



## Bear Levin Studer Family YMCA | March 9th - March 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Swim</b> Activity Pool	5:00AM-2:00PM (Open Swim)  3:00PM-3:30PM (Open Swim)  6:30PM-8:45PM (Open Swim)	5:00AM-10:00AM (Open Swim)  12:00PM-2:00PM (Open Swim)	5:00AM-2:00PM (Open Swim)  6:30PM-8:45PM (Open Swim)	5:00AM-10:00AM (Open Swim)  12:00PM-2:00PM (Open Swim)	5:00AM-2:00PM (Open Swim)	7:00AM-9:00AM (Open Swim)	
<b>Les Mills BodyPump</b> Greenhut Studio	5:45AM-6:45AM (Strength) <i>Tami R.</i>  9:30AM-10:30AM (Strength) <i>Fabienne W.</i>  5:30PM-6:30PM (Strength) <i>Brittany H.</i>	8:15AM-9:15AM (Strength) <i>Fabienne W.</i>	5:45AM-6:45AM (Strength) <i>Karen P.</i>  9:30AM-10:30AM (Strength) <i>Amy J.</i>  5:30PM-6:30PM (Strength) <i>Karen P.</i>	8:15AM-9:15AM (Strength) <i>Fabienne W.</i>	12:00PM-12:45PM (Strength) <i>Devon S.</i>  5:30PM-6:30PM (Strength) <i>Carol D.</i>	8:15AM-9:15AM (Strength) <i>Carol D.</i>	
<b>Pilates</b> Pen Air Studio	7:45AM-8:30AM (Barre/Pilates) <i>Marcy E.</i>		7:45AM-8:30AM (Barre/Pilates) <i>Michelle D.</i>				
<b>Cycling</b> Appleyard Cycle Studio	8:15AM-9:00AM (Cycling) <i>Steve K.</i>  5:30PM-6:15PM (Cycling) <i>Marcy E.</i>	5:45AM-6:30AM (Cycling) <i>Marcy E.</i>  8:15AM-9:00AM (Cycling) <i>Steve M.</i>  4:45PM-5:30PM (Cycling) <i>Andrea R.</i>  6:00PM-6:45PM (Cycling) <i>Victoria B.</i>	8:15AM-9:00AM (Cycling) <i>Tammy C.</i>	5:45AM-6:30AM (Cycling) <i>Karen P.</i>  8:15AM-9:00AM (Cycling) <i>Steve K.</i>	8:15AM-9:00AM (Cycling) <i>Marcy E.</i>  12:00PM-12:45PM (Cycling) <i>Cheryl C.</i>	8:15AM-9:00AM (Cycling) <i>Andrea R.</i>  9:30AM-10:15AM (Cycling) <i>Cheryl C.</i>	
<b>Step</b> Greenhut Studio	8:15AM-9:15AM (Cardio) <i>Yuri S.</i>		8:15AM-9:15AM (Cardio) <i>Yuri S.</i>		8:15AM-9:15AM (Cardio) <i>Yuri S.</i>		
<b>Yoga Flow</b> Pen Air Studio	9:15AM-10:30AM (Yoga) <i>Alayna B.</i>		9:15AM-10:15AM (Yoga) <i>Michelle D.</i>	9:45AM-10:45AM (Yoga) <i>Emily H.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Senior Fitness</b> Greenhut Studio	10:45AM-11:30AM (Senior Fitness) <i>Tammy C.</i>		10:45AM-11:30AM (Senior Fitness) <i>Michelle D.</i>		10:45AM-11:30AM (Senior Fitness) <i>Joan C.</i>		
<b>Core and More</b> Greenhut Studio	12:00PM-1:00PM (Functional Training) <i>Nina L.</i>						
<b>Parkinson's Program</b> Pen Air Studio	12:00PM-1:00PM (Functional Training) <i>Morgan P.</i>		12:00PM-1:00PM (Functional Training) <i>Arlene R.</i>		12:00PM-1:00PM (Functional Training) <i>Morgan P.</i>		
<b>Water Fitness</b> Activity Pool	2:00PM-3:00PM (Water Fitness)	2:00PM-3:00PM (Water Fitness)	2:00PM-3:00PM (Water Fitness)	2:00PM-3:00PM (Water Fitness)	2:00PM-3:00PM (Water Fitness)		
<b>Swim Lessons</b> Activity Pool	3:30PM-6:30PM (Swim Lessons)	10:00AM-12:00PM (Swim Lessons)	3:30PM-6:30PM (Swim Lessons)	10:00AM-12:00PM (Swim Lessons)		9:00AM-12:00PM (Swim Lessons)	
