

School - Cottonwood Point | June 23rd - June 29th

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



North Kansas City YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity Pool Pool					5:00AM-1:00PM (Aquatics Open Swim)	8:00AM-10:00AM (Aquatics Open Swim)	10:00AM-3:30PM (Aquatics Open Swim)
					4:00PM-6:30PM (Aquatics Open Swim)	11:30AM-3:30PM (Aquatics Open Swim)	
Turn and Burn Inspire Studio					5:30AM-6:30AM (Hybrid) Heather Z.		
Aqua River Challenge pool activity space					9:00AM-10:00AM (Water Fitness) Jody S.		
Enhance Fitness Inspire Studio					9:30AM-10:25AM (Low Impact) <i>Dina B.</i>		
Pickleball - Drop In Play Gymnasium Court 1					10:30AM-1:00PM (Healthy Living Activity (Member Service))		
BODYPUMP - Les Mills Determined Studio					5:30PM-6:25PM (Strength) <i>Abigail P.</i>		
BODYBALANCE - Les Mills Inspire Studio					5:45PM-6:25PM (Mind & Body) <i>Kerri M.</i>		
WERQ Inspire Studio						9:00AM-9:55AM (Cardio) <i>Dina B</i> .	
Strength Determined Studio						9:00AM-9:55AM (Strength) <i>Kelly H</i> .	
PiYo Determined Studio						10:00AM-10:50AM (Hybrid) <i>Kelly H</i> .	
Pilates Inspire Studio						10:00AM-10:50AM (Mind & Body) <i>Kathy M</i> .	
HIIT Determined Studio						11:00AM-12:00PM (Hybrid) Lesley T.	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Gold Community Room D							1:00PM-1:55PM (Low Impact) <i>Kerri M.</i>



Platte County Community Center South | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium					5:00AM-7:00AM (General)	7:30AM-4:50PM (General)	9:00AM-3:50PM (General)
					9:00AM-10:00AM (General)		
					1:00PM-7:20PM (General)		
BODYBALANCE - Les Mills Studio B					5:30AM-6:30AM (Mind & Body) Adriane L.	8:15AM-9:15AM (Mind & Body) <i>Kerri M</i> .	
					10:45AM-11:45AM (Mind & Body) Kristi S.		
Activity Pool Activity Pool					6:00AM-1:00PM (Aquatics Open Swim)	7:30AM-4:30PM (Aquatics Open Swim)	9:00AM-3:30PM (Aquatics Open Swim)
					4:00PM-7:00PM (Aquatics Open Swim)		
Lap Swim Lap Pool					6:00AM-1:00PM (Aquatics Open Swim)	7:30AM-4:30PM (Aquatics Open Swim)	9:00AM-3:30PM (Aquatics Open Swim)
					4:00PM-7:00PM (Aquatics Open Swim)		
Volleyball - Beach Ball Gymnasium					7:00AM-9:00AM (Healthy Living Activity (Member Service))		
Free Play Kids Zone					8:00AM-12:00PM (Kid Zone Enrichment)	8:00AM-12:00PM (Kid Zone Enrichment)	
Step Studio A					8:15AM-9:15AM (Cardio) Beth T.	8:25AM-9:15AM (Cardio) Beth T.	
Enhance Fitness Studio C					8:15AM-9:15AM (Low Impact) <i>Kelly H</i> .		
SPRINT - Les Mills (Cycle) cycle studio					8:30AM-9:00AM (Cardio) Adriane L.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Fit Activity Pool					8:30AM-9:30AM (Water Fitness) Jacqueline T.	8:00AM-9:00AM (Water Fitness) <i>Emily S.</i>	
Barre Bootcamp Studio A					9:30AM-10:30AM (Strength) Beth T.		
Pilates Studio B					9:30AM-10:30AM (Mind & Body) Cristina B.		
BODYPUMP - Les Mills Studio C					9:30AM-10:20AM (Strength) Joy G.	8:15AM-9:15AM (Strength) Lee V.	10:00AM-10:50AM (Strength) Adriane L.
RPM - Les Mills (Cycle) cycle studio					9:30AM-10:15AM (Cardio) <i>Kristi S</i> .	8:30AM-9:15AM (Cardio) Adriane L.	9:30AM-10:15AM (Cardio) <i>Kim H.</i>
Aqua Zumba Activity Pool					9:30AM-10:30AM (Water Fitness) <i>Kelly H.</i>		
Pickleball - Drop In Play Gymnasium					10:00AM-1:00PM (Healthy Living Activity (Member Service))	8:00AM-10:00AM (Healthy Living Activity (Member Service))	
Core Studio C					10:25AM-11:00AM (Strength) Joy G.		
Strength Studio A					10:45AM-11:15AM (Strength) <i>Kelly H</i> .		
Cardio Dance Studio A					11:15AM-11:45AM (Cardio) Kelly H.		
Brainsavers Studio C					11:15AM-12:15PM (Low Impact) Cristina B.		
PCCCS - AOA Field Trip - Meddys Brookside/John Wornall					12:15PM-4:30PM (Healthy Living - AOA Special Events)		
Register							
PCCCS - AOA Field Trip - Meddy's/John Wornall House Museum					12:15PM-4:00PM (Healthy Living - AOA Special Events)		
Register							
Silver Sneakers - Classic Studio A					12:30PM-1:30PM (Low Impact) <i>Kerri M</i> .		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tai Chi - Intermediate Studio B					1:00PM-1:45PM (Mind & Body) Suellen H.		
Restorative Chair Exercises Studio B					2:00PM-2:45PM (Low Impact) Suellen H.		
Kids In Motion (Fee Based) Gymnasium					4:00PM-5:00PM (Youth & Family Fitness Classes) Michael B.		
Weight Lifting Studio C					4:30PM-5:30PM (Strength) Michael B.		
Swim Club Lap Pool					5:30PM-6:30PM (Aquatics Program (Activenet Registration Required))		
BODYATTACK - Les Mills Studio A						7:35AM-8:20AM (Cardio) Beth T.	
Martial Arts -Takeodo Studio A						9:30AM-10:20AM (Healthy Living Program (Activenet Registration Required)) Charlie P.	
						10:30AM-11:20AM (Healthy Living Program (Activenet Registration Required)) Charlie P.	
TONE - Les Mills Studio C						9:30AM-10:30AM (Hybrid) <i>Lee V.</i>	
High Yo Studio B						9:30AM-10:30AM (Hybrid) Brooke W.	
Diving Board - OPEN Lap Pool						2:00PM-4:30PM (Aquatics Activity (Member Service))	
BODYBALANCE - Les Mills Studio C							11:00AM-12:00PM (Mind & Body) Adriane L.



