



# GROUP FITNESS CLASSES

EFFECTIVE OCTOBER 1, 2024

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ELKINS-RANDOLPH COUNTY YMCA

WWW.ELKINSYMCA.COM

PH. 304-636-4515

| Monday                                      | Tuesday                                     | Wednesday                                 | Thursday   | Friday                                    | Saturday                         |
|---|---|---|--|---|----------------------------------|
| 8:00-9:00<br>Low-Impact Aerobics (Rotary)   |   | 8:00-9:00<br>Low-Impact Aerobics (Rotary) |  | 8:00-9:00<br>Low-Impact Aerobics (Rotary) |                                  |
| 9:00-10:00<br>Sr. Water Aerobics (Pool)     |   | 9:00-10:00<br>Sr. Water Aerobics (Pool)   | 9:15-10:15<br>Beginners Vinyasa (Gymnastics)<br>Starts 10/10 | 9:00-10:00<br>Sr. Water Aerobics (Pool)   | 9:00-10:00<br>Body Pump (Rotary) |
|   |   | 9:15-10:15<br>Body Pump (Rotary)          |  |   |                                  |
| 10:00-11:00<br>Tai Chi (Train Depot/Gym)    | 10:00-10:50<br>Circuit & Stability (Rotary) | 10:00-11:00<br>Tai Chi (Train Depot/Gym)  | 10:00-10:50<br>Circuit & Stability (Rotary)                  | 10:00-11:00<br>Tai Chi (Rotary)           |                                  |
|   | 10:15-11:15<br>Tai Chi (Gymnastics)         |   | 10:15-11:00<br>Tai Chi (Gymnastic)                           |   |                                  |
|   | 11:00-11:45<br>Senior Stretch (Rotary)      |   | 11:00-11:45<br>Senior Stretch (Rotary)                       | 11:00-12:00<br>H2O Aerobics (Pool)        |                                  |
|   | 12:00-12:30<br>BOOM (Rotary)                |   | 12:00-12:30<br>BOOM (Rotary)                                 |   |                                  |
| 5:00-6:00<br>H2O Aerobics (Pool)            |   | 5:00-6:00<br>H2O Aerobics (Pool)          |  |   |                                  |
| 5:00-6:00<br>Tai Chi (Gymnastics)           |   |   |  |   |                                  |
| 5:15-6:15<br>Body Pump (Rotary)             |   | 5:15-6:15<br>Body Pump (Rotary)           |  |   |                                  |
| 5:15-5:45<br>Group Cycling (Cycling Studio) |   |   |  |   |                                  |
| 6:00-7:00<br>Yoga (Gymnastics)              |   | 6:30-7:30<br>Tai Chi (Gymnastics)         |  |   |                                  |
| 6:30-8:00<br>Elkins Shotokan (Rotary)       |   | 6:30-8:00<br>Elkins Shotokan (Rotary)     |  |   |                                  |

Group fitness classes are included with membership. Facility day use fees apply for non-members.

Please sign in AND out with the front desk staff before the start of every class, including classes that take place in the Rotary room.

Please wipe off all equipment like weights before and after use. Please bring your own yoga mat and water bottle. There is a water bottle filling station in the lobby. If you are ill, please stay home.

Free nautilus and cardio room orientation for members by appointment – schedule with the front desk staff.

Reserve the **Les Mills Virtual classroom** online or through the front desk. The virtual player offers Les Mills classes: BodyBalance, BodyPump, Core, Sh’bam, and Sprint

## GYM SCHEDULE

| Monday  | Tuesday | Wednesday | Thursday           | Friday              | Saturday                            | Sunday                             |
|---|---------|-----------|--------------------|---------------------|-------------------------------------|------------------------------------|
| 5:00-10:00 Available for Pickleball           |         |           |                    |                     | 8:00-11:00 Available for Pickleball | CLOSED                             |
| 10:00-11:00 Reserved for Tai Chi classes      |         |           |                    | 10:00-7:00 Open Gym | 11:00-5:00 Open Gym                 | 12:00-2:00 Pickleball Reservations |
| 11:00-1:45 Open Gym                           |         |           |                    |                     |                                     |                                    |
| 1:45-2:45 Reserved for Good Christian Academy |         |           |                    |                     |                                     |                                    |
| 4:00-5:00 Reserved Afterschool Program        |         |           | 2:45-9:00 Open Gym |                     |                                     | 3:00-5:00 Open Gym                 |
| 5:00-9:00 Volleyball Starts 10/7              |         |           |                    | CLOSED              | CLOSED                              |                                    |



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**Schedule Notes**

**Please observe scheduled times.** 15-minute breaks are scheduled to allow for lifeguard breaks.

Children 10 and under will be swim tested by the lifeguard staff.

The pool will close during inclement weather or unforeseen maintenance issues. The pool closes for ½ hour following an incident of thunder.

Pool times are subject to change based on lifeguard availability.

**The online scheduler reflects the most current information on pool time availability and can be accessed at [www.elkinsymca.com](http://www.elkinsymca.com) under programs> aquatics.**

Day rates apply for non-members. **Please call ahead to ensure there are no pool closures.**

|  | Monday                                     | Tuesday                        | Wednesday                                     | Thursday                       | Friday                                 | Saturday                   | Sunday                   |
|--|--|--------------------------------|---|--------------------------------|--|----------------------------|--------------------------|
|  | 7:00-7:45<br>Lap Swim                      | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                         | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                  |                            |                          |
|  | 8:00-8:45<br>Lap Swim                      | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                         | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                  | 8:00-8:45<br>Lap Swim      |                          |
|  | 9:00-10:00<br>Senior Water<br>Aerobics     |                                | 9:00-10:00<br>Senior Water<br>Aerobics        |                                | 9:00-10:00<br>Senior Water<br>Aerobics | 9:00-9:45<br>Lap Swim      |                          |
|  | 10:00-11:00<br>Family Swim                 |                                | 10:00-11:00<br>Family Swim                    |                                | 10:00-10:45<br>Family Swim             | 10:00-10:45<br>Family Swim |                          |
|  | 11:00-11:45<br>Reserved for<br>Home School |                                | 11:00-11:45<br>Lap Swim                       |                                | 11:00-12:00<br>H2O Aerobics            | 11:00-11:45<br>Family Swim |                          |
|  | 12:00-12:45<br>Lap Swim                    |                                | 12:00-12:45<br>Lap Swim                       |                                | 12:00-12:45<br>Lap Swim                | 12:00-12:45<br>Lap Swim    | 12:00-12:45<br>Lap Swim  |
|  |  |                                |   |                                |  |                            | 1:00-1:45<br>Family Swim |
|  |  |                                |   |                                |  |                            | 2:00-3:00 Pool<br>Party  |
|  | 4:00-4:45<br>Family Swim                   | 4:00-4:45<br>Family<br>Swim    | 4:00-4:45<br>Reserved<br>Childcare<br>Program | 4:00-4:45<br>Family Swim       |  |                            | 3:00-3:45<br>Lap Swim    |
|  | 5:00-6:00<br>H2O Aerobics                  | 5:00-6:00<br>RAYS Swim<br>Team | 5:00-6:00<br>H2O Aerobics                     | 5:00-6:00<br>RAYS Swim<br>Team |  |                            |                          |
|  | 6:00-7:00<br>RAYS Swim<br>Team             | 6:00-7:00<br>Family<br>Swim    | 06:00-6:45<br>RAYS Swim<br>Team               | 6:00-7:00<br>Family Swim       |  |                            |                          |
|  | 7:00-7:45<br>RAYS Swim<br>Team             | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>RAYS Swim<br>Team                | 7:00-7:45<br>Lap Swim          |  |                            |                          |

Visit our website at [www.elkinsymca.com](http://www.elkinsymca.com) for program information or to reserve a pool time.

- **Lap swim times** are by reservation only. 3 lanes are available. Reserve times online or call the Y at 304-636-4515.
- **Family swim times**, reservations are not required but are recommended to be notified of schedule changes or pool closures. Day rates apply for non-members.
- **Pool parties** are held on Sunday afternoons. Reservations and payments must be made two weeks in advance.

Please observe the following pool guidelines:

- All members must sign in and out with the front desk staff through the lobby entrance.
- If you are ill, please stay home.
- Children under 12 must be accompanied in the facility by an adult.



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| 9:00-10:00<br>Sr. Water Aerobics (Pool)     |   | 9:00-10:00<br>Sr. Water Aerobics (Pool)   | 9:15-10:15<br>Beginners Vinyasa (Gymnastics)<br>Starts 10/10 | 9:00-10:00<br>Sr. Water Aerobics (Pool)   | 9:00-10:00<br>Body Pump (Rotary) |
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|   | 10:15-11:15<br>Tai Chi (Gymnastics)         |   | 10:15-11:00<br>Tai Chi (Gymnastic)                           |   |                                  |
|   | 11:00-11:45<br>Senior Stretch (Rotary)      |   | 11:00-11:45<br>Senior Stretch (Rotary)                       | 11:00-12:00<br>H2O Aerobics (Pool)        |                                  |
|   | 12:00-12:30<br>BOOM (Rotary)                |   | 12:00-12:30<br>BOOM (Rotary)                                 |   |                                  |
| 5:00-6:00<br>H2O Aerobics (Pool)            |   | 5:00-6:00<br>H2O Aerobics (Pool)          |  |   |                                  |
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| 6:00-7:00<br>Yoga (Gymnastics)              |   | 6:30-7:30<br>Tai Chi (Gymnastics)         |  |   |                                  |
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Please sign in AND out with the front desk staff before the start of every class, including classes that take place in the Rotary room.

Please wipe off all equipment like weights before and after use. Please bring your own yoga mat and water bottle. There is a water bottle filling station in the lobby. If you are ill, please stay home.

Free nautilus and cardio room orientation for members by appointment – schedule with the front desk staff.

