# Group Exercise Schedule

**Platte County Community Center North**

**For questions regarding the group exercise schedule, please contact the Welcome Center at your Y.**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>6:00am-1:00pm Therapy Pool</td>
<td>6:00am-1:00pm Therapy Pool</td>
<td>6:00am-1:00pm Therapy Pool</td>
<td>6:00am-1:00pm Therapy Pool</td>
<td>5:15am-6:05am Cycle</td>
<td>8:00am-1:00pm Swim Lessons</td>
<td>10:00am-1:00pm Activity Pool</td>
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<tr>
<td>6:00am-8:00am Competition Pool</td>
<td>6:00am-8:00am Competition Pool</td>
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<td>6:00am-8:00am Competition Pool</td>
<td>6:00am-1:00pm Activity Pool</td>
<td>8:00am-1:00pm Activity Pool</td>
<td>10:00am-1:00pm Activity Pool</td>
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<tr>
<td>6:15am-7:00am Cycle</td>
<td>6:15am-7:00am BODYPUMP - Les Mills</td>
<td>6:15am-7:00am Competition Pool</td>
<td>6:15am-7:00am BODYPUMP - Les Mills</td>
<td>6:15am-7:00am Cycle</td>
<td>8:00am-1:00pm Therapy Pool</td>
<td>10:00am-1:00pm Competition Pool</td>
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<tr>
<td>7:05am-9:00am Pickleball - Drop In Play</td>
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<td>7:05am-9:00am Pickleball - Drop In Play</td>
<td>7:05am-9:00am Activity Pool</td>
<td>9:00am-1:00pm Therapy Pool</td>
<td>10:00am-1:00pm Competition Pool</td>
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<td>8:00am-10:00am Activity Pool</td>
<td>8:00am-1:00pm Activity Pool</td>
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<td>8:00am-1:00pm Activity Pool</td>
<td>8:00am-1:00pm Therapy Pool</td>
<td>10:00am-1:00pm Competition Pool</td>
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<tr>
<td>9:00am-9:50am AOA Low Impact</td>
<td>9:00am-9:50am AOA Chair Yoga</td>
<td>9:00am-9:50am Silver Sneakers Classic</td>
<td>9:00am-9:50am Pickleball - Drop In Play</td>
<td>9:00am-9:50am Activity Pool</td>
<td>9:00am-9:50am Pickleball - Drop In Play</td>
<td>10:00am-1:00pm Activity Pool</td>
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<tr>
<td>10:15am-11:00am Cycle</td>
<td>10:15am-11:00am Activity Pool</td>
<td>10:15am-11:00am Activity Pool</td>
<td>10:15am-11:00am Activity Pool</td>
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<td>10:15am-11:00am Activity Pool</td>
<td>10:00am-1:00pm Activity Pool</td>
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<tr>
<td>11:15am-12:00pm Aqua Turbo</td>
<td>11:15am-12:00pm Yoga Flow</td>
<td>11:15am-12:00pm Yoga Flow</td>
<td>11:15am-12:00pm Yoga Flow</td>
<td>11:15am-12:00am Aqua Turbo</td>
<td>11:15am-12:00am Aqua Turbo</td>
<td>10:00am-1:00pm Activity Pool</td>
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<tr>
<td>12:15pm-1:00pm AOA Chair Yoga</td>
<td>12:15pm-1:00pm Silver Sneakers Classic</td>
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<td>10:00am-1:00pm Activity Pool</td>
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<tr>
<td>1:15pm-3:00pm Pickleball - Drop In Play</td>
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<td>1:15pm-3:00pm Pickleball - Drop In Play</td>
<td>12:15pm-1:00am Silver Sneakers Classic</td>
<td>10:00am-1:00pm Activity Pool</td>
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<td>4:00pm-7:30pm Activity Pool</td>
<td>4:00pm-7:30pm Activity Pool</td>
<td>4:00pm-7:30pm Activity Pool</td>
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<td>4:00pm-7:30pm Activity Pool</td>
<td>12:15pm-1:00am Silver Sneakers Classic</td>
<td>10:00am-1:00pm Activity Pool</td>
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<td>5:00pm-7:30pm Competition Pool</td>
<td>5:00pm-7:30pm Therapy Pool</td>
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<td>4:00pm-7:30pm Therapy Pool</td>
<td>10:00am-1:00pm Activity Pool</td>
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<tr>
<td>5:30pm-6:30pm BODYPUMP - Les Mills</td>
<td>5:30pm-7:30pm Competition Pool</td>
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<td>5:30pm-6:30pm Yoga Flow</td>
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<td>5:00pm-6:30pm Competition Pool</td>
<td>10:00am-1:00pm Activity Pool</td>
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<tr>
<td>5:45pm-6:35pm Cardio Dance</td>
<td>5:45pm-6:35pm WERQ</td>
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<td>5:45pm-6:35pm WERQ</td>
<td>5:45pm-6:35pm Activity Pool</td>
<td>5:45pm-6:35pm WERQ</td>
<td>10:00am-1:00pm Activity Pool</td>
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<tr>
<td>6:30pm-7:20pm Studio B</td>
<td>6:30pm-7:20pm Studio B</td>
<td>6:30pm-7:20pm Studio B</td>
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<td>10:00am-1:00pm Activity Pool</td>
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</tbody>
</table>

