



## School - Compass | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Compass Traditional Camp - 2025</b> <a href="#">Register</a>	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)		



Center - North KC YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
North KC YMCA Traditional Camp - 2025 <a href="#">Register</a>	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 - Highlands | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Highland PreK Day 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)		
<a href="#">Register</a>							



School - Ray Marsh | June 30th - July 6th

	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)		
<a href="#">Register</a>							



# School - Cottonwood Point | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cottonwood Point Traditional Camp - 2025</b> <a href="#">Register</a>	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 | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Hazel Grove Traditional Camp - 2025</b> <a href="#">Register</a>	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)		



## North Kansas City YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Activity Pool</b> 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)
<b>Turn and Burn</b> Inspire Studio		5:30AM-6:30AM (Hybrid) <i>Heather Z.</i>					
<b>Strength</b> 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>	
<b>Yoga</b> Inspire Studio		9:00AM-9:55AM (Mind & Body) <i>Kathy M.</i>					
<b>Aqua Joints In Motion</b> Pool		9:15AM-10:15AM (Water Fitness) <i>Bill K.</i>		9:15AM-10:15AM (Water Fitness) <i>Bill K.</i>			
<b>Silver Sneakers - Classic</b> Inspire Studio		10:00AM-10:55AM (Low Impact) <i>Kathy M.</i>		10:00AM-10:55AM (Low Impact) <i>Chihiro S.</i>			
<b>BODYPUMP - Les Mills</b> 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>		12:00PM-12:55PM (Strength) <i>Abigail P.</i>	
<b>Pickleball - Drop In Play</b> 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))		
<b>CORE - Les Mills</b> Determined Studio		10:50AM-11:20AM (Strength) <i>Abigail P.</i>		10:50AM-11:20AM (Strength) <i>Abigail P.</i>			
<b>Silver Sneakers - Chair Yoga</b> Inspire Studio		11:00AM-11:30AM (Low Impact) <i>Kathy M.</i>					
<b>Aqua Yoga</b> Pool		11:15AM-12:15PM (Water Fitness) <i>Terri H.</i>		11:15AM-12:15PM (Water Fitness) <i>Terri H.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>TRX</b> 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>	
<b>Core</b> Inspire Studio		5:30PM-6:10PM (Strength) <i>Nicholas B.</i>					
<b>Zumba</b> 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>Leslie S.</i>	12:00PM-12:55PM (Cardio) <i>Dina B.</i>			
<b>Boot Camp</b> Determined Studio			5:30AM-6:25AM (Hybrid) <i>Sarah C.</i>				
<b>Cycle</b> Inspire Studio			6:30AM-7:25AM (Cardio) <i>Sarah C.</i>				
<b>Enhance Fitness</b> Determined Studio			9:00AM-9:55AM (Low Impact) <i>Chihiro S.</i>				
<b>Tai Chi - Beginner</b> Inspire Studio			9:00AM-9:55AM (Mind & Body) <i>Terry K.</i>				
<b>Aqua River Challenge</b> Pool			9:00AM-10:00AM (Water Fitness) <i>Jody S.</i>				
<b>Tai Chi - Advanced</b> Inspire Studio			9:55AM-10:45AM (Mind & Body) <i>Terry K.</i>				
<b>Barre Bootcamp</b> Determined Studio			11:00AM-11:55AM (Strength) <i>Beth T.</i>				
<b>Aqua Fit</b> Pool			5:15PM-6:00PM (Water Fitness) <i>Jeanette M.</i>				
<b>High Fitness</b> Determined Studio				9:00AM-9:55AM (Cardio) <i>Lesley T.</i>			
<b>Silver Sneakers - BOOM Move</b> Inspire Studio				11:00AM-11:30AM (Low Impact) <i>Chihiro S.</i>			
<b>WERQ</b> Inspire Studio				5:30PM-6:20PM (Cardio) <i>Lauren C.</i>		9:00AM-9:55AM (Cardio) <i>Chihiro S.</i>	



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Warrior Strength</b> Determined Studio				5:30PM-6:25PM (Strength) <i>Sarah W.</i>			
<b>Enhance Fitness</b> Inspire Studio					9:30AM-10:30AM (Low Impact) <i>Chihiro S.</i>		
<b>Strength and Conditioning</b> Determined Studio					11:00AM-11:50AM (Hybrid) <i>Sarah C.</i>		
<b>PiYo</b> Determined Studio						10:00AM-10:50AM (Hybrid) <i>Kelly H.</i>	
<b>Pilates</b> Inspire Studio						10:00AM-10:50AM (Mind & Body) <i>Kathy M.</i>	
<b>Zumba Gold</b> Determined Studio							1:00PM-1:55PM (Low Impact) <i>Chihiro S.</i>



