



Palmer Ranch YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills BODYPUMP Studio A	5:30AM-6:30AM (Strength) <i>Kimberly O.</i> 5:15PM-6:15PM (Strength) <i>Lara T.</i>	10:15AM-11:15AM (Strength) <i>Janet T.</i>	9:00AM-10:00AM (Strength) <i>Janet T.</i> 5:15PM-6:15PM (Strength) <i>Kimberly B.</i>				
Circuit Studio B	6:00AM-7:00AM (Strength) <i>Jude B.</i>		6:00AM-7:00AM (Strength) <i>Jude B.</i>				
Muscle Works Studio B	8:00AM-8:55AM (Strength) <i>Barbara K.</i>	9:00AM-10:00AM (Strength) <i>Janet T.</i>		9:00AM-10:00AM (Strength) <i>Janet T.</i>			
Hybrid The Box	8:00AM-9:00AM (Specialty) <i>Kelly K.</i> 9:45AM-10:45AM (Specialty) <i>Karen K.</i> 5:45PM-6:45PM (Specialty) <i>Kelly K.</i>		8:00AM-9:00AM (Specialty) <i>Kelly K.</i> 9:45AM-10:45AM (Specialty) <i>Kelly K.</i> 5:45PM-6:45PM (Specialty) <i>Kelly K.</i>				
Muscle Works Studio A	8:00AM-8:50AM (Strength) <i>Charlie D.</i>	6:05PM-6:35PM (Strength) <i>Charlie D.</i>	8:00AM-8:50AM (Strength) <i>Barbara K.</i>				
Pilates Studio A	9:00AM-10:00AM (Strength) <i>Taya H.</i>	8:00AM-8:50AM (Strength) <i>Charlie D.</i>		8:00AM-8:50AM (Strength) <i>Charlie D.</i>			
Barre Class Studio B	9:05AM-10:00AM (Mind & Body) <i>Lara T.</i>						
Cycle Studio V	9:15AM-10:15AM (Cardio) <i>Valerie B.</i> 6:00PM-6:45PM (Cardio) <i>Alix R.</i>	9:15AM-10:15AM (Cardio) <i>Judy M.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills BODYCOMBAT Studio B	10:15AM-11:15AM (Cardio) <i>Lara T.</i>	10:15AM-11:15AM (Cardio) <i>Charlie D.</i>					
Yoga Studio A	10:15AM-11:15AM (Mind & Body) <i>Charlie D.</i>						
Prime Time Studio A	11:30AM-12:30PM (Active Older Adults) <i>Melissa B.</i>	9:00AM-10:00AM (Active Older Adults) <i>Tom C.</i>					
Chair Yoga Studio B	11:30AM-12:30PM (Mind & Body) <i>Sucharita B.</i>						
Breathwork Studio B	12:45PM-2:00PM (Mind & Body) <i>Sucharita B.</i>						
Sit-N-Fit Studio A	1:00PM-2:00PM (Active Older Adults) <i>Melissa B.</i>		1:00PM-2:00PM (Active Older Adults) <i>Tom C.</i>				
Yoga Studio B	6:30PM-7:30PM (Mind & Body) <i>Rosemary V.</i>		7:50AM-8:50AM (Mind & Body) <i>Sucharita B.</i>				
Zumba Studio A	6:30PM-7:30PM (Dance) <i>Kristen Q.</i>		10:15AM-11:15AM (Dance) <i>Janet T.</i> 6:30PM-7:30PM (Dance) <i>Kristen Q.</i>				
Les Mills Sprint Studio V		6:00AM-6:30AM (Interval Training) <i>Karen K.</i> 5:45PM-6:15PM (Interval Training) <i>Leigh M.</i>		6:00AM-6:30AM (Interval Training) <i>Karen K.</i>			
Grit Strength The Box		9:00AM-9:30AM (Strength) <i>Charlie D.</i>		9:00AM-9:30AM (Strength) <i>Charlie D.</i>			
Yoga The Box		9:30AM-10:00AM (Mind & Body) <i>Charlie D.</i>					
Neuro Cycle Studio V		10:30AM-11:30AM (Specialty) <i>Tom C.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance Trance Studio A		11:30AM-12:30PM (Dance) <i>Candace S.</i>					
Les Mills BODYCOMBAT Studio A		5:15PM-6:00PM (Cardio) <i>Charlie D.</i>					
Hard Core Studio A		6:40PM-7:10PM (Strength) <i>Charlie D.</i>					
Les Mills BODYPUMP HEAVY Studio A			5:30AM-6:30AM (Les Mills) <i>Marilu G.</i>				
Step Studio B			9:00AM-10:00AM (Cardio) <i>Barbara K.</i>				
Power Cycle Studio V			9:15AM-10:00AM (Spinning) <i>Lara T.</i>				
Les Mills Grit Studio V			10:15AM-10:45AM (Interval Training) <i>Lara T.</i>				
Gentle Yoga Studio A			11:30AM-12:30PM (Mind & Body) <i>Rosemary V.</i>				
Pilates Studio B			5:30PM-6:30PM (Strength) <i>Lara T.</i>				
Les Mills Shapes Studio B				8:00AM-8:50AM (Les Mills) <i>Janet T.</i>			



