



Missouri Valley Family YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim All Lanes Kerr Pool			5:00AM-9:00PM (Lap Swim)	5:00AM-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)
Open Swim Family Splash Center			5:00AM-9:00AM (Open Swim) 11:00AM-12:00PM (Open Swim) 4:00PM-4:30PM (Open Swim) 6:30PM-9:00PM (Open Swim)	5:00AM-9:00AM (Open Swim) 11:00AM-12:00PM (Open Swim) 4:00PM-5:00PM (Open Swim) 6:30PM-9:00PM (Open Swim)	5:00AM-9:00AM (Open Swim) 11:30AM-9:00PM (Open Swim)	6:00AM-6:00PM (Open Swim)	9:00AM-6:00PM (Open Swim)
Open Gym Johnson East Gym			5:00AM-8:30AM (Sports) 11:30AM-12:30PM (Sports) 4:00PM-11:00PM (Sports)	5:00AM-8:30AM (Sports) 11:30AM-12:30PM (Sports) 4:00PM-11:00PM (Sports)	5:00AM-11:00PM (Sports)	6:00AM-7:00PM (Sports)	9:00AM-7:00PM (Sports)
Open Gym Johnson West Gym			5:00AM-8:30AM (Sports) 11:30AM-12:30PM (Sports) 4:00PM-11:00PM (Sports)	5:00AM-8:30AM (Sports) 11:30AM-12:30PM (Sports) 4:00PM-11:00PM (Sports)	5:00AM-11:00PM (Sports)	6:00AM-7:00PM (Sports)	9:00AM-7:00PM (Sports)
Open Gym McDowell East Gym			5:00AM-8:30AM (Open Gym) 11:30AM-12:30PM (Open Gym) 4:00PM-11:00PM (Open Gym)	5:00AM-8:30AM (Open Gym) 11:30AM-12:30PM (Open Gym) 4:00PM-11:00PM (Open Gym)	3:00PM-11:00PM (Open Gym)	6:00AM-7:00PM (Open Gym)	9:00AM-7:00PM (Open Gym)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym McDowell West Gym			5:00AM-8:30AM (Open Gym) 11:30AM-12:30PM (Open Gym) 4:00PM-11:00PM (Open Gym)	5:00AM-8:30AM (Open Gym) 11:30AM-12:30PM (Open Gym) 4:00PM-11:00PM (Open Gym)	3:00PM-11:00PM (Open Gym)	6:00AM-7:00PM (Open Gym)	9:00AM-7:00PM (Open Gym)
BodyPump Studio 1			5:30AM-6:30AM (Group Strength) <i>Sarah K.</i> 4:25PM-5:25PM (Group Strength) <i>Kari H.</i>	5:30PM-6:30PM (Group Strength) <i>Jayme 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>	
Total Body Knock Out (Purchase required) Functional Training Area			5:30AM-6:15AM (Small Group Bootcamps) <i>Ethan L.</i> 12:05PM-12:50PM (Small Group Bootcamps) <i>Kara E.</i> 5:30PM-6:15PM (Small Group Bootcamps) <i>Joseph M.</i>		5:30AM-6:15AM (Small Group Bootcamps) <i>Ethan L.</i>		

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Play Center Fun Time Family Play Center			8:00AM-9:30AM (Family Play Center) 10:30AM-1:00PM (Family Play Center) 5:00PM-7:00PM (Family Play Center)	8:00AM-9:30AM (Family Play Center) 10:30AM-1:00PM (Family Play Center) 2:00PM-3:30PM (Family Play Center) 5:00PM-7:00PM (Family Play Center)	8:00AM-9:30AM (Family Play Center) 10:30AM-1:00PM (Family Play Center) 2:00PM-3:30PM (Family Play Center) 5:00PM-7:00PM (Family Play Center)	9:00AM-12:00PM (Family Play Center) 10:30AM-1:00PM (Family Play Center) 1:00PM-4:00PM (Family Play Center)	10:00AM-12:00PM (Family Play Center) 1:00PM-4:00PM (Family Play Center)
Aqua Fit Family Splash Center			8:15AM-9:00AM (Water Fitness) <i>Jennifer B.</i> 8:15AM-9:05AM (Water Fitness)	11:05AM-11:55AM (Water Fitness) <i>Kaye K.</i>	8:15AM-9:05AM (Water Fitness) 8:15AM-9:00AM (Water Fitness) <i>Kaye K.</i>		