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## GYM SCHEDULE

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| 11:00-1:45 Open Gym                           |         |           |                    |                     |                                     |                                    |
| 1:45-2:45 Reserved for Good Christian Academy |         |           |                    |                     |                                     |                                    |
| 4:00-5:00 Reserved Afterschool Program        |         |           | 2:45-9:00 Open Gym |                     |                                     |                                    |
| 5:00-9:00 Volleyball Starts 10/7              |         |           | 2:45-9:00 Open Gym | CLOSED              | CLOSED                              | 3:00-5:00 Open Gym                 |



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|  | 10:00-11:00<br>Family Swim                 |                                | 10:00-11:00<br>Family Swim                    |                                | 10:00-10:45<br>Family Swim             | 10:00-10:45<br>Family Swim |                          |
|  | 11:00-11:45<br>Reserved for<br>Home School |                                | 11:00-11:45<br>Lap Swim                       |                                | 11:00-12:00<br>H2O Aerobics            | 11:00-11:45<br>Family Swim |                          |
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|  |  |                                |   |                                |  |                            | 1:00-1:45<br>Family Swim |
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| 4:00-5:00 Reserved Afterschool Program        |         |           | 2:45-9:00 Open Gym |                     |                                     | 3:00-5:00 Open Gym                 |
| 5:00-9:00 Volleyball Starts 10/7              |         |           | 2:45-9:00 Open Gym | CLOSED              | CLOSED                              |                                    |



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|  | 8:00-8:45<br>Lap Swim                      | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                         | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                  | 8:00-8:45<br>Lap Swim      |                          |
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|  | 10:00-11:00<br>Family Swim                 |                                | 10:00-11:00<br>Family Swim                    |                                | 10:00-10:45<br>Family Swim             | 10:00-10:45<br>Family Swim |                          |
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|  | 5:00-6:00<br>H2O Aerobics                  | 5:00-6:00<br>RAYS Swim<br>Team | 5:00-6:00<br>H2O Aerobics                     | 5:00-6:00<br>RAYS Swim<br>Team |  |                            |                          |
|  | 6:00-7:00<br>RAYS Swim<br>Team             | 6:00-7:00<br>Family<br>Swim    | 06:00-6:45<br>RAYS Swim<br>Team               | 6:00-7:00<br>Family Swim       |  |                            |                          |
|  | 7:00-7:45<br>RAYS Swim<br>Team             | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>RAYS Swim<br>Team                | 7:00-7:45<br>Lap Swim          |  |                            |                          |

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# GROUP FITNESS CLASSES

EFFECTIVE OCTOBER 1, 2024

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ELKINS-RANDOLPH COUNTY YMCA

WWW.ELKINSYMCA.COM

PH. 304-636-4515

| Monday                                      | Tuesday                                     | Wednesday                                 | Thursday   | Friday                                    | Saturday                         |
|---|---|---|--|---|----------------------------------|
| 8:00-9:00<br>Low-Impact Aerobics (Rotary)   |   | 8:00-9:00<br>Low-Impact Aerobics (Rotary) |  | 8:00-9:00<br>Low-Impact Aerobics (Rotary) |                                  |
| 9:00-10:00<br>Sr. Water Aerobics (Pool)     |   | 9:00-10:00<br>Sr. Water Aerobics (Pool)   | 9:15-10:15<br>Beginners Vinyasa (Gymnastics)<br>Starts 10/10 | 9:00-10:00<br>Sr. Water Aerobics (Pool)   | 9:00-10:00<br>Body Pump (Rotary) |
|   |   | 9:15-10:15<br>Body Pump (Rotary)          |  |   |                                  |
| 10:00-11:00<br>Tai Chi (Train Depot/Gym)    | 10:00-10:50<br>Circuit & Stability (Rotary) | 10:00-11:00<br>Tai Chi (Train Depot/Gym)  | 10:00-10:50<br>Circuit & Stability (Rotary)                  | 10:00-11:00<br>Tai Chi (Rotary)           |                                  |
|   | 10:15-11:15<br>Tai Chi (Gymnastics)         |   | 10:15-11:00<br>Tai Chi (Gymnastic)                           |   |                                  |
|   | 11:00-11:45<br>Senior Stretch (Rotary)      |   | 11:00-11:45<br>Senior Stretch (Rotary)                       | 11:00-12:00<br>H2O Aerobics (Pool)        |                                  |
|   | 12:00-12:30<br>BOOM (Rotary)                |   | 12:00-12:30<br>BOOM (Rotary)                                 |   |                                  |
| 5:00-6:00<br>H2O Aerobics (Pool)            |   | 5:00-6:00<br>H2O Aerobics (Pool)          |  |   |                                  |
| 5:00-6:00<br>Tai Chi (Gymnastics)           |   |   |  |   |                                  |
| 5:15-6:15<br>Body Pump (Rotary)             |   | 5:15-6:15<br>Body Pump (Rotary)           |  |   |                                  |
| 5:15-5:45<br>Group Cycling (Cycling Studio) |   |   |  |   |                                  |
| 6:00-7:00<br>Yoga (Gymnastics)              |   | 6:30-7:30<br>Tai Chi (Gymnastics)         |  |   |                                  |
| 6:30-8:00<br>Elkins Shotokan (Rotary)       |   | 6:30-8:00<br>Elkins Shotokan (Rotary)     |  |   |                                  |

Group fitness classes are included with membership. Facility day use fees apply for non-members.

Please sign in AND out with the front desk staff before the start of every class, including classes that take place in the Rotary room.

Please wipe off all equipment like weights before and after use. Please bring your own yoga mat and water bottle. There is a water bottle filling station in the lobby. If you are ill, please stay home.

Free nautilus and cardio room orientation for members by appointment – schedule with the front desk staff.

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## GYM SCHEDULE

| Monday  | Tuesday | Wednesday | Thursday           | Friday              | Saturday                            | Sunday                             |
|---|---------|-----------|--------------------|---------------------|-------------------------------------|------------------------------------|
| 5:00-10:00 Available for Pickleball           |         |           |                    |                     | 8:00-11:00 Available for Pickleball | CLOSED                             |
| 10:00-11:00 Reserved for Tai Chi classes      |         |           |                    | 10:00-7:00 Open Gym | 11:00-5:00 Open Gym                 | 12:00-2:00 Pickleball Reservations |
| 11:00-1:45 Open Gym                           |         |           |                    |                     |                                     |                                    |
| 1:45-2:45 Reserved for Good Christian Academy |         |           |                    |                     |                                     |                                    |
| 4:00-5:00 Reserved Afterschool Program        |         |           | 2:45-9:00 Open Gym |                     |                                     | 3:00-5:00 Open Gym                 |
| 5:00-9:00 Volleyball Starts 10/7              |         |           |                    | CLOSED              | CLOSED                              |                                    |



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ELKINS-RANDOLPH COUNTY YMCA

WWW.ELKINSYMCA.COM

PH. 304-636-4515

**Schedule Notes**

**Please observe scheduled times.** 15-minute breaks are scheduled to allow for lifeguard breaks.

Children 10 and under will be swim tested by the lifeguard staff.

The pool will close during inclement weather or unforeseen maintenance issues. The pool closes for ½ hour following an incident of thunder.

Pool times are subject to change based on lifeguard availability.

**The online scheduler reflects the most current information on pool time availability and can be accessed at [www.elkinsymca.com](http://www.elkinsymca.com) under programs> aquatics.**

Day rates apply for non-members. **Please call ahead to ensure there are no pool closures.**

|  | Monday                                     | Tuesday                        | Wednesday                                     | Thursday                       | Friday                                 | Saturday                   | Sunday                   |
|--|--|--------------------------------|---|--------------------------------|--|----------------------------|--------------------------|
|  | 7:00-7:45<br>Lap Swim                      | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                         | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                  |                            |                          |
|  | 8:00-8:45<br>Lap Swim                      | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                         | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                  | 8:00-8:45<br>Lap Swim      |                          |
|  | 9:00-10:00<br>Senior Water<br>Aerobics     |                                | 9:00-10:00<br>Senior Water<br>Aerobics        |                                | 9:00-10:00<br>Senior Water<br>Aerobics | 9:00-9:45<br>Lap Swim      |                          |
|  | 10:00-11:00<br>Family Swim                 |                                | 10:00-11:00<br>Family Swim                    |                                | 10:00-10:45<br>Family Swim             | 10:00-10:45<br>Family Swim |                          |
|  | 11:00-11:45<br>Reserved for<br>Home School |                                | 11:00-11:45<br>Lap Swim                       |                                | 11:00-12:00<br>H2O Aerobics            | 11:00-11:45<br>Family Swim |                          |
|  | 12:00-12:45<br>Lap Swim                    |                                | 12:00-12:45<br>Lap Swim                       |                                | 12:00-12:45<br>Lap Swim                | 12:00-12:45<br>Lap Swim    | 12:00-12:45<br>Lap Swim  |
|  |  |                                |   |                                |  |                            | 1:00-1:45<br>Family Swim |
|  |  |                                |   |                                |  |                            | 2:00-3:00 Pool<br>Party  |
|  | 4:00-4:45<br>Family Swim                   | 4:00-4:45<br>Family<br>Swim    | 4:00-4:45<br>Reserved<br>Childcare<br>Program | 4:00-4:45<br>Family Swim       |  |                            | 3:00-3:45<br>Lap Swim    |
|  | 5:00-6:00<br>H2O Aerobics                  | 5:00-6:00<br>RAYS Swim<br>Team | 5:00-6:00<br>H2O Aerobics                     | 5:00-6:00<br>RAYS Swim<br>Team |  |                            |                          |
|  | 6:00-7:00<br>RAYS Swim<br>Team             | 6:00-7:00<br>Family<br>Swim    | 06:00-6:45<br>RAYS Swim<br>Team               | 6:00-7:00<br>Family Swim       |  |                            |                          |
|  | 7:00-7:45<br>RAYS Swim<br>Team             | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>RAYS Swim<br>Team                | 7:00-7:45<br>Lap Swim          |  |                            |                          |

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WWW.ELKINSYMCA.COM

PH. 304-636-4515

| Monday   | Tuesday  | Wednesday                                    | Thursday  | Friday                                       | Saturday                            |
|--|--|--|---|--|-------------------------------------|
| 8:00-9:00<br>Low-Impact Aerobics<br>(Rotary)   |  | 8:00-9:00<br>Low-Impact Aerobics<br>(Rotary) |   | 8:00-9:00<br>Low-Impact<br>Aerobics (Rotary) |                                     |
| 9:00-10:00<br>Sr. Water Aerobics<br>(Pool)     |  | 9:00-10:00<br>Sr. Water Aerobics<br>(Pool)   | 9:15-10:15<br>Beginners Vinyasa<br>(Gymnastics)<br>Starts 10/10 | 9:00-10:00<br>Sr. Water Aerobics<br>(Pool)   | 9:00-10:00<br>Body Pump<br>(Rotary) |
|  |  | 9:15-10:15<br>Body Pump (Rotary)             |   |  |                                     |
| 10:00-11:00<br>Tai Chi (Train<br>Depot/Gym)    | 10:00-10:50<br>Circuit & Stability<br>(Rotary) | 10:00-11:00<br>Tai Chi (Train<br>Depot/Gym)  | 10:00-10:50<br>Circuit & Stability<br>(Rotary)                  | 10:00-11:00<br>Tai Chi (Rotary)              |                                     |
|  | 10:15-11:15<br>Tai Chi<br>(Gymnastics)         |  | 10:15-11:00<br>Tai Chi<br>(Gymnastic)                           |  |                                     |
|  | 11:00-11:45<br>Senior Stretch<br>(Rotary)      |  | 11:00-11:45<br>Senior Stretch<br>(Rotary)                       | 11:00-12:00<br>H2O Aerobics<br>(Pool)        |                                     |
|  | 12:00-12:30<br>BOOM (Rotary)                   |  | 12:00-12:30<br>BOOM (Rotary)                                    |  |                                     |
| 5:00-6:00<br>H2O Aerobics (Pool)               |  | 5:00-6:00<br>H2O Aerobics<br>(Pool)          |   |  |                                     |
| 5:00-6:00<br>Tai Chi (Gymnastics)              |  |  |   |  |                                     |
| 5:15-6:15<br>Body Pump (Rotary)                |  | 5:15-6:15<br>Body Pump (Rotary)              |   |  |                                     |
| 5:15-5:45<br>Group Cycling<br>(Cycling Studio) |  |  |   |  |                                     |
| 6:00-7:00<br>Yoga (Gymnastics)                 |  | 6:30-7:30 Tai Chi<br>(Gymnastics)            |   |  |                                     |
| 6:30-8:00 Elkins<br>Shotokan (Rotary)          |  | 6:30-8:00 Elkins<br>Shotokan (Rotary)        |   |  |                                     |

Group fitness classes are included with membership. Facility day use fees apply for non-members.