Lakewood Ranch YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills BODYPUMP Studio A	5:30AM-6:25AM (Strength) <i>Kelli E.</i> 10:20AM-11:15AM (Strength) <i>Erika F.</i> 6:15PM-7:10PM (Strength) <i>Nicole P.</i>	8:15AM-9:10AM (Strength) <i>Kelly G.</i> 12:30PM-1:15PM (Strength) <i>Carmen H.</i>	5:30AM-6:15AM (Strength) <i>Heather A.</i> 10:20AM-11:15AM (Strength) <i>Kelli E.</i> 6:15PM-7:10PM (Strength) <i>Natalie B.</i>	8:15AM-9:10AM (Strength) <i>Taya H.</i>			
Cycle Studio C	5:30AM-6:15AM (Cardio) <i>Cindy L.</i> 9:15AM-10:00AM (Cardio) <i>Hope H.</i>	6:15PM-7:00PM (Cardio) <i>Stephanie G.</i>	5:30AM-6:15AM (Cardio) <i>Cindy L.</i> 8:15AM-9:00AM (Cardio) <i>Hope H.</i>				
Yoga Studio B	8:00AM-9:00AM (Mind & Body) <i>Cheridan S.</i> 10:15AM-11:15AM (Mind & Body) <i>Cheridan S.</i>	10:15AM-11:15AM (Mind & Body) <i>Cheridan S.</i> 6:20PM-7:05PM (Mind & Body) <i>Steve P.</i>	5:00PM-6:00PM (Mind & Body) <i>Steve P.</i>	8:00AM-9:00AM (Mind & Body) <i>Summer S.</i>			
Les Mills Core Studio A	8:00AM-8:30AM (Strength) <i>Michelle M.</i>	5:00PM-5:30PM (Strength) <i>Lauren G.</i>	8:40AM-9:10AM (Strength) <i>Kira K.</i>				
Les Mills BodyAttack Studio A	8:30AM-9:00AM (Cardio) <i>Melissa H.</i>		9:15AM-10:00AM (Cardio) <i>Kelly G.</i>				
Athletic Circuit Turf	9:00AM-9:45AM (Functional Training) <i>Michelle M.</i>						
Les Mills BODYCOMBAT Studio A	9:15AM-10:10AM (Cardio) <i>Kelli E.</i>	5:30AM-6:25AM (Cardio) <i>Amanda C.</i> 6:15PM-7:10PM (Cardio) <i>Kira K.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barre Class Studio B	9:15AM-10:00AM (Mind & Body) <i>Rose B.</i>	5:30PM-6:15PM (Mind & Body) <i>Kira K.</i>					
TRX Turf	10:15AM-11:00AM (Strength) <i>Hope H.</i>		9:15AM-10:00AM (Strength) <i>Hope H.</i>				
Senior Strength and Stretch Studio A	11:30AM-12:15PM (Active Older Adults) <i>Hope H.</i>						
Chair Yoga Studio A	12:30PM-1:15PM (Mind & Body) <i>Rose B.</i>						
Zumba Studio A	5:15PM-6:00PM (Dance) <i>Lauren C.</i>		5:15PM-6:00PM (Dance) <i>Danielle F.</i>				
Les Mills Sprint Studio C	5:30PM-6:00PM (Interval Training) <i>Kelly G.</i>	5:30AM-6:00AM (Interval Training) <i>Carmen H.</i> 9:15AM-9:45AM (Interval Training) <i>Erika F.</i>	5:30PM-6:00PM (Interval Training) <i>Georgie W.</i>	8:30AM-9:00AM (Interval Training) <i>Melissa H.</i>			
Gentle Yoga Studio B		8:00AM-9:00AM (Mind & Body) <i>Steve P.</i>					
Pure Strength Studio A		9:15AM-10:00AM (Interval Training) <i>Amy B.</i>					
Les Mills Grit Studio B		9:15AM-9:45AM (Interval Training) <i>Megha V.</i>					
Les Mills Pilates Studio A		10:05AM-10:50AM (Mind & Body) <i>Erika F.</i>					
S.E.A.T. Studio A		11:30AM-12:15PM (Active Older Adults) <i>Jackie C.</i>					
Les Mills Tone Studio A		5:30PM-6:00PM (Functional Training) <i>Lauren G.</i>	8:00AM-8:30AM (Functional Training) <i>Erika F.</i>				
Les Mills BodyBalance Studio B			9:15AM-10:10AM (Stretch) <i>Michelle M.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Athletic Circuit Turf			10:30AM-11:15AM (Active Older Adults) <i>Hope H.</i>				
Seniors in Motion Studio A			11:30AM-12:15PM (Active Older Adults) <i>Hope H.</i>				
Les Mills BodyCombat/BodyBalance Hybrid Studio B				5:30AM-6:30AM (Specialty) <i>Amanda C.</i>			
Athletic Circuit Studio A				5:30AM-6:15AM (Functional Training) <i>Cindy L.</i>			



Sarasota City YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Studio A	5:45AM-6:45AM (Cardio) <i>Jules R.</i>		5:45AM-6:45AM (Cardio) <i>Jules R.</i>				