Child Watch Child Watch Class Room			8:30AM-10:30AM (Child Watch) 9:00AM-11:00AM (Child Watch) 9:30AM-11:30AM (Child Watch) 10:00AM-12:00PM (Child Watch) <i>Nikia P.</i> 10:30AM-12:30PM (Child Watch) 4:00PM-6:00PM (Child Watch) 4:30PM-6:30PM (Child Watch) 5:00PM-7:00PM (Child Watch) 5:30PM-7:00PM (Child Watch)	8:30AM-10:30AM (Child Watch) 9:00AM-11:00AM (Child Watch) 9:30AM-11:30AM (Child Watch) 10:00AM-12:00PM (Child Watch) 10:30AM-12:30PM (Child Watch) 4:00PM-6:00PM (Child Watch) 4:30PM-6:30PM (Child Watch) 5:00PM-7:00PM (Child Watch) <i>Nikia P.</i> 5:30PM-7:00PM (Child Watch)	8:30AM-10:30AM (Child Watch) 9:00AM-11:00AM (Child Watch) 9:30AM-11:30AM (Child Watch) 10:00AM-12:00PM (Child Watch) 10:30AM-12:30PM (Child Watch)	8:00AM-10:00AM (Child Watch) 8:30AM-10:30AM (Child Watch) 9:00AM-11:00AM (Child Watch) 9:30AM-11:30AM (Child Watch) 10:00AM-12:00PM (Child Watch) <i>Nikia P.</i>	
Cycle Cycle Studio			8:45AM-9:30AM (Cycle) <i>Mandy S.</i>	4:30PM-5:15PM (Cycle) <i>Kat C.</i>	5:30AM-6:25AM (Cycle) <i>Dan M.</i> 8:45AM-9:30AM (Cycle) <i>Mandy S.</i>	9:00AM-9:55AM (Cycle) <i>Mandy S.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Level 2 Mind & Body			8:45AM-9:40AM (Yoga) <i>Kris M.</i> 5:30PM-6:25PM (Yoga) <i>Jeanne P.</i>	12:05PM-12:50PM (Yoga) <i>Elizabeth G.</i>	8:45AM-9:40AM (Yoga) <i>Lynda T.</i>		11:00AM-11:55AM (Yoga) <i>Elizabeth G.</i>
Youth Sports Activity Johnson East Gym			8:45AM-11:30AM (Sports) 12:45PM-4:00PM (Sports)	8:45AM-11:30AM (Sports) 12:45PM-4:00PM (Sports)			
Youth Sports Activity Johnson West Gym			8:45AM-11:30AM (Sports) 12:45PM-4:00PM (Sports)	8:45AM-11:30AM (Sports) 12:45PM-4:00PM (Sports)			
Youth Sports Activity McDowell West Gym			8:45AM-11:30AM (Youth Sports Programs) 12:45PM-4:00PM (Youth Sports Programs)	8:45AM-11:30AM (Youth Sports Programs) 12:45PM-4:00PM (Youth Sports Programs)			
Youth Sports Activity McDowell East Gym			8:45AM-11:30AM (Youth Sports Programs) 12:45PM-4:00PM (Youth Sports Programs)	8:45AM-11:30AM (Youth Sports Programs) 12:45PM-4:00PM (Youth Sports Programs)			
Swim Lessons Family Splash Center			9:00AM-11:00AM (Swim Lessons) 12:00PM-2:00PM (Swim Lessons) 4:30PM-6:30PM (Swim Lessons)	9:00AM-11:00AM (Swim Lessons) 12:00PM-2:00PM (Swim Lessons) 5:00PM-6:30PM (Swim Lessons)	9:00AM-11:30AM (Swim Lessons)		
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>				
CORE-DIO (Purchase Required) Functional Training Area			11:00AM-11:45PM (Small Group Bootcamps) <i>Ethan L.</i>		11:00AM-11:45AM (Small Group Bootcamps) <i>Ethan L.</i>		
BodyPump Express Studio 1			12:05PM-12:50PM (Group Strength) <i>Kat C.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Level 1 Mind & Body			12:05PM-12:50PM (Yoga) <i>Debi R.</i>				
Summer Camp - Pool Closed to Public Family Splash Center			2:00PM-4:00PM (Camps)	2:00PM-4:00PM (Camps)			
Step Studio 1			5:30PM-6:25PM (Cardio) <i>Teresa P.</i>			9:00AM-9:55AM (Cardio) <i>Shelly R.</i>	