Please sign in AND out with the front desk staff before the start of every class, including classes that take place in the Rotary room.

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Free nautilus and cardio room orientation for members by appointment – schedule with the front desk staff.

Reserve the **Les Mills Virtual classroom** online or through the front desk. The virtual player offers Les Mills classes: BodyBalance, BodyPump, Core, Sh’bam, and Sprint

## GYM SCHEDULE

| Monday  | Tuesday | Wednesday | Thursday              | Friday                 | Saturday                                  | Sunday                                   |
|---|---------|-----------|-----------------------|------------------------|---|--|
| 5:00-10:00 Available for Pickleball           |         |           |                       |                        | 8:00-11:00<br>Available for<br>Pickleball | CLOSED                                   |
| 10:00-11:00 Reserved for Tai Chi classes      |         |           |                       | 10:00-7:00<br>Open Gym | 11:00-5:00<br>Open Gym                    | 12:00-2:00<br>Pickleball<br>Reservations |
| 11:00-1:45 Open Gym                           |         |           |                       |                        |   |  |
| 1:45-2:45 Reserved for Good Christian Academy |         |           |                       |                        |   |  |
| 4:00-5:00 Reserved<br>Afterschool Program     |         |           | 2:45-9:00<br>Open Gym | CLOSED                 | CLOSED                                    | 3:00-5:00<br>Open Gym                    |
| 5:00-9:00<br>Volleyball<br>Starts 10/7        |         |           |                       |                        |   |  |



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PH. 304-636-4515

**Schedule Notes**

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|  | Monday                                     | Tuesday                        | Wednesday                                     | Thursday                       | Friday                                 | Saturday                   | Sunday                   |
|--|--|--------------------------------|---|--------------------------------|--|----------------------------|--------------------------|
|  | 7:00-7:45<br>Lap Swim                      | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                         | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                  |                            |                          |
|  | 8:00-8:45<br>Lap Swim                      | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                         | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                  | 8:00-8:45<br>Lap Swim      |                          |
|  | 9:00-10:00<br>Senior Water<br>Aerobics     |                                | 9:00-10:00<br>Senior Water<br>Aerobics        |                                | 9:00-10:00<br>Senior Water<br>Aerobics | 9:00-9:45<br>Lap Swim      |                          |
|  | 10:00-11:00<br>Family Swim                 |                                | 10:00-11:00<br>Family Swim                    |                                | 10:00-10:45<br>Family Swim             | 10:00-10:45<br>Family Swim |                          |
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|  | 12:00-12:45<br>Lap Swim                    |                                | 12:00-12:45<br>Lap Swim                       |                                | 12:00-12:45<br>Lap Swim                | 12:00-12:45<br>Lap Swim    | 12:00-12:45<br>Lap Swim  |
|  |  |                                |   |                                |  |                            | 1:00-1:45<br>Family Swim |
|  |  |                                |   |                                |  |                            | 2:00-3:00 Pool<br>Party  |
|  | 4:00-4:45<br>Family Swim                   | 4:00-4:45<br>Family<br>Swim    | 4:00-4:45<br>Reserved<br>Childcare<br>Program | 4:00-4:45<br>Family Swim       |  |                            | 3:00-3:45<br>Lap Swim    |
|  | 5:00-6:00<br>H2O Aerobics                  | 5:00-6:00<br>RAYS Swim<br>Team | 5:00-6:00<br>H2O Aerobics                     | 5:00-6:00<br>RAYS Swim<br>Team |  |                            |                          |
|  | 6:00-7:00<br>RAYS Swim<br>Team             | 6:00-7:00<br>Family<br>Swim    | 06:00-6:45<br>RAYS Swim<br>Team               | 6:00-7:00<br>Family Swim       |  |                            |                          |
|  | 7:00-7:45<br>RAYS Swim<br>Team             | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>RAYS Swim<br>Team                | 7:00-7:45<br>Lap Swim          |  |                            |                          |

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|   | 11:00-11:45<br>Senior Stretch (Rotary)      |   | 11:00-11:45<br>Senior Stretch (Rotary)                       | 11:00-12:00<br>H2O Aerobics (Pool)        |                                  |
|   | 12:00-12:30<br>BOOM (Rotary)                |   | 12:00-12:30<br>BOOM (Rotary)                                 |   |                                  |
| 5:00-6:00<br>H2O Aerobics (Pool)            |   | 5:00-6:00<br>H2O Aerobics (Pool)          |  |   |                                  |
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| 5:15-6:15<br>Body Pump (Rotary)             |   | 5:15-6:15<br>Body Pump (Rotary)           |  |   |                                  |
| 5:15-5:45<br>Group Cycling (Cycling Studio) |   |   |  |   |                                  |
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| 11:00-1:45 Open Gym                           |         |           |                    |                     |                                     |                                    |
| 1:45-2:45 Reserved for Good Christian Academy |         |           |                    |                     |                                     |                                    |
| 4:00-5:00 Reserved Afterschool Program        |         |           | 2:45-9:00 Open Gym |                     |                                     | 3:00-5:00 Open Gym                 |
| 5:00-9:00 Volleyball Starts 10/7              |         |           | 2:45-9:00 Open Gym | CLOSED              | CLOSED                              |                                    |



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|--|--|--------------------------------|---|--------------------------------|--|----------------------------|--------------------------|
|  | 7:00-7:45<br>Lap Swim                      | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                         | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                  |                            |                          |
|  | 8:00-8:45<br>Lap Swim                      | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                         | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                  | 8:00-8:45<br>Lap Swim      |                          |
|  | 9:00-10:00<br>Senior Water<br>Aerobics     |                                | 9:00-10:00<br>Senior Water<br>Aerobics        |                                | 9:00-10:00<br>Senior Water<br>Aerobics | 9:00-9:45<br>Lap Swim      |                          |
|  | 10:00-11:00<br>Family Swim                 |                                | 10:00-11:00<br>Family Swim                    |                                | 10:00-10:45<br>Family Swim             | 10:00-10:45<br>Family Swim |                          |
|  | 11:00-11:45<br>Reserved for<br>Home School |                                | 11:00-11:45<br>Lap Swim                       |                                | 11:00-12:00<br>H2O Aerobics            | 11:00-11:45<br>Family Swim |                          |
|  | 12:00-12:45<br>Lap Swim                    |                                | 12:00-12:45<br>Lap Swim                       |                                | 12:00-12:45<br>Lap Swim                | 12:00-12:45<br>Lap Swim    | 12:00-12:45<br>Lap Swim  |
|  |  |                                |   |                                |  |                            | 1:00-1:45<br>Family Swim |
|  |  |                                |   |                                |  |                            | 2:00-3:00 Pool<br>Party  |
|  | 4:00-4:45<br>Family Swim                   | 4:00-4:45<br>Family<br>Swim    | 4:00-4:45<br>Reserved<br>Childcare<br>Program | 4:00-4:45<br>Family Swim       |  |                            | 3:00-3:45<br>Lap Swim    |
|  | 5:00-6:00<br>H2O Aerobics                  | 5:00-6:00<br>RAYS Swim<br>Team | 5:00-6:00<br>H2O Aerobics                     | 5:00-6:00<br>RAYS Swim<br>Team |  |                            |                          |
|  | 6:00-7:00<br>RAYS Swim<br>Team             | 6:00-7:00<br>Family<br>Swim    | 06:00-6:45<br>RAYS Swim<br>Team               | 6:00-7:00<br>Family Swim       |  |                            |                          |
|  | 7:00-7:45<br>RAYS Swim<br>Team             | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>RAYS Swim<br>Team                | 7:00-7:45<br>Lap Swim          |  |                            |                          |

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# GROUP FITNESS CLASSES

EFFECTIVE OCTOBER 1, 2024

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ELKINS-RANDOLPH COUNTY YMCA

WWW.ELKINSYMCA.COM

PH. 304-636-4515

| Monday   | Tuesday  | Wednesday                                    | Thursday  | Friday                                       | Saturday                            |
|--|--|--|---|--|-------------------------------------|
| 8:00-9:00<br>Low-Impact Aerobics<br>(Rotary)   |  | 8:00-9:00<br>Low-Impact Aerobics<br>(Rotary) |   | 8:00-9:00<br>Low-Impact<br>Aerobics (Rotary) |                                     |
| 9:00-10:00<br>Sr. Water Aerobics<br>(Pool)     |  | 9:00-10:00<br>Sr. Water Aerobics<br>(Pool)   | 9:15-10:15<br>Beginners Vinyasa<br>(Gymnastics)<br>Starts 10/10 | 9:00-10:00<br>Sr. Water Aerobics<br>(Pool)   | 9:00-10:00<br>Body Pump<br>(Rotary) |
|  |  | 9:15-10:15<br>Body Pump (Rotary)             |   |  |                                     |
| 10:00-11:00<br>Tai Chi (Train<br>Depot/Gym)    | 10:00-10:50<br>Circuit & Stability<br>(Rotary) | 10:00-11:00<br>Tai Chi (Train<br>Depot/Gym)  | 10:00-10:50<br>Circuit & Stability<br>(Rotary)                  | 10:00-11:00<br>Tai Chi (Rotary)              |                                     |
|  | 10:15-11:15<br>Tai Chi<br>(Gymnastics)         |  | 10:15-11:00<br>Tai Chi<br>(Gymnastic)                           |  |                                     |
|  | 11:00-11:45<br>Senior Stretch<br>(Rotary)      |  | 11:00-11:45<br>Senior Stretch<br>(Rotary)                       | 11:00-12:00<br>H2O Aerobics<br>(Pool)        |                                     |
|  | 12:00-12:30<br>BOOM (Rotary)                   |  | 12:00-12:30<br>BOOM (Rotary)                                    |  |                                     |
| 5:00-6:00<br>H2O Aerobics (Pool)               |  | 5:00-6:00<br>H2O Aerobics<br>(Pool)          |   |  |                                     |
| 5:00-6:00<br>Tai Chi (Gymnastics)              |  |  |   |  |                                     |
| 5:15-6:15<br>Body Pump (Rotary)                |  | 5:15-6:15<br>Body Pump (Rotary)              |   |  |                                     |
| 5:15-5:45<br>Group Cycling<br>(Cycling Studio) |  |  |   |  |                                     |
| 6:00-7:00<br>Yoga (Gymnastics)                 |  | 6:30-7:30 Tai Chi<br>(Gymnastics)            |   |  |                                     |
| 6:30-8:00 Elkins<br>Shotokan (Rotary)          |  | 6:30-8:00 Elkins<br>Shotokan (Rotary)        |   |  |                                     |

Group fitness classes are included with membership. Facility day use fees apply for non-members.