Les Mills Core (Virtual) Studio V	7:00AM-7:45AM (Les Mills) <i>virtual</i>		7:00AM-7:45AM (Les Mills) <i>virtual</i>				
Sculpt Studio A	7:45AM-8:30AM (Strength) <i>Jude B.</i>		7:45AM-8:30AM (Strength) <i>Jan B.</i>				
Pure Core Studio B	9:00AM-10:00AM (Strength) <i>Jan B.</i>		9:00AM-10:00AM (Strength) <i>Jan B.</i>				
Les Mills BODYPUMP Studio A	9:00AM-10:00AM (Strength) <i>Joyce S.</i> 5:30PM-6:25PM (Strength) <i>Trudi M.</i>	5:30AM-6:30AM (Strength) <i>Marilu G.</i>	9:00AM-10:00AM (Strength) <i>Steve P.</i> 5:30PM-6:15PM (Strength) <i>Marilu G.</i>	5:30AM-6:30AM (Strength) <i>Kimberly O.</i>			
Dance Trance Studio B	10:15AM-11:15AM (Dance) <i>Sara M.</i>						
Prime Time Studio A	10:15AM-11:15AM (Active Older Adults) <i>Jan B.</i>						
Sit-N-Fit Studio A	11:30AM-12:15PM (Active Older Adults) <i>Jan S.</i>		11:30AM-12:15PM (Active Older Adults) <i>Mark G.</i>				
Les Mills BodyBalance Studio B	11:30AM-12:30PM (Les Mills) <i>Jude B.</i>			7:45AM-8:45AM (Les Mills) <i>Steve P.</i>			
Gentle Yoga Studio B	1:00PM-2:00PM (Mind & Body) <i>Nicole U.</i>		1:00PM-2:00PM (Mind & Body) <i>Michelle C.</i>				
Dance Trance Studio A	6:30PM-7:30PM (Dance) <i>Carissa P.</i>		6:30PM-7:30PM (Dance) <i>Carissa P.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills The Trip Studio V		7:00AM-7:45AM (Les Mills) <i>virtual</i>		7:00AM-7:45AM (Les Mills) <i>virtual</i>			
Les Mills Shapes Studio A		8:00AM-8:45AM (Les Mills) <i>Janet B.</i>		8:00AM-8:45AM (Les Mills) <i>Christine W.</i>			
Cycle Studio V		8:00AM-9:00AM (Cardio) <i>Kim K.</i>		8:00AM-9:00AM (Cardio) <i>Jan B.</i>			
Les Mills BODYCOMBAT Studio V		9:00AM-9:45AM (Cardio) <i>virtual</i>		9:00AM-9:45AM (Cardio) <i>Virtual</i>			
Yoga Fusion Studio B		9:00AM-10:00AM (Mind & Body) <i>Janet B.</i>					
Les Mills Core Studio A		9:45AM-10:15AM (Strength) <i>Carolyn C.</i>					
Neuro Cycle Studio V		10:15AM-11:45AM (Specialty) <i>Jan B.</i>					
TRX Studio B		10:15AM-11:15AM (Strength) <i>Lawrence M.</i>					
Step Studio A		10:30AM-11:30AM (Cardio) <i>Carolyn B.</i>					
Tai Chi Studio B		11:30AM-12:30PM (Mind & Body) <i>Gina S.</i>					
Les Mills BODYPUMP Studio V		12:15PM-1:15PM (Strength) <i>virtual</i>					
Yoga Studio A		5:30PM-6:30PM (Mind & Body) <i>Nicole U.</i>					
Les Mills RPM Studio V		5:30PM-6:15PM (Cardio) <i>Susan K.</i>					
Strength Development Studio V			9:00AM-9:45AM (Strength) <i>Jude B.</i>				
WERQ Studio B			10:15AM-11:15AM (Dance) <i>Maria J.</i>				



Venice YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YMCA 360-Muscle Pump Studio B	6:15AM-7:00AM (Strength) <i>VIRTUAL I.</i>		6:15AM-7:00AM (Strength) <i>VIRTUAL I.</i>				
Small Group PT with Natalia (\$) MYZONE Studio	7:30AM-8:30AM (Small Group Personal Training) <i>Natalia G.</i>		7:30AM-8:30AM (Small Group Personal Training) <i>Natalia G.</i>				
Active Adults Studio B	7:45AM-8:40AM (Active Older Adults) <i>Susan D.</i>		7:45AM-8:40AM (Active Older Adults) <i>Susan D.</i>				
Free Motion (\$) Free Motion Area	8:00AM-8:45AM (Specialty) <i>Tosha T.</i>						
BoneFit Specialty (\$) Studio C	8:45AM-9:45AM (Specialty) <i>Jean B.</i> 11:45AM-12:45PM (Specialty) <i>Jean B.</i>						
MYZONE (\$) MYZONE Studio	9:00AM-10:00AM (Specialty) <i>Tosha T.</i>						
Pilates Reformer INTERMEDIATE (\$) Pilates Reformer Studio	9:00AM-9:50AM (Specialty) <i>Natalia G.</i>			8:00AM-8:50AM (Specialty) <i>Natalia G.</i>			
