



Missouri Valley Family YMCA | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim/Exercise Family Splash Center		5:00AM-11:15AM (Lap Swim/Exercise) 11:55AM-6:30PM (Lap Swim/Exercise)	5:00AM-8:15AM (Lap Swim/Exercise) 9:05AM-9:00PM (Lap Swim/Exercise)	5:00AM-11:15AM (Lap Swim/Exercise) 11:55AM-6:30PM (Lap Swim/Exercise)	5:00AM-8:15AM (Lap Swim/Exercise) 9:05AM-6:30PM (Lap Swim/Exercise)		
Open Swim Family Splash Center		5:00AM-9:00PM (Open Swim)	5:00AM-9:00PM (Open Swim)	5:00AM-9:00PM (Open Swim)	5:00AM-9:00PM (Open Swim)	6:00AM-6:00PM (Open Swim)	9:00AM-6:00PM (Open Swim)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Johnson West Gym		5:00AM-4:00PM (Sports)	5:00AM-11:30AM (Sports) 1:00PM-4:00PM (Sports)	5:00AM-4:00PM (Sports)	5:00AM-11:30AM (Sports) 1:00PM-11:00PM (Sports)		9:00AM-7:00PM (Sports)
Open Gym Johnson East Gym		5:00AM-4:00PM (Sports)	5:00AM-11:30AM (Sports) 1:00PM-4:00PM (Sports)	5:00AM-4:00PM (Sports)	5:00AM-11:30AM (Sports) 1:00PM-11:00PM (Sports)		9:00AM-7:00PM (Sports)
Pickleball McDowell East Gym		5:00AM-1:00PM (Pickleball)	5:00AM-1:00PM (Pickleball)	5:00AM-1:00PM (Pickleball)	5:00AM-1:00PM (Pickleball)		
Pickleball McDowell West Gym		5:00AM-1:00PM (Pickleball)	5:00AM-1:00PM (Pickleball)	5:00AM-1:00PM (Pickleball)	5:00AM-1:00PM (Pickleball)		
Lap Swim All Lanes Kerr Pool		5:00AM-5:00PM (Lap Swim) 6:30PM-9:00PM (Lap Swim)	5:00AM-9:00PM (Lap Swim)	5:00AM-5:40PM (Lap Swim) 6:30PM-9:00PM (Lap Swim)	5:00AM-9:00PM (Lap Swim)	6:00AM-10:05AM (Lap Swim) 10:50AM-6:00PM (Lap Swim)	9:00AM-6:00PM (Lap Swim)
BodyCombat Studio 1		5:30AM-6:25AM (Cardio) <i>Kari H.</i>					
Cycle Express Cycle Studio		5:45AM-6:30AM (Cycle) <i>Jenna K.</i>					
Open to Public Family Play Center		8:00AM-9:30AM (Family Play Center) 10:30AM-2:30PM (Family Play Center) 5:00PM-7:00PM (Family Play Center)	8:00AM-9:30AM (Family Play Center) 10:30AM-2:30PM (Family Play Center) 5:00PM-7:00PM (Family Play Center)	8:00AM-9:30AM (Family Play Center) 10:30AM-2:30PM (Family Play Center) 5:00PM-7:00PM (Family Play Center)	8:00AM-9:30AM (Family Play Center) 10:30AM-2:30PM (Family Play Center) 5:00PM-7:00PM (Family Play Center)	8:00AM-1:00PM (Family Play Center) 3:30PM-6:00PM (Family Play Center)	9:00AM-1:00PM (Family Play Center) 3:30PM-6:00PM (Family Play Center)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Child Watch Child Watch Class Room		8:30AM-10:30AM (Child Watch) <i>Child W.</i> 9:00AM-11:00AM (Child Watch) <i>Child W.</i> 9:30AM-11:30AM (Child Watch) <i>Child W.</i> 10:00AM-12:00PM (Child Watch) <i>Child W.</i> 10:30AM-12:30PM (Child Watch) <i>Child W.</i> 4:00PM-6:00PM (Child Watch) <i>Child W.</i> 4:30PM-6:30PM (Child Watch) <i>Child W.</i> 5:00PM-7:00PM (Child Watch) <i>Child W.</i> 5:30PM-7:00PM (Child Watch) <i>Child W.</i>	8:30AM-10:30PM (Child Watch) <i>Child W.