



School - Compass | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Compass Traditional Camp - 2025	6:30AM-6:00PM (Day Camp)	6:30AM-6:00PM (Day Camp)	6:30AM-6:00PM (Day Camp)	6:30AM-6:00PM (Day Camp)	6:30AM-6:00PM (Day Camp)		
Register							



School - Hawthorn Hill | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hawthorn Hill Day Camp - 2025 Register	6:30AM-6:00PM (Day Camp)	6:30AM-6:00PM (Day Camp)	6:30AM-6:00PM (Day Camp)	6:30AM-6:00PM (Day Camp)	6:30AM-6:00PM (Day Camp)		



School - Cedar Creek - MO | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cedar Creek Day Camp - 2025 Register	6:30AM-6:00PM (Day Camp)	6:30AM-6:00PM (Day Camp)	6:30AM-6:00PM (Day Camp)	6:30AM-6:00PM (Day Camp)	6:30AM-6:00PM (Day Camp)		



School - Ray Marsh | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ray Marsh Traditional Camp - 2025	7:00AM-6:00PM (Day Camp)	7:00AM-6:00PM (Day Camp)	7:00AM-6:00PM (Day Camp)	7:00AM-6:00PM (Day Camp)	7:00AM-6:00PM (Day Camp)		
Register							



School - Pawnee | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pawnee Traditional Camp - 2025 Register	7:00AM-6:00PM (Day Camp)	7:00AM-6:00PM (Day Camp)	7:00AM-6:00PM (Day Camp)	7:00AM-6:00PM (Day Camp)	7:00AM-6:00PM (Day Camp)		



School - Lansing Elementary | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lansing Traditional Camp - 2025 Register	7:00AM-6:00PM (Day Camp)	7:00AM-6:00PM (Day Camp)	7:00AM-6:00PM (Day Camp)	7:00AM-6:00PM (Day Camp)	7:00AM-6:00PM (Day Camp)		



School - Hazel Grove | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hazel Grove Traditional Camp - 2025 Register	8:00AM-5:00PM (Day Camp)	8:00AM-5:00PM (Day Camp)	8:00AM-5:00PM (Day Camp)	8:00AM-5:00PM (Day Camp)	8:00AM-5:00PM (Day Camp)		



Atchison Family YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim Pool		4:30AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	4:30AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	4:30AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	4:30AM-1:00PM (Aquatics Open Swim) 4:00PM-6:30PM (Aquatics Open Swim)	8:00AM-1:00PM (Aquatics Open Swim)	1:00PM-3:00PM (Aquatics Open Swim)
BODYPUMP - Les Mills Studio B		5:00AM-6:00AM (Strength) <i>Nichole H.</i> 5:00PM-6:00PM (Strength) <i>Donna N.</i>		5:00AM-6:00AM (Strength) <i>Nichole H.</i> 5:00PM-6:00PM (Strength) <i>Donna N.</i>		9:00AM-10:00AM (Strength) <i>Nichole H.</i>	
Aqua Strength & Cardio Pool		8:00AM-9:00AM (Water Fitness) <i>Hillari H.</i>	8:00AM-9:00AM (Water Fitness) <i>Hillari H.</i>	8:00AM-9:00AM (Water Fitness) <i>Hillari H.</i>	8:00AM-9:00AM (Water Fitness) <i>Hillari H.</i>		
Kid Zone - Open Hours KidZone		8:00AM-11:00AM (General) 4:00PM-7:00PM (General)	8:00AM-11:00AM (General) 4:00PM-7:00PM (General)	8:00AM-11:00AM (General) 4:00PM-7:00PM (General)	8:00AM-11:00AM (General) 4:00PM-7:00PM (General)	8:00AM-11:00AM (General)	
Low Impact Aerobics Studio B		9:00AM-10:00AM (Low Impact) <i>Sharon B.</i>		9:00AM-10:00AM (Low Impact) <i>Sharon B.</i>			
Aqua Joints In Motion Pool		12:00PM-1:00PM (Water Fitness) <i>Hillari H.</i>	9:00AM-10:00AM (Water Fitness) <i>Hillari H.</i>	12:00PM-1:00PM (Water Fitness) <i>Hillari H.</i>	9:00AM-10:00AM (Water Fitness) <i>Hillari H.</i>		
Pickleball - Drop In Play Gymnasium		1:00PM-2:30PM (Healthy Living Activity (Member Service))		1:00PM-2:30PM (Healthy Living Activity (Member Service))			
Activity Pool Wellness Pool		4:00PM-7:30PM (Aquatics Open Swim)	4:00PM-7:30PM (Aquatics Open Swim)	4:00PM-7:30PM (Aquatics Open Swim)	4:00PM-6:30PM (Aquatics Open Swim)	8:00AM-1:00PM (Aquatics Open Swim)	1:00PM-3:00PM (Aquatics Open Swim)
Atchison - Gymnastics - Beginners Register		4:30PM-5:30PM (Healthy Living - Tumbling & Gymnastics)					
Atchison - Gymnastics - Intermediate Register		5:30PM-6:30PM (Healthy Living - Tumbling & Gymnastics)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Atchison - Gymnastics - Advanced Register		6:30PM-7:30PM (Healthy Living - Tumbling & Gymnastics)					
Circuit Training Studio B			5:15AM-6:15AM (Hybrid) <i>Rebecca L.</i> 9:00AM-10:00AM (Hybrid) <i>Kamille C.</i>		5:15AM-6:15AM (Hybrid) <i>Rebecca L.</i>		
Enhance Fitness Studio B			10:30AM-11:30AM (Low Impact) <i>Sharon B.</i>		10:30AM-11:30AM (Low Impact) <i>Sharon B.</i>		
Atchison - Gymnastics - Preschool Register			5:00PM-5:45PM (Healthy Living - Tumbling & Gymnastics) 5:45PM-6:30PM (Healthy Living - Tumbling & Gymnastics)				
Yoga Studio A			5:30PM-6:30PM (Mind & Body) <i>Valerie P.</i>	8:30AM-9:30AM (Mind & Body) <i>Jennifer T.</i>			
SHiNE Studio B			5:30PM-6:30PM (Cardio) <i>Nichole H.</i>			8:00AM-9:00AM (Cardio) <i>Nichole H.</i>	
Atchison - Gymnastics - Pre-Team Register			6:30PM-7:45PM (Healthy Living - Tumbling & Gymnastics)				
Atchison - Gymnastics - Parent-Tot Register				5:00PM-5:30PM (Healthy Living - Tumbling & Gymnastics)			
SHiNE Studio A					5:00AM-6:00AM (Cardio) <i>Nichole H.</i>		
Kid Zone - Closed KidZone							12:00PM-4:00PM (General)