Platte County Community Center North | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gymnasium					5:00AM-7:30PM (General)	7:30AM-5:00PM (General)	10:00AM-4:00PM (General)
Cycle Studio A (Face-to-Face)					5:15AM-6:05AM (Cardio) <i>Kristian A</i> .		
Lap Swim Competition Pool					6:00AM-1:00PM (Aquatics Open Swim) 3:00PM-7:00PM	7:30AM-3:00PM (Aquatics Open Swim)	10:00AM-3:00PM (Aquatics Open Swim)
Lazy River Lazy River					(Aquatics Open Swim) 6:00AM-1:00PM (Aquatics Open Swim)	7:30AM-4:00PM (Aquatics Open Swim)	10:00AM-3:00PM (Aquatics Open Swim)
					3:00PM-7:00PM (Aquatics Open Swim)		
Sauna/Steam Room Sauna/Steam Room					6:00AM-3:00PM (Aquatics Open Swim)	7:30AM-4:00PM (Aquatics Open Swim)	
					3:00PM-7:00PM (Aquatics Open Swim)		
Activity Pool Activity Pool					6:00AM-3:00PM (Aquatics Open Swim)	7:30AM-4:00PM (Aquatics Open Swim)	10:00AM-3:00PM (Aquatics Open Swim)
					3:00PM-7:00PM (Aquatics Open Swim)		
YMCA 360 - Strength Studio A (Virtual Y360)					7:00AM-7:50AM (YMCA 360 (Virtual Class Offerings)) Y 3.	1:00PM-1:50PM (YMCA 360 (Virtual Class Offerings)) Y 3.	
Kid Zone - Open Hours Kid Zone					8:00AM-12:00PM (General)	8:00AM-12:00PM (General)	
					8:00AM-12:00PM (General)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YMCA 360 - Cardio Studio A (Virtual Y360)					8:00AM-8:50AM (YMCA 360 (Virtual Class Offerings)) Y 3.		11:00AM-11:50AM (YMCA 360 (Virtual Class Offerings)) Y 3.
					3:00PM-3:50PM (YMCA 360 (Virtual Class Offerings)) Y 3.		
Group Exercise Gymnasium (South Court)					9:00AM-9:50AM (Healthy Living Activity (Member Service))		
Boot Camp Gymnasium					9:00AM-9:50AM (Hybrid) Devon M.		
Barre Intensity Studio B					9:00AM-9:50AM (Strength) <i>Kylie M.</i>		
Enhance Fitness Studio A (Face-to-Face)					9:00AM-10:00AM (Low Impact) <i>Gayla K</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)		
Yoga Studio B					10:00AM-11:00AM (Mind & Body) Shelli B.		
Aqua Yoga Activity Pool					10:15AM-11:00AM (Water Fitness) Gayla K.		
Aqua Burn Activity Pool					11:15AM-12:00PM (Water Fitness) Devon M.		
AOA Chair Yoga Studio B					11:15AM-12:00PM (Low Impact) Shelli B.		
YMCA 360 - AOA Studio A (Virtual Y360)					12:15PM-1:05PM (YMCA 360 (Virtual Class Offerings)) Y 3.	11:00AM-11:50AM (YMCA 360 (Virtual Class Offerings)) Y 3.	
YMCA 360 - Interval/Circuit Studio A (Virtual Y360)					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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP - Les Mills Studio A (Face-to-Face)						8:30AM-9:30AM (Strength) Sherri C.	
Aqua Tabata Lazy River						9:00AM-9:45AM (Water Fitness) <i>Kylie M.</i>	
Cardio Dance Studio A (Face-to-Face)						10:00AM-10:50AM (Cardio) <i>Kylie M.</i>	
Martial Arts - Aikido Gymnasium (South Court)						10:00AM-11:30AM (Healthy Living Program (Activenet Registration Required))	
BODYBALANCE - Les Mills Studio B						10:00AM-11:00AM (Mind & Body) Christy S.	
YMCA 360 - Choreographed Cardio Studio A (Virtual Y360)							1:00PM-1:50PM (YMCA 360 (Virtual Clast Offerings)) Y 3.