## Platte County Community Center North | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Gymnasium		5:00AM-9:00PM (General)	5:00AM-9:00PM (General)	5:00AM-9:00PM (General)	5:00AM-1:00PM (General)	7:30AM-5:00PM (General)	10:00AM-4:00PM (General)
<b>BODYPUMP - Les Mills</b> Studio A (Face-to-Face)		5:15AM-6:15AM (Strength) <i>Sherri C.</i>	10:15AM-11:10AM (Strength) <i>Abigail P.</i>  5:30PM-6:30PM (Strength) <i>Susan Q.</i>	5:15AM-6:15AM (Strength) <i>Christy S.</i>		8:30AM-9:30AM (Strength) <i>Christy S.</i>	
<b>Activity Pool</b> 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-12:30PM (Aquatics Open Swim)	7:30AM-4:00PM (Aquatics Open Swim)	10:00AM-3:00PM (Aquatics Open Swim)
<b>Sauna/Steam Room</b> 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-12:30PM (Aquatics Open Swim)	7:30AM-4:00PM (Aquatics Open Swim)	
<b>Yoga</b> Studio B		6:00AM-7:00AM (Mind & Body) <i>Shellie B.</i>			10:00AM-11:00AM (Mind & Body) <i>Shellie B.</i>		
<b>Lap Swim</b> 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-12:30PM (Aquatics Open Swim)	7:30AM-3:00PM (Aquatics Open Swim)	10:00AM-3:00PM (Aquatics Open Swim)
<b>Lazy River</b> 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-12:30PM (Aquatics Open Swim)	7:30AM-4:00PM (Aquatics Open Swim)	10:00AM-3:00PM (Aquatics Open Swim)
<b>YMCA 360 - Strength</b> 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.	
<b>YMCA 360 - Mind &amp; Body</b> 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
<b>Kid Zone - Open Hours</b> 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)	
<b>Silver Sneakers - Classic</b> Studio A (Face-to-Face)		9:00AM-9:50AM (Low Impact) <i>Shellie B.</i>  12:15PM-1:05PM (Low Impact) <i>Jessi F.</i>		9:00AM-9:50AM (Low Impact) <i>Shellie B.</i>  12:15PM-1:05PM (Low Impact) <i>Jessi F.</i>			
<b>Interval Training</b> Gymnasium		9:00AM-9:50AM (Hybrid) <i>Megan W.</i>					
<b>Cardio Dance</b> Studio B		9:00AM-9:50AM (Cardio) <i>Disa R.</i>	5:45PM-6:35PM (Cardio) <i>Lea D.</i>	9:00AM-9:50AM (Cardio) <i>Disa R.</i>			
<b>Group Exercise</b> 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))		
<b>Aqua Strength &amp; Cardio</b> Activity Pool		9:00AM-9:45AM (Water Fitness) <i>Kylie M.</i>		9:00AM-9:45AM (Water Fitness) <i>Christel F.</i>			
<b>Pilates</b> Studio B		10:00AM-10:40AM (Mind & Body) <i>Disa R.</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>Disa R.</i>			
<b>Aqua Joints In Motion</b> Lazy River		10:15AM-11:00AM (Water Fitness) <i>Kylie M.</i>		10:15AM-11:00AM (Water Fitness) <i>Devon M.</i>			
<b>Stretch</b> Studio B		10:45AM-11:05AM (Mind & Body) <i>Disa R.</i>		10:45AM-11:05AM (Mind & Body) <i>Disa R.</i>			
<b>YMCA 360 - Interval/Circuit</b> 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.		2:00PM-2:50PM (YMCA 360 (Virtual Class Offerings)) Y 3.	2:00PM-2:50PM (YMCA 360 (Virtual Class Offerings)) Y 3.
<b>Pickleball - Drop In Play</b> 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
<b>YMCA 360 - Choreographed Cardio</b> 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.
<b>YMCA 360 - Core</b> 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.				
<b>TRX and Stretch</b> Studio A (Face-to-Face)		5:30PM-6:20PM (Hybrid) Christy S.		5:30PM-6:20PM (Hybrid) Christy S.			
<b>Music and Game Time</b> Kid Zone		6:00PM-6:30PM (Kid Zone Enrichment)		10:00AM-10:30AM (Kid Zone Enrichment)  6:00PM-6:30PM (Kid Zone Enrichment)			
<b>Aqua Burn</b> Lazy River		6:00PM-6:45PM (Water Fitness) Christel F.					
<b>Cycle</b> Studio A (Face-to-Face)			5:15AM-5:45AM (Cardio) Kristian A.				
<b>Stretch</b> Studio A (Face-to-Face)			5:45AM-6:05AM (Mind & Body) Kristian A.				
<b>Water Volleyball</b> Activity Pool			8:00AM-9:30AM (Aquatics Activity (Member Service))				
<b>YMCA 360 - AOA</b> 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.	
<b>Enhance Fitness</b> Studio A (Face-to-Face)			9:00AM-10:00AM (Low Impact) Kylie M.		9:00AM-10:00AM (Low Impact) Gayla K.		
<b>BODYBALANCE - Les Mills</b> Studio B			10:00AM-11:00AM (Mind & Body) Susan Q.  6:45PM-7:45PM (Mind & Body) Christy S.	6:00AM-7:00AM (Mind & Body) Shellli B.		10:00AM-11:00AM (Mind & Body) Shellli B.	
<b>Aqua Yoga</b> Activity Pool			10:15AM-11:00AM (Water Fitness) Gayla K.		10:15AM-11:00AM (Water Fitness) Gayla K.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Workout Time</b> Kid Zone			10:30AM-11:00AM (Kid Zone Enrichment)  6:00PM-6:30PM (Kid Zone Enrichment)				
<b>Aqua Burn</b> Activity Pool			11:15AM-12:00PM (Water Fitness) <i>Kylie M.</i>				
<b>Core</b> Studio A (Face-to-Face)			11:15AM-11:45AM (Strength) <i>Abigail P.</i>				
<b>AOA Chair Yoga</b> Studio B			11:15AM-12:00PM (Low Impact) <i>Gayla K.</i>		11:15AM-12:00PM (Low Impact) <i>Shellie B.</i>		
<b>AOA Low Impact</b> Studio A (Face-to-Face)			12:15PM-1:05PM (Low Impact) <i>Disa R.</i>				
<b>YMCA 360 - Cardio</b> 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.		11:00AM-11:50AM (YMCA 360 (Virtual Class Offerings)) Y 3.
<b>Cycle</b> Gymnasium (South Court)				9:00AM-9:40AM (Cardio) <i>Kassie F.</i>			
<b>Core</b> Gymnasium (South Court)				9:45AM-10:15AM (Strength) <i>Kassie F.</i>			
<b>Boot Camp</b> Gymnasium					9:00AM-9:50AM (Hybrid) <i>Devon M.</i>		
<b>Story Time</b> Kid Zone					9:30AM-10:00AM (Kid Zone Enrichment)	10:00AM-10:30AM (Kid Zone Enrichment)	
<b>Free Play</b> Kid Zone					10:00AM-10:30AM (Kid Zone Enrichment)		
<b>Center Closed for Holiday</b> Center Announcements					1:00PM-7:30PM (Center Announcements) <i>Fourth o.</i>  1:00PM-7:30PM (General)		
<b>Aqua Tabata</b> Lazy River						9:00AM-9:45AM (Water Fitness) <i>Kylie M.</i>	
<b>Martial Arts - Aikido</b> Gymnasium (South Court)						10:00AM-11:30AM (Healthy Living Program (Activenet Registration Required))	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cardio Dance</b> Studio A (Face-to-Face)						10:00AM-10:50AM (Cardio) <i>Disa R.</i>	
<b>PCCCN - Martial Arts - Aikido - Saturday - Monthly</b>  <a href="#">Register</a>						10:00AM-11:30AM (Healthy Living - Martial Arts)	
<b>PCCCN - Kids Night Out</b>  <a href="#">Register</a>						5:00PM-8:00PM (Kids Night Out)	



