Ron Edwards Family YMCA • December 23, 2024 - January 5, 2025

THOUSE PAINTY TWEET TO THE PROPERTY OF THE PRO

		Monday De	cember 23, 202	24 6:00 am - 9:30) pm			
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL		
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM						Lane Swim		
8:30 AM						7:30-9:00		
9:00 AM	HIIT							
9:30 AM	9:15-10:00					Aquafit		
10:00 AM	Strength and Conditioning		Yoga			9:15-10:00		
10:30 AM	10:15-11:00		10:15 - 11:45					
11:00 AM	WalkFit					Lane Swim 10:30 - 1:00		
11:30 AM	11:15-12:00							
12:00 PM	Open Pickleball and Basketball							
12:30 PM	12:15 - 1:00 1/2 Gym each							
1:00 PM								
1:30 PM	Pickleball				Open			
2:00 PM	1:00-3:00				6:00 - 9:30			
2:30 PM								
3:00 PM								
3:30 PM	Open Basketball					Open Family Swim		
4:00 PM	3:15-4:30					1:00-7:30		
4:30 PM								
5:00 PM				Balls, Band, Bosu				
5:30 PM			Back to Living Well	5:10-5:40				
6:00 PM			5:30-6:30	ніт				
6:30 PM				5:45 -6:15				
7:00 PM		Cycle Fit Train				. 0.0		
7:30 PM		7:00 -7:45				Aquafit Strength 7:30-8:10		
8:00 PM		Seasonal						
8:30 PM	0 51 514 5							
9:00 PM	Open Pickup Basketball Full Court 8:30-9:30					Lane Swim 8:15-9:15		
9:30 PM	222 0.30 3.50				8.13-9.13			

	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM		Cycle Fit				
9:30 AM		9:15-10:00				Lane Swim
10:00 AM						8:00-12:00
10:30 AM						
11:00 AM						
11:30 AM	_					
12:00 PM	Open 8:00-4:00				Raquetball Tournament	
12:30 PM						
1:00 PM						
1:30 PM						Open Swim
2:00 PM						12:00 - 3:45
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						

		Saturday De	cember 28, 20	24 8:00 am - 5:3	0 pm	
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
8:00 AM		TRX				Lane Swim
8:30 AM		8:15-9:00				8:00-9:00
9:00 AM		Cycle Fit				
9:30 AM		9:15-10:00				
10:00 AM						
10:30 AM			Zumba			
11:00 AM			Zumba 10:30-11:30			Open Family Swim 9:00-2:45
11:30 AM						
12:00 PM						
12:30 PM					Open	
1:00 PM					8:00 - 5:30	
1:30 PM						
2:00 PM						
2:30 PM	Open Basketball					
3:00 PM	1:00-5:15					
3:30 PM						
4:00 PM						Lane Swim
4:30 PM						2:45 -5:15
5:00 PM						
5:30 PM						

	Tuesday December 24, 2024 6:00 am - 2:00 pm						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL	
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM		Cycle Fit					
9:30 AM		9:15 - 10:15				Lane Swim 7:30 - 12:00	
10:00 AM	Open 6:00-2:00				Open 6:00-2:00	750 1200	
10:30 AM	0.00 2.00				0.00 2.00		
11:00 AM							
11:30 AM				Ì			
12:00 PM							
12:30 PM							
1:00 PM						Open Swim 12:00-1:45	
1:30 PM						12.00 1.45	
2:00 PM							

Wednesday December 25, 2024 CLOSED								
GYM STUDIO AB ROOM COMMUNITY ROOM RAQUETBALL COURTS PO								

· · · · · ·	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL
6:00 AM		2.02.0	7.0		I I I COLLEGE COLLEGE	
6:30 AM					+	
7:00 AM						
7:30 AM						
8:00 AM						Lane Swim
8:30 AM					-	7:30 - 9:00
9:00 AM	Muscle Fit					
9:30 AM	9:15-10:00			Line Dancing 9:15 - 10:00		Aquafit
10:00 AM	Low Impact			9.15-10.00		9:15-10:-00
10:30 AM	10:15-11:00		Yoga 10:15-11:45			
11:00 AM			10.15-11.45			
11:30 AM						
12:00 PM						
12:30 PM						Lane Swim 10:30 - 3:00
1:00 PM	Pickleball					10.30 3.00
1:30 PM	12:00 -3:00				Open	
2:00 PM					6:00-9:30	
2:30 PM						
3:00 PM					1	
3:30 PM						
4:00 PM						
4:30 PM						Open Swin
5:00 PM						3:00-7:00
5:30 PM						
6:00 PM	Open Basketball 3:15-9:15					
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						Lane Swim
8:30 PM						7:00-9:15
9:00 PM						
9:30 PM			1			

	Sunday December 29, 2024 8:00 am - 4:00 pm							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL		
8:00 AM						Lane Swim		
8:30 AM						8:00 -9:00		
9:00 AM								
9:30 AM								
10:00 AM		Endurance Cycle 9:30 - 11:00	Strong Nation					
10:30 AM		Seasonal	10:30-11:15			Open Family Swim 9:00 - 2:45		
11:00 AM								
11:30 AM								
12:00 PM					Open 8:00-4:00			
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM	Open Basketball 12:30 - 3:30							
2:30 PM								
3:00 PM						Open/Lane Swim		
3:30 PM						2:45 -3:45		
4:00 PM								