Please sign in AND out with the front desk staff before the start of every class, including classes that take place in the Rotary room.

Please wipe off all equipment like weights before and after use. Please bring your own yoga mat and water bottle. There is a water bottle filling station in the lobby. If you are ill, please stay home.

Free nautilus and cardio room orientation for members by appointment – schedule with the front desk staff.

Reserve the **Les Mills Virtual classroom** online or through the front desk. The virtual player offers Les Mills classes: BodyBalance, BodyPump, Core, Sh’bam, and Sprint

## GYM SCHEDULE

| Monday  | Tuesday | Wednesday | Thursday              | Friday                 | Saturday                                  | Sunday                                   |
|---|---------|-----------|-----------------------|------------------------|---|--|
| 5:00-10:00 Available for Pickleball           |         |           |                       |                        | 8:00-11:00<br>Available for<br>Pickleball | CLOSED                                   |
| 10:00-11:00 Reserved for Tai Chi classes      |         |           |                       | 10:00-7:00<br>Open Gym | 11:00-5:00<br>Open Gym                    | 12:00-2:00<br>Pickleball<br>Reservations |
| 11:00-1:45 Open Gym                           |         |           |                       |                        |   |  |
| 1:45-2:45 Reserved for Good Christian Academy |         |           |                       |                        |   |  |
| 4:00-5:00 Reserved<br>Afterschool Program     |         |           | 2:45-9:00<br>Open Gym | CLOSED                 | CLOSED                                    | 3:00-5:00<br>Open Gym                    |
| 5:00-9:00<br>Volleyball<br>Starts 10/7        |         |           |                       |                        |   |  |



# GROUP FITNESS CLASSES

EFFECTIVE OCTOBER 1, 2024

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ELKINS-RANDOLPH COUNTY YMCA

WWW.ELKINSYMCA.COM

PH. 304-636-4515

**Schedule Notes**

**Please observe scheduled times.** 15-minute breaks are scheduled to allow for lifeguard breaks.

Children 10 and under will be swim tested by the lifeguard staff.

The pool will close during inclement weather or unforeseen maintenance issues. The pool closes for ½ hour following an incident of thunder.

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Day rates apply for non-members. **Please call ahead to ensure there are no pool closures.**

|  | Monday                                     | Tuesday                        | Wednesday                                     | Thursday                       | Friday                                 | Saturday                   | Sunday                   |
|--|--|--------------------------------|---|--------------------------------|--|----------------------------|--------------------------|
|  | 7:00-7:45<br>Lap Swim                      | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                         | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                  |                            |                          |
|  | 8:00-8:45<br>Lap Swim                      | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                         | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                  | 8:00-8:45<br>Lap Swim      |                          |
|  | 9:00-10:00<br>Senior Water<br>Aerobics     |                                | 9:00-10:00<br>Senior Water<br>Aerobics        |                                | 9:00-10:00<br>Senior Water<br>Aerobics | 9:00-9:45<br>Lap Swim      |                          |
|  | 10:00-11:00<br>Family Swim                 |                                | 10:00-11:00<br>Family Swim                    |                                | 10:00-10:45<br>Family Swim             | 10:00-10:45<br>Family Swim |                          |
|  | 11:00-11:45<br>Reserved for<br>Home School |                                | 11:00-11:45<br>Lap Swim                       |                                | 11:00-12:00<br>H2O Aerobics            | 11:00-11:45<br>Family Swim |                          |
|  | 12:00-12:45<br>Lap Swim                    |                                | 12:00-12:45<br>Lap Swim                       |                                | 12:00-12:45<br>Lap Swim                | 12:00-12:45<br>Lap Swim    | 12:00-12:45<br>Lap Swim  |
|  |  |                                |   |                                |  |                            | 1:00-1:45<br>Family Swim |
|  |  |                                |   |                                |  |                            | 2:00-3:00 Pool<br>Party  |
|  | 4:00-4:45<br>Family Swim                   | 4:00-4:45<br>Family<br>Swim    | 4:00-4:45<br>Reserved<br>Childcare<br>Program | 4:00-4:45<br>Family Swim       |  |                            | 3:00-3:45<br>Lap Swim    |
|  | 5:00-6:00<br>H2O Aerobics                  | 5:00-6:00<br>RAYS Swim<br>Team | 5:00-6:00<br>H2O Aerobics                     | 5:00-6:00<br>RAYS Swim<br>Team |  |                            |                          |
|  | 6:00-7:00<br>RAYS Swim<br>Team             | 6:00-7:00<br>Family<br>Swim    | 06:00-6:45<br>RAYS Swim<br>Team               | 6:00-7:00<br>Family Swim       |  |                            |                          |
|  | 7:00-7:45<br>RAYS Swim<br>Team             | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>RAYS Swim<br>Team                | 7:00-7:45<br>Lap Swim          |  |                            |                          |

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WWW.ELKINSYMCA.COM

PH. 304-636-4515

| Monday                                      | Tuesday                                     | Wednesday                                 | Thursday   | Friday                                    | Saturday                         |
|---|---|---|--|---|----------------------------------|
| 8:00-9:00<br>Low-Impact Aerobics (Rotary)   |   | 8:00-9:00<br>Low-Impact Aerobics (Rotary) |  | 8:00-9:00<br>Low-Impact Aerobics (Rotary) |                                  |
| 9:00-10:00<br>Sr. Water Aerobics (Pool)     |   | 9:00-10:00<br>Sr. Water Aerobics (Pool)   | 9:15-10:15<br>Beginners Vinyasa (Gymnastics)<br>Starts 10/10 | 9:00-10:00<br>Sr. Water Aerobics (Pool)   | 9:00-10:00<br>Body Pump (Rotary) |
|   |   | 9:15-10:15<br>Body Pump (Rotary)          |  |   |                                  |
| 10:00-11:00<br>Tai Chi (Train Depot/Gym)    | 10:00-10:50<br>Circuit & Stability (Rotary) | 10:00-11:00<br>Tai Chi (Train Depot/Gym)  | 10:00-10:50<br>Circuit & Stability (Rotary)                  | 10:00-11:00<br>Tai Chi (Rotary)           |                                  |
|   | 10:15-11:15<br>Tai Chi (Gymnastics)         |   | 10:15-11:00<br>Tai Chi (Gymnastic)                           |   |                                  |
|   | 11:00-11:45<br>Senior Stretch (Rotary)      |   | 11:00-11:45<br>Senior Stretch (Rotary)                       | 11:00-12:00<br>H2O Aerobics (Pool)        |                                  |
|   | 12:00-12:30<br>BOOM (Rotary)                |   | 12:00-12:30<br>BOOM (Rotary)                                 |   |                                  |
| 5:00-6:00<br>H2O Aerobics (Pool)            |   | 5:00-6:00<br>H2O Aerobics (Pool)          |  |   |                                  |
| 5:00-6:00<br>Tai Chi (Gymnastics)           |   |   |  |   |                                  |
| 5:15-6:15<br>Body Pump (Rotary)             |   | 5:15-6:15<br>Body Pump (Rotary)           |  |   |                                  |
| 5:15-5:45<br>Group Cycling (Cycling Studio) |   |   |  |   |                                  |
| 6:00-7:00<br>Yoga (Gymnastics)              |   | 6:30-7:30<br>Tai Chi (Gymnastics)         |  |   |                                  |
| 6:30-8:00<br>Elkins Shotokan (Rotary)       |   | 6:30-8:00<br>Elkins Shotokan (Rotary)     |  |   |                                  |

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Free nautilus and cardio room orientation for members by appointment – schedule with the front desk staff.

Reserve the **Les Mills Virtual classroom** online or through the front desk. The virtual player offers Les Mills classes: BodyBalance, BodyPump, Core, Sh’bam, and Sprint

## GYM SCHEDULE

| Monday  | Tuesday | Wednesday | Thursday           | Friday              | Saturday                            | Sunday                             |
|---|---------|-----------|--------------------|---------------------|-------------------------------------|------------------------------------|
| 5:00-10:00 Available for Pickleball           |         |           |                    |                     | 8:00-11:00 Available for Pickleball | CLOSED                             |
| 10:00-11:00 Reserved for Tai Chi classes      |         |           |                    | 10:00-7:00 Open Gym | 11:00-5:00 Open Gym                 | 12:00-2:00 Pickleball Reservations |
| 11:00-1:45 Open Gym                           |         |           |                    |                     |                                     |                                    |
| 1:45-2:45 Reserved for Good Christian Academy |         |           |                    |                     |                                     |                                    |
| 4:00-5:00 Reserved Afterschool Program        |         |           | 2:45-9:00 Open Gym |                     |                                     | 3:00-5:00 Open Gym                 |
| 5:00-9:00 Volleyball Starts 10/7              |         |           | 2:45-9:00 Open Gym | CLOSED              | CLOSED                              |                                    |



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|  | Monday                                     | Tuesday                        | Wednesday                                     | Thursday                       | Friday                                 | Saturday                   | Sunday                   |
|--|--|--------------------------------|---|--------------------------------|--|----------------------------|--------------------------|
|  | 7:00-7:45<br>Lap Swim                      | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                         | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                  |                            |                          |
|  | 8:00-8:45<br>Lap Swim                      | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                         | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                  | 8:00-8:45<br>Lap Swim      |                          |
|  | 9:00-10:00<br>Senior Water<br>Aerobics     |                                | 9:00-10:00<br>Senior Water<br>Aerobics        |                                | 9:00-10:00<br>Senior Water<br>Aerobics | 9:00-9:45<br>Lap Swim      |                          |
|  | 10:00-11:00<br>Family Swim                 |                                | 10:00-11:00<br>Family Swim                    |                                | 10:00-10:45<br>Family Swim             | 10:00-10:45<br>Family Swim |                          |
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|  | 12:00-12:45<br>Lap Swim                    |                                | 12:00-12:45<br>Lap Swim                       |                                | 12:00-12:45<br>Lap Swim                | 12:00-12:45<br>Lap Swim    | 12:00-12:45<br>Lap Swim  |
|  |  |                                |   |                                |  |                            | 1:00-1:45<br>Family Swim |
|  |  |                                |   |                                |  |                            | 2:00-3:00 Pool<br>Party  |
|  | 4:00-4:45<br>Family Swim                   | 4:00-4:45<br>Family<br>Swim    | 4:00-4:45<br>Reserved<br>Childcare<br>Program | 4:00-4:45<br>Family Swim       |  |                            | 3:00-3:45<br>Lap Swim    |
|  | 5:00-6:00<br>H2O Aerobics                  | 5:00-6:00<br>RAYS Swim<br>Team | 5:00-6:00<br>H2O Aerobics                     | 5:00-6:00<br>RAYS Swim<br>Team |  |                            |                          |
|  | 6:00-7:00<br>RAYS Swim<br>Team             | 6:00-7:00<br>Family<br>Swim    | 06:00-6:45<br>RAYS Swim<br>Team               | 6:00-7:00<br>Family Swim       |  |                            |                          |
|  | 7:00-7:45<br>RAYS Swim<br>Team             | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>RAYS Swim<br>Team                | 7:00-7:45<br>Lap Swim          |  |                            |                          |