## Platte County Community Center South | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> 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-12:55PM (General)	7:30AM-4:50PM (General)	9:00AM-3:50PM (General)
<b>BODYPUMP - Les Mills</b> Studio C		5:30AM-6:15AM (Strength) <i>Emily M.</i>  9:00AM-10:00AM (Strength) <i>Hannah S.</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>Hannah S.</i>  5:30PM-6:20PM (Strength) <i>Susan Q.</i>	10:15AM-11:15AM (Strength) <i>Adriane L.</i>	8:15AM-9:15AM (Strength) <i>Lee V.</i>	10:00AM-10:50AM (Strength) <i>Adriane L.</i>
<b>Lap Swim</b> 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-4:30PM (Aquatics Open Swim)	9:00AM-3:30PM (Aquatics Open Swim)
<b>Activity Pool</b> 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)
<b>Volleyball - Beach Ball</b> 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))			
<b>Group Active</b> Studio A		7:45AM-8:45AM (Hybrid) <i>Cristina B.</i>		7:45AM-8:45AM (Hybrid) <i>Cristina B.</i>			
<b>Yoga</b> Studio B		7:45AM-8:45AM (Mind & Body) <i>Teresa M.</i>	6:15PM-7:15PM (Mind & Body) <i>Kelly B.</i>	7:45AM-8:45AM (Mind & Body) <i>Kerri M.</i>			
<b>Free Play</b> 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
<b>AOA Low Impact</b> Activity Pool		8:30AM-9:15AM (Low Impact) <i>Suellen H.</i>		8:30AM-9:15AM (Low Impact) <i>Suellen H.</i>			
<b>Zumba Gold</b> Studio A		9:00AM-10:00AM (Low Impact) <i>Kelly H.</i>		9:00AM-10:00AM (Low Impact) <i>Kelly H.</i>			
<b>RPM - Les Mills (Cycle)</b> 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>Adriane L.</i>	9:30AM-10:15AM (Cardio) <i>Kim H.</i>
<b>Aqua Fit</b> Activity Pool		9:30AM-10:30AM (Water Fitness) <i>Jacqueline T.</i>  5:30PM-6:30PM (Water Fitness) <i>Jacqueline T.</i>		9:30AM-10:30AM (Water Fitness) <i>Jacqueline T.</i>  5:30PM-6:30PM (Water Fitness) <i>Jacqueline T.</i>	8:30AM-9:30AM (Water Fitness) <i>Jacqueline T.</i>	8:00AM-9:00AM (Water Fitness) <i>Emily S.</i>	
<b>Core</b> cycle studio		9:50AM-10:10AM (Strength) <i>Kristi S.</i>		9:30AM-9:45AM (Strength) <i>Ashley V.</i>			
<b>Pickleball - Drop In Play</b> 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))		8:00AM-10:00AM (Healthy Living Activity (Member Service))	
<b>Zumba</b> Studio C		10:15AM-11:15AM (Cardio) <i>Beth T.</i>		10:15AM-11:15AM (Cardio) <i>Beth T.</i>			
<b>Total Body Stretch</b> 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>	9:30AM-10:30AM (Mind & Body) <i>Cristina B.</i>		
<b>AOA Cycle</b> cycle studio		10:45AM-11:15AM (Cardio) <i>Mary C.</i>		10:45AM-11:15AM (Cardio) <i>Mary C.</i>			
<b>AOA Core Training</b> Studio A		11:30AM-12:15PM (Low Impact) <i>Kerri M.</i>		11:30AM-12:15PM (Low Impact) <i>Kerri M.</i>			
<b>AOA Chair Yoga</b> Studio A		12:30PM-1:15PM (Low Impact) <i>Kerri M.</i>		12:30PM-1:15PM (Low Impact) <i>Kerri M.</i>			
<b>Kids In Motion (Fee Based)</b> Gymnasium		4:00PM-5:00PM (Youth & Family Fitness Classes) <i>Michael B.</i>	4:00PM-5:00PM (Youth & Family Fitness Classes) <i>Michael B.</i>				
<b>BODYBALANCE - Les Mills</b> 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>	10:45AM-11:45AM (Mind & Body) <i>Kristi S.</i>	8:15AM-9:15AM (Mind & Body) <i>Cristina B.</i>	
<b>CORE - Les Mills</b> Studio C		6:25PM-6:55PM (Strength) <i>Susan Q.</i>		6:25PM-6:55PM (Strength) <i>Susan Q.</i>			



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYATTACK - Les Mills</b> Studio A			8:00AM-8:55AM (Cardio) <i>Joy G.</i>			7:35AM-8:20AM (Cardio) <i>Beth T.</i>	
<b>Enhance Fitness</b> Studio C			8:15AM-9:15AM (Low Impact) <i>Kelly H.</i>		8:15AM-9:15AM (Low Impact) <i>Kelly H.</i>		
<b>BORN TO MOVE (3-5 yo) - Les Mills</b> Kids Zone			9:00AM-9:30AM (Youth & Family Fitness Classes) <i>Mary C.</i>				
<b>Aqua Zumba</b> Activity Pool			9:30AM-10:30AM (Water Fitness) <i>Kelly H.</i>		9:30AM-10:30AM (Water Fitness) <i>Kelly H.</i>		
<b>Pilates</b> Studio B			9:30AM-10:30AM (Mind & Body) <i>Cristina B.</i>	5:30PM-6:30PM (Mind & Body) <i>Beth T.</i>	8:15AM-9:15AM (Mind & Body) <i>Cristina B.</i>		
<b>BORN TO MOVE (6-8 yo) - Les Mills</b> Kids Zone			9:30AM-10:00AM (Youth & Family Fitness Classes) <i>Mary C.</i>				
<b>Cycle and Strength</b> cycle studio			9:30AM-10:30AM (Hybrid) <i>Tarah M.</i>				
<b>Core</b> Studio C			10:25AM-11:00AM (Strength) <i>Kristi S.</i>				
<b>Line Dancing</b> Studio A			10:45AM-11:45AM (Cardio) <i>Kelly H.</i>				
<b>Silver Sneakers - Classic</b> Studio A			12:30PM-1:30PM (Low Impact) <i>Kerri M.</i>				
<b>Tai Chi - Beginner</b> Studio B			1:00PM-1:45PM (Mind & Body) <i>Terry K.</i>				
<b>Martial Arts -Takeodo</b> 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>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>PCCCS - Martial Arts - Ages 6-12</b> <a href="#">Register</a>			5:15PM-6:10PM (Healthy Living - Martial Arts)				
<b>PCCCS - Martial Arts - Ages 6-12 - Wednesday ONLY</b> <a href="#">Register</a>			5:15PM-6:10PM (Healthy Living - Martial Arts)				
<b>Swim Club</b> Lap Pool			5:30PM-6:30PM (Aquatics Program (Activenet Registration Required))		5:30PM-6:30PM (Aquatics Program (Activenet Registration Required))		
<b>TONE - Les Mills</b> Studio C			5:30PM-6:30PM (Hybrid) <i>Avery P.</i>			9:30AM-10:30AM (Hybrid) <i>Lee V.</i>	
<b>Cycle</b> cycle studio			5:30PM-6:30PM (Cardio) <i>Mary C.</i>		8:30AM-9:15AM (Cardio) <i>Lee V.</i>		
<b>Weight Lifting</b> Studio C			6:30PM-7:30PM (Strength) <i>Michael B.</i>				
<b>PCCCS - Martial Arts - Ages 13 and Up - Wednesday ONLY</b> <a href="#">Register</a>			6:30PM-7:25PM (Healthy Living - Martial Arts)				
<b>PCCCS - Martial Arts - Ages 13 and Up</b> <a href="#">Register</a>			6:30PM-7:25PM (Healthy Living - Martial Arts)				
<b>SPRINT - Les Mills (Cycle)</b> cycle studio				9:00AM-9:30AM (Cardio) <i>Ashley V.</i>			
<b>Belly Dancing</b> Studio A				10:15AM-11:00AM (Cardio) <i>Kerri M.</i>			
<b>PCCCS - AOA - WOW Luncheon (Widows and Widowers)</b> <a href="#">Register</a>				11:30AM-1:00PM (Healthy Living - AOA Special Events)			
<b>Surge</b> Studio A				5:30PM-6:30PM (Cardio) <i>Avery P.</i>			
<b>Step</b> Studio A					8:15AM-9:15AM (Cardio) <i>Beth T.</i>	8:25AM-9:15AM (Cardio) <i>Beth T.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Barre Bootcamp</b> Studio A					9:30AM-10:30AM (Strength) <i>Beth T.</i>		
<b>BODYATTACK - Les Mills</b> Studio C					9:30AM-10:00AM (Cardio) <i>Lee V.</i>		
<b>Strength</b> Studio A					10:45AM-11:15AM (Strength) <i>Kelly H.</i>		
<b>Cardio Dance</b> Studio A					11:15AM-11:45AM (Cardio) <i>Kelly H.</i>		
<b>Center Closed for Holiday</b> Gymnasium					12:55PM-9:00PM (General)		
<b>High Yo</b> Studio B						9:30AM-10:30AM (Hybrid) <i>Kelly B.</i>	
<b>Diving Board - OPEN</b> Lap Pool						2:00PM-4:30PM (Aquatics Activity (Member Service))	
<b>BODYBALANCE - Les Mills</b> Studio C							11:00AM-12:00PM (Mind & Body) <i>Adriane L.</i>