Providence Family YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity Pool Pool		5:00AM-6:30AM (Aquatics Open Swim) 10:00AM-1:00PM (Aquatics Open Swim) 4:00PM-5:30PM (Aquatics Open Swim)	5:00AM-8:00AM (Aquatics Open Swim) 10:00AM-1:00PM (Aquatics Open Swim) 1:00PM-7:30PM (Aquatics Open Swim)	5:00AM-6:30AM (Aquatics Open Swim) 10:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-8:00AM (Aquatics Open Swim) 11:00AM-1:00PM (Aquatics Open Swim) 4:00PM-6:30PM (Aquatics Open Swim)	9:00AM-3:30PM (Aquatics Open Swim)	10:00AM-3:30PM (Aquatics Open Swim)
Lap Swim Lap Lanes in Pool		5:00AM-6:30AM (Aquatics Open Swim) 10:00AM-1:00PM (Aquatics Open Swim) 4:00PM-5:30PM (Aquatics Open Swim)	5:00AM-8:00AM (Aquatics Open Swim) 10:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-6:30AM (Aquatics Open Swim) 10:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-8:00AM (Aquatics Open Swim) 11:00AM-1:00PM (Aquatics Open Swim) 4:00PM-6:30PM (Aquatics Open Swim)	9:00AM-3:30PM (Aquatics Open Swim)	10:00AM-3:30PM (Aquatics Open Swim)
BODYPUMP - Les Mills Group Ex Studio		5:15AM-6:15AM (Strength) <i>April L.</i> 10:30AM-11:30AM (Strength) <i>Deb F.</i> 5:30PM-6:30PM (Strength) <i>Tina S.</i>		5:15AM-6:15AM (Strength) <i>April L.</i> 10:30AM-11:30AM (Strength) <i>Deb F.</i> 5:30PM-6:30PM (Strength) <i>Erin C.</i>		8:45AM-9:45AM (Strength) <i>Erin C.</i>	
Aqua Fit Pool-Instructor Reserved Space		6:30AM-7:30AM (Water Fitness) <i>Peg B.</i>	9:00AM-10:00AM (Water Fitness) <i>Robin C.</i>	6:30AM-7:30AM (Water Fitness) <i>Peg B.</i>			
Aqua Joints In Motion Pool-Instructor Reserved Space		8:00AM-9:00AM (Water Fitness) <i>Julie A.</i> 9:00AM-10:00AM (Water Fitness) <i>Julie A.</i>		8:00AM-9:00AM (Water Fitness) <i>Julie A.</i> 9:00AM-10:00AM (Water Fitness) <i>Julie A.</i>			
Yoga Group Ex Studio		8:15AM-9:00AM (Mind & Body) <i>Sallie C.</i>		8:15AM-9:05AM (Mind & Body) <i>Sallie C.</i>			
Boot Camp/HIIT Gymnasium		9:15AM-10:15AM (Hybrid) <i>Victor C.</i>	9:15AM-10:15AM (Hybrid) <i>Victor C.</i>	9:15AM-10:15AM (Hybrid) <i>Victor C.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Line Dancing Group Ex Studio		9:15AM-10:00AM (Cardio) <i>Deb F.</i>		9:15AM-10:00AM (Cardio) <i>Deb F.</i>			
Silver Sneakers - Circuit Gymnasium		10:30AM-11:30AM (Low Impact) <i>Wayland P.</i>		10:30AM-11:20AM (Low Impact) <i>Wayland P.</i>			
Tai Chi - Intermediate Group Ex Studio		1:00PM-2:00PM (Mind & Body) <i>Tom W.</i>		1:00PM-2:00PM (Mind & Body) <i>Tom W.</i>		12:00PM-1:00PM (Mind & Body) <i>Tom W.</i>	
Meditation Group Ex Studio		2:00PM-3:00PM (Mind & Body) <i>Tom W.</i>		2:00PM-3:00PM (Mind & Body) <i>Tom W.</i>			
Swim Lessons Pool-Instructor Reserved Space		5:30PM-7:30PM (Aquatics Program (Activenet Registration Required))	5:30PM-7:30PM (Aquatics Program (Activenet Registration Required))	5:30PM-7:30PM (Aquatics Program (Activenet Registration Required))		9:30AM-12:30PM (Aquatics Program (Activenet Registration Required))	
Aqua Strength & Cardio Pool-Instructor Reserved Space		6:00PM-7:00PM (Water Fitness) <i>Julie L.</i>				8:00AM-9:00AM (Water Fitness) <i>Julie L.</i>	
Ultifit Wellness Studio		6:30PM-7:30PM (Hybrid) <i>Jonathan W.</i>		6:00PM-7:00PM (Hybrid) <i>Jonathan W.</i>			
Aqua Fit Pool			8:00AM-9:00AM (Water Fitness) <i>Robin C.</i>		8:00AM-9:00AM (Water Fitness) <i>Sallie C.</i> 9:00AM-10:00AM (Water Fitness) <i>Robin C.</i>		
Low Impact Group Ex Studio			8:30AM-9:15AM (Low Impact) <i>Sallie C.</i>				
Yoga Wellness Studio			9:30AM-10:15AM (Mind & Body) <i>Sallie C.</i>		10:00AM-10:50AM (Mind & Body) <i>Sallie C.</i>		
Enhance Fitness Gymnasium			10:30AM-11:30AM (Low Impact) <i>Wayland P.</i>				
Silver Sneakers - Chair Yoga Group Ex Studio			11:45AM-12:30PM (Low Impact) <i>Wayland P.</i>				
Pickleball - Drop In Play Gymnasium			12:30PM-2:00PM (Healthy Living Activity (Member Service))		12:30PM-2:30PM (Healthy Living Activity (Member Service))		
Step Gymnasium			5:30PM-6:20PM (Cardio) <i>Tina S.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp Gymnasium			6:30PM-7:20PM (Hybrid) <i>Nicole R.</i>				10:30AM-11:20AM (Hybrid) <i>Tracy O.</i>
Kempo for Kids Group Ex Studio				4:00PM-5:00PM (Hybrid) <i>Tom W.</i>			
Step Group Ex Studio				6:30PM-7:30PM (Cardio) <i>Katrena R.</i>		10:30AM-11:20AM (Cardio) <i>Katrena R.</i>	
Kickboxing with Bags Group Ex Studio					9:30AM-10:20PM (Cardio) <i>Suzie T.</i>		
Aqua Core and Flexibility Pool					10:00AM-11:00AM (Water Fitness) <i>Robin C.</i>		
Enhance Fitness Wellness Studio					10:30PM-11:30PM (Low Impact) <i>Wayland P.</i>		
Adult Swim Lessons Pool-Instructor Reserved Space						9:00AM-9:30AM (Aquatics Program (Activenet Registration Required))	
Kempo for Kids Wellness Studio						10:00AM-11:00AM (Hybrid) <i>Tom W.</i>	
Kempo Wellness Studio						11:00AM-12:00PM (Hybrid) <i>Tom W.</i>	



Bonner Springs Family YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim Lap Pool		5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-6:30PM (Aquatics Open Swim)	7:00AM-4:30PM (Aquatics Open Swim)	10:00AM-4:30PM (Aquatics Open Swim)
Activity Pool Activity Pool		5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-6:30PM (Aquatics Open Swim)	7:00AM-4:30PM (Aquatics Open Swim)	10:00AM-4:30PM (Aquatics Open Swim)
Strength Classroom B		5:15AM-6:15AM (Strength) <i>Cheryl L.</i>					
Total Body Group Ex Studio		7:30AM-8:30AM (Hybrid) <i>Deb F.</i>	5:30PM-6:30PM (Hybrid) <i>Deb F.</i>	7:30AM-8:30AM (Hybrid) <i>Deb F.</i>			
Aqua Yoga Activity Pool		8:30AM-9:30AM (Water Fitness) <i>Merri S.</i>					
Cycle Group Ex Studio		8:35AM-9:15AM (Cardio) <i>Katie B.</i>		5:15AM-6:05AM (Cardio) <i>Cheryl L.</i> 8:35AM-9:15AM (Cardio) <i>Jackie D.</i> 5:30PM-6:00PM (Cardio) <i>LeAnn J.</i>			
Water Volleyball Reserved Instructor Space in Activity Pool		9:30AM-10:30AM (Aquatics Activity (Member Service)) <i>Rebecca H.</i>		9:30AM-10:30AM (Aquatics Activity (Member Service)) <i>Rebecca H.</i>			
BODYPUMP - Les Mills Group Ex Studio		9:30AM-10:30AM (Strength) <i>Whitney H.</i>	5:15AM-6:15AM (Strength) <i>Cheryl L.</i> 7:00AM-8:00AM (Strength) <i>Cassandra L.</i>	9:30AM-10:30AM (Strength) <i>Cassandra L.</i>		7:15AM-8:15AM (Strength) <i>April L.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Y In Motion Kids Zone		9:30AM-11:00AM (Kid Zone Enrichment)	9:30AM-11:00AM (Kid Zone Enrichment)	9:30AM-11:00AM (Kid Zone Enrichment)	9:30AM-11:00AM (Kid Zone Enrichment)		
Stretch Group Ex Studio		10:30AM-11:35AM (Mind & Body) <i>Katie B.</i>					
Aqua Fit Activity Pool		11:00AM-12:00PM (Water Fitness) <i>Peg B.</i>	6:30AM-7:30AM (Water Fitness) <i>Peg B.</i> 8:30AM-9:30AM (Water Fitness) <i>Peg B.</i> 6:30PM-7:30PM (Water Fitness) <i>Carolyn L.</i>	11:00AM-12:00PM (Water Fitness) <i>Peg B.</i>	6:30AM-7:30AM (Water Fitness) <i>Peg B.</i> 8:30AM-9:30AM (Water Fitness) <i>Peg B.</i>		
Swim Lessons Reserved Instructor Space in Activity Pool		4:40PM-7:30PM (Aquatics Program (Activenet Registration Required))		4:40PM-7:30PM (Aquatics Program (Activenet Registration Required))		8:15AM-12:00PM (Aquatics Program (Activenet Registration Required))	
Martial Arts - Taekwondo (Bonner) Classroom B		5:15PM-7:45PM (Healthy Living Program (Activenet Registration Required)) <i>Mark P.</i>				9:30AM-12:00PM (Healthy Living Program (Activenet Registration Required)) <i>Mark P.</i>	
Step Group Ex Studio		5:30PM-6:00PM (Cardio) <i>LeAnn J.</i>					
Boot Camp Group Ex Studio		6:00PM-7:00PM (Hybrid) <i>LeAnn J.</i>			5:15AM-5:45AM (Hybrid) <i>Deb F.</i>		
Enhance Fitness Classroom B			8:00AM-9:00AM (Low Impact) <i>LeAnn J.</i>		8:00AM-9:00AM (Low Impact) <i>LeAnn J.</i>		
Stretch and Tone Group Ex Studio			9:00AM-9:30AM (Hybrid) <i>Kim H.</i>				
Yoga Group Ex Studio			9:30AM-10:30AM (Mind & Body) <i>Kim H.</i> 6:30PM-7:30PM (Mind & Body) <i>Emily N.</i>		5:45AM-6:15AM (Mind & Body) <i>Deb F.</i> 5:15PM-6:15PM (Mind & Body) <i>Emily N.</i>	9:30AM-10:30AM (Mind & Body) <i>Kim H.</i>	
Kickboxing with Bags Classroom B			9:30AM-10:30AM (Cardio) <i>Deb F.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim Reduced lanes available.			1:00PM-4:00PM (Aquatics Open Swim)		1:00PM-4:00PM (Aquatics Open Swim)		
Martial Arts - Little Dragons Classroom B			5:30PM-6:15PM (Healthy Living Program (Activenet Registration Required)) <i>Mark P.</i>				
Aqua Dance Activity Pool				8:30AM-9:30AM (Water Fitness) <i>Kirstin C.</i>			
Youth Speed and Agility (ages 10+) Classroom B				9:30AM-10:30AM (Healthy Living Activity (Member Service)) <i>Katie B.</i>			
Core Group Ex Studio				6:00PM-6:30PM (Strength) <i>LeAnn J.</i>			
Running Club Welcome Center					8:00AM-8:45AM (Healthy Living Activity (Member Service)) <i>Jim M.</i>		
Activity Pool Y in Motion					9:30AM-11:00AM (Aquatics Open Swim)		
BODYCOMBAT - Les Mills Group Ex Studio					9:30AM-10:30AM (Cardio) <i>Hannah R.</i>		
CORE - Les Mills Group Ex Studio					10:30AM-11:00AM (Strength) <i>Chelsey J.</i>		
Cycle and Run Group Ex Studio						8:30AM-9:30AM (Cardio) <i>Deb F.</i>	
Diving Board - OPEN Diving Board							10:00AM-4:30PM (Aquatics Activity (Member Service))