Les Mills BODYPUMP Studio B	9:00AM-9:45AM (Strength) <i>Leslie C.</i>		9:00AM-9:45AM (Strength) <i>Leslie C.</i> 5:30PM-6:30PM (Strength) <i>Lenka G.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning Cycle Studio	9:00AM-9:55AM (Spinning) <i>Kelly L.</i> 6:00PM-6:55PM (Spinning) <i>Dana T.</i>	9:00AM-9:55AM (Spinning) <i>Valerie B.</i>	9:00AM-9:55AM (Spinning) <i>Valerie B.</i> 6:00PM-6:55PM (Spinning) <i>Dana T.</i>				
BodyShred Studio A	9:15AM-10:00AM (Strength) <i>Eva M.</i>		9:15AM-10:00AM (Strength) <i>Eva M.</i>				
Pilates Reformer BEGINNER (\$) Pilates Reformer Studio	10:00AM-10:50AM (Specialty) <i>Natalia G.</i>	8:00AM-8:50AM (Specialty) <i>Natalia G.</i>					
Sculpt and Stretch Studio C	10:00AM-10:45AM (Strength) <i>Kathy M.</i>		10:00AM-10:45AM (Strength) <i>Kathy M.</i>				
Les Mills BodyBalance Studio B	10:00AM-10:45AM (Stretch) <i>Leslie C.</i>		10:00AM-10:45AM (Stretch) <i>Leslie C.</i>				
Vinyasa Flow Yoga Studio A	10:15AM-11:15AM (Mind & Body) <i>Stacey N.</i>		10:15AM-11:15AM (Mind & Body) <i>Stacey N.</i>				
Pedaling For Parkinson's Cycle Studio	10:30AM-11:30AM (Specialty) <i>Jean B.</i>		10:30AM-11:30AM (Specialty) <i>Jean B.</i>				
Abs Express Studio C	11:00AM-11:30AM (Strength) <i>Judy F.</i>		11:00AM-11:30AM (Strength) <i>Judy F.</i>				
Zumba Studio B	11:00AM-11:55AM (Dance) <i>Charlotte C.</i>		11:00AM-11:55AM (Dance) <i>Charlotte C.</i>				
Chair Yoga Studio A	11:45AM-12:30PM (Mind & Body) <i>Stacey N.</i>		11:45AM-12:30PM (Mind & Body) <i>Stacey N.</i>				
Yoga Flow Studio B	12:00PM-1:00PM (Mind & Body) <i>Anna M.</i>						
4EvaFITw/Lucia - SMG PT (\$) Free Motion Area	12:30PM-1:30PM (Small Group Personal Training) <i>Lucia E.</i>		12:00PM-1:00PM (Small Group Personal Training) <i>Lucia E.</i>				
Seniors in Motion Studio A	12:45PM-1:30PM (Active Older Adults) <i>Sherry B.</i>		12:45PM-1:30PM (Active Older Adults) <i>Sherry B.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Mat Studio B	4:00PM-4:45PM (Mind & Body) <i>Eva M.</i>		4:00PM-4:45PM (Mind & Body) <i>Judy F.</i>				
Strength Power Hour Studio B	5:15PM-6:15PM (Strength) <i>Kelly L.</i>			7:45AM-8:45AM (Strength) <i>Lenka G.</i>			
Taekwondo (\$) Studio A	5:30PM-7:00PM (Specialty) <i>Adriana C.</i>	5:00PM-6:00PM (Specialty) <i>Adriana C.</i>	5:30PM-7:00PM (Specialty) <i>Adriana C.</i>				
Pilates Reformer ADVANCED (\$) Pilates Reformer Studio		7:00AM-7:50AM (Specialty) <i>Natalia G.</i>		7:00AM-7:50AM (Specialty) <i>Natalia G.</i>			
TRX (\$) Studio C		7:15AM-8:00AM (Specialty) <i>Eva M.</i>	9:00AM-9:45AM (Specialty) <i>Jean B.</i>	7:15AM-8:00AM (Specialty) <i>Eva M.</i>			
Les Mills BODYPUMP HEAVY Studio B		7:45AM-8:45AM (Les Mills) <i>Lenka G.</i>					
StretchFIT Studio A		8:00AM-8:55AM (Active Older Adults) <i>Susan D.</i>		8:00AM-8:55AM (Active Older Adults) <i>Susan D.</i>			
Yoga Studio C		8:00AM-8:45AM (Mind & Body) <i>Jan B.</i>		8:00AM-8:45AM (Mind & Body) <i>Jan B.</i>			
ForeverFit Studio B		9:00AM-9:45AM (Active Older Adults) <i>Jan B.</i>					
Pilates Mat Studio C		9:00AM-9:50AM (Mind & Body) <i>Jean B.</i>	8:00AM-8:50AM (Mind & Body) <i>Jean B.</i>				
Step Studio B		10:00AM-10:45AM (Cardio) <i>Judy H.</i>					
Body Works Studio C		10:00AM-10:50AM (Strength) <i>Jean B.</i>					
Rock Steady Boxing (\$) Studio A		10:30AM-12:00PM (Specialty) <i>Adriana C.</i>					
Cardio Drumming Studio B		11:00AM-11:45AM (Cardio) <i>Charlotte C.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength Explosion Studio C		11:15AM-12:00PM (Strength) <i>Judy H.</i>					