<b>Swim Lessons</b> Lap Pool	3:30PM-6:30PM (Swim Lessons)		3:30PM-6:30PM (Swim Lessons)			9:00AM-12:00PM (Swim Lessons)	
<b>Family Time Basketball</b> Gym	4:00PM-6:00PM (Basketball)						
<b>Kidzone Use</b> Gym	4:00PM-6:00PM (Kidzone Use)						
<b>Barre Fusion</b> Pen Air Studio	4:30PM-5:30PM (Barre/Pilates) <i>Emily H.</i>	12:00PM-1:00PM (Barre/Pilates) <i>Emily H.</i>			8:15AM-9:15AM (Barre/Pilates) <i>Emily H.</i>		
<b>Yoga Workshop</b> Pen Air Studio	6:00PM-7:00PM (Yoga) <i>Lauren C.</i>						
<b>World Vibes Dance</b> Greenhut Studio	6:35PM-7:35PM (Dance Fitness) <i>Sandra V.</i>			6:35PM-7:35PM (Dance Fitness) <i>Sandra V.</i>			
<b>Adult Volleyball Games</b> Gym	6:45PM-8:45PM (Volleyball)	6:45PM-8:45PM (Volleyball)		6:45PM-8:45PM (Volleyball)		11:00AM-1:00PM (Volleyball)	
<b>Vinyasa Flow</b> Greenhut Studio		5:45AM-6:45AM (Yoga) <i>Heidi H.</i>					
<b>Pickleball</b> Gym		8:00AM-1:00PM (Pickleball)	6:00PM-8:00PM (Pickleball)	8:00AM-1:00PM (Pickleball)	10:00AM-12:00PM (Pickleball)	8:00AM-11:00AM (Pickleball)	12:00PM-5:00PM (Pickleball)
<b>Strength &amp; Stretch on a Roll</b> Pen Air Studio		8:15AM-9:15AM (Functional Training) <i>Michelle D.</i>		8:45AM-9:30AM (Functional Training) <i>Michelle D.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Gentle Yoga</b> Pen Air Studio		9:30AM-10:30AM (Yoga) <i>Lauren C.</i>				8:15AM-9:15AM (Yoga) <i>Heidi H.</i>	
<b>Soul Body Barre Unhitched</b> Greenhut Studio		9:30AM-10:30AM (Barre/Pilates) <i>Fabienne W.</i>		9:30AM-10:30AM (Barre/Pilates) <i>Fabienne W.</i>			
<b>Chair Yoga</b> Greenhut Studio		10:45AM-11:30AM (Senior Fitness) <i>Michelle D.</i>		10:45AM-11:30AM (Senior Fitness) <i>Alayna B.</i>			
<b>Tai Chi</b> Greenhut Studio		12:00PM-1:00PM (Yoga) <i>Wendy P.</i>		12:00PM-1:00PM (Yoga) <i>Wendy P.</i>			
<b>Basketball</b> Gym		1:00PM-5:00PM (Basketball)		1:00PM-5:00PM (Basketball)	12:00PM-8:45PM (Basketball)		
<b>Family/Open Swim</b> Activity Pool		3:00PM-8:45PM (Family/Open Swim)		3:00PM-8:45PM (Family/Open Swim)	3:00PM-8:45PM (Family/Open Swim)	12:00PM-4:45PM (Family/Open Swim)	12:00PM-4:45PM (Family/Open Swim)
<b>Les Mills BodyBalance</b> Pen Air Studio		4:30PM-5:30PM (Yoga) <i>Karen P.</i>					
<b>Bootcamp</b> Gym		5:30PM-6:30PM (Functional Training) <i>Amelia M.</i>  5:30PM-6:30PM (General)		5:30PM-6:30PM (General)  5:30PM-6:30PM (Functional Training) <i>Amelia M.</i>			
<b>Water Aerobics</b> Lap Pool		5:30PM-6:30PM (Water Fitness) <i>Dory B.</i>		5:30PM-6:30PM (Water Fitness) <i>Dory B.</i>			
<b>LES MILLS BODYCOMBAT</b> Greenhut Studio		5:30PM-6:30PM (Cardio) <i>Carol D.</i>					
<b>Yoga Burn</b> Pen Air Studio		6:00PM-7:00PM (Yoga) <i>Heidi H.</i>					