**Activity Pool**
- Swimming
- Water Aerobics
- Aqua Zumba

**Competition Pool**
- Water Polo
- Swim Team

**Studio A**
- Cycle
- Cardio Dance
- AOA Chair Yoga
- Silver Sneakers Classic
- Total Body
- Boot Camp
- AOA Low Impact

**Studio B**
- BODYPUMP - Les Mills
- Swim Lessons
- Swim Lessons
- Yoga Flow
- Cardio Dance/Strength
- Silver Sneakers Classic
- Total Body
- AOA Low Impact

**Basketball Court**
- Pickleball - Drop In Play
- Basketball Coaches

**Pickleball - Drop In Play**
- AOA Chair Yoga
- Silver Sneakers Classic
- Total Body
- Boot Camp
- AOA Low Impact

**Silver Sneakers Classic**
- Classic
- Boot Camp
- Total Body
- AOA Low Impact

**AOA Chair Yoga**
- Chair Yoga
- Silver Sneakers Classic
- Total Body
- AOA Low Impact

**AOA Low Impact**
- Low Impact
- Silver Sneakers Classic
- Total Body
- AOA Low Impact

**Yoga Flow**
- Flow
- Silver Sneakers Classic
- Total Body
- AOA Low Impact

**Silver Sneakers Classic**
- Classic
- Boot Camp
- Total Body
- AOA Low Impact

**AOA Low Impact**
- Low Impact
- Silver Sneakers Classic
- Total Body
- AOA Low Impact

**Activity Pool**
- Swimming
- Water Aerobics
- Aqua Zumba

**Racquetball**
- Racquetball
- Pickleball - Drop In Play
- Basketball Coaches

**Cardio Dance**
- Dance
- Water Aerobics
- Aqua Zumba

**Strength Interval**
- Interval
- AOA Chair Yoga
- Silver Sneakers Classic
- Total Body
- AOA Low Impact

**Aqua Fit**
- Swim Lessons
- Swim Lessons
- Swim Lessons
- Swim Lessons
- Swim Lessons

**Total Body**
- Total Body
- Silver Sneakers Classic
- Total Body
- AOA Low Impact

**Yoga**
- Flow
- Silver Sneakers Classic
- Total Body
- AOA Low Impact

**Aqua Turbo**
- Aqua Turbo
- Swim Lessons
- Swim Lessons
- Swim Lessons
- Swim Lessons

**Silver Sneakers Classic**
- Classic
- Boot Camp
- Total Body
- AOA Low Impact

**AOA Chair Yoga**
- Chair Yoga
- Silver Sneakers Classic
- Total Body
- AOA Low Impact

**Silver Sneakers Classic**
- Classic
- Boot Camp
- Total Body
- AOA Low Impact

**AOA Chair Yoga**
- Chair Yoga
- Silver Sneakers Classic
- Total Body
- AOA Low Impact