



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE

*Effective November 26, 2018*

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY
5:00AM	½ Open Gym	½ Work Out Space	½ Open Gym	½ Work Out Space	½ Open Gym	½ Work Out Space	½ Open Gym	½ Work Out Space	½ Open Gym	½ Work Out Space	YMCA CLOSED		YMCA CLOSED
6:00AM	Total Body Training				Total Body Training				Total Body Training				
7:00AM	Open Gym @ 7:15am				Open Gym @ 7:15am				Open Gym @ 7:15am				
8:00AM	SSS		Open Gym		SSS		Open Gym		SSS		Open Gym		
9:00AM	Step		Core & Strength		Zumba®		Core & Strength		Step				
10:00AM	Prime Time Fitness @ 10:15		AOA Classic		Prime Time Fitness @ 10:15		AOA Classic		Prime Time Fitness @ 10:15		½ Open Gym	½ Youth BB	Open Gym
11:00AM	Open Gym @ 11:15am		Fit for Life Cardio		Open Gym @ 11:15am		Fit for Life Cardio		Open Gym @ 11:15am				
NOON	Adult Basketball		AOA Functional Strength		Adult Basketball		AOA Functional Strength		Adult Basketball				
1:00PM	Open Gym		Open Gym		Open Gym		Zumba Gold®		Open Gym		YMCA CLOSED		YMCA CLOSED
2:00PM							Zumba Gold®						
3:00PM							Open Gym						
4:00PM	Youth Basketball Practice 5:00-7:00pm		Youth Basketball Practice 4:00-8:00pm Half OPEN Gym		Youth Basketball Practice 5:00-7:00pm		Youth Basketball Practice 4:00-7:00pm		Open Gym		YMCA CLOSED		YMCA CLOSED
5:00PM							Youth Basketball Practice 4:00-7:00pm						
6:00PM							Open Gym						
7:00PM	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		YMCA CLOSED
8:00PM	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		
9:00PM	YMCA Closed		YMCA Closed		YMCA Closed		YMCA Closed		YMCA Closed		YMCA Closed		

**\*Schedule is subject to change without notice\***

**\*\*If participating in OPEN GYM, staff reserves the right to ask you to use half court only\*\***

### Facility Hours

Monday-Friday	5:00am-9:00pm
Saturday	7:00am-5:00pm
Sunday	9:00am-4:00pm