

GYM SCHEDULE

TIMES:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00a - 6:00a	OPEN	25+Basketball	OPEN	25+Basketball	OPEN		
6:00a - 7:00a	Boot Camp	OPEN	Boot Camp	STT Express and HIIT Express	Bootcamp		
7:00a - 8:00a	OPEN		OPEN		Pickleball 7:00 - 8:30	7:00 - 8:15 Basketball	OPEN
8:00a - 9:00a			8:45 - 9:00 Intro to STT			OPEN	8:15 - 8:30 Intro to STT
9:00a - 10:00a	Boot Camp	Strength Train Together	Boot Camp	Strength Train Together	20X3	Boot Camp 8:45-9:45	STT 8:30 - 9:30
10:00a - 11:00a	10:15 - 11:00a Silver Sneakers	10:15 - 11:00a Lo Impact	Family Gym	10:15 - 11:00a Lo Impact	LIFT 10:15 - 11:00a	1/2 OPEN GYM 1/2 FAMILY GYM	OPEN
11:00a - 12:00p	OPEN	11:15 - 12:00p Silver Sneakers		11:15 - 12:00p Silver Sneakers			Family Gym 11:15 to 12:00
12:00p - 1:00p	25 & OVER Basketball	Delay the Disease 12:30 - 2:00p	25 & OVER Basketball	Delay the Disease 12:30 - 2:00p	25 & OVER Basketball		OPEN
1:00p - 2:00p							12:00 - 2:00 PM
2:00p - 3:00p	OPEN	Pickleball 2:00 - 4:00p	Y Be Fit 2:00 to 3:00p	Pickleball 2:00 - 4:00p	OPEN	OPEN or *RENTAL	
3:00p - 4:00p			OPEN				
4:00p - 5:00p	Family Gym	Family Gym	Family Gym	Family Gym	Family Gym	OPEN or *RENTAL	
5:00p - 6:00p	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN or *RENTAL	
6:00p - 7:00p	OPEN	20X3	FENCING 6 PM to 9 PM	Bootcamp	OPEN	OPEN YMCA Closes at 6:30 PM	
7:00p - 8:00p		YOGA		OPEN	KNO		
8:00p - 9:30p	OPEN	OPEN	OPEN 9:00 - 9:30				

2/14/2019

Rent the Y for Graduation parties, Family Reunions, Birthday Parties and more....