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|  |  | 9:15-10:15<br>Body Pump (Rotary)             |   |  |                                     |
| 10:00-11:00<br>Tai Chi (Train<br>Depot/Gym)    | 10:00-10:50<br>Circuit & Stability<br>(Rotary) | 10:00-11:00<br>Tai Chi (Train<br>Depot/Gym)  | 10:00-10:50<br>Circuit & Stability<br>(Rotary)                  | 10:00-11:00<br>Tai Chi (Rotary)              |                                     |
|  | 10:15-11:15<br>Tai Chi<br>(Gymnastics)         |  | 10:15-11:00<br>Tai Chi<br>(Gymnastic)                           |  |                                     |
|  | 11:00-11:45<br>Senior Stretch<br>(Rotary)      |  | 11:00-11:45<br>Senior Stretch<br>(Rotary)                       | 11:00-12:00<br>H2O Aerobics<br>(Pool)        |                                     |
|  | 12:00-12:30<br>BOOM (Rotary)                   |  | 12:00-12:30<br>BOOM (Rotary)                                    |  |                                     |
| 5:00-6:00<br>H2O Aerobics (Pool)               |  | 5:00-6:00<br>H2O Aerobics<br>(Pool)          |   |  |                                     |
| 5:00-6:00<br>Tai Chi (Gymnastics)              |  |  |   |  |                                     |
| 5:15-6:15<br>Body Pump (Rotary)                |  | 5:15-6:15<br>Body Pump (Rotary)              |   |  |                                     |
| 5:15-5:45<br>Group Cycling<br>(Cycling Studio) |  |  |   |  |                                     |
| 6:00-7:00<br>Yoga (Gymnastics)                 |  | 6:30-7:30 Tai Chi<br>(Gymnastics)            |   |  |                                     |
| 6:30-8:00 Elkins<br>Shotokan (Rotary)          |  | 6:30-8:00 Elkins<br>Shotokan (Rotary)        |   |  |                                     |

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|---|---------|-----------|-----------------------|------------------------|---|--|
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| 10:00-11:00 Reserved for Tai Chi classes      |         |           |                       | 10:00-7:00<br>Open Gym | 11:00-5:00<br>Open Gym                    | 12:00-2:00<br>Pickleball<br>Reservations |
| 11:00-1:45 Open Gym                           |         |           |                       |                        |   |  |
| 1:45-2:45 Reserved for Good Christian Academy |         |           |                       |                        |   |  |
| 4:00-5:00 Reserved<br>Afterschool Program     |         |           | 2:45-9:00<br>Open Gym | CLOSED                 | CLOSED                                    | 3:00-5:00<br>Open Gym                    |
| 5:00-9:00<br>Volleyball<br>Starts 10/7        |         |           |                       |                        |   |  |



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|  | Monday                                     | Tuesday                        | Wednesday                                     | Thursday                       | Friday                                 | Saturday                   | Sunday                   |
|--|--|--------------------------------|---|--------------------------------|--|----------------------------|--------------------------|
|  | 7:00-7:45<br>Lap Swim                      | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                         | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                  |                            |                          |
|  | 8:00-8:45<br>Lap Swim                      | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                         | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                  | 8:00-8:45<br>Lap Swim      |                          |
|  | 9:00-10:00<br>Senior Water<br>Aerobics     |                                | 9:00-10:00<br>Senior Water<br>Aerobics        |                                | 9:00-10:00<br>Senior Water<br>Aerobics | 9:00-9:45<br>Lap Swim      |                          |
|  | 10:00-11:00<br>Family Swim                 |                                | 10:00-11:00<br>Family Swim                    |                                | 10:00-10:45<br>Family Swim             | 10:00-10:45<br>Family Swim |                          |
|  | 11:00-11:45<br>Reserved for<br>Home School |                                | 11:00-11:45<br>Lap Swim                       |                                | 11:00-12:00<br>H2O Aerobics            | 11:00-11:45<br>Family Swim |                          |
|  | 12:00-12:45<br>Lap Swim                    |                                | 12:00-12:45<br>Lap Swim                       |                                | 12:00-12:45<br>Lap Swim                | 12:00-12:45<br>Lap Swim    | 12:00-12:45<br>Lap Swim  |
|  |  |                                |   |                                |  |                            | 1:00-1:45<br>Family Swim |
|  |  |                                |   |                                |  |                            | 2:00-3:00 Pool<br>Party  |
|  | 4:00-4:45<br>Family Swim                   | 4:00-4:45<br>Family<br>Swim    | 4:00-4:45<br>Reserved<br>Childcare<br>Program | 4:00-4:45<br>Family Swim       |  |                            | 3:00-3:45<br>Lap Swim    |
|  | 5:00-6:00<br>H2O Aerobics                  | 5:00-6:00<br>RAYS Swim<br>Team | 5:00-6:00<br>H2O Aerobics                     | 5:00-6:00<br>RAYS Swim<br>Team |  |                            |                          |
|  | 6:00-7:00<br>RAYS Swim<br>Team             | 6:00-7:00<br>Family<br>Swim    | 06:00-6:45<br>RAYS Swim<br>Team               | 6:00-7:00<br>Family Swim       |  |                            |                          |
|  | 7:00-7:45<br>RAYS Swim<br>Team             | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>RAYS Swim<br>Team                | 7:00-7:45<br>Lap Swim          |  |                            |                          |

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- **Pool parties** are held on Sunday afternoons. Reservations and payments must be made two weeks in advance.

Please observe the following pool guidelines:

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# GROUP FITNESS CLASSES

EFFECTIVE OCTOBER 1, 2024

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ELKINS-RANDOLPH COUNTY YMCA

WWW.ELKINSYMCA.COM

PH. 304-636-4515

| Monday   | Tuesday  | Wednesday                                    | Thursday  | Friday                                       | Saturday                            |
|--|--|--|---|--|-------------------------------------|
| 8:00-9:00<br>Low-Impact Aerobics<br>(Rotary)   |  | 8:00-9:00<br>Low-Impact Aerobics<br>(Rotary) |   | 8:00-9:00<br>Low-Impact<br>Aerobics (Rotary) |                                     |
| 9:00-10:00<br>Sr. Water Aerobics<br>(Pool)     |  | 9:00-10:00<br>Sr. Water Aerobics<br>(Pool)   | 9:15-10:15<br>Beginners Vinyasa<br>(Gymnastics)<br>Starts 10/10 | 9:00-10:00<br>Sr. Water Aerobics<br>(Pool)   | 9:00-10:00<br>Body Pump<br>(Rotary) |
|  |  | 9:15-10:15<br>Body Pump (Rotary)             |   |  |                                     |
| 10:00-11:00<br>Tai Chi (Train<br>Depot/Gym)    | 10:00-10:50<br>Circuit & Stability<br>(Rotary) | 10:00-11:00<br>Tai Chi (Train<br>Depot/Gym)  | 10:00-10:50<br>Circuit & Stability<br>(Rotary)                  | 10:00-11:00<br>Tai Chi (Rotary)              |                                     |
|  | 10:15-11:15<br>Tai Chi<br>(Gymnastics)         |  | 10:15-11:00<br>Tai Chi<br>(Gymnastic)                           |  |                                     |
|  | 11:00-11:45<br>Senior Stretch<br>(Rotary)      |  | 11:00-11:45<br>Senior Stretch<br>(Rotary)                       | 11:00-12:00<br>H2O Aerobics<br>(Pool)        |                                     |
|  | 12:00-12:30<br>BOOM (Rotary)                   |  | 12:00-12:30<br>BOOM (Rotary)                                    |  |                                     |
| 5:00-6:00<br>H2O Aerobics (Pool)               |  | 5:00-6:00<br>H2O Aerobics<br>(Pool)          |   |  |                                     |
| 5:00-6:00<br>Tai Chi (Gymnastics)              |  |  |   |  |                                     |
| 5:15-6:15<br>Body Pump (Rotary)                |  | 5:15-6:15<br>Body Pump (Rotary)              |   |  |                                     |
| 5:15-5:45<br>Group Cycling<br>(Cycling Studio) |  |  |   |  |                                     |
| 6:00-7:00<br>Yoga (Gymnastics)                 |  | 6:30-7:30 Tai Chi<br>(Gymnastics)            |   |  |                                     |
| 6:30-8:00 Elkins<br>Shotokan (Rotary)          |  | 6:30-8:00 Elkins<br>Shotokan (Rotary)        |   |  |                                     |

Group fitness classes are included with membership. Facility day use fees apply for non-members.

Please sign in AND out with the front desk staff before the start of every class, including classes that take place in the Rotary room.

Please wipe off all equipment like weights before and after use. Please bring your own yoga mat and water bottle. There is a water bottle filling station in the lobby. If you are ill, please stay home.

Free nautilus and cardio room orientation for members by appointment – schedule with the front desk staff.