<b>Strength &amp; Stability</b> Greenhut Studio		6:35PM-7:05PM (Functional Training) <i>Betsy W.</i>					
<b>Kettlebell AMPD</b> Greenhut Studio			12:00PM-1:00PM (Functional Training) <i>Nina L.</i>				
<b>Power Yoga</b> Pen Air Studio			6:00PM-7:00PM (Yoga) <i>Heidi H.</i>				

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Zumba</b> Greenhut Studio			6:35PM-7:35PM (Dance Fitness) <i>Dana W.</i>			9:30AM-10:30AM (Dance Fitness) <i>Dana W.</i>	
<b>Yogalates</b> Pen Air Studio				7:45AM-8:30AM (Yoga) <i>Marcy E.</i>			
<b>Pump &amp; Pedal</b> Appleyard Cycle Studio				11:00AM-11:45AM (Cycling) <i>Miranda H.</i>			
<b>Glow Ride</b> Appleyard Cycle Studio				5:30PM-6:15PM (Cycling) <i>Emily H.</i>			
<b>Les Mills BodyBalance</b> Greenhut Studio					5:45AM-6:45AM (Yoga) <i>Karen P.</i>  9:30AM-10:30AM (Yoga) <i>Amy J.</i>		
<b>Beginner/Intermediate Pickleball</b> Gym					9:00AM-10:00AM (Pickleball)		
<b>Restorative Yoga</b> Pen Air Studio					9:30AM-10:30AM (Yoga) <i>Emily H.</i>		
<b>Buti Movement</b> Pen Air Studio					6:30PM-7:30PM (Functional Training) <i>Lisa R.</i>		
<b>Mobility and More</b> Greenhut Studio					6:35PM-7:35PM (Yoga) <i>Dana W.</i>		
<b>Vinyasa Flow</b> Pen Air Studio						9:30AM-10:45AM (Yoga) <i>Heidi H.</i>	
<b>Special Olympics</b> Gym						1:00PM-3:00PM (General)	



## Betty J. Pullum Family YMCA | March 9th - March 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gym	5:30AM-10:00AM (Open Gym)  1:00PM-9:00PM (Open Gym)	5:30AM-10:00AM (Open Gym)  1:00PM-9:00PM (Open Gym)	5:30AM-10:00AM (Open Gym)  1:00PM-9:00PM (Open Gym)	5:30AM-10:00AM (Open Gym)  1:00PM-9:00PM (Open Gym)	5:30AM-10:00AM (Open Gym)  1:00PM-2:30PM (Open Gym)  3:30PM-9:00PM (Open Gym)	3:30PM-5:00PM (Open Gym)	
<b>Kettlebell 30</b> Multipurpose Room	7:00AM-7:30AM (Functional Training) <i>Kristen T.</i>						
<b>Step</b> Multipurpose Room	8:00AM-9:00AM (Cardio) <i>Debi R.</i>	8:30AM-9:30AM (Cardio) <i>Hyon H.</i>		8:30AM-9:30AM (Cardio) <i>Hyon H.</i>	8:00AM-9:00AM (Cardio) <i>Debi R.</i>		
<b>Les Mills BodyPump</b> Multipurpose Room	9:00AM-10:00AM (Strength) <i>Kim L.</i>  5:00PM-6:00PM (Strength) <i>Anastasia I.</i>	7:30AM-8:30AM (Strength) <i>Kristen T.</i>	4:00PM-5:00PM (Strength) <i>Kristen T.</i>	9:30AM-10:30AM (Strength) <i>Anastasia I.</i>	7:00AM-8:00AM (Strength) <i>Kristen T.</i>  9:00AM-10:00AM (Strength) <i>Kim L.</i>	9:10AM-10:10AM (Strength) <i>Anastasia I.</i>	
<b>Pickleball</b> Gym	10:00AM-1:00PM (Pickleball)	10:00AM-1:00PM (Pickleball)	10:00AM-1:00PM (Pickleball)	10:00AM-1:00PM (Pickleball)	10:00AM-1:00PM (Pickleball)		
<b>Yoga Flow</b> Multipurpose Room	10:45AM-11:45AM (Yoga) <i>Hyon H.</i>		10:45AM-11:45AM (Yoga) <i>Hyon H.</i>		10:45AM-11:45AM (Yoga) <i>Hyon H.</i>		
<b>Senior Fitness</b> Multipurpose Room	12:00PM-1:00PM (Senior Fitness) <i>Haydee G.</i>		12:00PM-1:00PM (Senior Fitness) <i>Haydee G.</i>		12:00PM-1:00PM (Senior Fitness) <i>Autumn N.</i>		