Cycle Express Cycle Studio			5:30PM-6:00PM (Cycle) <i>Mandy S.</i>	9:45AM-10:15AM (Cycle) <i>Mandy S.</i>			
Slides Open Family Splash Center			6:30PM-8:50PM (Slides)		12:00PM-7:00PM (Slides)	1:00PM-5:50PM (Slides)	1:00PM-5:50PM (Slides)
BodyAttack Studio 1				5:30AM-6:30AM (Cardio) <i>Kari H.</i>			
Pi-Strength (Purchase Required) Functional Training Area				8:00AM-8:45AM (Small Group Bootcamps) <i>Allie E.</i>			
Gentle Yoga Mind & Body				8:40AM-9:35AM (Yoga) <i>Elizabeth G.</i>			
PowerTone Studio 1				8:40AM-9:35AM (Sculpt & Tone) <i>Patsy S.</i>			
Stretch & Restore Mind & Body				9:45AM-10:15AM (Flexibility Training) <i>Kat C.</i>			
Silver Sneakers Studio 1				9:45AM-10:40AM (Primetime) <i>Jennifer B.</i>			
Stretch & Restore Cycle Studio				10:15AM-10:30AM (Flexibility Training) <i>Mandy S.</i>	9:30AM-10:00AM (Flexibility Training) <i>Mandy S.</i>		
Below the Belt (Purchase Required) Functional Training Area				12:05PM-12:50PM (Small Group Bootcamps) <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>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ultimate Circuit Studio 1					5:30AM-6:25AM (Circuit Training) <i>donnette s.</i> 12:15PM-12:45PM (Circuit Training) <i>Megan M.</i>		
Pickleball McDowell East Gym					5:30AM-3:00PM (Pickleball)		
Pickleball McDowell West Gym					5:30AM-3:00PM (Pickleball)		
Core and More (Purchase Required) Functional Training Area					12:05PM-12:50PM (Small Group Bootcamps) <i>Kara E.</i>		
Zumba Studio 1					4:30PM-5:25PM (Zumba) <i>Sabina O.</i>		10:00AM-10:55AM (Zumba) <i>Sarah W.</i>
Club Cardio Dance Mind & Body						9:00AM-9:55AM (Dance Cardio) <i>Sabina O.</i>	
Tabata Circuit Mind & Body						10:00AM-10:45AM (Circuit Training) <i>Megan M.</i>	
Aqua Zumba Kerr Pool						10:05AM-10:50AM (Water Fitness) 10:05AM-10:50AM (Water Fitness) <i>Whitney P.</i>	
Lap Swim 2 lanes Kerr Pool						10:05AM-10:50AM (Lap Swim)	



Family Wellness Mandan | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wally ball court 1 Walley Ball 1			5:00AM-6:00AM (Wally Ball 1) <i>Nikia P.</i>	5:00AM-6:00AM (Wally Ball 1) <i>Nikia P.</i>	5:00AM-6:00AM (Wally Ball 1) <i>Nikia P.</i>	5:00AM-6:00AM (Wally Ball 1) <i>Nikia P.</i>	5:00AM-6:00AM (Wally Ball 1) <i>Nikia P.</i>
			6:00AM-7:00AM (Wally Ball 1) <i>Nikia P.</i>	6:00AM-7:00AM (Wally Ball 1) <i>Nikia P.</i>	6:00AM-7:00AM (Wally Ball 1) <i>Nikia P.</i>	6:00AM-7:00AM (Wally Ball 1) <i>Nikia P.</i>	6:00AM-7:00AM (Wally Ball 1) <i>Nikia P.</i>
			7:00AM-8:00AM (Wally Ball 1) <i>Nikia P.</i>	7:00AM-8:00AM (Wally Ball 1) <i>Nikia P.</i>	7:00AM-8:00AM (Wally Ball 1) <i>Nikia P.</i>	7:00AM-8:00AM (Wally Ball 1) <i>Nikia P.</i>	7:00AM-8:00AM (Wally Ball 1) <i>Nikia P.</i>
			8:00AM-9:00AM (Wally Ball 1) <i>Nikia P.</i>	8:00AM-9:00AM (Wally Ball 1) <i>Nikia P.</i>	8:00AM-9:00AM (Wally Ball 1) <i>Nikia P.</i>	8:00AM-9:00AM (Wally Ball 1) <i>Nikia P.</i>	8:00AM-9:00AM (Wally Ball 1) <i>Nikia P.</i>