Reserve the **Les Mills Virtual classroom** online or through the front desk. The virtual player offers Les Mills classes: BodyBalance, BodyPump, Core, Sh’bam, and Sprint

## GYM SCHEDULE

| Monday  | Tuesday | Wednesday | Thursday              | Friday                 | Saturday                                  | Sunday                                   |
|---|---------|-----------|-----------------------|------------------------|---|--|
| 5:00-10:00 Available for Pickleball           |         |           |                       |                        | 8:00-11:00<br>Available for<br>Pickleball | CLOSED                                   |
| 10:00-11:00 Reserved for Tai Chi classes      |         |           |                       | 10:00-7:00<br>Open Gym | 11:00-5:00<br>Open Gym                    | 12:00-2:00<br>Pickleball<br>Reservations |
| 11:00-1:45 Open Gym                           |         |           |                       |                        |   |  |
| 1:45-2:45 Reserved for Good Christian Academy |         |           |                       |                        |   |  |
| 4:00-5:00 Reserved<br>Afterschool Program     |         |           | 2:45-9:00<br>Open Gym |                        |   | 3:00-5:00<br>Open Gym                    |
| 5:00-9:00<br>Volleyball<br>Starts 10/7        |         |           | 2:45-9:00<br>Open Gym | CLOSED                 | CLOSED                                    |  |



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WWW.ELKINSYMCA.COM

PH. 304-636-4515

**Schedule Notes**

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|  | Monday                                     | Tuesday                        | Wednesday                                     | Thursday                       | Friday                                 | Saturday                   | Sunday                   |
|--|--|--------------------------------|---|--------------------------------|--|----------------------------|--------------------------|
|  | 7:00-7:45<br>Lap Swim                      | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                         | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                  |                            |                          |
|  | 8:00-8:45<br>Lap Swim                      | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                         | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                  | 8:00-8:45<br>Lap Swim      |                          |
|  | 9:00-10:00<br>Senior Water<br>Aerobics     |                                | 9:00-10:00<br>Senior Water<br>Aerobics        |                                | 9:00-10:00<br>Senior Water<br>Aerobics | 9:00-9:45<br>Lap Swim      |                          |
|  | 10:00-11:00<br>Family Swim                 |                                | 10:00-11:00<br>Family Swim                    |                                | 10:00-10:45<br>Family Swim             | 10:00-10:45<br>Family Swim |                          |
|  | 11:00-11:45<br>Reserved for<br>Home School |                                | 11:00-11:45<br>Lap Swim                       |                                | 11:00-12:00<br>H2O Aerobics            | 11:00-11:45<br>Family Swim |                          |
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|  |  |                                |   |                                |  |                            | 1:00-1:45<br>Family Swim |
|  |  |                                |   |                                |  |                            | 2:00-3:00 Pool<br>Party  |
|  | 4:00-4:45<br>Family Swim                   | 4:00-4:45<br>Family<br>Swim    | 4:00-4:45<br>Reserved<br>Childcare<br>Program | 4:00-4:45<br>Family Swim       |  |                            | 3:00-3:45<br>Lap Swim    |
|  | 5:00-6:00<br>H2O Aerobics                  | 5:00-6:00<br>RAYS Swim<br>Team | 5:00-6:00<br>H2O Aerobics                     | 5:00-6:00<br>RAYS Swim<br>Team |  |                            |                          |
|  | 6:00-7:00<br>RAYS Swim<br>Team             | 6:00-7:00<br>Family<br>Swim    | 06:00-6:45<br>RAYS Swim<br>Team               | 6:00-7:00<br>Family Swim       |  |                            |                          |
|  | 7:00-7:45<br>RAYS Swim<br>Team             | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>RAYS Swim<br>Team                | 7:00-7:45<br>Lap Swim          |  |                            |                          |

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| 9:00-10:00<br>Sr. Water Aerobics (Pool)     |   | 9:00-10:00<br>Sr. Water Aerobics (Pool)   | 9:15-10:15<br>Beginners Vinyasa (Gymnastics)<br>Starts 10/10 | 9:00-10:00<br>Sr. Water Aerobics (Pool)   | 9:00-10:00<br>Body Pump (Rotary) |
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|   | 10:15-11:15<br>Tai Chi (Gymnastics)         |   | 10:15-11:00<br>Tai Chi (Gymnastic)                           |   |                                  |
|   | 11:00-11:45<br>Senior Stretch (Rotary)      |   | 11:00-11:45<br>Senior Stretch (Rotary)                       | 11:00-12:00<br>H2O Aerobics (Pool)        |                                  |
|   | 12:00-12:30<br>BOOM (Rotary)                |   | 12:00-12:30<br>BOOM (Rotary)                                 |   |                                  |
| 5:00-6:00<br>H2O Aerobics (Pool)            |   | 5:00-6:00<br>H2O Aerobics (Pool)          |  |   |                                  |
| 5:00-6:00<br>Tai Chi (Gymnastics)           |   |   |  |   |                                  |
| 5:15-6:15<br>Body Pump (Rotary)             |   | 5:15-6:15<br>Body Pump (Rotary)           |  |   |                                  |
| 5:15-5:45<br>Group Cycling (Cycling Studio) |   |   |  |   |                                  |
| 6:00-7:00<br>Yoga (Gymnastics)              |   | 6:30-7:30<br>Tai Chi (Gymnastics)         |  |   |                                  |
| 6:30-8:00<br>Elkins Shotokan (Rotary)       |   | 6:30-8:00<br>Elkins Shotokan (Rotary)     |  |   |                                  |

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| 5:00-10:00 Available for Pickleball           |         |           |                    |                     | 8:00-11:00 Available for Pickleball | CLOSED                             |
| 10:00-11:00 Reserved for Tai Chi classes      |         |           |                    | 10:00-7:00 Open Gym | 11:00-5:00 Open Gym                 | 12:00-2:00 Pickleball Reservations |
| 11:00-1:45 Open Gym                           |         |           |                    |                     |                                     |                                    |
| 1:45-2:45 Reserved for Good Christian Academy |         |           |                    |                     |                                     |                                    |
| 4:00-5:00 Reserved Afterschool Program        |         |           | 2:45-9:00 Open Gym |                     |                                     | 3:00-5:00 Open Gym                 |
| 5:00-9:00 Volleyball Starts 10/7              |         |           | 2:45-9:00 Open Gym | CLOSED              | CLOSED                              |                                    |



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|--|--|--------------------------------|---|--------------------------------|--|----------------------------|--------------------------|
|  | 7:00-7:45<br>Lap Swim                      | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                         | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                  |                            |                          |
|  | 8:00-8:45<br>Lap Swim                      | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                         | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                  | 8:00-8:45<br>Lap Swim      |                          |
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|  |  |                                |   |                                |  |                            | 2:00-3:00 Pool<br>Party  |
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| 9:00-10:00<br>Sr. Water Aerobics (Pool)     |   | 9:00-10:00<br>Sr. Water Aerobics (Pool)   | 9:15-10:15<br>Beginners Vinyasa (Gymnastics)<br>Starts 10/10 | 9:00-10:00<br>Sr. Water Aerobics (Pool)   | 9:00-10:00<br>Body Pump (Rotary) |
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|   | 10:15-11:15<br>Tai Chi (Gymnastics)         |   | 10:15-11:00<br>Tai Chi (Gymnastic)                           |   |                                  |
|   | 11:00-11:45<br>Senior Stretch (Rotary)      |   | 11:00-11:45<br>Senior Stretch (Rotary)                       | 11:00-12:00<br>H2O Aerobics (Pool)        |                                  |
|   | 12:00-12:30<br>BOOM (Rotary)                |   | 12:00-12:30<br>BOOM (Rotary)                                 |   |                                  |
| 5:00-6:00<br>H2O Aerobics (Pool)            |   | 5:00-6:00<br>H2O Aerobics (Pool)          |  |   |                                  |
| 5:00-6:00<br>Tai Chi (Gymnastics)           |   |   |  |   |                                  |
| 5:15-6:15<br>Body Pump (Rotary)             |   | 5:15-6:15<br>Body Pump (Rotary)           |  |   |                                  |
| 5:15-5:45<br>Group Cycling (Cycling Studio) |   |   |  |   |                                  |
| 6:00-7:00<br>Yoga (Gymnastics)              |   | 6:30-7:30<br>Tai Chi (Gymnastics)         |  |   |                                  |
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## GYM SCHEDULE

| Monday  | Tuesday | Wednesday | Thursday           | Friday              | Saturday                            | Sunday                             |
|---|---------|-----------|--------------------|---------------------|-------------------------------------|------------------------------------|
| 5:00-10:00 Available for Pickleball           |         |           |                    |                     | 8:00-11:00 Available for Pickleball | CLOSED                             |
| 10:00-11:00 Reserved for Tai Chi classes      |         |           |                    | 10:00-7:00 Open Gym | 11:00-5:00 Open Gym                 | 12:00-2:00 Pickleball Reservations |
| 11:00-1:45 Open Gym                           |         |           |                    |                     |                                     |                                    |
| 1:45-2:45 Reserved for Good Christian Academy |         |           |                    |                     |                                     |                                    |
| 4:00-5:00 Reserved Afterschool Program        |         |           | 2:45-9:00 Open Gym | CLOSED              | CLOSED                              | 3:00-5:00 Open Gym                 |
| 5:00-9:00 Volleyball Starts 10/7              |         |           |                    |                     |                                     |                                    |



# GROUP FITNESS CLASSES

EFFECTIVE OCTOBER 1, 2024

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ELKINS-RANDOLPH COUNTY YMCA

WWW.ELKINSYMCA.COM

PH. 304-636-4515

**Schedule Notes**

**Please observe scheduled times.** 15-minute breaks are scheduled to allow for lifeguard breaks.

Children 10 and under will be swim tested by the lifeguard staff.

The pool will close during inclement weather or unforeseen maintenance issues. The pool closes for ½ hour following an incident of thunder.

Pool times are subject to change based on lifeguard availability.

**The online scheduler reflects the most current information on pool time availability and can be accessed at [www.elkinsymca.com](http://www.elkinsymca.com) under programs> aquatics.**

Day rates apply for non-members. **Please call ahead to ensure there are no pool closures.**

|  | Monday                                     | Tuesday                        | Wednesday                                     | Thursday                       | Friday                                 | Saturday                   | Sunday                   |
|--|--|--------------------------------|---|--------------------------------|--|----------------------------|--------------------------|
|  | 7:00-7:45<br>Lap Swim                      | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                         | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                  |                            |                          |
|  | 8:00-8:45<br>Lap Swim                      | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                         | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                  | 8:00-8:45<br>Lap Swim      |                          |
|  | 9:00-10:00<br>Senior Water<br>Aerobics     |                                | 9:00-10:00<br>Senior Water<br>Aerobics        |                                | 9:00-10:00<br>Senior Water<br>Aerobics | 9:00-9:45<br>Lap Swim      |                          |
|  | 10:00-11:00<br>Family Swim                 |                                | 10:00-11:00<br>Family Swim                    |                                | 10:00-10:45<br>Family Swim             | 10:00-10:45<br>Family Swim |                          |
|  | 11:00-11:45<br>Reserved for<br>Home School |                                | 11:00-11:45<br>Lap Swim                       |                                | 11:00-12:00<br>H2O Aerobics            | 11:00-11:45<br>Family Swim |                          |
|  | 12:00-12:45<br>Lap Swim                    |                                | 12:00-12:45<br>Lap Swim                       |                                | 12:00-12:45<br>Lap Swim                | 12:00-12:45<br>Lap Swim    | 12:00-12:45<br>Lap Swim  |
|  |  |                                |   |                                |  |                            | 1:00-1:45<br>Family Swim |
|  |  |                                |   |                                |  |                            | 2:00-3:00 Pool<br>Party  |
|  | 4:00-4:45<br>Family Swim                   | 4:00-4:45<br>Family<br>Swim    | 4:00-4:45<br>Reserved<br>Childcare<br>Program | 4:00-4:45<br>Family Swim       |  |                            | 3:00-3:45<br>Lap Swim    |
|  | 5:00-6:00<br>H2O Aerobics                  | 5:00-6:00<br>RAYS Swim<br>Team | 5:00-6:00<br>H2O Aerobics                     | 5:00-6:00<br>RAYS Swim<br>Team |  |                            |                          |
|  | 6:00-7:00<br>RAYS Swim<br>Team             | 6:00-7:00<br>Family<br>Swim    | 06:00-6:45<br>RAYS Swim<br>Team               | 6:00-7:00<br>Family Swim       |  |                            |                          |
|  | 7:00-7:45<br>RAYS Swim<br>Team             | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>RAYS Swim<br>Team                | 7:00-7:45<br>Lap Swim          |  |                            |                          |

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- **Family swim times**, reservations are not required but are recommended to be notified of schedule changes or pool closures. Day rates apply for non-members.
- **Pool parties** are held on Sunday afternoons. Reservations and payments must be made two weeks in advance.