North Kansas City YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity Pool Pool		5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-6:30PM (Aquatics Open Swim)	8:00AM-10:00AM (Aquatics Open Swim) 11:30AM-3:30PM (Aquatics Open Swim)	10:00AM-3:30PM (Aquatics Open Swim)
Turn and Burn Inspire Studio		5:30AM-6:30AM (Hybrid) <i>Sarah C.</i>			5:30AM-6:30AM (Hybrid) <i>Heather Z.</i>		
Strength Determined Studio		6:30AM-7:30AM (Strength) <i>Angela K.</i>		6:30AM-7:30AM (Strength) <i>Angela K.</i>		9:00AM-9:55AM (Strength) <i>Kelly H.</i>	
High Fitness Determined Studio		9:00AM-9:55AM (Cardio) <i>Caetie C.</i>		9:00AM-9:55AM (Cardio) <i>Lesley T.</i>			
Yoga Inspire Studio		9:00AM-9:55AM (Mind & Body) <i>Kathy M.</i>					
Aqua Joints In Motion Pool		9:15AM-10:15AM (Water Fitness) <i>Bill K.</i>		9:15AM-10:15AM (Water Fitness) <i>Bill K.</i>			
Silver Sneakers - Classic Inspire Studio		10:00AM-10:55AM (Low Impact) <i>Kathy M.</i>		10:00AM-10:55AM (Low Impact) <i>Chihiro S.</i>			
BODYPUMP - Les Mills Determined Studio		10:00AM-10:45AM (Strength) <i>Abigail P.</i>	12:00PM-12:55PM (Strength) <i>Beth T.</i> 6:30PM-7:30PM (Strength) <i>Susan T.</i>	10:00AM-10:45AM (Strength) <i>Abigail P.</i>	5:30PM-6:25PM (Strength) <i>Abigail P.</i>	12:00PM-12:55PM (Strength) <i>Sherri C.</i>	
Pickleball - Drop In Play Gymnasium Court 1		10:30AM-1:00PM (Healthy Living Activity (Member Service))	10:30AM-1:00PM (Healthy Living Activity (Member Service))	10:30AM-1:00PM (Healthy Living Activity (Member Service))	10:30AM-1:00PM (Healthy Living Activity (Member Service))		
CORE - Les Mills Determined Studio		10:50AM-11:20AM (Strength) <i>Abigail P.</i>		10:50AM-11:20AM (Strength) <i>Abigail P.</i>			
Silver Sneakers - Chair Yoga Conference Room B		11:00AM-11:30AM (Low Impact) <i>Kathy M.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Yoga Pool		11:15AM-12:15PM (Water Fitness) <i>Terri H.</i>		11:15AM-12:15PM (Water Fitness) <i>Terri H.</i>			
TRX Determined Studio		12:00PM-12:45PM (Strength) <i>Beth T.</i>			12:00PM-12:45PM (Strength) <i>Sarah C.</i>	11:00AM-11:55AM (Strength) <i>Sarah C.</i>	
Zumba Determined Studio		5:30PM-6:25PM (Cardio) <i>Beth T.</i>	10:00AM-10:55AM (Cardio) <i>Beth T.</i> 5:30PM-6:25PM (Cardio) <i>Briana T.</i>	12:00PM-12:55PM (Cardio) <i>Dina B.</i>			
Core Inspire Studio		5:30PM-6:10PM (Strength) <i>Nicholas B.</i>					
Boot Camp Determined Studio			5:30AM-6:25AM (Hybrid) <i>Sarah C.</i>				
Cycle Inspire Studio			6:30AM-7:25AM (Cardio) <i>Sarah C.</i>				
Tai Chi - Beginner Inspire Studio			9:00AM-9:55AM (Mind & Body) <i>Terry K.</i>				
Enhance Fitness Determined Studio			9:00AM-9:55AM (Low Impact) <i>Chihiro S.</i>				
Aqua River Challenge pool activity space			9:00AM-10:00AM (Water Fitness) <i>Jody S.</i>		9:00AM-10:00AM (Water Fitness) <i>Jody S.</i>		
Tai Chi - Advanced Inspire Studio			9:55AM-10:45AM (Mind & Body) <i>Terry K.</i>				
Barre Bootcamp Determined Studio			11:00AM-11:55AM (Strength) <i>Beth T.</i>				
Aqua Fit Pool			5:15PM-6:00PM (Water Fitness) <i>Jeanette M.</i>				
Silver Sneakers - BOOM Move Inspire Studio				11:00AM-11:30AM (Low Impact) <i>Chihiro S.</i>			
Warrior Strength Determined Studio				5:30PM-6:25PM (Strength) <i>Sarah W.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WERQ Inspire Studio				5:30PM-6:20PM (Cardio) <i>Lauren C.</i>			
Enhance Fitness Inspire Studio					9:30AM-10:30AM (Low Impact) <i>Chihiro S.</i>		
Strength and Conditioning Determined Studio					11:00AM-11:50AM (Hybrid) <i>Sarah C.</i>		
BODYBALANCE - Les Mills Inspire Studio					5:45PM-6:25PM (Mind & Body) <i>Kerri M.</i>		
WERQ Gymnasium Court 2						9:00AM-9:55AM (Cardio) <i>Chihiro S.</i>	
Pilates Mind and Body Studio						10:00AM-10:50AM (Mind & Body) <i>Kathy M.</i>	
PiYo Determined Studio						10:00AM-10:50AM (Hybrid) <i>Kelly H.</i>	
Zumba Gold Determined Studio							1:00PM-1:55PM (Low Impact) <i>Kerri M.</i>