## Providence Family YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Activity Pool</b> 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)
<b>Lap Swim</b> 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)
<b>BODYPUMP - Les Mills</b> 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>Cassandra L.</i>	
<b>Aqua Fit</b> 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>		8:00AM-9:00AM (Water Fitness) <i>Sallie C.</i>	
<b>Aqua Joints In Motion</b> 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>			
<b>Yoga</b> Group Ex Studio		8:15AM-9:00AM (Mind & Body) <i>Sallie C.</i>		8:15AM-9:05AM (Mind & Body) <i>Sallie C.</i>			
<b>Boot Camp/HIIT</b> 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
<b>Line Dancing</b> Group Ex Studio		9:15AM-10:00AM (Cardio) <i>Deb F.</i>		9:15AM-10:00AM (Cardio) <i>Deb F.</i>			
<b>Silver Sneakers - Circuit</b> Gymnasium		10:30AM-11:30AM (Low Impact) <i>Wayland P.</i>		10:30AM-11:20AM (Low Impact) <i>Wayland P.</i>			
<b>Tai Chi - Intermediate</b> 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>	
<b>Meditation</b> Group Ex Studio		2:00PM-3:00PM (Mind & Body) <i>Tom W.</i>		2:00PM-3:00PM (Mind & Body) <i>Tom W.</i>			
<b>Swim Lessons</b> 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))	
<b>Aqua Strength &amp; Cardio</b> Pool-Instructor Reserved Space		6:00PM-7:00PM (Water Fitness) <i>Julie L.</i>					
<b>Ultifit</b> Wellness Studio		6:30PM-7:30PM (Hybrid) <i>Jonathan W.</i>		6:00PM-7:00PM (Hybrid) <i>Jonathan W.</i>			
<b>Aqua Fit</b> Pool			8:00AM-9:00AM (Water Fitness) <i>Robin C.</i>		8:00AM-9:00AM (Water Fitness) <i>Sallie C.</i>		
<b>Low Impact</b> Group Ex Studio			8:30AM-9:15AM (Low Impact) <i>Sallie C.</i>				
<b>Yoga</b> Wellness Studio			9:30AM-10:15AM (Mind & Body) <i>Sallie C.</i>		10:00AM-10:50AM (Mind & Body) <i>Sallie C.</i>		
<b>Enhance Fitness</b> Gymnasium			10:30AM-11:30AM (Low Impact) <i>Wayland P.</i>				
<b>Silver Sneakers - Chair Yoga</b> Group Ex Studio			11:45AM-12:30PM (Low Impact) <i>Wayland P.</i>				
<b>Pickleball - Drop In Play</b> Gymnasium			12:30PM-2:00PM (Healthy Living Activity (Member Service))		12:30PM-2:30PM (Healthy Living Activity (Member Service))		
<b>Providence - Water Acclimation - Preschool</b> <a href="#">Register</a>			5:15PM-5:45PM (Water Acclimation)			10:10AM-10:40AM (Water Acclimation)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Providence - Water Stamina - Youth</b>  <a href="#">Register</a>			5:15PM-5:45PM (Water Stamina)			11:55AM-12:25PM (Water Stamina)	
<b>Step</b> Gymnasium			5:30PM-6:20PM (Cardio) <i>Tina S.</i>				
<b>Providence - Water Movement - Preschool</b>  <a href="#">Register</a>			5:50PM-6:20PM (Water Movement)			10:45AM-11:15AM (Water Movement)	
<b>Providence - Stroke Introduction - Youth</b>  <a href="#">Register</a>			5:50PM-6:20PM (Stroke Introduction)			11:20AM-11:50AM (Stroke Introduction)	
<b>Providence - Water Discovery/Exploration - Parent/Child</b>  <a href="#">Register</a>			6:25PM-6:55PM (Water Discovery)			9:35AM-10:05AM (Water Discovery)	
<b>Providence - Water Acclimation - Youth</b>  <a href="#">Register</a>			6:25PM-6:55PM (Water Acclimation)			11:20AM-11:50AM (Water Acclimation)	
<b>Boot Camp</b> Gymnasium			6:30PM-7:20PM (Hybrid) <i>Nicole R.</i>				10:30AM-11:20AM (Hybrid) <i>Tracy O.</i>
<b>Providence - Water Acclimation - Adult</b>  <a href="#">Register</a>			7:00PM-7:30PM (Water Acclimation)			9:00AM-9:30AM (Water Acclimation)	
<b>Providence - Water Movement - Youth</b>  <a href="#">Register</a>			7:00PM-7:30PM (Water Movement)			11:55AM-12:25PM (Water Movement)	
<b>Kempo for Kids</b> Group Ex Studio				4:00PM-5:00PM (Hybrid) <i>Tom W.</i>			
<b>Step</b> Group Ex Studio				6:30PM-7:30PM (Cardio) <i>Katrena R.</i>		10:30AM-11:20AM (Cardio) <i>Katrena R.</i>	
<b>Enhance Fitness</b> Wellness Studio					10:30PM-11:30PM (Low Impact) <i>Wayland P.</i>		
<b>Adult Swim Lessons</b> Pool-Instructor Reserved Space						9:00AM-9:30AM (Aquatics Program (Activenet Registration Required))	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Kempo for Kids</b> Wellness Studio						10:00AM-11:00AM (Hybrid) <i>Tom W.</i>	
<b>Kempo</b> Wellness Studio						11:00AM-12:00PM (Hybrid) <i>Tom W.</i>	



