



Louisville Area YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Mix Multi-Purpose Room	5:30AM-6:15AM (Cardio) <i>Jody J.</i>					7:15AM-8:00AM (Cardio) <i>Jody J.</i>	
Lap Swim 5 Lanes Pool	5:30AM-9:00AM (Lap Swim)	5:30AM-9:00AM (Lap Swim)	5:30AM-9:00AM (Lap Swim)			7:00AM-9:00AM (Lap Swim)	
Pickleball Open Play- Half Gym Gym- Court 1	8:00AM-12:00PM (Pickleball)	7:30PM-8:30PM (Pickleball)			8:00AM-12:00PM (Pickleball)		
Power Pump Multi-Purpose Room	8:30AM-9:30AM (Strength) <i>Melissa M.</i>			8:30AM-9:30AM (Strength) <i>Melissa M.</i> 6:00PM-6:45PM (Strength) <i>Donald M.</i>			
Water Fitness Pool	9:00AM-9:45AM (Water Aerobics)	9:00AM-9:45AM (Water Aerobics)	9:00AM-9:45AM (Water Aerobics)				
Open/Lap Swim Pool	9:45AM-4:20PM (Open Swim) 7:45PM-8:30PM (Open Swim)	9:45AM-10:00AM (Open Swim) 11:05AM-4:20PM (Open Swim) 7:45PM-8:30PM (Open Swim)	9:45AM-4:20PM (Open Swim) 5:45PM-8:30PM (Open Swim)			9:00AM-10:00AM (Open Swim)	
Pilates Multi-Purpose Room	9:45AM-10:30AM (Balance And Flexibility) <i>Melissa M.</i>	7:00AM-8:00AM (Balance And Flexibility) <i>Virtual</i>		7:00AM-8:00AM (Balance And Flexibility) <i>Virtual</i>			
Dance Fitness Multi-Purpose Room	10:45AM-11:45AM (Dance) <i>Virtual</i>		10:45AM-11:45AM (Dance) <i>Virtual</i>				
POUND Multi-Purpose Room	4:30PM-5:00PM (Dance) <i>Rachel B.</i>						
High Intensity Interval Training (HIIT) Multi-Purpose Room	5:05PM-5:50PM (Cardio) <i>Rachel B.</i>						
Zumba Multi-Purpose Room	6:00PM-6:45PM (Dance) <i>Daria B.</i>	8:15AM-9:00AM (Dance) <i>Louis G.</i>	6:00PM-6:45PM (Dance) <i>Daria B.</i>				

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Xtreme Hip Hop Step Gym- Court 1	6:30PM-7:30PM (Dance) <i>Amanda M.</i>		6:30PM-7:30PM (Dance) <i>Amanda M.</i>				
Lap Swim 2 Lanes Pool	6:45PM-7:45PM (Lap Swim)						
Strength Multi-Purpose Room		5:15AM-6:15AM (Strength) <i>Mark S.</i>		5:15AM-6:15AM (Strength) <i>Mark S.</i>			
Total Body Toning Multi-Purpose Room		9:10AM-9:50AM (Strength) <i>Andrea F.</i>					
Chair Yoga Multi-Purpose Room		10:00AM-10:45AM (Active Older Adults) <i>Barb K.</i>					
Lap Swim 3 Lanes Pool		10:00AM-11:05AM (Lap Swim)					
Silver Sneakers Multi-Purpose Room		11:00AM-11:45AM (Active Older Adults) <i>Barb K.</i>		11:30AM-12:15PM (Active Older Adults)			
Adult Pick Up Basketball Gym- Court 1		12:00PM-2:00PM (Open Gym)		12:00PM-2:00PM (Open Gym)			
Cycle/Strength Multi-Purpose Room		5:00PM-5:45PM (Cycling) <i>Daria B.</i>					
Boot Camp Multi-Purpose Room		6:00PM-6:45PM (Cardio) <i>Donald M.</i>	5:15AM-6:15AM (Cardio) <i>Mark S.</i>		5:15AM-6:15AM (Cardio) <i>Mark S.</i>		
Core Multi-Purpose Room		7:00PM-7:45PM (Strength) <i>Kristen G.</i>			9:15AM-9:50AM (Strength) <i>Virtual</i>		
Open Gym-Half Gym Gym- Court 1			5:30AM-12:00PM (Open Gym)	5:30AM-12:00PM (Open Gym)			
Beginner Yoga Multi-Purpose Room			8:00AM-8:45AM (Balance And Flexibility) <i>Donald M.</i>		8:00AM-8:45AM (Balance And Flexibility) <i>Donald M.</i>		
Pickleball Open Play Gym- Court 1			8:00AM-12:00PM (Pickleball)	7:30PM-8:30PM (Pickleball)			
Cycling Multi-Purpose Room			9:00AM-10:00AM (Cycling) <i>Melissa M.</i>				
Resist-A-Ball Multi-Purpose Room			5:00PM-5:45PM (Strength) <i>Jody J.</i>				

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Yoga Multi-Purpose Room				9:50AM-10:35AM (Balance And Flexibility) <i>Melissa M.</i>		8:30AM-9:15AM (Balance And Flexibility) <i>Laura S.</i>	
Senior Cardio Drumming Multi-Purpose Room				10:55AM-11:25AM (Active Older Adults)			
Cardio X Multi-Purpose Room				5:00PM-5:45PM (Cardio) <i>Donald M.</i>			
Open Gym Gym- Court 1				5:00PM-9:00PM (Open Gym) 5:00PM-9:00PM (Open Gym)			
Gentle Yoga Multi-Purpose Room				7:00PM-8:00PM (Balance And Flexibility) <i>Ginger B.</i>			
Parkinson's & Multiple Sclerosis Exercise Multi-Purpose Room					12:30PM-1:30PM (Active Older Adults)		
Xtreme Burn Multi-Purpose Room						10:00AM-10:45AM (Cardio) <i>Amanda M.</i>	
Open Swim Pool						12:00PM-4:30PM (Open Swim)	
Barre Toning Multi-Purpose Room							11:15AM-12:00PM (Balance And Flexibility) <i>Virtual</i>