Platte County Community Center North | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium		5:00AM-9:00PM (General)	5:00AM-9:00PM (General)	5:00AM-9:00PM (General)	5:00AM-7:30PM (General)	7:30AM-5:00PM (General)	10:00AM-4:00PM (General)
BODYPUMP - Les Mills Studio A (Face-to-Face)		5:15AM-6:15AM (Strength) <i>Marla Z.</i>	10:15AM-11:10AM (Strength) <i>Marla Z.</i> 5:30PM-6:30PM (Strength) <i>Susan Q.</i>	5:15AM-6:15AM (Strength) <i>Marla Z.</i>		8:30AM-9:30AM (Strength) <i>Marla Z.</i>	
Sauna/Steam Room Sauna/Steam Room		6:00AM-1:00PM (Aquatics Open Swim) 3:00PM-8:30PM (Aquatics Open Swim)	6:00AM-3:00PM (Aquatics Open Swim) 3:00PM-8:30PM (Aquatics Open Swim)	6:00AM-1:00PM (Aquatics Open Swim) 3:00PM-8:30PM (Aquatics Open Swim)	6:00AM-3:00PM (Aquatics Open Swim) 3:00PM-7:00PM (Aquatics Open Swim)	7:30AM-4:00PM (Aquatics Open Swim)	
Activity Pool Activity Pool		6:00AM-1:00PM (Aquatics Open Swim) 3:00PM-8:30PM (Aquatics Open Swim)	6:00AM-3:00PM (Aquatics Open Swim) 3:00PM-8:30PM (Aquatics Open Swim)	6:00AM-1:00PM (Aquatics Open Swim) 3:00PM-8:30PM (Aquatics Open Swim)	6:00AM-3:00PM (Aquatics Open Swim) 3:00PM-7:00PM (Aquatics Open Swim)	7:30AM-4:00PM (Aquatics Open Swim)	10:00AM-3:00PM (Aquatics Open Swim)
Lazy River Lazy River		6:00AM-1:00PM (Aquatics Open Swim) 3:00PM-8:30PM (Aquatics Open Swim)	6:00AM-1:00PM (Aquatics Open Swim) 3:00PM-8:30PM (Aquatics Open Swim)	6:00AM-1:00PM (Aquatics Open Swim) 3:00PM-8:30PM (Aquatics Open Swim)	6:00AM-1:00PM (Aquatics Open Swim) 3:00PM-7:00PM (Aquatics Open Swim)	7:30AM-4:00PM (Aquatics Open Swim)	10:00AM-3:00PM (Aquatics Open Swim)
Yoga Studio B		6:00AM-7:00AM (Mind & Body) <i>Shelli B.</i>			10:00AM-11:00AM (Mind & Body) <i>Shelli B.</i>		
Lap Swim Competition Pool		6:00AM-1:00PM (Aquatics Open Swim) 3:00PM-8:30PM (Aquatics Open Swim)	6:00AM-1:00PM (Aquatics Open Swim) 3:00PM-8:30PM (Aquatics Open Swim)	6:00AM-1:00PM (Aquatics Open Swim) 3:00PM-8:30PM (Aquatics Open Swim)	6:00AM-1:00PM (Aquatics Open Swim) 3:00PM-7:00PM (Aquatics Open Swim)	7:30AM-3:00PM (Aquatics Open Swim)	10:00AM-3:00PM (Aquatics Open Swim)
YMCA 360 - Strength Studio A (Virtual Y360)		7:00AM-7:50AM (YMCA 360 (Virtual Class Offerings)) Y 3.	3:00PM-3:50PM (YMCA 360 (Virtual Class Offerings)) Y 3.		7:00AM-7:50AM (YMCA 360 (Virtual Class Offerings)) Y 3.	1:00PM-1:50PM (YMCA 360 (Virtual Class Offerings)) Y 3.	
YMCA 360 - Mind & Body Studio A (Virtual Y360)		8:00AM-8:50AM (YMCA 360 (Virtual Class Offerings)) Y 3.		8:00AM-8:50AM (YMCA 360 (Virtual Class Offerings)) YMCA 3.			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kid Zone - Open Hours Kid Zone		8:00AM-12:00PM (General) 4:30PM-8:00PM (General)	8:00AM-12:00PM (General) 4:30PM-8:00PM (General)	8:00AM-12:00PM (General) 4:30PM-8:00PM (General)	8:00AM-12:00PM (General) 8:00AM-12:00PM (General)	8:00AM-12:00PM (General)	
Group Exercise Gymnasium (South Court)		9:00AM-9:50AM (Healthy Living Activity (Member Service))		9:00AM-10:15AM (Healthy Living Activity (Member Service))	9:00AM-9:50AM (Healthy Living Activity (Member Service))		
Cardio Dance Studio B		9:00AM-9:50AM (Cardio) <i>Starla B.</i>	5:45PM-6:35PM (Cardio) <i>Starla B.</i>	9:00AM-9:50AM (Cardio) <i>Starla B.</i>			
Silver Sneakers - Classic Studio A (Face-to-Face)		9:00AM-9:50AM (Low Impact) <i>Shelli B.</i> 12:15PM-1:05PM (Low Impact) <i>Jessi F.</i>		9:00AM-9:50AM (Low Impact) <i>Shelli B.</i> 12:15PM-1:05PM (Low Impact) <i>Jessi F.</i>			
Interval Training Gymnasium		9:00AM-9:50AM (Hybrid) <i>Megan W.</i>					
Aqua Strength & Cardio Activity Pool		9:00AM-9:45AM (Water Fitness) <i>Christel F.</i>		9:00AM-9:45AM (Water Fitness) <i>Christel F.</i>			
Pilates Studio B		10:00AM-10:40AM (Mind & Body) <i>Starla B.</i> 5:45PM-6:35PM (Mind & Body) <i>Kristi H.</i>	9:00AM-9:50AM (Mind & Body) <i>Kristi H.</i>	10:00AM-10:40AM (Mind & Body) <i>Starla B.</i>			
Aqua Joints In Motion Lazy River		10:15AM-11:00AM (Water Fitness) <i>Kylie M.</i>		10:15AM-11:00AM (Water Fitness) <i>Christel F.</i>			
Stretch Studio B		10:45AM-11:05AM (Mind & Body) <i>Starla B.</i>		10:45AM-11:05AM (Mind & Body) <i>Starla B.</i>			
YMCA 360 - Interval/Circuit Studio A (Virtual Y360)		11:00AM-11:50AM (YMCA 360 (Virtual Class Offerings)) Y 3.		7:00AM-7:50AM (YMCA 360 (Virtual Class Offerings)) Y 3. 4:00PM-4:50PM (YMCA 360 (Virtual Class Offerings)) Y 3.	4:00PM-4:50PM (YMCA 360 (Virtual Class Offerings)) YMCA 3.	2:00PM-2:50PM (YMCA 360 (Virtual Class Offerings)) Y 3.	2:00PM-2:50PM (YMCA 360 (Virtual Class Offerings)) Y 3.
Pickleball - Drop In Play Gymnasium (South Court)		12:00PM-3:00PM (Healthy Living Activity (Member Service))	12:00PM-3:00PM (Healthy Living Activity (Member Service))	12:00PM-3:00PM (Healthy Living Activity (Member Service))			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YMCA 360 - Choreographed Cardio Studio A (Virtual Y360)		3:00PM-3:50PM (YMCA 360 (Virtual Class Offerings)) Y 3.		3:00PM-3:50PM (YMCA 360 (Virtual Class Offerings)) Y 3.			1:00PM-1:50PM (YMCA 360 (Virtual Class Offerings)) Y 3.
YMCA 360 - Core Studio A (Virtual Y360)		4:00PM-4:50PM (YMCA 360 (Virtual Class Offerings)) Y 3.	7:00AM-7:50AM (YMCA 360 (Virtual Class Offerings)) Y 3.				
TRX and Stretch Studio A (Face-to-Face)		5:30PM-6:20PM (Hybrid) <i>Christy S.</i>		5:30PM-6:20PM (Hybrid) <i>Christy S.</i>			
Music and Game Time Kid Zone		6:00PM-6:30PM (Kid Zone Enrichment)		10:00AM-10:30AM (Kid Zone Enrichment) 6:00PM-6:30PM (Kid Zone Enrichment)			
Aqua Burn Lazy River		6:00PM-6:45PM (Water Fitness) <i>Christel F.</i>					
Cycle Studio A (Face-to-Face)			5:15AM-5:45AM (Cardio) <i>Kristian A.</i>		5:15AM-6:05AM (Cardio) <i>Kristian A.</i>		
Stretch Studio A (Face-to-Face)			5:45AM-6:05AM (Mind & Body) <i>Kristian A.</i>				
Water Volleyball Activity Pool			8:00AM-9:30AM (Aquatics Activity (Member Service))				
YMCA 360 - AOA Studio A (Virtual Y360)			8:00AM-8:50AM (YMCA 360 (Virtual Class Offerings)) Y 3.		12:15PM-1:05PM (YMCA 360 (Virtual Class Offerings)) Y 3.	11:00AM-11:50AM (YMCA 360 (Virtual Class Offerings)) Y 3.	
Enhance Fitness Studio A (Face-to-Face)			9:00AM-10:00AM (Low Impact) <i>Kylie M.</i>		9:00AM-10:00AM (Low Impact) <i>Christel F.</i>		
BODYBALANCE - Les Mills Studio B			10:00AM-11:00AM (Mind & Body) <i>Susan Q.</i> 6:45PM-7:45PM (Mind & Body) <i>Christy S.</i>	6:00AM-7:00AM (Mind & Body) <i>Shelli B.</i>		10:00AM-11:00AM (Mind & Body) <i>Christy S.</i>	
Aqua Yoga Activity Pool			10:15AM-11:00AM (Water Fitness) <i>Gayla K.</i>		10:15AM-11:00AM (Water Fitness) <i>Gayla K.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout Time Kid Zone			10:30AM-11:00AM (Kid Zone Enrichment) 6:00PM-6:30PM (Kid Zone Enrichment)				
AOA Chair Yoga Studio B			11:15AM-12:00PM (Low Impact) <i>Gayla K.</i>		11:15AM-12:00PM (Low Impact) <i>Shellie B.</i>		
Core Studio A (Face-to-Face)			11:15AM-11:45AM (Strength) <i>Marla Z.</i>				
Aqua Burn Activity Pool			11:15AM-12:00PM (Water Fitness) <i>Kylie M.</i>		11:15AM-12:00PM (Water Fitness) <i>Devon M.</i>		
AOA Low Impact Studio A (Face-to-Face)			12:15PM-1:05PM (Low Impact) <i>Jessi F.</i>				
YMCA 360 - Cardio Studio A (Virtual Y360)			4:00PM-4:50PM (YMCA 360 (Virtual Class Offerings)) Y 3.	11:00AM-11:50AM (YMCA 360 (Virtual Class Offerings)) Y 3.	8:00AM-8:50AM (YMCA 360 (Virtual Class Offerings)) Y 3. 3:00PM-3:50PM (YMCA 360 (Virtual Class Offerings)) Y 3.		11:00AM-11:50AM (YMCA 360 (Virtual Class Offerings)) Y 3.
Cycle Gymnasium (South Court)				9:00AM-9:40AM (Cardio) <i>Kassie F.</i>			
Core Gymnasium (South Court)				9:45AM-10:15AM (Strength) <i>Kassie F.</i>			
Boot Camp Gymnasium					9:00AM-9:50AM (Hybrid) <i>Devon M.</i>		
Barre Intensity Studio B					9:00AM-9:50AM (Strength) <i>Kylie M.</i>		
Story Time Kid Zone					9:30AM-10:00AM (Kid Zone Enrichment)	10:00AM-10:30AM (Kid Zone Enrichment)	
Free Play Kid Zone					10:00AM-10:30AM (Kid Zone Enrichment)		
PCCCN - Red Cross Lifeguard Course Register						8:00AM-6:00PM (Aquatics - Trainings)	8:00AM-6:00PM (Aquatics - Trainings)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Tabata Lazy River						9:00AM-9:45AM (Water Fitness) <i>Kylie M.</i>	
Martial Arts - Aikido Gymnasium (South Court)						10:00AM-11:30AM (Healthy Living Program (Activenet Registration Required))	
Cardio Dance Studio A (Face-to-Face)						10:00AM-10:50AM (Cardio) <i>Kylie M.</i>	