Atchison Family YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SHINE Studio A					5:00AM-6:00AM (Cardio) <i>Nichole H.</i>		
Circuit Training Studio B					5:15AM-6:15AM (Hybrid) Rebecca L.		
Aqua Strength & Cardio Pool					8:00AM-9:00AM (Water Fitness) <i>Hillari H.</i>		
Aqua Fit Pool					9:00AM-10:00AM (Water Fitness) <i>Hillari H.</i>		
Enhance Fitness Studio B					10:30AM-11:30AM (Low Impact) Sharon B.		
BODYPUMP - Les Mills Studio B						9:00AM-10:00AM (Strength) Nichole H.	



Providence Family YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity Pool Pool					5:00AM-8:00AM (Aquatics Open Swim)	9:00AM-3:30PM (Aquatics Open Swim)	10:00AM-3:30PM (Aquatics Open Swim)
					11:00AM-1:00PM (Aquatics Open Swim)		
					4:00PM-6:30PM (Aquatics Open Swim)		
Lap Swim Lap Lanes in Pool					5:00AM-8:00AM (Aquatics Open Swim)	9:00AM-3:30PM (Aquatics Open Swim)	10:00AM-3:30PM (Aquatics Open Swim)
					11:00AM-1:00PM (Aquatics Open Swim)		
					4:00PM-6:30PM (Aquatics Open Swim)		
Aqua Fit Pool					8:00AM-9:00AM (Water Fitness) Sallie C.		
					9:00AM-10:00AM (Water Fitness) Robin C.		
Kickboxing with Bags Group Ex Studio					9:30AM-10:20PM (Cardio) Suzie T.		
Aqua Core and Flexibility Pool					10:00AM-11:00AM (Water Fitness) Robin C.		
Yoga Wellness Studio					10:00AM-10:50AM (Mind & Body) Sallie C.		
Pickleball - Drop In Play Gymnasium					12:30PM-2:30PM (Healthy Living Activity (Member Service))		
Enhance Fitness Wellness Studio					10:30PM-11:30PM (Low Impact) Wayland P.		
Aqua Strength & Cardio Pool-Instructor Reserved Space						8:00AM-9:00AM (Water Fitness) Julie L.	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP - Les Mills Group Ex Studio						8:45AM-9:45AM (Strength) Cassandra L.	
Adult Swim Lessons Pool-Instructor Reserved Space						9:00AM-9:30AM (Aquatics Program (Activenet Registration Required))	
Swim Lessons Pool-Instructor Reserved Space						9:30AM-12:30PM (Aquatics Program (Activenet Registration Required))	
Kempo for Kids Wellness Studio						10:00AM-11:00AM (Hybrid) Tom W.	
Step Group Ex Studio						10:30AM-11:20AM (Cardio) Katrena R.	
Kempo Wellness Studio						11:00AM-12:00PM (Hybrid) Tom W.	
Tai Chi - Intermediate Group Ex Studio						12:00PM-1:00PM (Mind & Body) Tom W.	
Boot Camp Gymnasium							10:30AM-11:20AM (Hybrid) <i>Tracy O.</i>



