



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Cardio Strength</b> Northshore Y Multi Purpose Room	8:15 a.m.-9:00 a.m. (Cardio)		8:15 a.m.-9:00 a.m. (Cardio)				
<b>Kids Zone: Ages 6-weeks to 2-years-old</b> Northshore Y Kids Corner	8:45 a.m.-12:00 p.m. (Kids Zone Drop In)	9:00 a.m.-12:00 p.m. (Kids Zone Drop In)	9:00 a.m.-12:00 p.m. (Kids Zone Drop In)	9:00 a.m.-12:00 p.m. (Kids Zone Drop In)	8:45 a.m.-12:00 p.m. (Kids Zone Drop In)	9:00 a.m.-12:30 p.m. (Kids Zone Drop In)	9:00 a.m.-12:30 p.m. (Kids Zone Drop In)
<b>Les Mills BODYPUMP</b> Northshore Y Family Gymnasium	9:00 a.m.-9:45 a.m. (Strength)	6:00 p.m.-7:00 p.m. (Strength)	9:30 a.m.-10:15 a.m. (Strength)	6:00 p.m.-7:00 p.m. (Strength)	9:00 a.m.-9:45 a.m. (Strength)  5:45 p.m.-6:30 p.m. (Strength)	9:15 a.m.-10:15 a.m. (Strength)	
<b>Dance Fitness</b> Northshore Y Multi Purpose Room	9:15 a.m.-10:00 a.m. (Dance - Fitness)		9:15 a.m.-10:00 a.m. (Dance - Fitness)				
<b>AOA Cardio and Strength</b> Northshore Y Family Gymnasium	11:00 a.m.-11:45 a.m. (Cardio)		11:00 a.m.-11:45 a.m. (Cardio)		11:00 a.m.-11:45 a.m. (Cardio)		
<b>Aqua Fitness</b> Northshore Y Pool	11:15 a.m.-12:00 p.m. (Water Fitness)		11:15 a.m.-12:00 p.m. (Water Fitness)	8:00 a.m.-8:45 a.m. (Water Fitness)	11:15 a.m.-12:00 p.m. (Water Fitness)	8:00 a.m.-8:45 a.m. (Water Fitness)	
<b>Kids Zone: Ages 5 to 9-years-old</b> Northshore Y Adventure Zone	4:30 p.m.-8:30 p.m. (Kids Zone Drop In)	4:30 p.m.-8:30 p.m. (Kids Zone Drop In)	4:30 p.m.-8:30 p.m. (Kids Zone Drop In)	4:30 p.m.-8:30 p.m. (Kids Zone Drop In)			
<b>Kids Zone: Ages 6-weeks to 4-years-old</b> Northshore Y Kids Corner	4:30 p.m.-8:30 p.m. (Kids Zone Drop In)	4:30 p.m.-8:30 p.m. (Kids Zone Drop In)	4:30 p.m.-8:30 p.m. (Kids Zone Drop In)	4:30 p.m.-8:30 p.m. (Kids Zone Drop In)			
<b>Kids Zone: Ages 10 to 13-years-old</b> Northshore Y Youth Center	4:30 p.m.-8:30 p.m. (Kids Zone Drop In)	4:30 p.m.-8:30 p.m. (Kids Zone Drop In)	4:30 p.m.-8:30 p.m. (Kids Zone Drop In)	4:30 p.m.-8:30 p.m. (Kids Zone Drop In)			
<b>Total Body Conditioning</b> Northshore Y Family Gymnasium	6:00 p.m.-7:00 p.m. (Cardio)		6:00 p.m.-7:00 p.m. (Cardio)				
<b>Yoga - All Levels</b> Northshore Y Multi Purpose Room	6:15 p.m.-7:15 p.m. (Mind Body)	10:15 a.m.-11:15 a.m. (Mind Body)	10:30 a.m.-11:30 a.m. (Mind Body)  6:15 p.m.-7:15 p.m. (Mind Body)	10:15 a.m.-11:15 a.m. (Mind Body)		8:15 a.m.-9:15 a.m. (Mind Body)	10:30 a.m.-11:30 a.m. (Mind Body)
<b>Bollywood Fitness</b> Northshore Y Family Gymnasium	7:15 p.m.-8:00 p.m. (Dance - Fitness)		7:15 p.m.-8:00 p.m. (Dance - Fitness)				
<b>Boot Camp</b> Northshore Y Family Gymnasium		7:00 a.m.-7:45 a.m. (HIIT - Fitness)		7:00 a.m.-7:45 a.m. (HIIT - Fitness)			

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<b>Core Strength - Express</b> Northshore Y Multi Purpose Room		8:30 a.m.-9:00 a.m. (Strength)		8:30 a.m.-9:00 a.m. (Strength)  5:15 p.m.-5:45 p.m. (Strength)			
<b>Zumba®</b> Northshore Y Family Gymnasium		9:15 a.m.-10:00 a.m. (Dance - Fitness)  7:15 p.m.-8:00 p.m. (Dance - Fitness)		9:15 a.m.-10:00 a.m. (Dance - Fitness)  7:15 p.m.-8:00 p.m. (Dance - Fitness)		10:30 a.m.-11:30 a.m. (Dance - Fitness)	
<b>Pickleball - All Ages</b> Northshore Y Main Gymnasium		10:00 a.m.-2:00 p.m. (Pickleball Drop In)		10:00 a.m.-2:00 p.m. (Pickleball Drop In)			
<b>AOA - Chair Yoga</b> Northshore Y Multi Purpose Room		11:30 a.m.-12:15 p.m. (Mind Body)			12:00 p.m.-12:45 p.m. (Mind Body)		
<b>Arthritis &amp; Injury - Aqua Fitness</b> Northshore Y Pool		12:15 p.m.-1:00 p.m. (Water Fitness)		12:15 p.m.-1:00 p.m. (Water Fitness)	12:15 p.m.-1:00 p.m. (Water Fitness)		
<b>Core Strength - Express</b>		5:15 p.m.-5:45 p.m. (Strength)					
<b>Above the Barre</b>		6:00 p.m.-7:00 p.m. (Mind Body)					
<b>Above the Barre</b> Northshore Y Multi Purpose Room				6:00 p.m.-7:00 p.m. (Mind Body)			
<b>Line Dancing</b> Northshore Y Multi Purpose Room					9:15 a.m.-10:00 a.m. (Dance - Fitness)		
<b>Meditation</b> Northshore Y Multi Purpose Room						9:30 a.m.-10:00 a.m. (Mind Body)	
<b>Pickleball - All Ages</b> Northshore Y Family Gymnasium							9:30 a.m.-4:00 p.m. (Pickleball Drop In)
<b>Recreational Swim</b> Northshore Y Pool							10:00 a.m.-2:30 p.m. (Recreational & Community Swim)
<b>Lap Swim Limited</b> Northshore Y Pool							10:00 a.m.-4:30 p.m. (Lap Swim & Water Walking - Swim)