Platte County Community Center South | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium		5:00AM-7:00AM (General) 9:00AM-10:00AM (General) 1:00PM-8:50PM (General)	5:00AM-7:00AM (General) 9:00AM-10:00AM (General) 1:00PM-8:50PM (General)	5:00AM-7:00AM (General) 9:00AM-10:00AM (General) 1:00PM-8:50PM (General)	5:00AM-7:00AM (General) 9:00AM-10:00AM (General) 1:00PM-7:20PM (General)	7:30AM-4:50PM (General)	9:00AM-3:50PM (General)
BODYPUMP - Les Mills Studio C		5:30AM-6:15AM (Strength) <i>Emily M.</i> 9:00AM-10:00AM (Strength) <i>Adriane L.</i> 5:30PM-6:20PM (Strength) <i>Susan Q.</i>	9:30AM-10:20AM (Strength) <i>Kristi S.</i>	5:30AM-6:15AM (Strength) <i>Emily M.</i> 9:00AM-10:00AM (Strength) <i>Adriane L.</i> 5:30PM-6:20PM (Strength) <i>Susan Q.</i>	9:30AM-10:20AM (Strength) <i>Marla Z.</i>	8:15AM-9:15AM (Strength) <i>Lee V.</i>	10:00AM-10:50AM (Strength) <i>Melissa H.</i>
Lap Swim Lap Pool		6:00AM-1:00PM (Aquatics Open Swim) 4:00PM-8:30PM (Aquatics Open Swim)	6:00AM-1:00PM (Aquatics Open Swim) 4:00PM-8:30PM (Aquatics Open Swim)	6:00AM-1:00PM (Aquatics Open Swim) 4:00PM-8:30PM (Aquatics Open Swim)	6:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:00PM (Aquatics Open Swim)	7:30AM-2:00PM (Aquatics Open Swim)	9:00AM-3:30PM (Aquatics Open Swim)
Activity Pool Activity Pool		6:00AM-1:00PM (Aquatics Open Swim) 4:00PM-8:30PM (Aquatics Open Swim)	6:00AM-1:00PM (Aquatics Open Swim) 4:00PM-8:30PM (Aquatics Open Swim)	6:00AM-1:00PM (Aquatics Open Swim) 4:00PM-8:30PM (Aquatics Open Swim)	6:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:00PM (Aquatics Open Swim)	7:30AM-4:30PM (Aquatics Open Swim)	9:00AM-3:30PM (Aquatics Open Swim)
Volleyball - Beach Ball Gymnasium		7:00AM-9:00AM (Healthy Living Activity (Member Service))	7:00AM-9:00AM (Healthy Living Activity (Member Service))	7:00AM-9:00AM (Healthy Living Activity (Member Service))	7:00AM-9:00AM (Healthy Living Activity (Member Service))		
Yoga Studio B		7:45AM-8:45AM (Mind & Body) <i>Kerri M.</i>	6:15PM-7:15PM (Mind & Body) <i>Kelly B.</i>	7:45AM-8:45AM (Mind & Body) <i>Kerri M.</i>			
Group Active Studio A		7:45AM-8:45AM (Hybrid) <i>Cristina B.</i>		7:45AM-8:45AM (Hybrid) <i>Cristina B.</i>			
Free Play Kids Zone		8:00AM-12:00PM (Kid Zone Enrichment) 4:30PM-8:00PM (Kid Zone Enrichment)	8:00AM-12:00PM (Kid Zone Enrichment) 4:30PM-8:00PM (Kid Zone Enrichment)	8:00AM-12:00PM (Kid Zone Enrichment) 4:30PM-8:00PM (Kid Zone Enrichment)	8:00AM-12:00PM (Kid Zone Enrichment)	8:00AM-12:00PM (Kid Zone Enrichment)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AOA Low Impact Activity Pool		8:30AM-9:15AM (Low Impact) <i>Suellen H.</i>		8:30AM-9:15AM (Low Impact) <i>Suellen H.</i>			
RPM - Les Mills (Cycle) cycle studio		9:00AM-9:45AM (Cardio) <i>Kristi S.</i>	5:30AM-6:15AM (Cardio) <i>Adriane L.</i>		9:30AM-10:15AM (Cardio) <i>Kristi S.</i>	8:30AM-9:15AM (Cardio) <i>Laura M.</i>	9:30AM-10:15AM (Cardio) <i>Kim H.</i>
Zumba Gold Studio A		9:00AM-10:00AM (Low Impact) <i>Kelly H.</i>		9:00AM-10:00AM (Low Impact) <i>Kelly H.</i>			
Aqua Fit Activity Pool		9:30AM-10:30AM (Water Fitness) <i>Suellen H.</i> 5:30PM-6:30PM (Water Fitness) <i>Emily S.</i>		9:30AM-10:30AM (Water Fitness) <i>Suellen H.</i> 5:30PM-6:30PM (Water Fitness) <i>Emily S.</i>	8:30AM-9:30AM (Water Fitness) <i>Jacqueline T.</i>	8:00AM-9:00AM (Water Fitness) <i>Emily S.</i>	
Core cycle studio		9:50AM-10:10AM (Strength) <i>Kristi S.</i>		9:30AM-9:45AM (Strength) <i>Ashley V.</i>			
Pickleball - Drop In Play Gymnasium		10:00AM-1:00PM (Healthy Living Activity (Member Service))	10:00AM-1:00PM (Healthy Living Activity (Member Service))	10:00AM-1:00PM (Healthy Living Activity (Member Service))	10:00AM-1:00PM (Healthy Living Activity (Member Service))	8:00AM-10:00AM (Healthy Living Activity (Member Service))	
Zumba Studio C		10:15AM-11:15AM (Cardio) <i>Beth T.</i>		10:15AM-11:15AM (Cardio) <i>Beth T.</i>			
Total Body Stretch Studio B		10:15AM-11:00AM (Mind & Body) <i>Cristina B.</i>	5:15PM-6:00PM (Mind & Body) <i>Kelly H.</i>	10:15AM-11:00AM (Mind & Body) <i>Kelly H.</i>			
AOA Cycle cycle studio		10:45AM-11:15AM (Cardio) <i>Mary C.</i>		10:45AM-11:15AM (Cardio) <i>Mary C.</i>			
AOA Core Training Studio A		11:30AM-12:15PM (Low Impact) <i>Kerri M.</i>		11:30AM-12:15PM (Low Impact) <i>Kerri M.</i>			
PCCCS - AOA - Crochet/Knitting Club Register		11:30AM-2:30PM (Healthy Living - AOA Special Events)					
AOA Chair Yoga Studio A		12:30PM-1:15PM (Low Impact) <i>Kerri M.</i>		12:30PM-1:15PM (Low Impact) <i>Kerri M.</i>			
BODYBALANCE - Les Mills Studio B		5:30PM-6:30PM (Mind & Body) <i>Kerri M.</i>	10:45AM-11:45AM (Mind & Body) <i>Cristina B.</i>	9:00AM-10:00AM (Mind & Body) <i>Kristi S.</i>	5:30AM-6:30AM (Mind & Body) <i>Adriane L.</i> 10:45AM-11:45AM (Mind & Body) <i>Kristi S.</i>	8:15AM-9:15AM (Mind & Body) <i>Kerri M.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CORE - Les Mills Studio C		6:25PM-6:55PM (Strength) <i>Susan Q.</i>		6:25PM-6:55PM (Strength) <i>Susan Q.</i>			
PCCCS - AOA - Bridge Card Club Register		11:30PM-2:30AM (Healthy Living - AOA Special Events)					
BODYATTACK - Les Mills Studio A			8:00AM-8:55AM (Cardio) <i>Avery P.</i>			7:35AM-8:20AM (Cardio) <i>Beth T.</i>	
Enhance Fitness Studio C			8:15AM-9:15AM (Low Impact) <i>Kelly H.</i>		8:15AM-9:15AM (Low Impact) <i>Kelly H.</i>		
Pilates Studio B			9:30AM-10:30AM (Mind & Body) <i>Cristina B.</i>	5:30PM-6:30PM (Mind & Body) <i>Beth T.</i>	9:30AM-10:30AM (Mind & Body) <i>Cristina B.</i>		
Cycle and Strength cycle studio			9:30AM-10:30AM (Hybrid) <i>Tarah M.</i>				
Aqua Zumba Activity Pool			9:30AM-10:30AM (Water Fitness) <i>Kelly H.</i>		9:30AM-10:30AM (Water Fitness) <i>Kelly H.</i>		
Core Studio C			10:25AM-11:00AM (Strength) <i>Kristi S.</i>		10:25AM-11:00AM (Strength) <i>Marla Z.</i>		
Line Dancing Studio A			10:45AM-11:45AM (Cardio) <i>Kelly H.</i>				
Silver Sneakers - Classic Studio A			12:30PM-1:30PM (Low Impact) <i>Kerri M.</i>		12:30PM-1:30PM (Low Impact) <i>Kerri M.</i>		
Tai Chi - Beginner Studio B			1:00PM-1:45PM (Mind & Body) <i>Terry K.</i>				
Martial Arts -Takeodo Studio A			5:15PM-6:25PM (Healthy Living Program (Activenet Registration Required)) <i>Charlie P.</i> 6:30PM-7:35PM (Healthy Living Program (Activenet Registration Required)) <i>Charlie P.</i>			9:30AM-10:20AM (Healthy Living Program (Activenet Registration Required)) <i>Charlie P.</i> 10:30AM-11:20AM (Healthy Living Program (Activenet Registration Required)) <i>Charlie P.</i>	
TONE - Les Mills Studio C			5:30PM-6:30PM (Hybrid) <i>Lee V.</i>			9:30AM-10:30AM (Hybrid) <i>Lee V.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle cycle studio			5:30PM-6:30PM (Cardio) <i>Avery P.</i>				
Weight Lifting Studio C			6:30PM-7:30PM (Strength) <i>Michael B.</i>		4:30PM-5:30PM (Strength) <i>Michael B.</i>		
SPRINT - Les Mills (Cycle) cycle studio				9:00AM-9:30AM (Cardio) <i>Ashley V.</i>	8:30AM-9:00AM (Cardio) <i>Mary C.</i>		
Belly Dancing Studio A				10:15AM-11:00AM (Cardio) <i>Kerri M.</i>			
Surge Studio A				5:30PM-6:30PM (Cardio) <i>Avery P.</i>			
Step Studio A					8:15AM-9:15AM (Cardio) <i>Beth T.</i>	8:25AM-9:15AM (Cardio) <i>Beth T.</i>	
Barre Bootcamp Studio A					9:30AM-10:30AM (Strength) <i>Beth T.</i>		
Strength Studio A					10:45AM-11:15AM (Strength) <i>Kelly H.</i>		
Brainsavers Studio C					11:15AM-12:15PM (Low Impact) <i>Cristina B.</i>		
Cardio Dance Studio A					11:15AM-11:45AM (Cardio) <i>Kelly H.</i>		
Tai Chi - Intermediate Studio B					1:00PM-1:45PM (Mind & Body) <i>Suellen H.</i>		
PCCCS - AOA - Social Hour Register					1:00PM-3:00PM (Healthy Living - AOA Special Events)		
Restorative Chair Exercises Studio B					2:00PM-2:45PM (Low Impact) <i>Suellen H.</i>		
High Yo Studio B						9:30AM-10:30AM (Hybrid) <i>Brooke W.</i>	
Diving Board - OPEN Lap Pool						2:15PM-4:30PM (Aquatics Activity (Member Service))	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYBALANCE - Les Mills Studio C							11:00AM-12:00PM (Mind & Body) <i>Adriane L.</i>



