>Yoga</b><br>8:00pm – 8:45pm<br>Adrianna                       |   | <b>Yoga</b><br>7:45pm – 8:45pm<br>Mary Beth                    |  |   |

# MAIN GYM 1

**November 2024** Rev. 10/24/24



| SUNDAY                                    | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY                                 |
|---|---|---|---|---|---|--|
| <b>Open Gym for All</b><br>7:00am-12:15pm |   | <b>Fusion (Full Main Gym 1 &amp; 2)</b><br>5:15am-6:00am<br>Karen |   | <b>Fusion (Full Main Gym 1 &amp; 2)</b><br>5:15am – 6:00am<br>Karen |   | <b>Open Gym for All</b><br>7:00am-7:45pm |
|   | <b>Open Gym for All</b><br>5:00am-7:15am                        | <b>Open Gym</b><br>6:15am- 7:15am                                 | <b>Open Gym for All</b><br>5:00am-7:15am                | <b>Open Gym</b><br>6:15am-7:15am                                    | <b>Open Gym for All</b><br>5:00am-7:15am                        |  |
|   | <b>Low Impact Circuit</b><br>8:15am – 9:00am<br>Kathy B         | <b>SilverSneakers® Circuit</b><br>8:15am – 9:00am<br>Marla W      | <b>Low Impact Circuit</b><br>8:15am – 9:00am<br>Kathy B | <b>SilverSneakers® Circuit</b><br>8:15am – 9:00am<br>Marla W        | <b>Low Impact Circuit</b><br>8:15am – 9:00am<br>Kathy B         |  |
|   | <b>SilverSneakers® Classic</b><br>9:30am – 10:15am<br>Brandon F | <b>SilverSneakers® Classic</b><br>9:30am – 10:15am<br>Marla W     | <b>Open Gym for All</b><br>9:15am-10:15am               | <b>SilverSneakers® Classic</b><br>9:30am – 10:15am<br>Marla W       | <b>SilverSneakers® Classic</b><br>9:30am – 10:15am<br>Brandon F |  |
|   | <b>Zumba®</b><br>10:30am – 11:15am<br>Sara B                    | <b>Open Gym for All</b><br>10:30am-12:45pm                        | <b>Zumba®</b><br>10:30am – 11:15am<br>Sara B            | <b>Open Gym for All</b><br>10:30am-12:45pm                          | <b>Zumba®</b><br>10:30am – 11:15am<br>Brandon F                 |  |
|   | <b>Zumba Gold®</b><br>11:30am – 12:15pm<br>Sara B               | <b>SilverSneakers® Classic</b><br>1:00pm – 1:45pm<br>YMCA Staff   | <b>Zumba Gold®</b><br>11:30am – 12:15pm<br>Sara B       | <b>SilverSneakers® Classic</b><br>1:00pm – 1:45pm<br>YMCA Staff     | <b>Zumba Gold®</b><br>11:30am – 12:15pm<br>Brandon F            |  |
| <b>Open Gym for All</b><br>1:45pm-5:45pm  | <b>Open Gym for All</b><br>12:30pm-1:00pm                       | <b>Open Gym for All</b><br>2:00pm-5:30pm                          | <b>Open Gym for All</b><br>12:30pm-1:00pm               | <b>Open Gym for All</b><br>2:00pm-8:30pm                            | <b>Open Gym for All</b><br>12:30pm-1:00pm                       |  |
|   | <b>UPK</b><br>1:00pm-2:00pm                                     | <b>Preschool Basketball</b><br>5:30pm-6:15pm                      | <b>UPK</b><br>1:00pm-2:00pm                             |   | <b>UPK</b><br>1:00pm-2:00pm                                     |  |
|   | <b>Open Gym for All</b><br>2:00pm-8:30pm                        | <b>Preschool Soccer</b><br>6:30pm-7:15pm                          | <b>Open Gym for All</b><br>2:00pm-9:45pm                |   | <b>Open Gym for All</b><br>2:00pm-9:45pm                        |  |
| <b>Pickup Basketball</b><br>8:30pm-9:45pm | <b>Youth Ninja</b><br>7:30pm-8:15pm                             | <b>Pickup Basketball</b><br>8:30pm-9:45pm                         |   |   |   |  |

\*Please be aware that the encourage Benefit for Both program will be in MG1 from 11:30am-2:00pm on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month.

