

August 23 – September 5

BREAK WEEKS

GYM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 4:30-Noon	Open Gym 4:30-9:30 pm	Open Gym 4:30-6:00 am	Open Gym 4:30am-9:30 pm	Open Gym 4:30-6:00 am	Closed	Closed
		Adult Basketball 6:00-7:00 am		Adult Basketball 6:00-7:00 am		
		Open Gym 7:00-Noon		Open Gym 7:00-11:00 am	Open Gym 7:00-3:00 pm	
Lunch Buckets Noon-1:00 pm		Lunch Buckets Noon-1:00 pm		Adult Basketball 11:00-Noon		Open Gym Noon-4:30 pm
Open Gym 1:00-9:30 pm		Open Gym 1:00-9:30 pm		Adult Volleyball Noon-1:00 pm		
				Open Gym 1:00-8:30 pm	Closed	Closed

GYM CLOSED AUGUST 25-30 TO RESURFACE THE FLOOR

GYMNASTICS CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fit for Life 6:00-6:45 am		Fit for Life 6:00-6:45 am No Class 8/25		Fit for Life 6:00-6:45 am		Closed
					Family Open Gym 7:00-3:00 pm	
Family Open Gym Noon-5:00 pm	Family Open Gym Noon-5:00 pm	Family Open Gym Noon-5:00 pm	Family Open Gym Noon-5:00 pm	Family Open Gym Noon-8:00 pm	Closed	Family Open Gym Noon-4:00 pm
Pilates 5:30-6:15 pm 8/23 only	Boot Camp 5:30-6:30 pm 8/24 only					Closed
Gymnastics Ctr. Closed 8/30 6:00-8:00 pm	Gymnastics Ctr. Closed 8/31 6:00-8:00 pm					
Family Open Gym 7:00-9:00 pm	Family Open Gym 7:00-9:00 pm					

GYM SCHEDULE

September 6-12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YMCA Closed Labor Day	Open Gym 4:30-Noon	Open Gym 4:30-5:15 am	Open Gym 4:30am-Noon	Open Gym 4:30-5:15 am	Closed	Closed
		Y Aerobics 5:15-6:00 am		Y Aerobics 5:15-6:00 am		
		Adult Basketball 6:00-7:00 am		Adult Basketball 6:00-7:00 am		
		Open Gym 7:00-8:45 am		Open Gym 7:00-8:45 am		
		Silver Sneakers Range of Motion 9:00-10:00 am		Silver Sneakers Range of Motion 9:00-10:00 am		
	Open Gym 10:00-Noon	Open Gym 10:00-11:00 am	Adult Basketball 11:00-Noon	Open Gym 7:00-4:30 pm		
	Lunch Soccer Noon-1:00 pm	Lunch Buckets Noon-1:00 pm	Lunch Soccer Noon-1:00 pm		Adult Volleyball Noon-1:00 pm	Open Gym Noon-4:30 pm
	Open Gym 1:00-5:30 pm	Open Gym 1:00-3:30 pm	Open Gym 1:00-5:30 pm		Open Gym 1:00-8:30 pm	
		Speed & Agility 3:30-4:00 pm				
	Pilates/Ball 5:30-6:15 pm	Open Gym 4:00-9:30 pm	Pilates/Ball 5:30-6:15 pm			
Boot Camp 6:15-7:15 pm		Open Gym 7:15-9:30 pm				
Open Gym 7:15-9:30 pm						
					Closed	Closed

GYMNASSTICS CENTER SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YMCA Closed Labor Day		Fit for Life 6:00-6:45 am		Fit for Life 6:00-6:45 am		Closed
	Zumba 8:30-9:15 am		Zumba 8:30-9:15 am		Team 3 & 4 8:00-10:00 am	
	Lose & Win 10:00-10:30 am	Parent & Tot 10:00-10:30 am	Flip & Float 10:00-10:30 am		Team 5 & up 10:00-Noon	
	Y-We Care 10:30-11:00 am	Y-We Care 10:30-11:00 am	Family Movement 10:30-11:00 am			
	Family Open Gym 11:00-Noon					
	Zumba 12:15-1:00 pm	Drums Alive 12:15-1:00 pm	Circuit Training 12:15-1:00 pm	Family Open Gym Noon-4:00 pm	Family Open Gym Noon-4:00 pm	Family Open Gym Noon-4:00 pm
	4K 2:30-3:00 pm					
	Flip & Float 4:00-4:30 pm	Team 3 & 4 3:45-6:00 pm	Rollers 4:00-4:30 pm	After School 4:00-5:00 pm	Closed	Closed
	Swingers/Level 1 4:30-5:30 pm		Swingers/Level 1 4:30-5:30 pm	Family Open Gym 5:00-8:00 pm		
	Levels 2 & 3 Hot Shots 5:30-6:30 pm		Levels 2 & 3 Hot Shots 5:30-6:30 pm			
Team 5 & up 6:15-8:30 pm		Team 5 & up 6:15-8:30 pm				