Kirk Family YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity Pool Pool		5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-6:30PM (Aquatics Open Swim)	8:00AM-3:00PM (Aquatics Open Swim)	
Sauna/Steam Room Pool		5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-6:30PM (Aquatics Open Swim)	8:00AM-3:00PM (Aquatics Open Swim)	8:00AM-3:00PM (Aquatics Open Swim)
Hot Tub Pool		5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-6:30PM (Aquatics Open Swim)	8:00AM-3:00PM (Aquatics Open Swim)	4:00PM-7:30PM (Aquatics Open Swim)
Lap Swim Pool		5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim) 4:00PM-6:30PM (Aquatics Open Swim)	8:00AM-3:00PM (Aquatics Open Swim)	4:00PM-7:30PM (Aquatics Open Swim)
BODYBALANCE - Les Mills Studio A		5:30AM-6:30AM (Mind & Body) <i>Hannah R.</i>					
Cycle Spin Studio		9:30AM-10:15AM (Cardio) <i>Lee V.</i>					
Pilates Studio A		10:30AM-11:20AM (Mind & Body) <i>Kenna C.</i> 5:30PM-6:00PM (Mind & Body) <i>Emily C.</i>	5:30PM-6:00PM (Mind & Body) <i>Emily C.</i>	10:30AM-11:20AM (Mind & Body) <i>Kenna C.</i> 5:30PM-6:00PM (Mind & Body) <i>Emily C.</i>		8:15AM-9:00AM (Mind & Body) <i>Emily C.</i>	
TONE - Les Mills Studio B		11:00AM-11:50AM (Hybrid) <i>Lee V.</i>					
Kid Zone - Open Hours Kids Zone		4:00PM-7:30PM (General) 4:00PM-7:30PM (General)	9:00AM-1:00PM (General) 4:00PM-7:30PM (General)	9:00AM-1:00PM (General) 4:00PM-7:30PM (General)	9:00AM-1:00PM (General)	9:00AM-12:00PM (General)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP - Les Mills Studio B		4:30PM-5:20PM (Strength) <i>Rhiannon A.</i>	5:30AM-6:25AM (Strength) <i>Hannah R.</i> 9:30AM-10:15AM (Strength) <i>Kenna C.</i> 12:00PM-12:30PM (Strength) <i>Heather T.</i> 6:15PM-6:45PM (Strength) <i>Jocelyn P.</i>	4:30PM-5:20PM (Strength) <i>Eric G.</i>	5:30AM-6:15AM (Strength) <i>Kenna C.</i> 12:00PM-12:30PM (Strength) <i>Heather T.</i>	9:00AM-9:55AM (Strength) <i>Hannah R.</i>	1:00PM-1:55PM (Strength) <i>Hannah R.</i>
SPRINT - Les Mills (Cycle) Spin Studio		5:30PM-6:00PM (Cardio) <i>Rhiannon A.</i>	12:00PM-12:30PM (Cardio) <i>Kenna C.</i>	5:30PM-6:00PM (Cardio) <i>Mark V.</i>	6:30AM-7:00AM (Cardio) <i>Kenna C.</i>	8:20AM-8:50AM (Cardio) <i>Sierra R.</i>	10:30AM-11:00AM (Cardio) <i>Rhiannon A.</i>
Aqua Fit Pool		5:30PM-6:30PM (Water Fitness) <i>Craig S.</i>	10:00AM-11:00AM (Water Fitness) <i>Lisa R.</i> 5:30PM-6:30PM (Water Fitness) <i>Alexandra C.</i>	5:30PM-6:30PM (Water Fitness) <i>Craig S.</i>	10:00AM-11:00AM (Water Fitness) <i>Lisa R.</i>	10:00AM-11:00AM (Water Fitness) <i>Craig S.</i>	
Swim Lessons Pool		5:30PM-7:30PM (Aquatics Program (Activenet Registration Required))				8:30AM-12:30PM (Aquatics Program (Activenet Registration Required))	
Yoga Studio A		6:15PM-7:00PM (Mind & Body) <i>Emily C.</i>	6:00PM-6:30PM (Mind & Body) <i>Emily C.</i>			9:15AM-10:00AM (Mind & Body) <i>Emily C.</i>	
TRX Studio B		6:30PM-7:00PM (Strength) <i>Brandon L.</i>					
Kirk - CPRpro - AED/Oxygen/First Aid - BL Register			9:00AM-4:30PM (Aquatics - Trainings)			9:00AM-4:30PM (Aquatics - Trainings)	
CORE - Les Mills Studio A			10:30AM-11:00AM (Strength) <i>Kenna C.</i>				
Pop Cycle Spin Studio			4:45PM-5:15PM (Cardio) <i>Mark V.</i>				
CORE - Les Mills Studio B			6:45PM-7:15PM (Strength) <i>Jocelyn P.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Flow Studio A				6:30AM-7:20AM (Mind & Body) <i>Casey Q.</i> 6:15PM-7:00PM (Mind & Body) <i>Emily C.</i>			
High Fitness Studio A					9:30AM-10:30AM (Cardio) <i>Lesley T.</i>		
BODYCOMBAT - Les Mills Studio B						10:00AM-10:55AM (Cardio) <i>Hannah R.</i>	
Yoga Studio B							11:30AM-12:30PM (Mind & Body) <i>Robert A.</i>
BODYBALANCE - Les Mills Studio B							2:00PM-2:30PM (Mind & Body) <i>Hannah R.</i>
MixxedFit Studio A							2:00PM-2:50PM (Cardio) <i>Keonya C.</i>