## Atchison Family YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP - Les Mills</b> 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>	
<b>Aqua Strength &amp; Cardio</b> 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>		
<b>Low Impact Aerobics</b> Studio B		9:00AM-10:00AM (Low Impact) <i>Sharon B.</i>		9:00AM-10:00AM (Low Impact) <i>Sharon B.</i>			
<b>Aqua Joints In Motion</b> 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>		
<b>Pickleball - Drop In Play</b> Gymnasium		1:00PM-2:30PM (Healthy Living Activity (Member Service))		1:00PM-2:30PM (Healthy Living Activity (Member Service))			
<b>Atchison - Masters Swim Team</b>  <a href="#">Register</a>		4:00PM-5:15PM (Aquatics - Swim Team)	4:00PM-5:15PM (Aquatics - Swim Team)	4:00PM-5:15PM (Aquatics - Swim Team)			
<b>Atchison - Swim Team - Part-Time</b>  <a href="#">Register</a>		4:00PM-5:15PM (Aquatics - Swim Team)	4:00PM-5:15PM (Aquatics - Swim Team)	4:00PM-5:15PM (Aquatics - Swim Team)			
<b>Atchison - Swim Team</b>  <a href="#">Register</a>		4:00PM-5:15PM (Aquatics - Swim Team)	4:00PM-5:15PM (Aquatics - Swim Team)	4:00PM-5:15PM (Aquatics - Swim Team)			
<b>Circuit Training</b> 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>		
<b>Enhance Fitness</b> Studio B			10:30AM-11:30AM (Low Impact) <i>Sharon B.</i>		10:30AM-11:30AM (Low Impact) <i>Sharon B.</i>		



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga</b> Studio A			5:30PM-6:30PM (Mind & Body) <i>Valerie P.</i>	8:30AM-9:30AM (Mind & Body) <i>Jennifer T.</i>			
<b>SHiNE</b> Studio B			5:30PM-6:30PM (Cardio) <i>Nichole H.</i>			8:00AM-9:00AM (Cardio) <i>Nichole H.</i>	
<b>Atchison - Gymnastics - Team</b>  <a href="#">Register</a>			5:45PM-8:15PM (Healthy Living - Tumbling & Gymnastics)	5:45PM-8:15PM (Healthy Living - Tumbling & Gymnastics)			
<b>SHiNE</b> Studio A					5:00AM-6:00AM (Cardio) <i>Nichole H.</i>		



## Bonner Springs Family YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Activity Pool</b> 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)
<b>Lap Swim</b> Lap Pool		5:00AM-1:00PM (Aquatics Open Swim)  5:30PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim)  5:30PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim)  5:30PM-7:30PM (Aquatics Open Swim)	5:00AM-1:00PM (Aquatics Open Swim)  5:30PM-6:30PM (Aquatics Open Swim)	7:00AM-4:30PM (Aquatics Open Swim)	10:00AM-4:30PM (Aquatics Open Swim)
<b>Strength</b> Classroom B		5:15AM-6:15AM (Strength) <i>Cheryl L.</i>					
<b>Total Body</b> Group Ex Studio		7:30AM-8:30AM (Hybrid) <i>Deb F.</i>	5:30PM-6:30PM (Hybrid) <i>Pam R.</i>	7:30AM-8:30AM (Hybrid) <i>Deb F.</i>			
<b>Aqua Yoga</b> Activity Pool		8:30AM-9:30AM (Water Fitness) <i>Merri S.</i>					
<b>Cycle</b> Group Ex Studio		8:35AM-9:15AM (Cardio) <i>Katie B.</i>		5:15AM-6:05AM (Cardio) <i>Pam R.</i>  8:35AM-9:15AM (Cardio) <i>Jackie D.</i>  5:30PM-6:00PM (Cardio) <i>LeAnn J.</i>			
<b>Water Volleyball</b> 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>			
<b>BODYPUMP - Les Mills</b> 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
<b>Y In Motion</b> 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)		
<b>Stretch</b> Group Ex Studio		10:30AM-11:35AM (Mind & Body) <i>Katie B.</i>					
<b>Aqua Fit</b> 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>		
<b>Swim Lessons</b> 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))	
<b>Bonner Springs - Water Acclimation - Preschool</b>  <a href="#">Register</a>		4:40PM-5:10PM (Water Acclimation)  5:15PM-5:45PM (Water Acclimation)		4:40PM-5:10PM (Water Acclimation)  5:15PM-5:45PM (Water Acclimation)		9:00AM-9:30AM (Water Acclimation)	
<b>Martial Arts - Taekwondo (Bonner)</b> 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>	
<b>Bonner Springs - Water Stamina - Youth</b>  <a href="#">Register</a>		5:15PM-5:45PM (Water Stamina)		5:15PM-5:45PM (Water Stamina)		9:35AM-10:05AM (Water Stamina)	
<b>Step</b> Group Ex Studio		5:30PM-6:00PM (Cardio) <i>LeAnn J.</i>					
<b>Bonner Springs - Stroke Introduction - Youth</b>  <a href="#">Register</a>		5:50PM-6:20PM (Stroke Introduction)		5:50PM-6:20PM (Stroke Introduction)		10:10AM-10:40AM (Stroke Introduction)	
<b>Bonner Springs - Water Movement - Preschool</b>  <a href="#">Register</a>		5:50PM-6:20PM (Water Movement)		5:50PM-6:20PM (Water Movement)		9:35AM-10:05AM (Water Movement)	
<b>Boot Camp</b> Group Ex Studio		6:00PM-7:00PM (Hybrid) <i>LeAnn J.</i>			5:15AM-5:45AM (Hybrid) <i>Pam R.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Bonner Springs - Stroke Development - Youth</b>  <a href="#">Register</a>		6:25PM-6:55PM (Stroke Development)		6:25PM-6:55PM (Stroke Development)		10:45AM-11:15AM (Stroke Development)	
<b>Bonner Springs - Water Stamina - Preschool</b>  <a href="#">Register</a>		6:25PM-6:55PM (Water Stamina)		6:25PM-6:55PM (Water Stamina)		10:10AM-10:40AM (Water Stamina)	
<b>Bonner Springs - Stroke Mechanics - Youth</b>  <a href="#">Register</a>		7:00PM-7:30PM (Stroke Mechanics)		7:00PM-7:30PM (Stroke Mechanics)		11:20AM-11:50AM (Stroke Mechanics)	
<b>Bonner Springs - Water Movement - Youth</b>  <a href="#">Register</a>		7:00PM-7:30PM (Water Movement)		7:00PM-7:30PM (Water Movement)		9:00AM-9:30AM (Water Movement)	
<b>Enhance Fitness</b> Classroom B			8:00AM-9:00AM (Low Impact) <i>LeAnn J.</i>		8:00AM-9:00AM (Low Impact) <i>LeAnn J.</i>		
<b>Stretch and Tone</b> Group Ex Studio			9:00AM-9:30AM (Hybrid) <i>Kim H.</i>				
<b>Yoga</b> 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>Pam R.</i>	9:30AM-10:30AM (Mind & Body) <i>Kim H.</i>	
<b>Kickboxing with Bags</b> Classroom B			9:30AM-10:30AM (Cardio) <i>Deb F.</i>				
<b>Lap Swim</b> Reduced lanes available.			1:00PM-4:00PM (Aquatics Open Swim)		1:00PM-4:00PM (Aquatics Open Swim)		
<b>Martial Arts - Little Dragons</b> Classroom B			5:30PM-6:15PM (Healthy Living Program (Activenet Registration Required)) <i>Mark P.</i>				
<b>Aqua Dance</b> Activity Pool				8:30AM-9:30AM (Water Fitness) <i>Kirstin C.</i>			
<b>Youth Speed and Agility (ages 10+)</b> Classroom B				9:30AM-10:30AM (Healthy Living Activity (Member Service)) <i>Katie B.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Core</b> Group Ex Studio				6:00PM-6:30PM (Strength) <i>LeAnn J.</i>			
<b>Activity Pool</b> Y in Motion					9:30AM-11:00AM (Aquatics Open Swim)		
<b>Bonner Springs - Water Discovery/Exploration - Parent/Child</b>  <a href="#">Register</a>						8:25AM-8:55AM (Water Discovery)	
<b>Bonner Springs - Water Acclimation - Adult</b>  <a href="#">Register</a>						8:25AM-8:55AM (Water Acclimation)	
<b>Cycle and Run</b> Group Ex Studio						8:30AM-9:30AM (Cardio) <i>LeAnn J.</i>	
<b>Bonner Springs - Stroke Introduction - Preschool</b>  <a href="#">Register</a>						10:45AM-11:15AM (Stroke Introduction)	
<b>Bonner Springs - Water Acclimation - Youth</b>  <a href="#">Register</a>						11:20AM-11:50AM (Water Acclimation)	
<b>Diving Board - OPEN</b> Diving Board							10:00AM-4:30PM (Aquatics Activity (Member Service))



