

EAST GYM SCHEDULE -- SUMMER 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	YMCA OPENS AT 5:00a					
5:00a	5:15 - 6:15a OPEN BASKETBALL		5:15 - 6:15a OPEN BASKETBALL		5:15 - 6:15a OPEN BASKETBALL	
6:00a	YMCA OPENS 6:00a					
7:00a						
8:00a						
9:00a	8:45 - 9:30a BOOTCAMP	8:30 - 9:30a Y PUMP	8:45 - 9:30a BOOTCAMP	8:30 - 9:30a Y PUMP	8:45 - 9:30a BOOTCAMP	
10:00a	10:00 -- 11:15a KIDS CLUB (1/2 of gym -- during inclement weather)					
11:00a	10:00 11:45a OPEN GYM (1/2 gym during inclement weather)					
NOON	11:15 - 11:45 CHILDCARE (1/2 of gym -- during inclement weather)					
1:00p						
2:00p	1:00 - 4:00p GYMNASTICS (1/2 of gym)					YMCA CLOSSES 2:00p
3:00p	3:00 - 4:00p CHILDCARE (1/2 of gym during inclement weather) M/W/Th/F 3:00 - 4:00p OPEN GYM (1/2 gym during inclement weather)					
4:00p						
5:00p						
6:00p	5:30 - 6:30p Y PUMP	5:30 - 6:15p	5:30 - 6:30p Y PUMP	5:30 - 6:15p BOOTCAMP		
7:00p	YMCA CLOSSES 7:00p					
8:00p	YMCA CLOSSES AT 8:00p					

MIDDLE GYM SCHEDULE -- SUMMER 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	YMCA OPENS AT 5:00a						
5:00a	5:30 - 6:30a BOOT CAMP		5:30 - 6:30a BOOT CAMP		5:30 - 6:30a BOOT CAMP		
6:00a	YMCA OPENS 6:00a						
7:00a							
8:00a	8:15 - 9:15a LITE COMBO	8:15 - 9:15a LITE COMBO		8:15 - 9:15a LITE COMBO		7:30 - 8:30a CARDIO DANCE	
9:00a	9:15 - 10:00a ZUMBA GOLD	9:00 - 10:00a YOGA	9:15 - 10:00a ZUMBA GOLD	9:00 - 10:00a YOGA			
10:00a	10:15 -- 11:00a DELAY THE DISEASE	10:15 -- 11:00a SR STRENGTH & CARDIO	10:15 -- 11:00a DELAY THE DISEASE	10:15 -- 11:00a SR STRENGTH & CARDIO		9:30 - 11:00a PICKLEBALL (OPEN PLAY)	
11:00a							
NOON							
1:00p							
2:00p	2:00 - 4:00p CHILDCARE (1/2 of gym during inclement weather)						YMCA CLOSSES 2:00p
3:00p	2:00 - 5:30p OPEN GYM (1/2 gym during inclement weather)						
4:00p	4:00 - 5:30p KIDS CLUB (1/2 of gym) -- (inclement weather)						
5:00p							
6:00p	5:30 - 6:30p CARDIO DANCE	5:30 - 6:30p ZUMBA	5:30 - 6:30p CARDIO DANCE	5:30 - 6:30p ZUMBA			
7:00p	YMCA CLOSSES 7:00p						
8:00p	YMCA CLOSSES AT 8:00p						