Barre Class Studio B		12:00PM-12:55PM (Mind & Body) <i>Natalia G.</i>					
Balance For Fitness Studio A		12:45PM-1:30PM (Active Older Adults) <i>Leslie C.</i>					
Line Dancing Studio B		1:15PM-2:15PM (Dance) <i>Bonnie J.</i>	1:30PM-2:30PM (Dance) <i>Bonnie J.</i>				
Chair Pilates Studio A		1:45PM-2:30PM (Mind & Body) <i>Jean B.</i>					
Zumba Toning Studio B		4:30PM-5:15PM (Dance) <i>Vera H.</i>					
Les Mills BODYCOMBAT Studio B		5:30PM-6:25PM (Cardio) <i>Rene S.</i>					
Pilates Reformer FULL BODY (\$) Pilates Reformer Studio			9:00AM-9:50AM (Specialty) <i>Tamara S.</i>				
Slow Flow Yoga Studio B			12:00PM-12:55PM (Mind & Body) <i>Anna M.</i>				
Yin Yoga Studio C			6:00PM-6:55PM (Mind & Body) <i>Jeanette C.</i>				



Punta Gorda YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills BODYPUMP Group Ex Studio	6:45AM-7:45AM (Strength) <i>Rebecca K.</i>	8:15AM-9:15AM (Strength) <i>Lisa H.</i> 5:45PM-6:45PM (Strength) <i>Christine O.</i>	6:45AM-7:45AM (Strength) <i>Rebecca K.</i>	8:15AM-9:15AM (Strength) <i>Mitzi M.</i>			
Pure Strength PT Studio	7:00AM-8:00AM (Interval Training) <i>Michele M.</i>		7:00AM-8:00AM (Interval Training) <i>Michele M.</i>				
H.I.I.T PT Studio	8:15AM-9:15AM (Interval Training) <i>Heather K.</i>		8:15AM-9:15AM (Interval Training) <i>Laurie S.</i>				
Total Body Sculpt Group Ex Studio	8:15AM-9:15AM (Strength) <i>Wendy R.</i>						
Spinning Spin Studio	8:15AM-9:15AM (Spinning) <i>Mike R.</i>		8:15AM-9:15AM (Spinning) <i>Mike R.</i>				
Spinning Spin Studio	9:30AM-10:30AM (Spinning) <i>Heather K.</i>	8:15AM-9:15AM (Spinning) <i>Nanette F.</i>		8:15AM-9:15AM (Spinning) <i>Nanette F.</i>			
Active Older Adult - Advance Group Ex Studio	9:30AM-10:30AM (Strength) <i>Deb G.</i>		9:30AM-10:30AM (Strength) <i>Matthew B.</i>				
Pilates Burnt Store Presbyterian Church	9:30AM-10:30AM (Strength) <i>marie v.</i>						
Pedaling For Parkinson's Spin Studio	10:45AM-11:45AM (Specialty) <i>Cyndi B.</i>		10:45AM-11:45AM (Specialty) <i>Terri H.</i>				
Zumba Gold Group Ex Studio	10:45AM-11:45AM (Cardio) <i>Vera H.</i>		10:45AM-11:45AM (Cardio) <i>Vera H.</i>				
Enhance Silver PT Studio	1:00PM-2:00PM (Specialty) <i>Christy B.</i>		1:00PM-2:00PM (Specialty) <i>Christy B.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Enhance Gold PT Studio	2:30PM-3:30PM (Specialty) <i>Terri H.</i>		2:30PM-3:30PM (Specialty) <i>Terri H.</i>				
Les Mills BODYSTEP Group Ex Studio	5:45PM-6:45PM (Cardio) <i>Christine O.</i>						
Les Mills Core Group Ex Studio		6:00AM-6:30AM (Strength) <i>Jodi M.</i>		6:00AM-6:30AM (Strength) <i>Jodi M.</i>			
Les Mills BodyBalance Group Ex Studio		6:45AM-7:45AM (Stretch) <i>Nanette F.</i>		6:45AM-7:45AM (Stretch) <i>Nanette F.</i>			
Les Mills RPM Spin Studio		9:30AM-10:30AM (Cardio) <i>Fran D.</i>					
Pilates Group Ex Studio		9:30AM-10:30AM (Strength) <i>Mitzi M.</i>					
Relaxing Yoga Group Ex Studio		10:45AM-11:45AM (Mind & Body) <i>Donnamarie Y.</i>					
Rock Steady Boxing (\$) PT Studio		1:15PM-2:45PM (Specialty) <i>Tabatha S.</i>					
Dynamic Dance Group Ex Studio			8:15AM-9:15AM (Dance) <i>Margaret G.</i>				
H.I.I.T Spin Spin Studio			9:30AM-10:30AM (Specialty) <i>Laurie S.</i>				
Cardio Boxing Group Ex Studio			5:45PM-6:45PM (Specialty) <i>Randy J.</i>				



Englewood YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Purple Room	6:45AM-7:35AM (Strength) <i>Darby M.</i>		6:45AM-7:35AM (Strength) <i>Darby M.</i>				
Les Mills BODYPUMP HEAVY Orange Room	7:00AM-7:50AM (Les Mills) <i>Lori P.</i>						