Bonner Springs Family YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim Lap Pool					5:00AM-1:00PM (Aquatics Open Swim)	7:00AM-4:30PM (Aquatics Open Swim)	10:00AM-4:30PM (Aquatics Open Swim)
					5:30PM-6:30PM (Aquatics Open Swim)		
Activity Pool Activity Pool					5:00AM-1:00PM (Aquatics Open Swim)	7:00AM-4:30PM (Aquatics Open Swim)	10:00AM-4:30PM (Aquatics Open Swim)
					4:00PM-6:30PM (Aquatics Open Swim)		
Boot Camp Group Ex Studio					5:15AM-5:45AM (Hybrid) Pam R.		
Yoga Group Ex Studio					5:45AM-6:15AM (Mind & Body) Pam R.	9:30AM-10:30AM (Mind & Body) <i>Kim H.</i>	
					5:15PM-6:15PM (Mind & Body) Pam R.		
Aqua Fit Activity Pool					6:30AM-7:30AM (Water Fitness) Peg B.		
					8:30AM-9:30AM (Water Fitness) Peg B.		
Running Club Welcome Center					8:00AM-8:45AM (Healthy Living Activity (Member Service)) Jim M.		
Enhance Fitness Classroom B					8:00AM-9:00AM (Low Impact) <i>LeAnn J.</i>		
Y In Motion Kids Zone					9:30AM-11:00AM (Kid Zone Enrichment)		
Activity Pool Y in Motion					9:30AM-11:00AM (Aquatics Open Swim)		
BODYCOMBAT - Les Mills Group Ex Studio					9:30AM-10:30AM (Cardio) Becca N.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CORE - Les Mills Group Ex Studio					10:30AM-11:00AM (Strength) LeAnn J.		
Lap Swim Reduced lanes available.					1:00PM-4:00PM (Aquatics Open Swim)		
BODYPUMP - Les Mills Group Ex Studio						7:15AM-8:15AM (Strength) April L.	
Swim Lessons Reserved Instructor Space in Activity Pool						8:15AM-12:00PM (Aquatics Program (Activenet Registration Required))	
Cycle and Run Group Ex Studio						8:30AM-9:30AM (Cardio) LeAnn J.	
Martial Arts - Taekwondo (Bonner) Classroom B						9:30AM-12:00PM (Healthy Living Program (Activenet Registration Required)) Mark P.	
Diving Board - OPEN Diving Board							10:00AM-4:30PM (Aquatics Activity (Mem Service))