Olathe Family YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Spin Studio		5:15AM-6:00AM (Cardio) <i>Rhonda S.</i>	5:15AM-6:00AM (Cardio) <i>Rhonda S.</i> 9:30AM-10:00AM (Cardio) <i>Michelle L.</i>		5:15AM-6:00AM (Cardio) <i>Julie M.</i> 10:00AM-10:50AM (Cardio) <i>Michelle L.</i>	8:05AM-8:55AM (Cardio) <i>Julie M.</i>	
Lap Swim Lap Pool		6:00AM-5:30PM (Aquatics Open Swim) 7:00PM-7:30PM (Aquatics Open Swim)	6:00AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	7:00AM-5:30PM (Aquatics Open Swim) 7:00PM-7:30PM (Aquatics Open Swim)	6:00AM-1:00PM (Aquatics Open Swim) 4:00PM-6:30PM (Aquatics Open Swim)	8:30AM-3:30PM (Aquatics Open Swim)	10:30AM-3:30PM (Aquatics Open Swim)
Activity Pool Activity Pool		6:00AM-8:00AM (Aquatics Open Swim) 9:00AM-7:30PM (Aquatics Open Swim)	6:00AM-8:30AM (Aquatics Open Swim) 10:15AM-1:00PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	6:00AM-8:00AM (Aquatics Open Swim) 9:00AM-7:30PM (Aquatics Open Swim)	6:00AM-8:30AM (Aquatics Open Swim) 10:15AM-1:00PM (Aquatics Open Swim) 4:00PM-6:30PM (Aquatics Open Swim)	8:30AM-9:45AM (Aquatics Open Swim) 12:00PM-3:00PM (Aquatics Open Swim)	10:30AM-3:30PM (Aquatics Open Swim)
Aqua Water Confidence Lap Pool		6:15AM-7:00AM (Water Fitness) <i>Audrey P.</i>		6:15AM-7:00PM (Water Fitness) <i>Jeremy G.</i>			
Aqua Joints In Motion Activity Pool		8:00AM-9:00AM (Water Fitness) <i>Marilyn R.</i>		8:00AM-9:00AM (Water Fitness) <i>Marilyn R.</i>			
KettleWorX Studio C		8:30AM-8:55AM (Hybrid) <i>Michelle L.</i>					
Enrichment Time Kidszone		8:30AM-12:00PM (Kid Zone Enrichment) 4:30PM-7:30PM (Kid Zone Enrichment)	8:30AM-12:00PM (Kid Zone Enrichment) 4:30PM-7:30PM (Kid Zone Enrichment)	8:30AM-12:00PM (Kid Zone Enrichment) 4:30PM-7:30PM (Kid Zone Enrichment)	8:30AM-12:00PM (Kid Zone Enrichment)	9:00AM-12:00PM (Kid Zone Enrichment)	
Boot Camp Fitness floor		8:30AM-9:20AM (Hybrid) <i>Audrey P.</i>		8:45AM-9:35AM (Hybrid) <i>Shauna S.</i>		9:00AM-9:50AM (Hybrid) <i>Julie M.</i>	
BODYPUMP - Les Mills Studio C		9:00AM-9:55AM (Strength) <i>Michelle L.</i>	5:30PM-6:20PM (Strength) <i>Michelle L.</i>			10:00AM-10:50AM (Strength) <i>Michelle L.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Studio A		9:00AM-9:50AM (Cardio) <i>Amber H.</i>	5:30PM-6:20PM (Cardio) <i>Amber H.</i>				
Pop Pilates Studio A		10:00AM-10:50AM (Hybrid) <i>Jessi D.</i>	6:30PM-7:20PM (Hybrid) <i>Elly O.</i>			10:00AM-10:50AM (Hybrid) <i>Ellen N.</i>	
Enhance Fitness Studio C		11:00AM-11:50AM (Low Impact) <i>Ashley G.</i>		11:00AM-11:50AM (Low Impact) <i>Ashley G.</i>		11:00AM-11:50AM (Low Impact) <i>Ashley G.</i>	
Silver Sneakers - Chair Yoga Studio C		12:00PM-12:50PM (Low Impact) <i>Lucinda G.</i>		12:00PM-12:50PM (Low Impact) <i>Lucinda G.</i>			
Circuit Training Studio A		12:15PM-1:00PM (Hybrid) <i>Danelle H.</i>		10:00AM-10:50AM (Hybrid) <i>Danelle H.</i>			
Swim Lessons Activity Pool		4:00PM-7:30PM (Aquatics Program (Activenet Registration Required))	4:00PM-7:30PM (Aquatics Program (Activenet Registration Required))	4:00PM-7:30PM (Aquatics Program (Activenet Registration Required))		9:45AM-12:00PM (Aquatics Program (Activenet Registration Required))	
Kettlebell Studio C		4:30PM-5:20PM (Strength) <i>Michelle L.</i>					
Youth Fit - Stamina Studio A		4:30PM-5:00PM (Youth & Family Fitness Classes) <i>Kari H.</i>					
Youth Fit - Stretch Studio A		5:15PM-5:45PM (Youth & Family Fitness Classes) <i>Kari H.</i>					
Swim Club Lap Pool		5:30PM-7:00PM (Aquatics Program (Activenet Registration Required))		5:30PM-7:00PM (Aquatics Program (Activenet Registration Required))			
HIIT Studio A		6:00PM-6:50PM (Hybrid) <i>Julie M.</i>					
Pop Dance Studio C		6:30PM-7:20PM (Cardio) <i>Jessi D.</i>			9:00AM-9:50AM (Cardio) <i>Jessi D.</i>		
Flexibility Studio C			8:30AM-8:55AM (Mind & Body) <i>Michelle L.</i>		8:30AM-8:55AM (Mind & Body) <i>Michelle L.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Burn Activity Pool			8:30AM-9:15AM (Water Fitness) <i>Laurel S.</i> 9:30AM-10:15AM (Water Fitness) <i>Laurel S.</i>				
Sprint 8 Fitness floor			9:00AM-9:20AM (Cardio) <i>Michelle L.</i>				
Core Studio C			9:00AM-9:50AM (Strength) <i>Jessi D.</i>	8:30AM-8:55AM (Strength) <i>Michelle L.</i>			
Workout Time Kidszone			9:30AM-10:00AM (Kid Zone Enrichment) 6:30PM-7:00PM (Kid Zone Enrichment)				
Yoga Studio C			10:00AM-10:50AM (Mind & Body) <i>Kim S.</i>	10:00AM-10:50AM (Mind & Body) <i>Michelle L.</i> 5:00PM-5:50PM (Mind & Body) <i>Mary G.</i>			
Barre Studio A			10:00AM-10:50AM (Strength) <i>Jessi D.</i>				
Silver Sneakers - Circuit Studio C			11:00AM-11:50AM (Low Impact) <i>Michelle L.</i>				
Zumba Studio C			4:30PM-5:20PM (Cardio) <i>Jessica H.</i>	6:00PM-6:50PM (Cardio) <i>Jessi D.</i>			
Tabata Studio A				5:15AM-6:00AM (Cardio) <i>Amber H.</i>	9:00AM-9:50AM (Cardio) <i>Amber H.</i>		
BODYCOMBAT - Les Mills Studio C				9:00AM-9:50AM (Cardio) <i>Michelle L.</i>		9:00AM-9:50AM (Cardio) <i>Michelle L.</i>	
Youth Fit - Strength Studio A				4:30PM-5:00PM (Youth & Family Fitness Classes) <i>Kari H.</i>			
Youth Fit - Sport Studio A				5:15PM-5:45PM (Youth & Family Fitness Classes) <i>Kari H.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tread Fitness floor				5:30PM-6:00PM (Cardio) <i>Kayla C.</i>			
Aqua WAVES Activity Pool					8:30AM-9:15AM (Water Fitness) <i>Juanita R.</i> 9:30AM-10:15AM (Water Fitness) <i>Juanita R.</i>		
Tread and Shred Fitness floor					9:00AM-9:50AM (Hybrid) <i>Michelle L.</i>		
Yoga Sculpt Studio C					10:00AM-10:50AM (Mind & Body) <i>Kim S.</i>		
Silver Sneakers - Classic Studio C					11:00AM-11:50AM (Low Impact) <i>Michelle L.</i>		
Line Dancing Studio C					12:00PM-12:50PM (Cardio) <i>Connie G.</i>		
Olathe - Kids Movie Night Register					6:00PM-8:00PM (Youth and Family)		
MixedFit Studio A						9:00AM-9:50AM (Cardio) <i>Candice W.</i>	
Olathe - Open Torpedo Games Register						10:30AM-12:00PM (Aquatics)	
Yoga Studio A						11:15AM-12:05PM (Mind & Body) <i>Mary G.</i>	



Paul Henson Family YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim Pool		6:00AM-9:15AM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	6:00AM-9:30AM (Aquatics Open Swim) 10:20AM-11:00AM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	6:00AM-11:00AM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	6:00AM-11:00AM (Aquatics Open Swim)	8:00AM-12:00PM (Aquatics Open Swim)	
Activity Pool Pool		6:00AM-9:15AM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	6:00AM-11:00AM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	6:00AM-11:00AM (Aquatics Open Swim) 4:00PM-7:30PM (Aquatics Open Swim)	6:00AM-11:00AM (Aquatics Open Swim)	8:00AM-12:00PM (Aquatics Open Swim)	
Free Play Kids Zone		8:30AM-11:30AM (Kid Zone Enrichment) 4:00PM-7:30PM (Kid Zone Enrichment)	8:30AM-11:30AM (Kid Zone Enrichment) 4:00PM-7:30PM (Kid Zone Enrichment)	8:30AM-11:30AM (Kid Zone Enrichment) 4:00PM-7:30PM (Kid Zone Enrichment)	8:30AM-11:30AM (Kid Zone Enrichment)	9:00AM-12:00PM (Kid Zone Enrichment)	