</i> 9:00AM-11:00AM (Child Watch) <i>Child W.</i> 9:30AM-11:30AM (Child Watch) <i>Child W.</i> 10:00AM-12:00PM (Child Watch) <i>Child W.</i> 10:30AM-12:30PM (Child Watch) <i>Child W.</i> 4:00PM-6:00PM (Child Watch) <i>Child W.</i> 4:30PM-6:30PM (Child Watch) <i>Child W.</i> 5:00PM-7:00PM (Child Watch) <i>Child W.</i> 5:30PM-7:00PM (Child Watch) <i>Child W.</i>	8:30AM-10:30AM (Child Watch) <i>Child W.</i> 9:00AM-11:00AM (Child Watch) <i>Child W.</i> 9:30AM-11:30AM (Child Watch) <i>Child W.</i> 10:00AM-12:00PM (Child Watch) <i>Child W.</i> 10:30AM-12:30PM (Child Watch) <i>Child W.</i> 4:00PM-6:00PM (Child Watch) <i>Child W.</i> 4:30PM-6:30PM (Child Watch) <i>Child W.</i> 5:00PM-7:00PM (Child Watch) <i>Child W.</i> 5:30PM-7:00PM (Child Watch) <i>Child W.</i>	8:30AM-10:30AM (Child Watch) <i>Child W.</i> 9:00AM-11:00AM (Child Watch) <i>Child W.</i> 9:30AM-11:30AM (Child Watch) <i>Child W.</i> 10:00AM-12:00PM (Child Watch) <i>Child W.</i> 10:30AM-12:30PM (Child Watch) <i>Child W.</i> 4:00PM-6:00PM (Child Watch) <i>Child W.</i> 4:30PM-6:30PM (Child Watch) <i>Child W.</i> 5:00PM-7:00PM (Child Watch) <i>Child W.</i> 5:30PM-7:00PM (Child Watch) <i>Child W.</i>	8:30AM-10:30AM (Child Watch) <i>Child W.</i> 9:00AM-11:00AM (Child Watch) <i>Child W.</i> 9:30AM-11:30AM (Child Watch) <i>Child W.</i> 10:00AM-12:00PM (Child Watch) <i>Child W.</i> 10:30AM-12:30PM (Child Watch) <i>Child W.</i> 4:00PM-6:00PM (Child Watch) <i>Child W.</i> 4:30PM-6:30PM (Child Watch) <i>Child W.</i> 5:00PM-7:00PM (Child Watch) <i>Child W.</i> 5:30PM-7:00PM (Child Watch) <i>Child W.</i>	8:00AM-10:00AM (Child Watch) <i>Child W.</i> 8:30AM-10:30AM (Child Watch) <i>Child W.</i> 9:00AM-11:00AM (Child Watch) <i>Child W.</i> 9:30AM-11:30AM (Child Watch) <i>Child W.</i> 10:00AM-12:00PM (Child Watch) <i>Child W.</i>	
PowerTone Studio 1		8:40AM-9:35AM (Sculpt & Tone) <i>Patsy S.</i> 4:30PM-5:15PM (Sculpt & Tone) <i>Megan M.</i>		8:40AM-9:35AM (Sculpt & Tone) <i>Patsy S.</i>				
Cycle Cycle Studio		8:45AM-9:30AM (Cycle) <i>Mandy S.</i>	8:45AM-9:30AM (Cycle) <i>Mandy S.</i>		5:30AM-6:25AM (Cycle) <i>Kilee H.</i> 8:45AM-9:30AM (Cycle) <i>Mandy S.</i>	9:00AM-9:55AM (Cycle) <i>Jenna K.</i>		
Closed to Public Family Play Center		9:30AM-10:30AM (Family Play Center) 2:30PM-5:00PM (Family Play Center)	9:30AM-10:30AM (Family Play Center) 1:00PM-5:00PM (Family Play Center)	9:30AM-10:30AM (Family Play Center) 2:30PM-5:00PM (Family Play Center)	9:30AM-10:30AM (Family Play Center) 2:30PM-5:00PM (Family Play Center)	1:00PM-3:30PM (Family Play Center)	1:00PM-3:30PM (Family Play Center)	
Stretch & Restore Cycle Studio		9:30AM-10:00AM (Flexibility Training) <i>Mandy S.</i>			9:30AM-10:00AM (Flexibility Training) <i>Mandy S.</i>			