Spinning Blue Room	7:30AM-8:20AM (Spinning) <i>Kathie D.</i>	6:00AM-6:50AM (Spinning) <i>Kathie D.</i>	7:30AM-8:20AM (Spinning) <i>Kathie D.</i>	6:00AM-6:50AM (Spinning) <i>Mark F.</i>			
	9:00AM-9:50AM (Spinning) <i>Debbie G.</i>	8:00AM-8:50AM (Spinning) <i>Lisa B.</i>	9:00AM-9:50AM (Spinning) <i>Debbie G.</i>	8:00AM-8:50AM (Spinning) <i>Kathie D.</i>			
Boot Camp Outside	8:00AM-8:50AM (Strength) <i>Joey M.</i>		8:00AM-8:50AM (Strength) <i>Joey M.</i>				
Yoga Purple Room	8:00AM-8:50AM (Mind & Body) <i>Audrey F.</i>		8:00AM-8:50AM (Mind & Body) <i>Audrey F.</i>				
Low Impact Cardio Orange Room	8:00AM-8:50AM (Cardio) <i>Leslie D.</i>		8:00AM-8:50AM (Cardio) <i>Leslie D.</i>				
Les Mills BodyBalance Purple Room	9:00AM-9:50AM (Stretch) <i>Audrey F.</i>		9:00AM-9:50AM (Stretch) <i>Audrey F.</i>				
Les Mills BODYPUMP Orange Room	9:00AM-9:50AM (Strength) <i>Leslie D.</i>		7:00AM-7:50AM (Strength) <i>Lori P.</i>				
			9:00AM-9:50AM (Strength) <i>Leslie D.</i>				
Dance FIT Basketball Gym	9:00AM-9:50AM (Dance) <i>Liz R.</i>		9:00AM-9:50AM (Dance) <i>Liz R.</i>				
Pilates Orange Room	10:00AM-10:50AM (Strength) <i>Leslie D.</i>		10:00AM-10:50AM (Strength) <i>Leslie D.</i>				
Sculpt Purple Room	11:00AM-11:50AM (Strength) <i>Shailyn B.</i>		11:00AM-11:50AM (Strength) <i>Shailyn B.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Drumming Orange Room	11:00AM-11:50AM (Cardio) <i>Debbie M.</i>	10:00AM-10:50AM (Cardio) <i>Debbie M.</i>	11:00AM-11:50AM (Cardio) <i>Debbie M.</i>				
Zumba Gold Orange Room	12:00PM-12:50PM (Cardio) <i>Debbie M.</i>		12:00PM-12:50PM (Cardio) <i>Debbie M.</i>				
Chair Yoga Orange Room	1:00PM-1:50PM (Mind & Body) <i>Stanene H.</i>		1:00PM-1:50PM (Mind & Body) <i>Stanene H.</i>				
Parkinson's Exercise Program Orange Room	2:00PM-2:50PM (Specialty) <i>Rick C.</i>		2:00PM-2:50PM (Specialty) <i>Rick C.</i>				
Belly Dance Orange Room	4:00PM-4:50PM (Dance) <i>Jacque B.</i>						
Body Sculpt Orange Room	5:00PM-5:50PM (Strength) <i>Jennifer P.</i>		5:00PM-5:50PM (Strength) <i>Jennifer P.</i>				
Athletic Circuit Orange Room	6:00PM-6:50PM (Functional Training) <i>Casey M.</i>						
Les Mills Grit Orange Room		7:15AM-7:45AM (Interval Training) <i>Lori P.</i>		7:15AM-7:45AM (Interval Training) <i>Lori P.</i>			
BodyShred Orange Room		8:00AM-8:50AM (Strength) <i>Leslie C.</i>		8:00AM-8:50AM (Strength) <i>Leslie C.</i>			
Pilates Suspension Purple Room		8:00AM-8:50AM (Strength) <i>Darby M.</i>					
Les Mills BodyBalance Orange Room		9:00AM-9:50AM (Stretch) <i>Leslie C.</i>		9:00AM-9:50AM (Stretch) <i>Leslie C.</i>			
Zumba Basketball Gym		9:00AM-9:50AM (Dance) <i>Tricia P.</i>		9:00AM-9:50AM (Dance) <i>Tricia P.</i>			
StretchFIT Purple Room		10:00AM-10:30AM (Active Older Adults) <i>Leslie C.</i>					
Sculpt Orange Room		11:00AM-11:50AM (Strength) <i>Stanene H.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Active Older Adults Classic Orange Room		12:00PM-12:50PM (Active Older Adults) <i>Stanene H.</i>					
Pilates Mat Orange Room		3:00PM-3:50PM (Mind & Body) <i>Shailyn B.</i> 6:30PM-7:20PM (Mind & Body) <i>Jessica S.</i>					
Yoga Orange Room		4:00PM-4:50PM (Mind & Body) <i>Eileen C.</i>					
TRX Purple Room		4:30PM-5:20PM (Strength) <i>Kasey S.</i>					
Les Mills BODYPUMP/COMBAT Orange Room		5:30PM-6:20PM (Les Mills) <i>Jennifer H.</i>					
Kettlebell Class Wellness Floor			10:00AM-10:50AM (Functional Training) <i>Val R.</i>				