Cleaver Family YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity Pool Pool		6:00AM-7:45AM (Aquatics Open Swim) <i>Staff C.</i> 8:00AM-1:00PM (Aquatics Open Swim) <i>Staff C.</i> 4:00PM-5:30PM (Aquatics Open Swim) <i>Staff C.</i>	6:00AM-7:45AM (Aquatics Open Swim) <i>Staff C.</i> 8:00AM-1:00PM (Aquatics Open Swim) <i>Staff C.</i> 4:00PM-6:30PM (Aquatics Open Swim)	6:00AM-7:30AM (Aquatics Open Swim) <i>Staff C.</i> 8:00AM-1:00PM (Aquatics Open Swim) <i>Staff C.</i> 4:00PM-5:30PM (Aquatics Open Swim) <i>Staff C.</i>	6:00AM-7:45AM (Aquatics Open Swim) <i>Staff C.</i> 8:00AM-1:00PM (Aquatics Open Swim) <i>Staff C.</i> 4:00PM-6:30PM (Aquatics Open Swim)	8:00AM-9:00AM (Aquatics Open Swim) <i>Staff C.</i> 1:00PM-3:30PM (Aquatics Open Swim) <i>Staff C.</i>	10:00AM-2:30PM (Aquatics Open Swim) <i>Staff C.</i>
Strength Studio B		6:00AM-7:00AM (Strength) <i>Sierra R.</i> 9:00AM-10:00AM (Strength) <i>Sierra R.</i>	11:00AM-12:00PM (Strength) <i>Rebecca E.</i>	6:00AM-7:00AM (Strength) <i>Sierra R.</i> 9:00AM-10:00AM (Strength) <i>Sierra R.</i>			
Lifeguard Break Pool		7:45AM-8:00AM (General)	7:45AM-8:00AM (General)	7:45AM-8:00AM (General)	7:45AM-8:00AM (General) <i>Staff C.</i>		
Pilates Studio B		8:00AM-8:30AM (Mind & Body) <i>Mo M.</i>		8:00AM-8:30AM (Mind & Body) <i>Mo M.</i>			
TRX Studio A		8:45AM-9:45AM (Strength) <i>Kelly L.</i>		8:45AM-9:45AM (Strength) <i>Monica D.</i>			
Aqua Fit Pool		8:45AM-9:30AM (Water Fitness) <i>Staff C.</i> 9:40AM-10:30AM (Water Fitness) <i>Staff C.</i>	9:30AM-10:20AM (Water Fitness) <i>Staff C.</i> 11:00AM-12:00PM (Water Fitness) <i>Staff C.</i> 5:00PM-5:45PM (Water Fitness) <i>Roy C.</i>	8:45AM-9:30AM (Water Fitness) <i>Staff C.</i> 9:40AM-10:30AM (Water Fitness) <i>Staff C.</i>	8:15AM-9:00AM (Water Fitness) <i>Staff C.</i> 9:30AM-10:20AM (Water Fitness) <i>Staff C.</i> 11:00AM-11:45AM (Water Fitness) <i>Staff C.</i>	8:15AM-9:00AM (Water Fitness) <i>Roy C.</i>	
AOA Low Impact Gym		9:00AM-10:00AM (Low Impact) <i>Tracey C.</i>		9:00AM-10:00AM (Low Impact) <i>Tracey C.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AOA Cycle and Circuit Studio B		10:00AM-11:00AM (Low Impact) <i>Jean M.</i>		10:00AM-11:00AM (Low Impact) <i>Jean M.</i>			
Balance Gym		10:15AM-11:15AM (Mind & Body) <i>Mo M.</i>		10:15AM-11:15AM (Mind & Body) <i>Mo M.</i>			
Yoga Studio B		11:00AM-12:00PM (Mind & Body) <i>Jean M.</i>	8:00AM-8:50AM (Mind & Body) <i>Tracey C.</i>	11:00AM-12:00PM (Mind & Body) <i>Jean M.</i>	8:00AM-8:50AM (Mind & Body) <i>Tracey C.</i>	11:00AM-12:00PM (Mind & Body) <i>Jean M.</i> 12:00PM-1:00PM (Mind & Body) <i>Jean M.</i>	12:30PM-1:30PM (Mind & Body) <i>Jean M.</i>
AOA Low Impact Studio A		11:00AM-12:00PM (Low Impact) <i>Mo M.</i>		11:00AM-12:00PM (Low Impact) <i>Mo M.</i>			
Tai Chi - Beginner Studio B		12:00PM-12:45PM (Mind & Body) <i>Monica D.</i>		12:00PM-12:45PM (Mind & Body) <i>Monica D.</i>			
Pickleball - Drop In Play Gym		12:00PM-3:00PM (Healthy Living Activity (Member Service)) <i>Staff C.</i>		12:00PM-3:00PM (Healthy Living Activity (Member Service)) <i>Staff C.</i>			10:00AM-1:00PM (Healthy Living Activity (Member Service)) <i>Staff C.</i>
Tai Chi - Intermediate Studio B		12:45PM-1:15PM (Mind & Body) <i>Monica D.</i>		12:45PM-1:15PM (Mind & Body) <i>Monica D.</i>			
Tai Chi - Advanced Studio B		1:15PM-2:20PM (Mind & Body) <i>Monica D.</i>		1:15PM-2:20PM (Mind & Body) <i>Monica D.</i>			
Zumba Studio B		5:30PM-6:30PM (Cardio) <i>Rita A.</i>					
Swim Lessons Pool		5:30PM-7:30PM (Aquatics Program (Activenet Registration Required)) <i>Staff C.</i>		5:30PM-7:30PM (Aquatics Program (Activenet Registration Required)) <i>Staff C.</i>		9:00AM-1:00PM (Aquatics Program (Activenet Registration Required)) <i>Staff C.</i>	
BODYPUMP - Les Mills Studio B		6:30PM-7:30PM (Strength) <i>Anna F.</i>		6:30PM-7:30PM (Strength) <i>Daniel K.</i>		10:00AM-11:00AM (Strength) <i>Lauren C.</i>	
Cycle Studio B			5:30AM-6:30AM (Cardio) <i>Sierra R.</i>	5:30PM-6:30PM (Cardio) <i>Staff C.</i>	5:30AM-6:30AM (Cardio) <i>Sierra R.</i>		
Zumba Gold Gym			8:45AM-9:45AM (Low Impact) <i>Taylor G.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Interval Training Studio A			8:45AM-9:45AM (Hybrid) <i>Kelly L.</i>				
Step Studio B			9:45AM-10:45AM (Cardio) <i>Ebony D.</i>				
Pilates Studio A			10:00AM-10:50AM (Mind & Body) <i>Tracey C.</i>		10:00AM-10:50AM (Mind & Body) <i>Tracey C.</i>		
Silver Sneakers - Circuit Gym			10:15AM-11:15AM (Low Impact) <i>Carolyn A.</i>		10:15AM-11:15AM (Low Impact) <i>Carolyn A.</i>		
Tai Chi - Beginner Studio A			11:00AM-11:40AM (Mind & Body) <i>Tracey C.</i>				
Yoga Studio A			12:15PM-12:45PM (Mind & Body) <i>Billy T.</i> 5:30PM-6:30PM (Mind & Body) <i>Staff C.</i>				
AOA Low Impact Studio B			12:30PM-1:30PM (Low Impact) <i>Ebony D.</i>		12:30PM-1:30PM (Low Impact) <i>Ebony D.</i>		
Silver Sneakers - Circuit Studio B			2:30PM-3:30PM (Low Impact) <i>Mynnye J.</i>			2:30PM-3:30PM (Low Impact) <i>Nina P.</i>	
Meditation Studio A			6:30PM-7:00PM (Mind & Body) <i>Staff C.</i>				
MixedFit Gym				5:30PM-6:30PM (Cardio) <i>Taylor G.</i>			
Barre Studio A					8:45AM-9:45AM (Strength) <i>Kelly L.</i>		
AOA Chair Yoga Gym					9:00AM-9:50AM (Low Impact) <i>Tracey C.</i>		
Interval Training Studio B					9:45AM-10:45AM (Hybrid) <i>Ebony D.</i>		
Boot Camp Gym						9:00AM-10:00AM (Hybrid) <i>Gary C.</i>	



Riverside Community Center | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Gymnasium		8:00AM-9:00AM (Cardio) <i>Selina S.</i>	6:00PM-7:00PM (Cardio) <i>Dina B.</i>	8:00AM-9:00AM (Cardio) <i>Lori B.</i>			
Tai Chi - Beginner Studio Zen		9:00AM-10:00AM (Mind & Body) <i>Terry K.</i>	8:30AM-9:20AM (Mind & Body) <i>Suellen H.</i>	9:00AM-10:00AM (Mind & Body) <i>Terry K.</i>			
Pickleball - Drop In Play Gymnasium		9:30AM-6:30PM (Healthy Living Activity (Member Service))	12:30PM-3:30PM (Healthy Living Activity (Member Service))	12:00PM-5:15PM (Healthy Living Activity (Member Service))	11:30AM-3:30PM (Healthy Living Activity (Member Service))		1:00PM-3:30PM (Healthy Living Activity (Member Service))
Barre Studio Zen		10:15AM-11:00AM (Strength) <i>Amy L.</i>	4:00PM-4:45PM (Strength) <i>Amy L.</i>				
Yoga Studio Zen		12:00PM-12:30PM (Mind & Body) <i>Amy L.</i>		11:00AM-11:30AM (Mind & Body) <i>Amy L.</i>	9:00AM-9:45AM (Mind & Body) <i>Lori B.</i>		
Total Body Gymnasium			8:00AM-9:00AM (Hybrid) <i>Lori B.</i>		8:00AM-9:00AM (Hybrid) <i>Lori B.</i>		
Yoga Gymnasium			9:00AM-9:45AM (Mind & Body) <i>Lori B.</i>				
Tai Chi - Intermediate Studio Zen			9:30AM-10:20AM (Mind & Body) <i>Suellen H.</i>	10:00AM-10:50AM (Mind & Body) <i>Terry K.</i>			
Line Dance Gymnasium			10:00AM-11:00AM (Healthy Living Activity (Member Service))	10:00AM-11:00AM (Healthy Living Activity (Member Service))	10:00AM-11:00AM (Healthy Living Activity (Member Service))		
Tai Chi - Advanced Studio Zen			10:30AM-11:00AM (Mind & Body) <i>Suellen H.</i>				
AOA Core Training Gymnasium			11:30AM-12:15PM (Low Impact) <i>Amy L.</i>				
AOA Chair Yoga Studio Zen			12:30PM-1:00PM (Low Impact) <i>Amy L.</i>				
Open Gym Gymnasium			3:30PM-6:00PM (General)				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meditation Studio Zen				11:30AM-12:15PM (Mind & Body) <i>Selina S.</i>			



Linwood Family YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver Sneakers - Classic Studio B		9:00AM-10:00AM (Low Impact) <i>Nina P.</i> 10:00AM-11:00AM (Low Impact) <i>Nina P.</i>		9:00AM-10:00AM (Low Impact) <i>Nina P.</i> 10:00AM-11:00AM (Low Impact) <i>Nina P.</i>			
Activity Pool Lap Lane (Pool)		9:00AM-1:00PM (Aquatics Open Swim) <i>Linwood Y.</i>	9:00AM-1:00PM (Aquatics Open Swim) <i>Linwood Y.</i>	9:00AM-1:00PM (Aquatics Open Swim) <i>Linwood Y.</i>	9:00AM-1:00PM (Aquatics Open Swim) <i>Linwood Y.</i>	9:00AM-2:00PM (Aquatics Open Swim) <i>Linwood Y.</i>	
Open Gym Basketball Court (Front Half)		1:00PM-5:00PM (General) <i>Linwood Y.</i>				1:00PM-3:00PM (General) <i>Linwood Y.</i>	
Swim Lessons Pool		4:00PM-6:30PM (Aquatics Program (Activenet Registration Required)) <i>Linwood Y.</i>		4:00PM-6:00PM (Aquatics Program (Activenet Registration Required)) <i>Linwood Y.</i>			
Muscle Pump Studio B			7:15AM-8:15AM (Strength) <i>Susan T.</i>		7:15AM-7:15AM (Strength) <i>Susan T.</i>		
Aspire Community Room			3:00PM-6:00PM (Youth And Family Programs) <i>Linwood Y.</i>	3:00PM-6:00PM (Youth And Family Programs) <i>Linwood Y.</i>			
Activity Pool Pool			4:00PM-7:00PM (Aquatics Open Swim) <i>Linwood Y.</i>		4:00PM-6:00PM (Aquatics Open Swim) <i>Linwood Y.</i>		
Martial Arts Studio B			5:30PM-6:30PM (Healthy Living Program (Activenet Registration Required)) <i>Linwood Y.</i>				
Aqua Fit Pool				10:00AM-11:00AM (Water Fitness) <i>Rosemary M.</i>			
Zumba Studio A				5:30PM-6:30PM (Cardio) <i>Susan T.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Studio B				6:45PM-7:45PM (Cardio) <i>LeAnn M.</i>			
Linwood - Teen Night - Ages 14-17 Register					5:00PM-8:00PM (Youth - Special Events)		
Zumba Studio B						9:15AM-10:15AM (Cardio) <i>Susan T.</i>	
Line Dancing Studio B						10:30AM-11:30AM (Cardio) <i>LeAnn M.</i>	
Adult Swim Lessons Pool						11:00AM-12:00PM (Aquatics Program (Activenet Registration Required)) <i>Linwood Y.</i>	



North KC YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NKC YMCA - Art Youth Club - July 24th Register				3:00PM-4:00PM (Youth and Family)			
NKC YMCA - Fairy Garden Workshop Register						1:00PM-3:00PM (Youth and Family)	