Ron Edwards Family YMCA • December 23, 2024 - January 5, 2025 HOLIDAY SCHEDULE

	GYM	STUDIO	ABROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL	
	GTM	STUDIO	AB KOOM	COMMUNITY ROOM	RAQUEIBALL COURTS	POOL	
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM					-	Lane Swim 7:30 - 9:00	
8:30 AM					-		
9:00 AM	HIIT 9:15-10:00						
9:30 AM 10:00 AM						Aquafit 9:15-10:00	
	Strength and Conditioning 10:15 - 11:00		Yoga 10:15 - 11:45				
10:30 AM 11:00 AM	W II E				-		
11:30 AM	Walk Fit 11:15 - 12:00				-	Lane Swim 10:30 - 1:00	
12:00 PM	Open Pickleball and Basketball						
12:30 PM	12:15 -1:00 1/2 Gym each						
1:00 PM							
1:30 PM	Pickleball				0		
2:00 PM	1:00 -3:00				Open 6:00-9:30		
2:30 PM							
3:00 PM							
3:30 PM	Open Basketball					Open Family Swim	
4:00 PM	3:15-4:30					1:00-7:30	
4:30 PM							
5:00 PM				Balls, Band, Bosu			
5:30 PM			1	5:10-5:40			
6:00 PM				HIIT			
6:30 PM				5:45 -6:15			
7:00 PM							
7:30 PM						Aquafit Strength 7:30-8:10	
8:00 PM						7.50-0.10	
8:30 PM						Lane Swim	
9:00 PM	Open Pickup Basketball Full Court 8:30-9:30					8:15-9:15	
0-20 DM	. dii codit 050 750						

		Thursday January	/ 2, 2025 6:00 am	- 9:30 pm	
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM	Body Fit	Cycle Fit			
9:30 AM	9:15 -10:00	9:15-10:00			
10:00 AM			5 4 5		Lane Swim 7:30-1:00
10:30 AM			Gentle Fit 10:15-11:00		
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					Hydrotherapy 1:15-2:00
2:00 PM					
2:30 PM					
3:00 PM	Open Basketball				
3:30 PM	2:00-4:30				
4:00 PM					
4:30 PM					Lane /Open Swim
5:00 PM					2:30 - 7:30
5:30 PM					
6:00 PM					
6:30 PM					
7:00 PM					
7:30 PM	Zumba 7:15-8:15				
8:00 PM					
8:30 PM					Lane Swim 7:30-9:15
9:00 PM	Open Basketball 8:30-9:30				
9:30 PM					

Saturday January 4, 2025 8:00 am - 5:30 pm						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL	
8:00 AM		TRX			Lane Swim	
8:30 AM		8:15-9:00			8.00-9.00	
9:00 AM		Cycle Fit				
9:30 AM		9:15-10:00				
10:00 AM						
10:30 AM						
11:00 AM			Zumba 10:30-11:30			
11:30 AM					Open Family Swim	
12:00 PM					9:00-2:45	
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM	Open Basketball					
3:00 PM	1:00-5:15					
3:30 PM						
4:00 PM					Open/Lane Swim 2:45 - 5:15	
4:30 PM					2.5 3.13	
5:00 PM						
5:30 PM						

	Tuesday December 31, 2024 6:00 am -2:00 pm						
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	RAQUETBALL COURTS	POOL	
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM						Lane Swim 7:30 - 12:00	
9:00 AM		Cycle Fit					
9:30 AM		9:15 - 10:00					
10:00 AM					Open 6:00 - 2:00	120 120	
10:30 AM					0.00 2.00		
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM						Open Swim 12:00 - 1:45	
1:30 PM						1200 1710	
2:00 PM							

Wednesday January 1, 2025 12:00 pm -4:00 pm							
	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL		
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM					Open/Lane Swim		
2:00 PM	Open Gym 12:00-4:00				12:00-3:45		
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							

	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
6:00 AM					
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					Lane Swim 7:30 - 9:00
8:30 AM					
9:00 AM	Muscle Fit 9:15-10:00			Line Dancing 9:15-10:00	
9:30 AM					Aquafit 9:15-10:-00
10:00 AM	Low Impact		Voss		
10:30 AM	10:15-11:00		Yoga 10:15-11:45		
11:00 AM					
11:30 AM					
12:00 PM					Lane Swim 10:30 -3:00
12:30 PM					
1:00 PM	Pickleball				
1:30 PM	12:00-3:00				
2:00 PM					
2:30 PM					
3:00 PM					Open Swim 3:00-7:00
3:30 PM	Open Basketball				
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM	3:15-9:15				
6:30 PM					
7:00 PM					Lane /Open Swim 7:00-9:15
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

	GYM	STUDIO	AB ROOM	COMMUNITY ROOM	POOL
8:00 AM	Open Basketball				
8:30 AM	8:00-8:45				Lane Swim 8:00-9:00
9:00 AM		Endurance Cycle 9:30-11:00 Seasonal	Yoga 9:15-10:15		
9:30 AM					
10:00 AM			Strong Nation 10:30-11:15		
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					Open Family Swim
12:30 PM	Open Basketball 1230 - 3:30				9:00-2:45 Lane Swim 2:45-3:45
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					