## Kirk Family YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Activity Pool</b> Pool		5:00AM-1:00PM (Aquatics Open Swim)  4:00PM-5:30PM (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-12:30PM (Aquatics Open Swim)	8:00AM-3:00PM (Aquatics Open Swim)	10:00AM-2:00PM (Aquatics Open Swim)
<b>Sauna/Steam Room</b> 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-12:30PM (Aquatics Open Swim)	8:00AM-3:00PM (Aquatics Open Swim)	10:00AM-2:00PM (Aquatics Open Swim)
<b>Lap Swim</b> 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-12:30PM (Aquatics Open Swim)	8:00AM-3:00PM (Aquatics Open Swim)	10:00AM-2:00PM (Aquatics Open Swim)
<b>Hot Tub</b> 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-12:30PM (Aquatics Open Swim)	8:00AM-3:00PM (Aquatics Open Swim)	10:00AM-2:00PM (Aquatics Open Swim)
<b>BODYBALANCE - Les Mills</b> Studio A		5:30AM-6:30AM (Mind & Body) <i>Hannah R.</i>					
<b>Cycle</b> Spin Studio		9:30AM-10:15AM (Cardio) <i>Lee V.</i>					
<b>Pilates</b> 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>	
<b>TONE - Les Mills</b> Studio B		11:00AM-11:50AM (Hybrid) <i>Eric G.</i>					
<b>Kid Zone - Open Hours</b> 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
<b>BODYPUMP - Les Mills</b> 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>Eric G.</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>Rhiannon A.</i>	1:00PM-1:55PM (Strength) <i>Hannah R.</i>
<b>SPRINT - Les Mills (Cycle)</b> 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>
<b>Swim Lessons</b> Pool		5:30PM-6:30PM (Aquatics Program (Activenet Registration Required))					
<b>Aqua Fit</b> 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>	
<b>Yoga</b> 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>	
<b>TRX</b> Studio B		6:30PM-7:00PM (Strength) <i>Brandon L.</i>					
<b>CORE - Les Mills</b> Studio A			10:30AM-11:00AM (Strength) <i>Kenna C.</i>				
<b>Pop Cycle</b> Spin Studio			4:45PM-5:15PM (Cardio) <i>Mark V.</i>				
<b>CORE - Les Mills</b> Studio B			6:45PM-7:15PM (Strength) <i>Jocelyn P.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga Flow</b> Studio A				6:30AM-7:20AM (Mind & Body) <i>Casey Q.</i>  6:15PM-7:00PM (Mind & Body) <i>Emily C.</i>			
<b>High Fitness</b> Studio A					9:30AM-10:30AM (Cardio) <i>Lesley T.</i>		
<b>BODYCOMBAT - Les Mills</b> Studio B						10:00AM-10:55AM (Cardio) <i>Rhiannon A.</i>	
<b>Kirk Family YMCA - Walking/Jogging Club</b>  <a href="#">Register</a>							9:00AM-10:00AM (Healthy Living - Run/Walk/Bike)
<b>Yoga</b> Studio B							11:30AM-12:30PM (Mind & Body) <i>Robert A.</i>
<b>BODYBALANCE - Les Mills</b> Studio B							2:00PM-2:30PM (Mind & Body) <i>Hannah R.</i>
<b>MixedFit</b> Studio A							2:00PM-2:50PM (Cardio) <i>Keonya C.</i>