Please observe the following pool guidelines:

- All members must sign in and out with the front desk staff through the lobby entrance.
- If you are ill, please stay home.
- Children under 12 must be accompanied in the facility by an adult.





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WWW.ELKINSYMCA.COM

PH. 304-636-4515

| Monday                                      | Tuesday                                     | Wednesday                                 | Thursday   | Friday                                    | Saturday                         |
|---|---|---|--|---|----------------------------------|
| 8:00-9:00<br>Low-Impact Aerobics (Rotary)   |   | 8:00-9:00<br>Low-Impact Aerobics (Rotary) |  | 8:00-9:00<br>Low-Impact Aerobics (Rotary) |                                  |
| 9:00-10:00<br>Sr. Water Aerobics (Pool)     |   | 9:00-10:00<br>Sr. Water Aerobics (Pool)   | 9:15-10:15<br>Beginners Vinyasa (Gymnastics)<br>Starts 10/10 | 9:00-10:00<br>Sr. Water Aerobics (Pool)   | 9:00-10:00<br>Body Pump (Rotary) |
|   |   | 9:15-10:15<br>Body Pump (Rotary)          |  |   |                                  |
| 10:00-11:00<br>Tai Chi (Train Depot/Gym)    | 10:00-10:50<br>Circuit & Stability (Rotary) | 10:00-11:00<br>Tai Chi (Train Depot/Gym)  | 10:00-10:50<br>Circuit & Stability (Rotary)                  | 10:00-11:00<br>Tai Chi (Rotary)           |                                  |
|   | 10:15-11:15<br>Tai Chi (Gymnastics)         |   | 10:15-11:00<br>Tai Chi (Gymnastic)                           |   |                                  |
|   | 11:00-11:45<br>Senior Stretch (Rotary)      |   | 11:00-11:45<br>Senior Stretch (Rotary)                       | 11:00-12:00<br>H2O Aerobics (Pool)        |                                  |
|   | 12:00-12:30<br>BOOM (Rotary)                |   | 12:00-12:30<br>BOOM (Rotary)                                 |   |                                  |
| 5:00-6:00<br>H2O Aerobics (Pool)            |   | 5:00-6:00<br>H2O Aerobics (Pool)          |  |   |                                  |
| 5:00-6:00<br>Tai Chi (Gymnastics)           |   |   |  |   |                                  |
| 5:15-6:15<br>Body Pump (Rotary)             |   | 5:15-6:15<br>Body Pump (Rotary)           |  |   |                                  |
| 5:15-5:45<br>Group Cycling (Cycling Studio) |   |   |  |   |                                  |
| 6:00-7:00<br>Yoga (Gymnastics)              |   | 6:30-7:30<br>Tai Chi (Gymnastics)         |  |   |                                  |
| 6:30-8:00<br>Elkins Shotokan (Rotary)       |   | 6:30-8:00<br>Elkins Shotokan (Rotary)     |  |   |                                  |

Group fitness classes are included with membership. Facility day use fees apply for non-members.

Please sign in AND out with the front desk staff before the start of every class, including classes that take place in the Rotary room.

Please wipe off all equipment like weights before and after use. Please bring your own yoga mat and water bottle. There is a water bottle filling station in the lobby. If you are ill, please stay home.

Free nautilus and cardio room orientation for members by appointment – schedule with the front desk staff.

Reserve the **Les Mills Virtual classroom** online or through the front desk. The virtual player offers Les Mills classes: BodyBalance, BodyPump, Core, Sh’bam, and Sprint

## GYM SCHEDULE

| Monday  | Tuesday | Wednesday | Thursday           | Friday              | Saturday                            | Sunday                             |
|---|---------|-----------|--------------------|---------------------|-------------------------------------|------------------------------------|
| 5:00-10:00 Available for Pickleball           |         |           |                    |                     | 8:00-11:00 Available for Pickleball | CLOSED                             |
| 10:00-11:00 Reserved for Tai Chi classes      |         |           |                    | 10:00-7:00 Open Gym | 11:00-5:00 Open Gym                 | 12:00-2:00 Pickleball Reservations |
| 11:00-1:45 Open Gym                           |         |           |                    |                     |                                     |                                    |
| 1:45-2:45 Reserved for Good Christian Academy |         |           |                    |                     |                                     |                                    |
| 4:00-5:00 Reserved Afterschool Program        |         |           | 2:45-9:00 Open Gym | CLOSED              | CLOSED                              | 3:00-5:00 Open Gym                 |
| 5:00-9:00 Volleyball Starts 10/7              |         |           |                    |                     |                                     |                                    |



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WWW.ELKINSYMCA.COM

PH. 304-636-4515

**Schedule Notes**

**Please observe scheduled times.** 15-minute breaks are scheduled to allow for lifeguard breaks.

Children 10 and under will be swim tested by the lifeguard staff.

The pool will close during inclement weather or unforeseen maintenance issues. The pool closes for ½ hour following an incident of thunder.

Pool times are subject to change based on lifeguard availability.

**The online scheduler reflects the most current information on pool time availability and can be accessed at [www.elkinsymca.com](http://www.elkinsymca.com) under programs> aquatics.**

Day rates apply for non-members. **Please call ahead to ensure there are no pool closures.**

|  | Monday                                     | Tuesday                        | Wednesday                                     | Thursday                       | Friday                                 | Saturday                   | Sunday                   |
|--|--|--------------------------------|---|--------------------------------|--|----------------------------|--------------------------|
|  | 7:00-7:45<br>Lap Swim                      | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                         | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                  |                            |                          |
|  | 8:00-8:45<br>Lap Swim                      | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                         | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                  | 8:00-8:45<br>Lap Swim      |                          |
|  | 9:00-10:00<br>Senior Water<br>Aerobics     |                                | 9:00-10:00<br>Senior Water<br>Aerobics        |                                | 9:00-10:00<br>Senior Water<br>Aerobics | 9:00-9:45<br>Lap Swim      |                          |
|  | 10:00-11:00<br>Family Swim                 |                                | 10:00-11:00<br>Family Swim                    |                                | 10:00-10:45<br>Family Swim             | 10:00-10:45<br>Family Swim |                          |
|  | 11:00-11:45<br>Reserved for<br>Home School |                                | 11:00-11:45<br>Lap Swim                       |                                | 11:00-12:00<br>H2O Aerobics            | 11:00-11:45<br>Family Swim |                          |
|  | 12:00-12:45<br>Lap Swim                    |                                | 12:00-12:45<br>Lap Swim                       |                                | 12:00-12:45<br>Lap Swim                | 12:00-12:45<br>Lap Swim    | 12:00-12:45<br>Lap Swim  |
|  |  |                                |   |                                |  |                            | 1:00-1:45<br>Family Swim |
|  |  |                                |   |                                |  |                            | 2:00-3:00 Pool<br>Party  |
|  | 4:00-4:45<br>Family Swim                   | 4:00-4:45<br>Family<br>Swim    | 4:00-4:45<br>Reserved<br>Childcare<br>Program | 4:00-4:45<br>Family Swim       |  |                            | 3:00-3:45<br>Lap Swim    |
|  | 5:00-6:00<br>H2O Aerobics                  | 5:00-6:00<br>RAYS Swim<br>Team | 5:00-6:00<br>H2O Aerobics                     | 5:00-6:00<br>RAYS Swim<br>Team |  |                            |                          |
|  | 6:00-7:00<br>RAYS Swim<br>Team             | 6:00-7:00<br>Family<br>Swim    | 06:00-6:45<br>RAYS Swim<br>Team               | 6:00-7:00<br>Family Swim       |  |                            |                          |
|  | 7:00-7:45<br>RAYS Swim<br>Team             | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>RAYS Swim<br>Team                | 7:00-7:45<br>Lap Swim          |  |                            |                          |

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|---|---|---|--|---|----------------------------------|
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| 9:00-10:00<br>Sr. Water Aerobics (Pool)     |   | 9:00-10:00<br>Sr. Water Aerobics (Pool)   | 9:15-10:15<br>Beginners Vinyasa (Gymnastics)<br>Starts 10/10 | 9:00-10:00<br>Sr. Water Aerobics (Pool)   | 9:00-10:00<br>Body Pump (Rotary) |
|   |   | 9:15-10:15<br>Body Pump (Rotary)          |  |   |                                  |
| 10:00-11:00<br>Tai Chi (Train Depot/Gym)    | 10:00-10:50<br>Circuit & Stability (Rotary) | 10:00-11:00<br>Tai Chi (Train Depot/Gym)  | 10:00-10:50<br>Circuit & Stability (Rotary)                  | 10:00-11:00<br>Tai Chi (Rotary)           |                                  |
|   | 10:15-11:15<br>Tai Chi (Gymnastics)         |   | 10:15-11:00<br>Tai Chi (Gymnastic)                           |   |                                  |
|   | 11:00-11:45<br>Senior Stretch (Rotary)      |   | 11:00-11:45<br>Senior Stretch (Rotary)                       | 11:00-12:00<br>H2O Aerobics (Pool)        |                                  |
|   | 12:00-12:30<br>BOOM (Rotary)                |   | 12:00-12:30<br>BOOM (Rotary)                                 |   |                                  |
| 5:00-6:00<br>H2O Aerobics (Pool)            |   | 5:00-6:00<br>H2O Aerobics (Pool)          |  |   |                                  |
| 5:00-6:00<br>Tai Chi (Gymnastics)           |   |   |  |   |                                  |
| 5:15-6:15<br>Body Pump (Rotary)             |   | 5:15-6:15<br>Body Pump (Rotary)           |  |   |                                  |
| 5:15-5:45<br>Group Cycling (Cycling Studio) |   |   |  |   |                                  |
| 6:00-7:00<br>Yoga (Gymnastics)              |   | 6:30-7:30<br>Tai Chi (Gymnastics)         |  |   |                                  |
| 6:30-8:00<br>Elkins Shotokan (Rotary)       |   | 6:30-8:00<br>Elkins Shotokan (Rotary)     |  |   |                                  |