CANCELED: Les Mills Core Mind & Body		9:45AM-10:15AM (Sculpt & Tone) <i>Darcy S.</i>						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver Sneakers Studio 1		9:50AM-10:45AM (Foreverwell) <i>Jennifer B.</i> 1:05PM-1:50PM (Foreverwell) <i>Allyson H.</i>		9:50AM-10:45AM (Foreverwell) <i>Jennifer B.</i>			
Active Aging Strength (prior purchase required) Functional Training Area		10:15AM-11:00AM (Small Group Training- Purchase Required) <i>Kara E.</i>					
Chair Yoga Studio 1		10:55AM-11:50AM (Yoga) <i>Elizabeth G.</i>		10:55AM-11:50AM (Yoga) <i>Chris E.</i>			
Aqua Fit Family Splash Center		11:05AM-11:55AM (Water Fitness) <i>Sandy R.</i>	8:15AM-9:00AM (Water Fitness) <i>Jennifer B.</i> 8:15AM-9:05AM (Water Fitness)		8:15AM-9:05AM (Water Fitness) 8:15AM-9:00AM (Water Fitness) <i>Kaye K.</i>		
AA Water Fitness Family Splash Center		11:15AM-11:55AM (Water Fitness)		11:15AM-11:55AM (Water Fitness)			
Ladies Who Lift (Prior Purchase Required) Life Center		12:05PM-12:50PM (Small Group Training- Purchase Required) <i>Allie E.</i>		12:05PM-12:50PM (Small Group Training- Purchase Required) <i>Allie E.</i>			
Mixed Levels Flow Mind & Body		12:05PM-12:50PM (Yoga) <i>Elizabeth G.</i>		12:05PM-12:50PM (Yoga) <i>Elizabeth G.</i>			
Open Gym McDowell East Gym		1:00PM-11:00PM (Open Gym)	1:00PM-11:00PM (Open Gym)	1:00PM-11:00PM (Open Gym)	1:00PM-11:00PM (Open Gym)	6:00AM-7:00PM (Open Gym)	9:00AM-7:00PM (Open Gym)
Open Gym McDowell West Gym		1:00PM-4:00PM (Open Gym)	1:00PM-4:00PM (Open Gym)	1:00PM-4:00PM (Open Gym)	1:00PM-11:00PM (Open Gym)	6:00AM-7:00PM (Open Gym)	9:00AM-1:00PM (Open Gym)
Youth Sports Activity Johnson West Gym		4:00PM-7:30PM (Sports)	4:00PM-7:30PM (Sports)	4:00PM-7:30PM (Sports)		9:00AM-7:00PM (Sports)	
Closed McDowell West Gym		4:00PM-7:30PM (Youth Sports Programs)	4:00PM-7:30PM (Youth Sports Programs)	4:00PM-7:30PM (Youth Sports Programs)			
Youth Sports Activity Johnson East Gym		4:00PM-7:30PM (Sports)	4:00PM-7:30PM (Sports)	4:00PM-7:30PM (Sports)		9:00AM-7:00PM (Sports)	
Club Cardio Dance Mind & Body		4:30PM-5:25PM (Dance Cardio) <i>Kat C.</i>				9:00AM-9:55AM (Dance Cardio) <i>Kat C.</i>	
Itty Bitty Basketball Basketball Court		4:30PM-7:15PM (Itty Bitty Sports- Courts closed)					
Yoga Level 1 Mind & Body		5:30PM-6:25PM (Yoga) <i>Jeanne P.</i>	12:05PM-12:50PM (Yoga) <i>Debi R.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyAttack Studio 1		5:30PM-6:25PM (Cardio) <i>Kari H.</i>					
Aqua Zumba Kerr Pool		5:45PM-6:30PM (Water Fitness) 5:45PM-6:30PM (Water Fitness) <i>Sarah W.</i>		5:45PM-6:30PM (Water Fitness) 5:45PM-6:30PM (Water Fitness) <i>Whitney P.</i>		10:05AM-10:55AM (Water Fitness) 10:05AM-10:50AM (Water Fitness) <i>Whitney P.</i>	
Deep water use only Kerr Pool		5:45PM-6:30PM (Lap Swim/Exercise)		5:45PM-6:30PM (Lap Swim/Exercise)			
Slides Open Family Splash Center		6:30PM-8:50PM (Slides)		6:30PM-8:50PM (Slides)	6:30PM-8:50PM (Slides)	1:00PM-5:50PM (Slides)	9:00AM-5:50PM (Slides)