			9:00AM-10:00AM (Wally Ball 1) <i>Nikia P.</i>	9:00AM-10:00AM (Wally Ball 1) <i>Nikia P.</i>	9:00AM-10:00AM (Wally Ball 1) <i>Nikia P.</i>	9:00AM-10:00AM (Wally Ball 1) <i>Nikia P.</i>	9:00AM-10:00AM (Wally Ball 1) <i>Nikia P.</i>
			10:00AM-12:00PM (Wally Ball 1) <i>Nikia P.</i>	10:00AM-12:00PM (Wally Ball 1) <i>Nikia P.</i>	10:00AM-12:00PM (Wally Ball 1) <i>Nikia P.</i>	10:00AM-12:00PM (Wally Ball 1) <i>Nikia P.</i>	10:00AM-12:00PM (Wally Ball 1) <i>Nikia P.</i>
			12:00PM-2:00PM (Wally Ball 1) <i>Nikia P.</i>	12:00PM-2:00PM (Wally Ball 1) <i>Nikia P.</i>	12:00PM-2:00PM (Wally Ball 1) <i>Nikia P.</i>	12:00PM-2:00PM (Wally Ball 1) <i>Nikia P.</i>	12:00PM-2:00PM (Wally Ball 1) <i>Nikia P.</i>
			2:00PM-4:00PM (Wally Ball 1) <i>Nikia P.</i>	2:00PM-4:00PM (Wally Ball 1) <i>Nikia P.</i>	2:00PM-4:00PM (Wally Ball 1) <i>Nikia P.</i>	2:00PM-4:00PM (Wally Ball 1) <i>Nikia P.</i>	2:00PM-4:00PM (Wally Ball 1) <i>Nikia P.</i>
			4:00PM-6:00PM (Wally Ball 1) <i>Nikia P.</i>	4:00PM-6:00PM (Wally Ball 1) <i>Nikia P.</i>	4:00PM-6:00PM (Wally Ball 1) <i>Nikia P.</i>	4:00PM-6:00PM (Wally Ball 1) <i>Nikia P.</i>	4:00PM-6:00PM (Wally Ball 1) <i>Nikia P.</i>
		6:00PM-8:00PM (Wally Ball 1) <i>Nikia P.</i>	6:00PM-8:00PM (Wally Ball 1) <i>Nikia P.</i>	6:00PM-8:00PM (Wally Ball 1) <i>Nikia P.</i>	6:00PM-8:00PM (Wally Ball 1) <i>Nikia P.</i>	6:00PM-8:00PM (Wally Ball 1) <i>Nikia P.</i>	
Tabata Circuit Studio 1			5:30AM-6:20AM (Circuit Training) <i>Diana N.</i>				
			5:30PM-6:20PM (Circuit Training) <i>Deb S.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Cycle Studio			5:30AM-6:25AM (Cycle) <i>Holly N.</i>	5:30AM-6:25AM (Cycle) <i>Jessica E.</i>	5:30AM-6:25AM (Cycle) <i>Holly N.</i>	8:45AM-9:40AM (Cycle) <i>Holly N.</i>	
Yoga Level 1 Mind & Body			5:30AM-6:25AM (Yoga) <i>Deb S.</i> 6:30PM-7:25PM (Yoga) <i>Brenda S.</i>	12:05PM-1:00PM (Yoga) <i>Debi R.</i>			
Silver Sneakers Studio 1			9:00AM-9:45AM (Primetime) <i>Bri W.</i>				
Chair Yoga Studio 1			10:00AM-10:45AM (Yoga) <i>Brenda S.</i>				
Xabeat Studio 1			12:00PM-12:55PM (Dance Cardio) <i>Sarah W.</i>				
Zumba Mind & Body			5:30PM-6:25PM (Zumba) <i>Sabina O.</i>				
BodyPump Studio 1			6:30PM-7:30PM (Group Strength) <i>Whitney P.</i>	5:30PM-6:30PM (Group Strength) <i>Holly N.</i>	5:30AM-6:30AM (Group Strength) <i>Whitney P.</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>
Cardio Dance Studio 1				8:45AM-9:40AM (Dance Cardio) <i>Kati A.</i>			
Club Zumba Mind & Body				5:30PM-6:25PM (Zumba) <i>Whitney P.</i>			
Ultimate Circuit Mind & Body					5:30AM-6:25AM (Circuit Training) <i>Deb S.</i>		
BodyCombat Studio 1					8:45AM-9:40AM (Cardio) <i>Kari H.</i>		9:15AM-10:15AM (Cardio) <i>Kari H.</i>
Gentle Yoga Mind & Body					10:15AM-11:10AM (Yoga) <i>Debi R.</i>		
Ultimate Circuit Studio 1						6:15AM-7:00AM (Circuit Training) <i>McKaela H.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Circuit Studio 1						8:00AM-8:55AM (Circuit Training) <i>Jen J.</i>	
Yoga Level 2 Mind & Body						9:00AM-9:55AM (Yoga) <i>Deb S.</i>	