

EAST GYM SCHEDULE -- FALL 2019

Effective August 26, 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	8:30 - 9:30a Y PUMP	8:30 - 9:30a Y PUMP	8:00 - 9:30a KIDS CLUB	8:30 - 9:30a Y PUMP	8:00 - 9:30a KIDS CLUB	8:00 - 10:00p Youth Volleyball
9:00a						
10:00a	KIDS CLUB 1/2 GYM 10:00 11:15 (NO SCHOOL DAYS) 11:15 - 11:45 CHILDCARE/YOUTH CLASS					
11:00a						
NOON						
1:00p						
2:00p						
3:00p	3:15 - 4:45 GYMNASTICS (WEDNESDAY ONLY) 4:00 - 5:00p YOUTH CLASS					
4:00p						
5:00p	5:30 - 6:30p Y PUMP	5:30 - 6:15p BOOTCAMP	5:30 - 6:30p Y PUMP	5:30 - 6:15p BOOTCAMP		
6:00p						
7:00p		7:00 - 8:00p Youth Volleyball				YMCA CLOSING 7:00p
8:00p						YMCA CLOSING 8:00p
9:00p	YMCA CLOSING 9:30p					

SCHEDULES SUBJECT TO CHANGE WITHOUT NOTICE.

MIDDLE GYM SCHEDULE -- FALL 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	8:00 - 9:00a LITE COMBO	8:00 - 9:30a KIDS CLUB	8:00 - 9:00a LITE COMBO	8:00 - 9:30a KIDS CLUB	8:00 - 9:00a 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 - 11:15a PARKINSONS IN MOTION	10:15 - 11:15a SR STRENGTH & CARDIO	10:15 - 11:00a PARKINSONS IN MOTION	10:15 - 11:15a SR STRENGTH & CARDIO		9:30 - 11:00a PICKLEBALL (OPEN PLAY)
11:00a						
NOON	12:15 - 12:45 CORE EXPRESS		12:15 - 12:45 CORE EXPRESS			
1:00p						
2:00p	2:00 - 4:00p CHILDCARE (1/2 of gym during inclement weather) 4:00 - 5:30p KIDS CLUB 1/2 GYM (inclement weather)					
3:00p						
4:00p						
5:00p						
6:00p	5:30 - 6:30p CARDIO DANCE		5:30 - 6:30p CARDIO DANCE			
7:00p						YMCA CLOSING 7:00p
8:00p						YMCA CLOSING 8:00p
9:00p	YMCA CLOSING 9:30p					

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