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## GYM SCHEDULE

| Monday  | Tuesday | Wednesday | Thursday           | Friday              | Saturday                            | Sunday                             |
|---|---------|-----------|--------------------|---------------------|-------------------------------------|------------------------------------|
| 5:00-10:00 Available for Pickleball           |         |           |                    |                     | 8:00-11:00 Available for Pickleball | CLOSED                             |
| 10:00-11:00 Reserved for Tai Chi classes      |         |           |                    | 10:00-7:00 Open Gym | 11:00-5:00 Open Gym                 | 12:00-2:00 Pickleball Reservations |
| 11:00-1:45 Open Gym                           |         |           |                    |                     |                                     |                                    |
| 1:45-2:45 Reserved for Good Christian Academy |         |           |                    |                     |                                     |                                    |
| 4:00-5:00 Reserved Afterschool Program        |         |           | 2:45-9:00 Open Gym |                     |                                     | 3:00-5:00 Open Gym                 |
| 5:00-9:00 Volleyball Starts 10/7              |         |           |                    | CLOSED              | CLOSED                              |                                    |



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|  | Monday                                     | Tuesday                        | Wednesday                                     | Thursday                       | Friday                                 | Saturday                   | Sunday                   |
|--|--|--------------------------------|---|--------------------------------|--|----------------------------|--------------------------|
|  | 7:00-7:45<br>Lap Swim                      | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                         | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                  |                            |                          |
|  | 8:00-8:45<br>Lap Swim                      | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                         | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                  | 8:00-8:45<br>Lap Swim      |                          |
|  | 9:00-10:00<br>Senior Water<br>Aerobics     |                                | 9:00-10:00<br>Senior Water<br>Aerobics        |                                | 9:00-10:00<br>Senior Water<br>Aerobics | 9:00-9:45<br>Lap Swim      |                          |
|  | 10:00-11:00<br>Family Swim                 |                                | 10:00-11:00<br>Family Swim                    |                                | 10:00-10:45<br>Family Swim             | 10:00-10:45<br>Family Swim |                          |
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|  |  |                                |   |                                |  |                            | 1:00-1:45<br>Family Swim |
|  |  |                                |   |                                |  |                            | 2:00-3:00 Pool<br>Party  |
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|  | 6:00-7:00<br>RAYS Swim<br>Team             | 6:00-7:00<br>Family<br>Swim    | 06:00-6:45<br>RAYS Swim<br>Team               | 6:00-7:00<br>Family Swim       |  |                            |                          |
|  | 7:00-7:45<br>RAYS Swim<br>Team             | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>RAYS Swim<br>Team                | 7:00-7:45<br>Lap Swim          |  |                            |                          |

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|---|---|---|--|---|----------------------------------|
| 8:00-9:00<br>Low-Impact Aerobics (Rotary)   |   | 8:00-9:00<br>Low-Impact Aerobics (Rotary) |  | 8:00-9:00<br>Low-Impact Aerobics (Rotary) |                                  |
| 9:00-10:00<br>Sr. Water Aerobics (Pool)     |   | 9:00-10:00<br>Sr. Water Aerobics (Pool)   | 9:15-10:15<br>Beginners Vinyasa (Gymnastics)<br>Starts 10/10 | 9:00-10:00<br>Sr. Water Aerobics (Pool)   | 9:00-10:00<br>Body Pump (Rotary) |
|   |   | 9:15-10:15<br>Body Pump (Rotary)          |  |   |                                  |
| 10:00-11:00<br>Tai Chi (Train Depot/Gym)    | 10:00-10:50<br>Circuit & Stability (Rotary) | 10:00-11:00<br>Tai Chi (Train Depot/Gym)  | 10:00-10:50<br>Circuit & Stability (Rotary)                  | 10:00-11:00<br>Tai Chi (Rotary)           |                                  |
|   | 10:15-11:15<br>Tai Chi (Gymnastics)         |   | 10:15-11:00<br>Tai Chi (Gymnastic)                           |   |                                  |
|   | 11:00-11:45<br>Senior Stretch (Rotary)      |   | 11:00-11:45<br>Senior Stretch (Rotary)                       | 11:00-12:00<br>H2O Aerobics (Pool)        |                                  |
|   | 12:00-12:30<br>BOOM (Rotary)                |   | 12:00-12:30<br>BOOM (Rotary)                                 |   |                                  |
| 5:00-6:00<br>H2O Aerobics (Pool)            |   | 5:00-6:00<br>H2O Aerobics (Pool)          |  |   |                                  |
| 5:00-6:00<br>Tai Chi (Gymnastics)           |   |   |  |   |                                  |
| 5:15-6:15<br>Body Pump (Rotary)             |   | 5:15-6:15<br>Body Pump (Rotary)           |  |   |                                  |
| 5:15-5:45<br>Group Cycling (Cycling Studio) |   |   |  |   |                                  |
| 6:00-7:00<br>Yoga (Gymnastics)              |   | 6:30-7:30<br>Tai Chi (Gymnastics)         |  |   |                                  |
| 6:30-8:00<br>Elkins Shotokan (Rotary)       |   | 6:30-8:00<br>Elkins Shotokan (Rotary)     |  |   |                                  |

Group fitness classes are included with membership. Facility day use fees apply for non-members.

Please sign in AND out with the front desk staff before the start of every class, including classes that take place in the Rotary room.

Please wipe off all equipment like weights before and after use. Please bring your own yoga mat and water bottle. There is a water bottle filling station in the lobby. If you are ill, please stay home.

Free nautilus and cardio room orientation for members by appointment – schedule with the front desk staff.

Reserve the **Les Mills Virtual classroom** online or through the front desk. The virtual player offers Les Mills classes: BodyBalance, BodyPump, Core, Sh’bam, and Sprint

## GYM SCHEDULE

| Monday  | Tuesday | Wednesday | Thursday           | Friday              | Saturday                            | Sunday                             |
|---|---------|-----------|--------------------|---------------------|-------------------------------------|------------------------------------|
| 5:00-10:00 Available for Pickleball           |         |           |                    |                     | 8:00-11:00 Available for Pickleball | CLOSED                             |
| 10:00-11:00 Reserved for Tai Chi classes      |         |           |                    | 10:00-7:00 Open Gym | 11:00-5:00 Open Gym                 | 12:00-2:00 Pickleball Reservations |
| 11:00-1:45 Open Gym                           |         |           |                    |                     |                                     |                                    |
| 1:45-2:45 Reserved for Good Christian Academy |         |           |                    |                     |                                     |                                    |
| 4:00-5:00 Reserved Afterschool Program        |         |           | 2:45-9:00 Open Gym |                     |                                     | 3:00-5:00 Open Gym                 |
| 5:00-9:00 Volleyball Starts 10/7              |         |           |                    | CLOSED              | CLOSED                              |                                    |



# GROUP FITNESS CLASSES

EFFECTIVE OCTOBER 1, 2024

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ELKINS-RANDOLPH COUNTY YMCA

WWW.ELKINSYMCA.COM

PH. 304-636-4515

**Schedule Notes**

**Please observe scheduled times.** 15-minute breaks are scheduled to allow for lifeguard breaks.

Children 10 and under will be swim tested by the lifeguard staff.

The pool will close during inclement weather or unforeseen maintenance issues. The pool closes for ½ hour following an incident of thunder.

Pool times are subject to change based on lifeguard availability.

**The online scheduler reflects the most current information on pool time availability and can be accessed at [www.elkinsymca.com](http://www.elkinsymca.com) under programs> aquatics.**

Day rates apply for non-members. **Please call ahead to ensure there are no pool closures.**

|  | Monday                                     | Tuesday                        | Wednesday                                     | Thursday                       | Friday                                 | Saturday                   | Sunday                   |
|--|--|--------------------------------|---|--------------------------------|--|----------------------------|--------------------------|
|  | 7:00-7:45<br>Lap Swim                      | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                         | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>Lap Swim                  |                            |                          |
|  | 8:00-8:45<br>Lap Swim                      | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                         | 8:00-8:45<br>Lap Swim          | 8:00-8:45<br>Lap Swim                  | 8:00-8:45<br>Lap Swim      |                          |
|  | 9:00-10:00<br>Senior Water<br>Aerobics     |                                | 9:00-10:00<br>Senior Water<br>Aerobics        |                                | 9:00-10:00<br>Senior Water<br>Aerobics | 9:00-9:45<br>Lap Swim      |                          |
|  | 10:00-11:00<br>Family Swim                 |                                | 10:00-11:00<br>Family Swim                    |                                | 10:00-10:45<br>Family Swim             | 10:00-10:45<br>Family Swim |                          |
|  | 11:00-11:45<br>Reserved for<br>Home School |                                | 11:00-11:45<br>Lap Swim                       |                                | 11:00-12:00<br>H2O Aerobics            | 11:00-11:45<br>Family Swim |                          |
|  | 12:00-12:45<br>Lap Swim                    |                                | 12:00-12:45<br>Lap Swim                       |                                | 12:00-12:45<br>Lap Swim                | 12:00-12:45<br>Lap Swim    | 12:00-12:45<br>Lap Swim  |
|  |  |                                |   |                                |  |                            | 1:00-1:45<br>Family Swim |
|  |  |                                |   |                                |  |                            | 2:00-3:00 Pool<br>Party  |
|  | 4:00-4:45<br>Family Swim                   | 4:00-4:45<br>Family<br>Swim    | 4:00-4:45<br>Reserved<br>Childcare<br>Program | 4:00-4:45<br>Family Swim       |  |                            | 3:00-3:45<br>Lap Swim    |
|  | 5:00-6:00<br>H2O Aerobics                  | 5:00-6:00<br>RAYS Swim<br>Team | 5:00-6:00<br>H2O Aerobics                     | 5:00-6:00<br>RAYS Swim<br>Team |  |                            |                          |
|  | 6:00-7:00<br>RAYS Swim<br>Team             | 6:00-7:00<br>Family<br>Swim    | 06:00-6:45<br>RAYS Swim<br>Team               | 6:00-7:00<br>Family Swim       |  |                            |                          |
|  | 7:00-7:45<br>RAYS Swim<br>Team             | 7:00-7:45<br>Lap Swim          | 7:00-7:45<br>RAYS Swim<br>Team                | 7:00-7:45<br>Lap Swim          |  |                            |                          |

Visit our website at [www.elkinsymca.com](http://www.elkinsymca.com) for program information or to reserve a pool time.

- **Lap swim times** are by reservation only. 3 lanes are available. Reserve times online or call the Y at 304-636-4515.
- **Family swim times**, reservations are not required but are recommended to be notified of schedule changes or pool closures. Day rates apply for non-members.
- **Pool parties** are held on Sunday afternoons. Reservations and payments must be made two weeks in advance.

Please observe the following pool guidelines:

- All members must sign in and out with the front desk staff through the lobby entrance.
- If you are ill, please stay home.
- Children under 12 must be accompanied in the facility by an adult.