



The Greater Annapolis Y in Arnold | June 8th - June 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim (6 lanes) Lap Pool	5:00AM-6:00AM (Pool) 8:00PM-9:50PM (Pool)	5:00AM-8:00AM (Pool) 8:00PM-9:50PM (Pool)	5:00AM-6:00AM (Pool) 8:00PM-9:50PM (Pool)	5:00AM-8:00AM (Pool) 8:00PM-9:50PM (Pool)	5:00AM-6:00AM (Pool) 8:00PM-9:50PM (Pool)	7:00AM-8:00AM (Pool)	8:30AM-10:00AM (Pool)
Program in Progress (5 lanes) Lap Pool	6:00AM-7:30AM (Pool)		6:00AM-7:30AM (Pool)		6:00AM-7:30AM (Pool)		7:00AM-8:30AM (Pool)
Lap Swim (1 lane) Lap Pool	6:00AM-7:30AM (Pool)		6:00AM-7:30AM (Pool)		6:00AM-7:30AM (Pool) 12:00PM-1:00PM (Pool)		7:00AM-8:30AM (Pool)
Lap Swim (3 lanes) Lap Pool	7:30AM-10:00AM (Pool) 7:00PM-8:00PM (Pool)	8:00AM-10:00AM (Pool)	7:30AM-10:00AM (Pool) 7:00PM-8:00PM (Pool)	8:00AM-10:00AM (Pool) 3:00PM-6:00PM (Pool)	7:30AM-10:00AM (Pool) 7:00PM-8:00PM (Pool)	8:00AM-10:00AM (Pool) 10:00AM-5:00PM (Pool)	10:00AM-3:00PM (Pool)
Water Fitness Combo Lap Pool	8:00AM-8:55AM (Water Exercise) <i>Jeannie F.</i> 9:00AM-9:55AM (Water Exercise) <i>Jeannie F.</i>	8:00AM-8:55AM (Water Exercise) <i>Lynda F.</i> 9:00AM-9:55AM (Water Exercise) <i>Lynda F.</i>	9:00AM-9:45AM (Water Exercise) <i>Lisa B.</i>	8:00AM-8:55AM (Water Exercise) <i>Lynda F.</i> 9:00AM-9:45AM (Water Exercise) <i>Lynda F.</i> 6:30PM-7:30PM (Water Exercise) <i>Jeannie F.</i>	8:00AM-8:55AM (Water Exercise) <i>Laura D.</i> 9:00AM-9:55AM (Water Exercise) <i>Laura D.</i> 12:00PM-12:45PM (Water Exercise) <i>Catherine K.</i>	8:00AM-8:55AM (Water Exercise) <i>Jeannie F.</i> 9:00AM-9:55AM (Water Exercise) <i>Jeannie F.</i>	
Stay & Play Stay & Play Room	8:00AM-12:15PM (Stay & Play) 4:00PM-8:00PM (Stay & Play)	8:00AM-12:15PM (Stay & Play) 4:00PM-8:00PM (Stay & Play)	8:00AM-12:15PM (Stay & Play) 4:00PM-8:00PM (Stay & Play)	8:00AM-12:15PM (Stay & Play) 4:00PM-8:00PM (Stay & Play)	8:00AM-12:15PM (Stay & Play) 4:00PM-7:00PM (Stay & Play)	8:00AM-12:15PM (Stay & Play)	9:00AM-12:15PM (Stay & Play)
Lap Swim (4 lanes) Lap Pool	10:00AM-4:00PM (Pool)	10:00AM-4:00PM (Pool)	10:00AM-4:00PM (Pool)	10:00AM-3:00PM (Pool)	10:00AM-12:00PM (Pool)		3:00PM-6:50PM (Pool)
Open Swim (2 lanes) Lap Pool	10:00AM-4:00PM (Pool)	10:00AM-4:00PM (Pool)	10:00AM-4:00PM (Pool)	10:00AM-4:00PM (Pool)	10:00AM-4:00PM (Pool)		