## Olathe Family YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> 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>Rhonda S.</i>	
<b>Lap Swim</b> 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)
<b>Activity Pool</b> 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)
<b>Aqua Water Confidence</b> Lap Pool		6:15AM-7:00AM (Water Fitness) <i>Jeremy G.</i>		6:15AM-7:00PM (Water Fitness) <i>Jeremy G.</i>			
<b>Aqua Joints In Motion</b> Activity Pool		8:00AM-9:00AM (Water Fitness) <i>Marilyn R.</i>		8:00AM-9:00AM (Water Fitness) <i>Marilyn R.</i>			
<b>Olathe - Parent's Morning Out</b>  <a href="#">Register</a>		8:00AM-11:00AM (Youth and Family)					
<b>KettleWorX</b> Studio C		8:30AM-8:55AM (Hybrid) <i>Michelle L.</i>					
<b>Boot Camp</b> Fitness floor		8:30AM-9:30AM (Hybrid) <i>Jeremy G.</i>		8:30AM-9:30AM (Hybrid) <i>Shauna S.</i>		9:00AM-9:50AM (Hybrid) <i>Julie M.</i>	
<b>Enrichment Time</b> 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)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP - Les Mills</b> 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>	
<b>Pop Pilates</b> 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>Jessi D.</i>	
<b>Step</b> Studio C		10:00AM-10:50AM (Cardio) <i>Michelle L.</i>					
<b>Enhance Fitness</b> 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>	
<b>Silver Sneakers - Chair Yoga</b> Studio C		12:00PM-12:50PM (Low Impact) <i>Lucinda G.</i>		12:00PM-12:50PM (Low Impact) <i>Lucinda G.</i>			
<b>Circuit Training</b> Studio A		12:15PM-1:00PM (Hybrid) <i>Danelle H.</i>		10:00AM-10:50AM (Hybrid) <i>Danelle H.</i>			
<b>Swim Lessons</b> 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))	
<b>Kettlebell</b> Studio C		4:30PM-5:20PM (Strength) <i>Pam R.</i>					
<b>Youth Fit - Stamina</b> Studio A		4:30PM-5:00PM (Youth & Family Fitness Classes) <i>Kari H.</i>					
<b>Youth Fit - Stretch</b> Studio A		5:15PM-5:45PM (Youth & Family Fitness Classes) <i>Kari H.</i>					
<b>Swim Club</b> Lap Pool		5:30PM-7:00PM (Aquatics Program (Activenet Registration Required))		5:30PM-7:00PM (Aquatics Program (Activenet Registration Required))			
<b>HIIT</b> Studio A		6:00PM-6:50PM (Hybrid) <i>Julie M.</i>					
<b>Pop Dance</b> Studio C		6:30PM-7:20PM (Cardio) <i>Jessi D.</i>			9:00AM-9:50AM (Cardio) <i>Jessi D.</i>		
<b>Flexibility</b> 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
<b>Aqua Burn</b> Activity Pool			8:30AM-9:15AM (Water Fitness) <i>Laurel S.</i>  9:30AM-10:15AM (Water Fitness) <i>Laurel S.</i>				
<b>Sprint 8</b> Fitness floor			9:00AM-9:20AM (Cardio) <i>Michelle L.</i>				
<b>Core</b> Studio C			9:00AM-9:50AM (Strength) <i>Shauna S.</i>	8:30AM-8:55AM (Strength) <i>Michelle L.</i>			
<b>Workout Time</b> Kidszone			9:30AM-10:00AM (Kid Zone Enrichment)  6:30PM-7:00PM (Kid Zone Enrichment)				
<b>Yoga</b> Studio C			10:00AM-10:50AM (Mind & Body) <i>Kim S.</i>	10:00AM-10:50AM (Mind & Body) <i>Tylisha J.</i>  5:00PM-5:50PM (Mind & Body) <i>Mary G.</i>			
<b>Barre</b> Studio A			10:00AM-10:50AM (Strength) <i>Jessi D.</i>				
<b>Silver Sneakers - Circuit</b> Studio C			11:00AM-11:50AM (Low Impact) <i>Michelle L.</i>				
<b>Zumba</b> Studio C			4:30PM-5:20PM (Cardio) <i>Jessica H.</i>	6:00PM-6:50PM (Cardio) <i>Jessi D.</i>			
<b>Step</b> Studio A			5:30PM-6:20PM (Cardio) <i>Rhonda S.</i>				
<b>Tabata</b> Studio A				5:15AM-6:00AM (Cardio) <i>Julie M.</i>	9:00AM-9:50AM (Cardio) <i>Shauna S.</i>		
<b>BODYCOMBAT - Les Mills</b> Studio C				9:00AM-9:50AM (Cardio) <i>Michelle L.</i>		9:00AM-9:50AM (Cardio) <i>Michelle L.</i>	
<b>Youth Fit - Strength</b> Studio A				4:30PM-5:00PM (Youth & Family Fitness Classes) <i>Kari H.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Youth Fit - Sport</b> Studio A				5:15PM-5:45PM (Youth & Family Fitness Classes) <i>Kari H.</i>			
<b>Tread</b> Fitness floor				5:30PM-6:00PM (Cardio) <i>Kayla C.</i>			
<b>Aqua WAVES</b> Activity Pool					8:30AM-9:15AM (Water Fitness) <i>Juanita R.</i>  9:30AM-10:15AM (Water Fitness) <i>Juanita R.</i>		
<b>Tread and Shred</b> Fitness floor					9:00AM-9:50AM (Hybrid) <i>Michelle L.</i>		
<b>Yoga Sculpt</b> Studio C					10:00AM-10:50AM (Mind & Body) <i>Kim S.</i>		
<b>Silver Sneakers - Classic</b> Studio C					11:00AM-11:50AM (Low Impact) <i>Michelle L.</i>		
<b>Line Dancing</b> Studio A					11:00AM-11:50AM (Cardio) <i>Connie G.</i>		
<b>MixedFit</b> Studio A						9:00AM-9:50AM (Cardio) <i>Candice W.</i>	
<b>Yoga</b> Studio A						11:15AM-12:05PM (Mind & Body) <i>Mary G.</i>	



## Cleaver Family YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Strength</b> 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>Margaret T.</i>	6:00AM-7:00AM (Strength) <i>Sierra R.</i>  9:00AM-10:00AM (Strength) <i>Sierra R.</i>			
<b>Stretch and Tone</b> Studio A		6:00AM-6:45AM (Hybrid) <i>Mo M.</i>			6:00AM-6:45AM (Hybrid) <i>Mo M.</i>		
<b>Activity Pool</b> 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-7:30PM (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-7:30PM (Aquatics Open Swim) <i>Staff C.</i>	6:00AM-7:45AM (Aquatics Open Swim) <i>Staff C.</i>  8:00AM-12:30PM (Aquatics Open Swim) <i>Staff C.</i>	8:00AM-9:00AM (Aquatics Open Swim) <i>Staff C.</i>  9:00AM-3:30PM (Aquatics Open Swim) <i>Staff C.</i>	10:00AM-2:30PM (Aquatics Open Swim) <i>Staff C.</i>
<b>Lifeguard Break</b> 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>		
<b>Pilates</b> Studio B		8:00AM-8:30AM (Mind & Body) <i>Mo M.</i>		8:00AM-8:30AM (Mind & Body) <i>Mo M.</i>			
<b>Aqua Fit</b> 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>	
<b>TRX</b> Studio A		8:45AM-9:45AM (Strength) <i>Kelly L.</i>		8:45AM-9:45AM (Strength) <i>Monica D.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AOA Low Impact</b> Gym		9:00AM-10:00AM (Low Impact) <i>Tracey C.</i>		9:00AM-10:00AM (Low Impact) <i>Tracey C.</i>			
<b>AOA Cycle and Circuit</b> Studio B		10:00AM-11:00AM (Low Impact) <i>Jean M.</i>		10:00AM-11:00AM (Low Impact) <i>Jean M.</i>			
<b>Balance</b> Gym		10:15AM-11:15AM (Mind & Body) <i>Mo M.</i>		10:15AM-11:15AM (Mind & Body) <i>Mo M.</i>			
<b>Circuit Training</b> Studio A		11:00AM-12:00PM (Hybrid) <i>Mo M.</i>					
<b>Yoga</b> 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>
<b>Pickleball - Drop In Play</b> 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>
<b>Tai Chi - Beginner</b> Studio B		12:00PM-12:45PM (Mind & Body) <i>Monica D.</i>		12:00PM-12:45PM (Mind & Body) <i>Monica D.</i>			
<b>Tai Chi - Intermediate</b> Studio B		12:45PM-1:15PM (Mind & Body) <i>Monica D.</i>		12:45PM-1:15PM (Mind & Body) <i>Monica D.</i>			
<b>Tai Chi - Advanced</b> Studio B		1:15PM-2:20PM (Mind & Body) <i>Monica D.</i>		1:15PM-2:20PM (Mind & Body) <i>Monica D.</i>			
<b>Zumba</b> Studio B		5:30PM-6:30PM (Cardio) <i>Rita A.</i>					
<b>Swim Lessons</b> Pool		5:30PM-7:30PM (Aquatics Program (Activenet Registration Required)) <i>Staff C.</i>					
<b>BODYPUMP - Les Mills</b> 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>	

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AOA Chair Yoga</b> Gym					9:00AM-9:50AM (Low Impact) <i>Tracey C.</i>		
<b>Boot Camp</b> Gym						9:00AM-10:00AM (Hybrid) <i>Gary C.</i>	





## Paul Henson Family YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Activity Pool</b> 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)	
<b>Lap Swim</b> 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)	
<b>Free Play</b> 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)	