\*Please recognize the 15-minute or 30-minute transition time allotted between programs for setup and breakdown.



| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|---|---|---|--|--|---|---|
| <b>Open Gym for All</b><br>7:00am-8:45am                | <b>Spin Interval</b><br>5:15am-6:00am<br>Karen                    |   | <b>Open Gym for All</b><br>5:00am-5:45am                       | <b>Open Gym for All</b><br>5:00am-8:00am   | <b>Open Gym for All</b><br>5:00am-5:45am                          | <b>Open Gym for All</b><br>7:00am-8:00am        |
|   | <b>Advanced Pickleball</b><br>6:15am-9:00am                       | <b>Open Gym for All</b><br>5:00am-8:00am                        | <b>Pickleball all Levels</b><br>6:00am-9:00am                  |  | <b>Advanced Pickleball</b><br>6:00am-9:00am                       |   |
|   |   | <b>Interval Training</b><br>8:30am – 9:15am<br>Kathy B          |  | <b>Interval Training</b><br>8:30am – 9:15am<br>Kathy B                                 |   | <b>HIIT</b><br>8:15am – 9:00am<br>Sara V        |
| <b>BODYPUMP™ Express</b><br>9:15am-10:00am<br>Melissa M | <b>Strength &amp; Conditioning</b><br>9:30am – 10:15am<br>Jilyana | <b>BODYPUMP™ Express</b><br>9:30am-10:15am<br>Melissa M         |  | <b>BODYPUMP™ Express</b><br>9:30am-10:15am<br>Melissa M                                | <b>Strength &amp; Conditioning</b><br>9:30am – 10:15am<br>Kelly O | <b>Cycling</b><br>9:30am – 10:30am<br>Sara V    |
| <b>Pickleball All Levels</b><br>10:15am-3:00pm          | <b>Low Impact Cycling</b><br>10:30am – 11:15am<br>Sue K           | <b>Yoga</b><br>10:30am – 11:30am<br>Sue K                       | <b>Open Gym for All</b><br>9:00am-1:45pm                       | <b>Yoga</b><br>10:30am – 11:30am<br>Sue K  | <b>Cycling</b><br>10:30am – 11:15am<br>Sue K                      | <b>Jr. Cav's League Games</b><br>11:00am-2:00pm |
| <b>Open Gym for All</b><br>3:15pm-5:45pm                | <b>Open Gym for All</b><br>10:30am-11:15am<br>(half)              | <b>Zumba®</b><br>12:00pm – 12:45pm<br>Melissa T                 | <b>Pickleball all Levels</b><br>2:00pm-4:00pm                  | <b>Cardio Dance</b><br>12:00pm – 12:45pm<br>Melissa T                                  | <b>Open Gym for All</b><br>10:30am-11:15am (half)                 | <b>Open Gym</b><br>2:00pm-6:45pm                |
|   | <b>Open Gym for All</b><br>11:15am-1:45pm                         |   |  |  | <b>Open Gym for All</b><br>11:15am-1:45pm                         |   |
|   | <b>Pickleball All Levels</b><br>2:00pm-4:45pm                     | <b>UPK</b><br>1:00-2:00pm                                       | <b>Cycle &amp; Circuit</b><br>4:30pm – 5:30pm<br>Sara V        | <b>UPK</b><br>1:00-2:00pm  | <b>Pickleball All Levels</b><br>2:00pm-4:00pm                     |   |
|   | <b>HIIT</b><br>5:15pm – 6:00pm<br>Renae                           | <b>Open Gym for All</b><br>2:00pm-4:00pm                        | <b>Les Mills Body Pump Express</b><br>5:45-6:30pm<br>Lindsay B | <b>Open Gym for All</b><br>2:00pm-4:00pm   |   |   |
|   | <b>Cycling</b><br>6:15pm – 7:00pm<br>Abby                         | <b>Cycling</b><br>4:30pm – 5:30pm<br>Sara V                     |  | <b>Cycling</b><br>4:30pm – 5:30pm<br>Sara V  |   |   |
|   | <b>Les Mills BODYPUMP™</b><br>7:15pm – 8:15pm<br>Sara V           | <b>Balanced Boxing</b><br>5:45-6:45pm &<br>6:45pm-7:45pm<br>Jim | <b>Jr. Cavs Basketball Practice</b><br>6:30pm-8:30pm           | <b>HIIT</b><br>5:45pm – 6:30pm<br>Renae  |   |   |
|   | <b>Open Gym for All</b><br>8:30pm-9:45pm                          | <b>Pickleball All Levels</b><br>7:45pm-9:45pm                   | <b>Open Gym for All</b><br>8:30pm-9:45pm                       | <b>Jr. Cav's Practice</b><br>6:45pm-8:45pm<br><b>Open Gym for All</b><br>8:30pm-9:45pm | <b>Teen Pickup Basketball</b><br>6:15pm-9:45pm                    |   |