H.I.I.T Purple Room			5:30PM-6:20PM (Interval Training) <i>Casey M.</i>				
Zumba Orange Room			6:00PM-6:50PM (Dance) <i>David H.</i>				
Core Strength Purple Room				8:00AM-8:50AM (Strength) <i>Bee L.</i>			



Franz Ross YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Group Fitness Studio	7:15AM-8:15AM (Mind & Body) <i>Donnamarie Y.</i>	12:15PM-1:15PM (Mind & Body) <i>Donnamarie Y.</i>					
H.I.I.T Group Fitness Studio	8:30AM-9:30AM (Interval Training) <i>Chris C.</i>						
Spinning Spin Studio	8:30AM-9:30AM (Spinning) <i>Anissa W.</i>						
Fit Fusion Multipurpose Room	9:00AM-9:45AM (Active Older Adults) <i>Donna Y.</i>		9:00AM-9:45AM (Active Older Adults) <i>Anissa W.</i>				
Les Mills BODYPUMP Group Fitness Studio	9:45AM-10:45AM (Strength) <i>Anissa W.</i> 5:30PM-6:30PM (Strength) <i>Lenka G.</i>	7:15AM-8:15AM (Strength) <i>Tami D.</i>	8:30AM-9:30AM (Strength) <i>Kristen M.</i> 5:30PM-6:15PM (Strength) <i>Tami D.</i>	7:15AM-8:15AM (Strength) <i>Tami D.</i>			
Balance & Burn Multipurpose Room	10:00AM-10:45AM (Active Older Adults) <i>Donna Y.</i>		10:00AM-10:45AM (Active Older Adults) <i>Anissa W.</i>				
Belly Dance Spin Studio	11:00AM-12:00PM (Dance) <i>Jacque B.</i>						
Dynamic Dance Group Fitness Studio	12:15PM-1:15PM (Dance) <i>Margaret G.</i>		12:15PM-1:15PM (Dance) <i>Margaret G.</i>				
Enhance Fitness Multipurpose Room	12:30PM-1:15PM (Specialty) <i>Anissa W.</i>		12:30PM-1:15PM (Specialty) <i>Donna Y.</i>				
Tai Chi Multipurpose Room	5:00PM-6:00PM (Mind & Body) <i>Zac E.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills BODYCOMBAT Group Fitness Studio		8:30AM-9:30AM (Cardio) <i>Amanda A.</i>					
SOULfusion Multipurpose Room		8:30AM-9:30AM (Specialty) <i>Donnamarie Y.</i>					
Body Works Group Fitness Studio		9:45AM-10:45AM (Strength) <i>Donna Y.</i>					
Chair Yoga Multipurpose Room		10:00AM-11:00AM (Mind & Body) <i>Anissa W.</i>					
Active Adult Classic Multipurpose Room		11:00AM-11:45AM (Specialty) <i>Anissa W.</i>					
Zumba Group Fitness Studio		11:00AM-12:00PM (Dance) <i>Susie Z.</i> 6:30PM-7:30PM (Dance) <i>Rose S.</i>	9:45AM-10:45AM (Dance) <i>Kyle R.</i>				
Spinning Spin Studio		5:30PM-6:30PM (Spinning) <i>Kristen M.</i>	8:30AM-9:30AM (Spinning) <i>Donna Y.</i>				
Core Strength Multipurpose Room			11:00AM-12:00PM (Strength) <i>Jacquie B.</i>				
Zumba Step Group Fitness Studio			6:30PM-7:30PM (Cardio) <i>Rose S.</i>				
Step & Sculpt Group Fitness Studio				8:30AM-9:30AM (Cardio) <i>Anissa W.</i>			



Bonita Springs YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills BODYPUMP Group Exercise Studio	8:00AM-8:45AM (Strength) <i>Jenn S.</i> 10:00AM-11:00AM (Strength) <i>Jenn S.</i>	8:00AM-8:45AM (Strength) <i>Jen O.</i> 10:00AM-11:00AM (Strength) <i>Jen O.</i>	8:00AM-8:45AM (Strength) <i>Jen O.</i> 10:00AM-11:00AM (Strength) <i>Jen O.</i>	8:00AM-8:45AM (Strength) <i>Jen O.</i>			
Spinning Spin Studio	8:30AM-9:30AM (Spinning) <i>Amie P.</i>						
Athletic Circuit Group Exercise Studio	9:00AM-9:45AM (Functional Training) <i>Jenn S.</i>						
Yoga Gymnasium	9:30AM-10:30AM (Mind & Body) <i>Camille A.</i>		10:00AM-11:00AM (Mind & Body) <i>Dylan M.</i>				
Barre Class Group Exercise Studio	11:05AM-11:45AM (Mind & Body) <i>Jenn S.</i>		11:05AM-11:45AM (Mind & Body) <i>Jenn S.</i>				
Active Older Adults- Yoga Group Exercise Studio	11:50AM-12:35PM (Active Older Adults) <i>Rosemary U.</i>						
Rock Steady Boxing (\$) Group Exercise Studio	12:35PM-1:45PM (Specialty) <i>Jenn S.</i>		12:35PM-1:45PM (Specialty) <i>Jenn S.</i>				
