

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Strength Northshore Y Multi Purpose Room	8:15 a.m.-9:00 a.m. (Cardio)		8:15 a.m.-9:00 a.m. (Cardio)				
Kids Zone: Ages 6-weeks to 2-years-old 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)
Les Mills BODYPUMP 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)	
Dance Fitness 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)				
AOA Cardio and Strength 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)		
Aqua Fitness 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)	
Kids Zone: Ages 5 to 9-years-old 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)			
Kids Zone: Ages 6-weeks to 4-years-old 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)			
Kids Zone: Ages 10 to 13-years-old 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)			
Total Body Conditioning Northshore Y Family Gymnasium	6:00 p.m.-7:00 p.m. (Cardio)		6:00 p.m.-7:00 p.m. (Cardio)				
Yoga - All Levels 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)
Bollywood Fitness Northshore Y Family Gymnasium	7:15 p.m.-8:00 p.m. (Dance - Fitness)		7:15 p.m.-8:00 p.m. (Dance - Fitness)				
Boot Camp 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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Core Strength - Express 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)			
Zumba® 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)	
Pickleball - All Ages 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)			
AOA - Chair Yoga 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)		
Arthritis & Injury - Aqua Fitness 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)		
Core Strength - Express		5:15 p.m.-5:45 p.m. (Strength)					
Above the Barre		6:00 p.m.-7:00 p.m. (Mind Body)					
Above the Barre Northshore Y Multi Purpose Room				6:00 p.m.-7:00 p.m. (Mind Body)			
Line Dancing Northshore Y Multi Purpose Room					9:15 a.m.-10:00 a.m. (Dance - Fitness)		
Meditation Northshore Y Multi Purpose Room						9:30 a.m.-10:00 a.m. (Mind Body)	
Pickleball - All Ages Northshore Y Family Gymnasium							9:30 a.m.-4:00 p.m. (Pickleball Drop In)
Recreational Swim Northshore Y Pool							10:00 a.m.-2:30 p.m. (Recreational & Community Swim)
Lap Swim Limited Northshore Y Pool							10:00 a.m.-4:30 p.m. (Lap Swim & Water Walking - Swim)