

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 9:45am Deep Water/Robin	8:30 - 9:45am Liquid Cardio/Robin	9:00 - 9:45am Deep Water/Teri	8:30 - 9:45 am Liquid Cardio/Robin	9:00 - 9:45am Deep Water/Teri	8:00 - 8:55am Aqua-Motion/Teri ***
9:00 - 9:40am Group Cycling Gym/Lynn	8:40 - 9:30am Pilates Beg/Int. Gym/Angie	9:00 - 9:45am SilverSneakers CardioCircuit/Lisa	8:40 - 9:30am Pilates Int/Adv Gym/Debbie	9:30 - 10:15am SilverSneakers Muscular Strength Club Rooms/Audra	8:00 - 8:55 am YogaMix Senior Wing/Kenya***
9:00 - 9:45am SilverSneakers Cardio Circuit/Vikki	9:35 - 10:20am Group Cycling Club Room/Karen	9:00 - 9:45am PowerStrike Gym/Lynn	9:35 - 10:20am Leisure Cycle Club Room/Debbie	9:45 - 10:35am Step Interval Gym/Jody	9:00 - 9:55am Group Cycling Club Room/Jen
9:50 - 10:45am Y Pump Gym/Debbie		9:50 - 10:45am Define Yourself-Y Pump Gym/Lynn		10:30 - 11:25am YogaMix Club Rooms/Lynn	9:00 - 9:55am Zumba Senior Wing/Jody
10:00 - 10:45am SilverSneakers Muscular Strength Club Rooms/Vikki	9:45 - 10:40 am Step Gym/Lisa	10:00 - 10:45am SilverSneakers Muscular Strength Club Rooms/Lisa	9:45 - 10:40 am StepFit Gym/Paige		10:00 - 10:30 am GlideClub Rooms/Jen
	10:00 - 10:55am Arthritis Aqua/Teri	11:10 - 12:05am SilverSneakers Silver-Splash Teri	10:00 - 10:55am Arthritis Aqua/Teri	10:40 - 11:25am Zumba Gold Gym/Jody	10:30 - 11:05am Beg. Group Cycling Club Room/Jane
11:10 - 12:05am Aqua-Motion/Robin	10:30 - 11:15am YogaMix Club Room/Jane		10:30 - 11:15am SilverSneakers YogaStretch Club Rooms/Marsha	11:10 - 12:05am Aqua-Motion Teri/Pool	11:15 - 12:00 pm Adult Tap Senior Wing/Alissa
6:15 - 7:30 pm Step & Strength Senior Wing/Gina	4:30 - 5:25pm Aqua-Explosion/Staff	6:30 - 7:25 pm StepFit Senior Wing/Diana	4:30 - 5:25pm Aqua Explosion/Staff	<p style="text-align: center;"><b>Clermont Family YMCA</b> <b>YHEALTH &amp; FITNESS™</b> <small>We build strong kids, strong families, strong communities.</small></p>	
		6:40 - 7:25pm Group Cycling Club Room/Angie			
6:40 - 7:25pm Group Cycling Club Room/Debbie	6:15 - 7:10 pm Define Yourself - Y Pump Club Rooms/Audra		6:15 - 7:10 pm Define Yourself - Y Pump Club Rooms/????	<p style="text-align: center;">Aquatic Fitness Group Cycling Cardio Group Strength Mind/Body SilverSneakers</p>	
7:45 - 8:40pm Aqua-Motion/Teri	7:20 - 8:15pm YogaMix Senior Wing/Kenya	7:45 - 8:40pm Aqua-Motion/Teri	6:30 - 7:25pm Intro/Beg. Step Senior Wing/Karen		