

EAST GYM SCHEDULE -- SPRING 2019

Effective March 4, 2019

	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 MUSCLE ENDURANCE	8:30 - 9:30a Y PUMP	8:45 - 9:30a MUSCLE ENDURANCE	8:30 - 9:30a Y PUMP		
10:00a						
11:00a	11:15 - 11:45 CHILDCARE / YOUTH PROGRAMS (1/2 GYM)					
NOON						
1:00p	1:00 - 4:00p GYMNASTICS (1/2 of gym)					
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) Tuesday 3:00 - 4:00 NO OPEN GYM during inclement weather			
4:00p	4:00 - 5:30p YOUTH PROGRAMS (NO OPEN GYM)					
5:00p						
6:00p	5:30 - 6:30p Y PUMP	5:30 - 6:15p BOOTCAMP	5:30 - 6:30p Y PUMP	5:30 - 6:15p BOOTCAMP	YMCA CLOSSES 7:00p	
7:00p	6:30 - 9:15p GYMNASTICS (NO OPEN GYM)	7:00 - 9:00p WOMENS VOLLEYBALL (NO OPEN GYM)		6:15 - 9:00p GYMNASTICS (NO OPEN GYM)	YMCA CLOSSES 8:00p	
8:00p	SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.					
9:00p	YMCA CLOSSES AT 9:30p					

MIDDLE GYM SCHEDULE -- SPRING 2019

	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	9:15 - 10:00a ZUMBA GOLD				
10:00a	10:15 - 11:00a PARKINSONS IN MOTION	10:15 - 11:00a SR STRENGTH & CARDIO	10:15 - 11:00a PARKINSONS IN MOTION	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)					
3:00p	2:00 - 5:30p OPEN GYM (1/2 gym during inclement weather)					
4:00p						
5:00p	4:00 - 5:30p KIDS CLUB (1/2 of gym) -- (inclement weather)					
6:00p	5:30 - 6:30p CARDIO DANCE	5:30 - 6:15p CYCLING	5:30 - 6:30p CARDIO DANCE	5:30 - 6:15p CYCLING	YMCA CLOSSES 7:00p	
7:00p	7:00 - 9:00p WOMENS VOLLEYBALL (1/2 GYM)		YMCA CLOSSES 8:00p			
8:00p	SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.					
	YMCA CLOSSES AT 9:30p					

SEE SCHEDULE UPDATES AT WWW.SPENCERYMCA.ORG | NOTICES POSTED ON