BodyPump Studio 1		6:30PM-7:30PM (Group Strength) <i>Shelly R.</i>	5:30AM-6:30AM (Group Strength) <i>Jen J.</i> 4:25PM-5:25PM (Group Strength) <i>Kari H.</i>	5:30PM-6:30PM (Group Strength) <i>Jayne S.</i>	9:45AM-10:45AM (Group Strength) <i>Kat C.</i>	7:45AM-8:45AM (Group Strength) <i>Shelly R.</i> 10:05AM-11:05AM (Group Strength) <i>Christina P.</i>	
Express Circuit (prior purchase required) Functional Training Area			5:30AM-6:00AM (Small Group Training- Purchase Required) <i>Ethan L.</i>		5:30AM-6:00AM (Small Group Training- Purchase Required) <i>Ethan L.</i>		
CANCELED: Ladies Who Lift (Prior Purchase Required) Life Center			7:30AM-8:15AM (Small Group Training- Purchase Required) <i>Kara E.</i>				
Yoga Level 2 Mind & Body			8:45AM-9:40AM (Yoga) <i>Kris M.</i> 5:30PM-6:25PM (Yoga) <i>Jeanne P.</i>		8:45AM-9:40AM (Yoga) <i>Lynda T.</i>		
Cardio Dance Studio 1			9:45AM-10:40AM (Dance Cardio) <i>Kati A.</i>				
Pilates Studio 1			10:45AM-11:40AM (Sculpt & Tone) <i>Patsy S.</i>				
Noonball Johnson East Gym			11:30AM-1:00PM (Sports)		11:30AM-1:00PM (Sports)		
Noonball Johnson West Gym			11:30AM-1:00PM (Sports)		11:30AM-1:00PM (Sports)		
Potluck Foreverwell Area (by elevator)			12:00PM-1:00PM (Social Engagement)				
BodyPump Express Studio 1			12:05PM-12:50PM (Group Strength) <i>Kat C.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CANCELED: Total Body Knock Out (Prior Purchase required) Functional Training Area			12:05PM-12:50PM (Small Group Training- Purchase Required) <i>Kara E.</i>		12:05PM-12:50PM (Small Group Training- Purchase Required) <i>Kara E.</i>		
Step Studio 1			5:30PM-6:25PM (Cardio) <i>Teresa P.</i>			9:00AM-9:55AM (Cardio) <i>Shelly R.</i>	
Les Mills Core Mind & Body			6:30PM-7:00PM (Sculpt & Tone) <i>Darcy S.</i>				
BodyAttack Express Studio 1				5:30AM-6:00AM (Cardio) <i>Jen J.</i>			
Les Mills Core Studio 1				6:00AM-6:30AM (Sculpt & Tone) <i>Jen J.</i> 12:15PM-12:45PM (Sculpt & Tone) <i>Jen J.</i>			
Gentle Yoga Mind & Body				8:40AM-9:35AM (Yoga) <i>Elizabeth G.</i>			
Stretch & Restore Mind & Body				9:45AM-10:15AM (Flexibility Training) <i>Kat C.</i>			
CANCELED: Active Aging Strength (prior purchase required) Functional Training Area				10:15AM-10:15AM (Small Group Training- Purchase Required) <i>Kara E.</i>			
Kickboxing Studio 1				4:30PM-5:25PM (Cardio) <i>Megan M.</i>			
Stretch & Restore Studio 1				6:35PM-7:05PM (Flexibility Training) <i>Jayme S.</i>			
Ultimate Circuit Studio 1					5:30AM-6:25AM (Circuit Training) <i>donnette s.</i> 12:15PM-12:45PM (Circuit Training) <i>Megan M.</i>		
Swim Instructor Training Family Splash Center					9:00AM-4:00PM (Events)	9:00AM-4:00PM (Events)	
Zumba Studio 1					4:30PM-5:25PM (Zumba) <i>Sabina O.</i>		10:00AM-10:55AM (Zumba) <i>Sarah W.</i>