Aqua Arthritis Indoor Pool	11:00AM-11:45AM (Water Exercise) <i>Marie L.</i>	1:00PM-1:45PM (Water Exercise) <i>Karen P.</i>	11:00AM-11:45AM (Water Exercise) <i>Marie L.</i>	1:00PM-1:45PM (Water Exercise) <i>Karen P.</i>	11:00AM-11:45AM (Water Exercise) <i>Marie L.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Program in Progress (1 lane) Lap Pool	4:00PM-7:00PM (Pool)	4:00PM-8:00PM (Pool)		3:00PM-6:00PM (Pool)	3:00PM-7:00PM (Pool)	10:00AM-5:00PM (Pool)	10:00AM-3:00PM (Pool)
Family Swim (3 lanes) Lap Pool	4:00PM-8:00PM (Pool)	4:00PM-8:00PM (Pool)			4:00PM-8:00PM (Pool)		
Les Mills GRIT-Cardio Studio 1 <i>Angela D.</i>	4:30PM-5:00PM (Cardio)						
Open Climb Climbing Wall	5:00PM-7:00PM (Climbing Wall)	4:00PM-7:00PM (Climbing Wall)	4:00PM-7:00PM (Climbing Wall)	4:00PM-7:00PM (Climbing Wall)	4:00PM-7:00PM (Climbing Wall)	9:00AM-12:00PM (Climbing Wall)	9:00AM-12:00PM (Climbing Wall)
Pilates Studio 2 <i>Michele W.</i>	5:30PM-6:30PM (Mind-Body)						
Zumba Studio 1		9:30AM-10:25AM (Dance) <i>Jennifer G.</i>				9:30AM-10:25AM (Dance) <i>Laurie O.</i>	
Splash Pad Splash Pad		11:00AM-8:00PM (Splash Pad)	12:00PM-8:00PM (Splash Pad)	11:00AM-8:00PM (Splash Pad)	11:00AM-8:00PM (Splash Pad)	10:00AM-6:45PM (Splash Pad)	10:00AM-6:45PM (Splash Pad)
Lap Swim (2 lanes) Lap Pool		4:00PM-8:00PM (Pool)	4:00PM-7:00PM (Pool)	6:00PM-8:00PM (Pool)	4:00PM-7:00PM (Pool)		
Funshop Crafts Cafe		5:00PM-6:00PM (Funshops)					
Circuit Training Studio 1		6:30PM-7:30PM (Cardio) <i>Victor F.</i>					
Water Fitness Lap Pool			8:00AM-9:00AM (Water Exercise) <i>Lisa B.</i>				
Familyhood Chef Cafe			10:00AM-12:00PM (Familyhood)				
Program in Progress (2 lanes) Lap Pool			4:00PM-7:00PM (Pool)	6:00PM-8:00PM (Pool)			
Family Swim (2 lanes) Lap Pool			4:00PM-8:00PM (Pool)	4:00PM-8:00PM (Pool)		10:00AM-6:50PM (Pool)	10:00AM-6:50PM (Pool)
Cardio Dance Studio 1			6:30PM-7:30PM (Cardio) <i>Sarah M.</i>				
CANCELED: Yoga Studio 3				5:30AM-6:30AM (Mind-Body) <i>Amanda J.</i>			
Funshop STEM Cafe				5:00PM-6:00PM (Funshops)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Y Velocity Zone				5:30PM-6:30PM (Cardio) <i>Judy W.</i>			
Barre Studio 2					8:30AM-9:30AM (Strength) <i>Jennifer G.</i>		
Power Yoga Studio 3					8:30AM-9:30AM (Mind-Body) <i>Christine K.</i>		
HIIT Studio 2					10:00AM-10:30AM (Cardio) <i>Elizabeth G.</i>		
Pickup Basketball Court 2							7:00AM-7:00PM (Pickup Sports)
Pickup Basketball Court 1							7:00AM-7:00PM (Pickup Sports)
Pickup Pickleball (All Levels) Court 4							7:00AM-7:00PM (Pickup Sports)
Pickup Pickleball (All Levels) Court 3							7:00AM-7:00PM (Pickup Sports)
Gentle Yoga Studio 1							4:30PM-5:30PM (Mind-Body) <i>Amanda J.</i>