School - Sunset Valley | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sunset Valley Day 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)		
<a href="#">Register</a>							



School - Richardson | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Richardson Day Camp - 2025 <a href="#">Register</a>		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 - Highland Park | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Highland Park Day 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)		
<a href="#">Register</a>							



School - Hawthorn Hill | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hawthorn Hill Day 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)		
<a href="#">Register</a>							



School - Cedar Creek - MO | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cedar Creek Day Camp - 2025</b> <a href="#">Register</a>		6:30AM-6:00PM (Day Camp)	6:30AM-6:00PM (Day Camp)	6:30AM-6:00PM (Day Camp)	6:30AM-6:00PM (Day Camp)		
<b>Cedar Creek - No Camp Day - 07.03.2025</b> <a href="#">Register</a>				6:30AM-6:00PM (Youth - Child Care and Education)			



## Riverside Community Center | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Zumba</b> 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>			
<b>Tai Chi - Beginner</b> 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>			
<b>Pickleball - Drop In Play</b> 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))
<b>Barre</b> Studio Zen		10:15AM-11:00AM (Strength) <i>Amy L.</i>	4:00PM-4:45PM (Strength) <i>Amy L.</i>				
<b>Yoga</b> 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>		
<b>Total Body</b> Gymnasium			8:00AM-9:00AM (Hybrid) <i>Lori B.</i>		8:00AM-9:00AM (Hybrid) <i>Lori B.</i>		
<b>Yoga</b> Gymnasium			9:00AM-9:45AM (Mind & Body) <i>Lori B.</i>				
<b>Tai Chi - Intermediate</b> Studio Zen			9:30AM-10:20AM (Mind & Body) <i>Suellen H.</i>	10:00AM-10:50AM (Mind & Body) <i>Terry K.</i>			
<b>Line Dance</b> 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))		
<b>Tai Chi - Advanced</b> Studio Zen			10:30AM-11:00AM (Mind & Body) <i>Suellen H.</i>				
<b>AOA Core Training</b> Gymnasium			11:30AM-12:15PM (Low Impact) <i>Amy L.</i>				
<b>AOA Chair Yoga</b> Studio Zen			12:30PM-1:00PM (Low Impact) <i>Amy L.</i>				
<b>Open Gym</b> 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 | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Silver Sneakers - Classic</b> 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>			
<b>Activity Pool</b> 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>	
<b>Open Gym</b> Basketball Court (Front Half)		1:00PM-5:00PM (General) <i>Linwood Y.</i>				1:00PM-3:00PM (General) <i>Linwood Y.</i>	
<b>Swim Lessons</b> 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>			
<b>Linwood - Water Acclimation - Preschool</b>  <a href="#">Register</a>		4:00PM-4:35PM (Water Acclimation)		4:00PM-4:35PM (Water Acclimation)			
<b>Linwood - Stroke Introduction - Youth</b>  <a href="#">Register</a>		4:00PM-4:30PM (Stroke Introduction)		4:00PM-4:30PM (Stroke Introduction)			
<b>Linwood - Water Movement - Preschool</b>  <a href="#">Register</a>		4:35PM-5:05PM (Water Movement)		4:35PM-5:05PM (Water Movement)			
<b>Linwood - Stroke Development - Youth</b>  <a href="#">Register</a>		4:35PM-5:05PM (Stroke Development)		4:35PM-5:05PM (Stroke Development)			
<b>Linwood - Water Stamina - Preschool</b>  <a href="#">Register</a>		5:10PM-5:40PM (Water Stamina)		5:10PM-5:40PM (Water Stamina)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Linwood - Stroke Mechanics - Youth</b>  <a href="#">Register</a>		5:10PM-5:40PM (Stroke Mechanics)		5:10PM-5:40PM (Stroke Mechanics)			
<b>Linwood - Mommy and Me</b>  <a href="#">Register</a>		6:45PM-7:45PM (Healthy Living)					
<b>Muscle Pump</b> Studio B			7:15AM-8:15AM (Strength) <i>Susan T.</i>		7:15AM-7:15AM (Strength) <i>Susan T.</i>		
<b>Aspire</b> 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>			
<b>Activity Pool</b> Pool			4:00PM-7:00PM (Aquatics Open Swim) <i>Linwood Y.</i>		4:00PM-6:00PM (Aquatics Open Swim) <i>Linwood Y.</i>		
<b>Martial Arts</b> Studio B			5:30PM-6:30PM (Healthy Living Program (Activenet Registration Required)) <i>Linwood Y.</i>				
<b>Aqua Fit</b> Pool				10:00AM-11:00AM (Water Fitness) <i>Rosemary M.</i>			
<b>Zumba</b> Studio A				5:30PM-6:30PM (Cardio) <i>Susan T.</i>			
<b>Step</b> Studio B				6:45PM-7:45PM (Cardio) <i>LeAnn M.</i>			
<b>Linwood - Recreational Volleyball</b>  <a href="#">Register</a>					5:00PM-7:00PM (Healthy Living)		
<b>Zumba</b> Studio B						9:15AM-10:15AM (Cardio) <i>Susan T.</i>	
<b>Linwood - Water Exploration/Discovery - Parent/Child</b>  <a href="#">Register</a>						9:30AM-10:30AM (Water Exploration)	
<b>Line Dancing</b> Studio B						10:30AM-11:30AM (Cardio) <i>LeAnn M.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Linwood - Adult Swim Lessons - Beginner</b> <a href="#">Register</a>						10:35AM-11:35AM (Adult Swim Lessons)	
<b>Adult Swim Lessons</b> Pool						11:00AM-12:00PM (Aquatics Program (Activenet Registration Required)) <i>Linwood Y.</i>	
<b>Linwood - Adult Swim Lessons - Intermediate</b> <a href="#">Register</a>						11:40AM-12:40PM (Adult Swim Lessons)	
<b>Linwood - Adult Swim Lessons - Advanced</b> <a href="#">Register</a>						12:45PM-1:45PM (Adult Swim Lessons)	



## North KC YMCA | June 30th - July 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>NKC YMCA - Sea Turtles Swim Club - 5-8yrs old</b> <a href="#">Register</a>			6:00PM-7:00PM (Aquatics - Swim Club)				
<b>NKC YMCA - Sea Turtles Swim Club - 9-14 yrs old</b> <a href="#">Register</a>			6:00PM-7:15PM (Aquatics - Swim Club)				
<b>NKC YMCA - Art Youth Club - July 3rd</b> <a href="#">Register</a>				3:00PM-4:00PM (Youth and Family)			
<b>NKC YMCA - Art Youth Club</b> <a href="#">Register</a>				3:00PM-4:00PM (Youth and Family)			
<b>NKC YMCA - Nature RX Pop-Up</b> <a href="#">Register</a>						9:00AM-12:00PM (Youth and Family)	
<b>NKC YMCA - Triathlon Single Training Program - July 6th</b> <a href="#">Register</a>							2:00PM-3:30PM (Healthy Living - Triathlons)
<b>NKC YMCA - Triathlon Monthly Training Program - July</b> <a href="#">Register</a>							2:00PM-3:30PM (Healthy Living - Triathlons)