Kirk Family YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity Pool Pool					5:00AM-1:00PM (Aquatics Open Swim)	12:30PM-3:00PM (Aquatics Open Swim)	
					4:00PM-6:30PM (Aquatics Open Swim)		
Sauna/Steam Room					5:00AM-1:00PM (Aquatics Open Swim)	8:00AM-3:00PM (Aquatics Open Swim)	8:00AM-3:00PM (Aquatics Open Swim)
					4:00PM-6:30PM (Aquatics Open Swim)		
Lap Swim Pool					5:00AM-1:00PM (Aquatics Open Swim)	8:00AM-3:00PM (Aquatics Open Swim)	4:00PM-7:30PM (Aquatics Open Swim)
					4:00PM-6:30PM (Aquatics Open Swim)		
Hot Tub Pool					5:00AM-1:00PM (Aquatics Open Swim)	8:00AM-3:00PM (Aquatics Open Swim)	4:00PM-7:30PM (Aquatics Open Swim)
					4:00PM-6:30PM (Aquatics Open Swim)		
BODYPUMP - Les Mills Studio B					5:30AM-6:15AM (Strength) Kenna C.	9:00AM-9:55AM (Strength) Hannah R.	1:00PM-1:55PM (Strength) Hannah R.
					12:00PM-12:30PM (Strength) Heather T.		
SPRINT - Les Mills (Cycle) Spin Studio					6:30AM-7:00AM (Cardio) Kenna C.	8:20AM-8:50AM (Cardio) Sierra R.	10:30AM-11:00AM (Cardio) Rhiannon A.
Kid Zone - Open Hours Kids Zone					9:00AM-1:00PM (General)	9:00AM-12:00PM (General)	
High Fitness Studio A					9:30AM-10:30AM (Cardio) Brooke W.		
Aqua Fit Pool					10:00AM-11:00AM (Water Fitness) Lisa R.	10:00AM-11:00AM (Water Fitness) Craig S.	
Pilates Studio A						8:15AM-9:00AM (Mind & Body) Emily C.	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Lessons Pool						8:30AM-12:30PM (Aquatics Program (Activenet Registration Required))	
						8:30PM-12:30PM (Aquatics Program (Activenet Registration Required))	
						8:30PM-12:30PM (Aquatics Program (Activenet Registration Required))	
Yoga Studio A						9:15AM-10:00AM (Mind & Body) <i>Emily C.</i>	
BODYCOMBAT - Les Mills Studio B						10:00AM-10:55AM (Cardio) Hannah R.	
Yoga Studio B							11:30AM-12:30PM (Mind & Body) Robert A.
BODYBALANCE - Les Mills Studio B							2:00PM-2:30PM (Mind & Body) Hannah R.
MixxedFit Studio A							2:00PM-2:50PM (Cardio) <i>Keonya C.</i>



Olathe Family YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Spin Studio					5:15AM-6:00AM (Cardio) Julie M.	8:05AM-8:55AM (Cardio) Julie M.	
					10:00AM-10:50AM (Cardio) Michelle L.		
Lap Swim Lap Pool					6:00AM-1:00PM (Aquatics Open Swim)	8:30AM-3:30PM (Aquatics Open Swim)	10:30AM-3:30PM (Aquatics Open Swim)
					4:00PM-6:30PM (Aquatics Open Swim)		
Activity Pool Activity Pool					6:00AM-8:30AM (Aquatics Open Swim)	8:30AM-9:45AM (Aquatics Open Swim)	10:30AM-3:30PM (Aquatics Open Swim)
					10:15AM-1:00PM (Aquatics Open Swim)	12:00PM-3:00PM (Aquatics Open Swim)	
					4:00PM-6:30PM (Aquatics Open Swim)		
Aqua WAVES Activity Pool					8:30AM-9:15AM (Water Fitness) Juanita R.		
					9:30AM-10:15AM (Water Fitness) Juanita R.		
Enrichment Time Kidszone					8:30AM-12:00PM (Kid Zone Enrichment)	9:00AM-12:00PM (Kid Zone Enrichment)	
Flexibility Studio C					8:30AM-8:55AM (Mind & Body) <i>Michelle L.</i>		
Tabata Studio A					9:00AM-9:50AM (Cardio) <i>Pam R.</i>		
Tread and Shred Fitness floor					9:00AM-9:50AM (Hybrid) <i>Michelle L.</i>		
Pop Dance Studio C					9:00AM-9:50AM (Cardio) Jessi D.		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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) Michelle L.		
Line Dancing Studio C					12:00PM-12:50PM (Cardio) Connie G.		
BODYCOMBAT - Les Mills Studio C						9:00AM-9:50AM (Cardio) <i>Michelle L.</i>	
MixxedFit Studio A						9:00AM-9:50AM (Cardio) Candice W.	
Boot Camp Fitness floor						9:00AM-9:50AM (Hybrid) Julie M.	
Swim Lessons Activity Pool						9:45AM-12:00PM (Aquatics Program (Activenet Registration Required))	
BODYPUMP - Les Mills Studio C						10:00AM-10:50AM (Strength) <i>Michelle L.</i>	
Pop Pilates Studio A						10:00AM-10:50AM (Hybrid) Ellen N.	
Olathe - Open Torpedo Games Register						10:30AM-12:00PM (Aquatics)	
Enhance Fitness Studio C						11:00AM-11:50AM (Low Impact) Ashley G.	
Yoga Studio A						11:15AM-12:05PM (Mind & Body) <i>Mary G.</i>	
Olathe - Kids Day Out Register						12:00PM-6:00PM (Youth and Family)	