**SOUTHTOWNS FAMILY YMCA**

**MAIN GYM 2**

**November 2024** Rev. 10/24/24

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |  |
|--|--|--|--|--|--|--|
|  | <b>Open Gym for All</b><br>5:00am-10:15am                          |  | <b>Open Gym for All</b><br>5:00am-10:15am                          |  | <b>Open Gym for All</b><br>5:00am-10:15am                                  |  |
| <b>Pickleball Recreational</b><br>8:00am-10:00am | <b>Zumba</b><br>10:30am-11:15am                                    | <b>FUSION</b><br>5:15am-6:00am<br>Karen              | <b>Zumba</b><br>10:30am-11:15am                                    | <b>FUSION</b><br>5:15am-6:00am<br>Karen              | <b>Zumba</b><br>10:30am-11:15am  | <b>Pickleball ALL LEVELS</b><br>7:00am-10:15am             |
| <b>Pickleball All Levels</b><br>10:00am-12:15pm  | <b>Open Gym for All</b><br>11:30am-1:45pm                          |  | <b>Open Gym for All</b><br>11:30am-1:45pm                          |  | <b>Open Gym for All</b><br>11:30am-1:45pm                                  |  |
| <b>Zumba®</b><br>12:30pm – 1:30pm<br>Sara B      |  |  |  |  |  |  |
| <b>Open Gym for All</b><br>1:45pm-5:45pm         | <b>Pickleball All Levels 1 Court Recreational</b><br>2:00pm-4:00pm | <b>OPEN GYM FOR ALL</b><br>6:15am- 5:30pm            | <b>Pickleball All Levels 1 Court Recreational</b><br>2:00pm-4:00pm | <b>OPEN GYM FOR ALL</b><br>6:15am-5:30pm             | <b>Pickleball All Levels 1 Court Recreational 1 Court</b><br>2:00pm-6:00pm | <b>Jr. Cav's Basketball LEAGUE GAMES</b><br>10:30am-2:00pm |
|  |  |  |  |  |  |  |
|  |  | <b>Open Gym for All</b><br>4:15pm-5:30pm             |  | <b>Open Gym for All</b><br>4:15pm-5:30pm             |  |  |
|  | <b>Jr Cavs Basketball Practices</b><br>5:30pm-8:30pm               | <b>Jr Cavs Basketball Practices</b><br>5:30pm-8:30pm | <b>Special Olympics (Starts 11/6)</b><br>5:30pm-6:15pm             | <b>Jr Cavs Basketball Practices</b><br>5:30pm-8:30pm | <b>Open Gym for All</b><br>6:00:m-9:45pm                                   | <b>Open Gym for All</b><br>2:00pm-7:45pm                   |
|  |  |  | <b>Preschool Tumblers</b><br>6:30pm-7:15pm                         |  |  |  |
|  |  |  | <b>Youth Gymnastics</b><br>7:30pm – 8:15pm                         |  |  |  |

|  |  |  |   |  |  |  |
|--|--|--|---|--|--|--|
|  | <b>Open Gym for All</b><br>8:30pm-9:45pm | <b>Open Gym for All</b><br>8:30pm-9:45pm | <b>Open Gym for All</b><br>8:15pm -9:45pm | <b>Open Gym for All</b><br>8:30pm-9:45pm |  |  |
|--|--|--|---|--|--|--|