



2019 Spring 1 Gymnasium Schedule 3/4 - 4/14

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FRONT HALL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 - 6:00am	Adult Open Gym 5:00-7:45am	Strength Train Together/Circuit 5:30 AM - 6:30 AM	Adult Open Gym 5:00-6:45am	Strength Train Together/Circuit 5:30 AM - 6:30 AM	Adult Open Gym 5:00-6:45am	Closed	
6:00-7:00am		Adult Open Gym 6:40 AM - 7:45 AM	Tabata Bootcamp 7:00am - 7:50 am	Adult Open Gym 6:40 AM - 7:45 AM	Tabata Bootcamp 7:00am - 7:50 am		
7:00-8:00am						Youth & Family Open Gym 7:00-7:45am	Adult Open Gym 7:00am - 8:00am
8:00-9:00am	Srength Train Together 8:00 AM - 8:55 AM	Active Together 8:00 AM - 8:55 AM	Zumba 8:00am - 9:00am	Active Together 8:00 AM - 8:55 AM	Step 8:00am - 9:00am	Ninja Warrior 7:45am-10:45am	Strength Train Together 8:15am - 9:10am
9:00-10:00am	Pre-School Open Gym (Members Only) 9:15-10:15am	Little Ninjas 9:00 AM - 11:30 AM	Sports Instructional Classes 9:00am - 12:00 pm	9:15am - 10:15 am STT ... My Friend and Me Gymnastics	ELC Gymnastics 9:00am - 11:00am		Step & Strength 9:15am - 10:10am
10:00-11:00am	Pre-School Open Gym 10:15-11:45am			Gymnastics 10:20am - 12:00pm		BollyX 10:15am - 11:15am	
11:00-12:00pm		Adult Basketball 18+ 11:30 AM - 1:45 PM	Adult Basketball 18+ 12:15 PM - 1:00 PM	Adult Basketball 18+ 12:15pm - 2:00pm	Adult Basketball 18+ 12:00 PM - 1:00 PM		Gymnastics 10:45am - 2:30 PM
12:00-1:00pm	Adult Basketball 18+ 12:00 PM - 1:00 PM		Enhance Fitness 1:15 PM - 2:15 PM	Enhance Fitness 1:15 PM - 2:15 PM	Enhance Fitness 1:15 PM - 2:15 PM		
1:00-2:00pm	Enhance Fitness 1:15 PM - 2:15 PM						
2:00-3:00pm	Youth & Family Open Gym 2:15 PM - 3:45 PM	Adult Pickleball 2:00 PM - 3:00PM	Youth & Family Open Gym 2:15 PM - 3:15 PM	Youth & Family Open Gym 2:00pm - 3:00pm	Youth & Family Open Gym 2:15 PM - 3:30 PM	YMCA Basketball League 2:30 PM - 6:00 PM	Youth & Family Open Gym 1:30 PM - 6:45 PM
3:00-4:00pm		Gymnastics 3:00 PM - 8:45 PM	Ninja Warrior 3:15 PM - 6:40 PM	Gymnastics 3:00pm - 8:30pm	Sports Instructional Classes 3:30 PM - 6:05 PM		
4:00-5:00pm	Youth Sports Classes 3:45 PM - 5:15 PM						
5:00-6:00pm	Dynamic Strength/Circuit 5:30 PM - 6:25 PM						
6:00-7:00pm	Strength Train Together 6:35 PM - 7:35 PM						
7:00-8:00pm			Step & Strength 7:00 PM - 8:00 PM		Open Gym 6:15 PM - 9:45 PM (Check dates below that we will be closed for family events)	Closed for Special Events Below: 3/8 Parent's Night Out 6:15 PM - 9:00 PM 3/22 Family event 6:15 - 7:15 4/12 Parent's Night Out 6:00 PM - 9:00 PM	
8:00-9:00pm	Catch Ball 7:45 - 9:45 pm		Open Gym 8:00 PM - 9:45 PM				
9:00-9:45pm		Open Gym 8:45 PM - 9:45 PM		Open Gym 8:30pm - 9:45pm			

Youth & Family-Children age 10 and under with parent/guardian and youth ages 11-17

Open Gym - Open to all ages

Adult - Ages 18+