Cleaver Family YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Studio B					5:30AM-6:30AM (Cardio) Sierra R.		
Activity Pool Pool					6:00AM-7:45AM (Aquatics Open Swim) Staff C.	8:00AM-9:00AM (Aquatics Open Swim) Staff C.	10:00AM-2:30PM (Aquatics Open Swim) Staff C.
					8:00AM-1:00PM (Aquatics Open Swim) Staff C.	1:00PM-3:30PM (Aquatics Open Swim) Staff C.	
					4:00PM-6:30PM (Aquatics Open Swim)		
Stretch and Tone Studio A					6:00AM-6:45AM (Hybrid) <i>Mo M.</i>		
Lifeguard Break Pool					7:45AM-8:00AM (General) Staff C.		
Yoga Studio B					8:00AM-8:50AM (Mind & Body) <i>Tracey C.</i>	11:00AM-12:00PM (Mind & Body) <i>Jean M.</i>	12:30PM-1:30PM (Mind & Body) <i>Jean M.</i>
						12:00PM-1:00PM (Mind & Body) <i>Jean M</i> .	
Aqua Fit Pool					8:15AM-9:00AM (Water Fitness) Staff C.	8:15AM-9:00AM (Water Fitness) Roy C.	
					9:30AM-10:20AM (Water Fitness) Staff C.		
					11:00AM-11:45AM (Water Fitness) Staff C.		
Barre Studio A					8:45AM-9:45AM (Strength) Kelly L.		
AOA Chair Yoga Gym					9:00AM-9:50AM (Low Impact) <i>Tracey C</i> .		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Interval Training Studio B					9:45AM-10:45AM (Hybrid) Ebony D.		
Pilates Studio A					10:00AM-10:50AM (Mind & Body) Tracey C.		
Silver Sneakers - Circuit Gym					10:15AM-11:15AM (Low Impact) Carolyn A.		
AOA Low Impact Studio B					12:30PM-1:30PM (Low Impact) Ebony D.		
Cleaver - Kids Night Out Register					6:30PM-9:00PM (Kids Night Out)		
Swim Lessons Pool						9:00AM-1:00PM (Aquatics Program (Activenet Registration Required)) Staff C.	
Boot Camp Gym						9:00AM-10:00AM (Hybrid) <i>Gary C.</i>	
BODYPUMP - Les Mills Studio B						10:00AM-11:00AM (Strength) Daniel K.	
Silver Sneakers - Circuit Studio B						2:30PM-3:30PM (Low Impact) <i>Nina P.</i>	
Pickleball - Drop In Play Gym							10:00AM-1:00PM (Healthy Living Activity (Member Service)) Staff C.



Paul Henson Family YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity Pool Pool					6:00AM-11:00AM (Aquatics Open Swim)	8:00AM-12:00PM (Aquatics Open Swim)	
Lap Swim Pool					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)	9:00AM-12:00PM (Kid Zone Enrichment)	



Linwood Family YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Muscle Pump Studio B					7:15AM-7:15AM (Strength) Susan T.		
Activity Pool Lap Lane (Pool)					9:00AM-1:00PM (Aquatics Open Swim) <i>Linwood Y.</i>	9:00AM-2:00PM (Aquatics Open Swim) <i>Linwood Y.</i>	
Activity Pool Pool					4:00PM-6:00PM (Aquatics Open Swim) Linwood Y.		
Linwood - Teen Night - Ages 14-17					5:30PM-8:30PM (Youth - Special Events)		
<u>Register</u>							
Zumba Studio B						9:15AM-10:15AM (Cardio) Susan T.	
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)) Linwood Y.	
Open Gym Basketball Court (Front Half)						1:00PM-3:00PM (General) Linwood Y.	



Riverside Community Center | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Gymnasium					8:00AM-9:00AM (Hybrid) <i>Lori B.</i>		
Yoga Studio Zen					9:00AM-9:45AM (Mind & Body) Lori B.		
Line Dance Gymnasium					10:00AM-11:00AM (Healthy Living Activity (Member Service))		
Pickleball - Drop In Play Gymnasium					11:30AM-3:30PM (Healthy Living Activity (Member Service))		1:00PM-3:30PM (Healthy Living Activity (Member Service))



North KC YMCA | June 23rd - June 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NKC - CPRpro - AED/Oxygen/First Aid - BL						9:00AM-4:30PM (Aquatics - Trainings)	
Register							
NKC YMCA - Kids Day Out Register						1:00PM-3:00PM (Youth and Family)	
NKC YMCA - Triathlon Single Training Program - June 29th							2:00PM-3:30PM (Healthy Living - Triathlons)
Register							