Tabata Group Exercise Studio		9:00AM-9:45AM (Interval Training) <i>Jen O.</i>					
Yoga Group Exercise Studio		11:05AM-12:00PM (Mind & Body) <i>Rosemary U.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Active Adults Group Exercise Studio		12:15PM-1:00PM (Active Older Adults) <i>VIRTUAL</i>					
Les Mills Grit Group Exercise Studio		5:30PM-6:00PM (Interval Training) <i>Randi S.</i>					
Les Mills BodyBalance Group Exercise Studio			6:45AM-7:45AM (Les Mills) <i>Missy H.</i>				
Dance FIT Group Exercise Studio			9:00AM-9:45AM (Dance) <i>Dylan M.</i>				
Power Cycle Spin Studio			9:00AM-9:45AM (Spinning) <i>Jen O.</i> 10:00AM-10:45AM (Spinning) <i>Jenn S.</i>				
BodyShred Gymnasium			9:00AM-9:45AM (Strength) <i>Jenn S.</i>				
Active Older Adults Classic Group Exercise Studio			11:50AM-12:35PM (Active Older Adults) <i>Jenn S.</i>				



Bradenton YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step Upstairs Group Exercise Room	9:00AM-9:45AM (Cardio) <i>Wanda N.</i>						
Les Mills BODYPUMP Upstairs Group Exercise Room	10:00AM-11:00AM (Strength) <i>Georgia P.</i>	5:15PM-6:15PM (Strength) <i>Deb M.</i>	10:00AM-11:00AM (Strength) <i>Georgia P.</i>				
Active Older Adults Classic Gym	10:00AM-11:00AM (Active Older Adults) <i>Barbara M.</i>						
Gentle Yoga Upstairs Group Exercise Room	11:10AM-12:10PM (Mind & Body) <i>Barbara M.</i>						
Cycle Cycle Studio		8:00AM-9:00AM (Cardio) <i>Jennifer R.</i>					
Zumba Hossack Room		9:00AM-9:45AM (Dance) <i>Jessica A.</i>					
CardioFit Upstairs Group Exercise Room		9:00AM-9:55AM (Cardio) <i>Jennifer R.</i>					
Yoga Upstairs Group Exercise Room		10:00AM-11:00AM (Mind & Body) <i>Barbara M.</i>					
Chair Volleyball Gym		10:15AM-10:45AM (Chair Volleyball) <i>Jacob M.</i>					
Meditation Upstairs Group Exercise Room		11:00AM-11:40AM (Mind & Body) <i>Barbara M.</i>					
Les Mills BODYCOMBAT Upstairs Group Exercise Room		6:15PM-7:15PM (Cardio) <i>Deb M.</i>					
TRX Fitness Center			6:00AM-6:45AM (Strength) <i>Craig M.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Mat Upstairs Group Exercise Room			9:00AM-9:55AM (Mind & Body) <i>Barbara M.</i>				
Chair Yoga Gym			10:00AM-11:00AM (Mind & Body) <i>Kathleen O.</i>				
Women's Drumming Multi Purpose Room			11:00AM-12:00PM (Women's Drumming) <i>Laurie L.</i>				
Rollasage Upstairs Group Exercise Room			11:10AM-12:00PM (Rollasage) <i>Margaret F.</i>				



Fort Myers YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Gym	9:00AM-9:45AM (Strength) <i>Ciara N.</i>		9:00AM-9:45AM (Strength) <i>Leez M.</i>				
H.I.I.T Gym	10:15AM-11:00AM (Interval Training) <i>Leez M.</i>		10:00AM-10:45AM (Interval Training) <i>Leez M.</i>				
Active Older Adults-Strength Studio 1	11:00AM-11:45AM (Active Older Adults) <i>Debbie N.</i>		11:00AM-11:45AM (Active Older Adults) <i>Debbie N.</i>				
Active Adults Gym	11:00AM-11:45AM (Active Older Adults) <i>Leez M.</i>		11:00AM-11:45AM (Active Older Adults) <i>Leez M.</i>				
Chair Yoga Studio 2	11:00AM-11:45AM (Mind & Body) <i>Linda K.</i>						
Les Mills BODYPUMP Studio 1	5:30PM-6:15PM (Strength) <i>Debra K.</i>		5:30PM-6:15PM (Strength) <i>Debra K.</i>				
Pilates Mat Gym		9:00AM-9:45AM (Mind & Body) <i>Debra K.</i>					
Stretch and Release Gym		10:00AM-10:45AM (Stretch) <i>Leez M.</i>					
Zumba Gym		11:00AM-11:45AM (Dance) <i>Shelemiah F.</i>					
Les Mills RPM Studio 1		5:30PM-6:15PM (Cardio) <i>Debra K.</i>					