



MacColl YMCA | April 20th - April 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Outdoor Pickleball Outdoor REGISTER							7:00AM-8:00AM (General) <i>Staff</i> 8:00AM-9:00AM (General) <i>Staff</i> 9:00AM-10:00AM (General) <i>Staff</i> 10:00AM-11:00AM (General) <i>Staff</i> 11:00AM-12:00PM (General) <i>Staff</i> 12:00PM-1:00PM (General) <i>Staff</i> 1:00PM-2:00PM (General) <i>Staff</i> 2:00PM-3:00PM (General) <i>Staff</i> 3:00PM-4:00PM (General) <i>Staff</i> 4:00PM-5:00PM (General) <i>Staff</i>
Total Body Conditioning Studio A							7:15AM-8:00AM (Strength) <i>Selena S.</i>
Yoga Studio A							8:15AM-9:15AM (Mind & Body) <i>Gabrielle D.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spin Program Room 3 (Downstairs-Main Building) REGISTER							8:30AM-9:30AM (Cardio) <i>Selena S.</i>
Zumba Studio A							9:30AM-10:30AM (Dance) <i>Denise H.</i>
Strength Train Together Studio A							10:45AM-11:45AM (Strength) <i>Denise H.</i>