<b>LES MILLS BODYCOMBAT</b> Multipurpose Room	4:00PM-5:00PM (Cardio) <i>Anastasia I.</i>	9:30AM-10:00AM (Cardio) <i>Anastasia I.</i>		7:30AM-8:30AM (Cardio) <i>Anastasia I.</i>			
<b>Cycling</b> Multipurpose Room		6:30AM-7:30AM (Cycling) <i>Jo A.</i>  4:00PM-5:00PM (Cycling) <i>Rachel C.</i>		6:30AM-7:30AM (Cycling) <i>Jo A.</i>		8:05AM-9:05AM (Cycling) <i>Jo A.</i>	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Les Mills Core</b> Multipurpose Room		10:00AM-10:30AM (Strength) <i>Anastasia I.</i>					
<b>Chair Yoga</b> Multipurpose Room		11:00AM-12:00PM (Senior Fitness) <i>Ann H.</i>		11:00AM-12:00PM (Senior Fitness) <i>Ann H.</i>			
<b>Martial Arts</b> Multipurpose Room		6:00PM-8:00PM (Martial Arts) <i>Tony W.</i>				12:00PM-2:00PM (Martial Arts) <i>Tony W.</i>	
<b>Balance &amp; Tone</b> Multipurpose Room			8:00AM-9:00AM (Barre/Pilates) <i>Debi R.</i>				
<b>Zumba</b> Multipurpose Room			9:00AM-10:00AM (Dance Fitness) <i>Kim L.</i>	5:00PM-6:00PM (Dance Fitness) <i>Natalia M.</i>		10:15AM-11:15AM (Dance Fitness) <i>Natalia M.</i>	
<b>Pilates</b> Multipurpose Room				4:00PM-5:00PM (Barre/Pilates) <i>Anastasia I.</i>			
<b>After School Care</b> Gym					2:30PM-3:30PM (General)		
<b>Basketball</b> Gym							1:00PM-5:00PM (Basketball)



## Community YMCA at Gulf Breeze | March 9th - March 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Slam &amp; Sweat</b> Studio	8:30AM-9:30AM (Strength) <i>Emily H.</i>						
<b>SHiNE Dance</b> Studio	9:30AM-10:30AM (Dance Fitness) <i>Tonya F.</i>				9:30AM-10:30AM (Dance Fitness) <i>Tonya F.</i>		
<b>Kettlebell 30</b> Studio	10:30AM-11:00AM (Functional Training) <i>Kristen T.</i>						
<b>Yoga Flow</b> Studio		9:15AM-10:15AM (Yoga) <i>Anh V.</i>	6:15PM-7:15PM (Yoga) <i>Katherine V.</i>	10:30AM-11:30AM (Yoga) <i>Sharla G.</i>			
<b>Use it or Lose it</b> Studio		10:30AM-11:30AM (Functional Training) <i>Sharla G.</i>	5:00PM-6:00PM (Functional Training) <i>Sharla G.</i>	9:15AM-10:15AM (Functional Training) <i>Sharla G.</i>			
<b>Buti Movement</b> Studio		11:45AM-12:45PM (Functional Training) <i>Lauren C.</i>					
<b>POUND Rockout Workout</b> Studio		5:00PM-6:00PM (Cardio) <i>Jami M.</i>					
<b>Pilates</b> Studio		6:15PM-7:15PM (Barre/Pilates) <i>Marcy E.</i>					
<b>Barre Fusion</b> Studio			8:30AM-9:30AM (Barre/Pilates) <i>Emily H.</i>				
<b>Step</b> Studio			9:30AM-10:30AM (Cardio) <i>Yuri S.</i>				
<b>Chisel</b> Studio				8:00AM-9:00AM (Strength) <i>Haydee G.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Step and Sculpt</b> Studio				5:00PM-6:00PM (Functional Training) <i>Devon S.</i>			
<b>Build &amp; Burn</b> Studio					8:30AM-9:30AM (Strength) <i>Hind T.</i>	8:30AM-9:30AM (Strength) <i>Hind T.</i>	