Tabata Circuit Mind & Body						10:00AM-10:45AM (Circuit Training) <i>Megan M.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 2 lanes Kerr Pool						10:05AM-10:50AM (Lap Swim)	
Somatic Flow Mind & Body							11:00AM-12:00PM (Yoga) <i>Elizabeth G.</i>



Family Wellness Mandan | May 18th - May 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ultimate Circuit Studio 1		5:30AM-6:25AM (Circuit Training) <i>Deb S.</i>	5:45PM-6:20PM (Circuit Training) <i>Holly N.</i>				
HIGH Fitness Studio 1		8:45AM-9:30AM (Cardio) <i>Kayla R.</i>					
BodyPump Studio 1		9:45AM-10:45AM (Group Strength) <i>Jen J.</i> 4:30PM-5:30PM (Group Strength) <i>Whitney P.</i>	6:30PM-7:30PM (Group Strength) <i>Christina P.</i>	5:30PM-6:30PM (Group Strength) <i>Holly N.</i>	5:30AM-6:30AM (Group Strength) <i>Dan M.</i> 9:45AM-10:45AM (Group Strength) <i>Jen J.</i>	10:05AM-11:05AM (Group Strength) <i>Holly N.</i>	10:20AM-11:20AM (Group Strength) <i>Kari H.</i> 4:30PM-5:30PM (Group Strength) <i>Christina P.</i>
Gentle Yoga Mind & Body		10:15AM-11:10AM (Yoga) <i>Julie B.</i>			10:15AM-11:10AM (Yoga) <i>Debi R.</i>		
Les Mills Core Studio 1		12:15PM-12:45PM (Sculpt & Tone) <i>Janelle M.</i>		4:45PM-5:15PM (Sculpt & Tone) <i>Christina P.</i>	12:15PM-12:45PM (Sculpt & Tone) <i>Jen J.</i>	9:00AM-9:30AM (Sculpt & Tone) <i>Jen J.</i>	
Yoga Level 3 Mind & Body		5:30PM-6:25PM (Yoga) <i>Deb S.</i>					
Cycle Cycle Studio		5:30PM-6:25PM (Cycle) <i>Alexa S.</i>	5:30AM-6:25AM (Cycle) <i>Holly N.</i>	5:30AM-6:25AM (Cycle) <i>Jenna K.</i>	5:30AM-6:25AM (Cycle) <i>Melanie C.</i>	8:45AM-9:40AM (Cycle) <i>Holly N.</i>	
Tabata Circuit Studio 1		5:45PM-6:25PM (Circuit Training) <i>Diana N.</i>					
Yoga Level 1 Mind & Body			5:30AM-6:25AM (Yoga) <i>Deb S.</i> 6:30PM-7:25PM (Yoga) <i>Chris E.</i>	12:05PM-1:00PM (Yoga) <i>Debi R.</i>			
Silver Fitness Studio 1			9:00AM-9:45AM (Foreverwell) <i>Allyson H.</i>				
Chair Yoga Studio 1			10:00AM-10:45AM (Yoga) <i>Elizabeth G.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Xabeat Studio 1			12:00PM-12:55PM (Dance Cardio) <i>Allyson H.</i>				
Zumba Mind & Body			5:30PM-6:25PM (Zumba) <i>Sabina O.</i>				
Cardio Dance Studio 1				8:45AM-9:40AM (Dance Cardio) <i>Kati A.</i>			
Silver Sneakers Studio 1				12:00PM-12:55PM (Foreverwell) <i>Allyson H.</i>			
Zumba Tone Mind & Body				5:30PM-6:15PM (Sculpt & Tone) <i>Sabina O.</i>			
Ultimate Circuit Mind & Body					5:30AM-6:25AM (Circuit Training) <i>Deb S.</i>		
BodyCombat Studio 1					8:45AM-9:40AM (Cardio) <i>Sarah P.</i>		9:15AM-10:15AM (Cardio) <i>Kari H.</i>
Zumba Gold Mind & Body					9:00AM-9:45AM (Zumba) <i>Allyson H.</i>		
Vinyasa Flow Mind & Body					11:30AM-12:25PM (Yoga) <i>Alexa S.</i>		
BodyAttack Studio 1						8:00AM-9:00AM (Cardio) <i>Jen J.</i>	
Yoga Level 2 Mind & Body						9:00AM-9:55AM (Yoga) <i>Deb S.</i>	
YogaSculpt Mind & Body						10:15AM-11:10AM (Yoga) <i>Alexa S.</i>	