



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASIUM Schedule

September 2017

Main Gymnasium Schedule begins Friday, September 1, 2017 and is subject to change.

Monday	9:00-11:00 am Open Gym (East & West Court)	11:00 am-12:15 pm Open Gym (East & West Court)	12:15-5:00 pm Open Gym (East & West Court)	5:00-6:00 pm Zumba (East Court) Open Gym (West Court)	6:00-7:00 pm Open Gym (East & West Court)	7:00-9:00 pm Open Gym (East & West Court)	
Tuesday	5:30-9:00 am Open Gym (East & West Court)	9:00-11:00 am Wellness Walk (East & West Court) 9:30-11:30 am Pickleball (East & West Court)	11:00 am-12:15 pm Open Gym (East & West Court)	12:15-5:00 pm Open Gym (East & West Court)	5:30-6:15 pm Open Gym (East Court) Americettes (West Court)	6:15-8:00 pm Open Gym (East Court) Americettes (West Court)	8:00-9:00 pm Open Gym (East & West Court)
Wednesday	5:30-9:00 am Open Gym (East & West Court)	9:00-11:00 am Open Gym (East & West Court) 9:30-11:30 Pickleball (East & West Court)	11:00 am-12:15 pm Open Gym (East & West Court)	12:15-5:00 pm Open Gym (East & West Court)	5:00-6:00 pm Zumba (East Court) Open Gym (West Court)	6:00-7:00 pm Open Gym (East & West Court)	7:00-9:00 pm Open Gym (East & West Court)
Thursday	5:30-9:00 am Open Gym (East & West Court)	9:00-11:00 am Wellness Walk (East & West Court)	11:00 am-12:15 pm Open Gym (East & West Court)	12:15-5:15 pm Open Gym (East & West Court)	5:15-6:30 pm CSI: Class (East Court) 5:15-6:30 pm Open Gym (West Court)	6:15-7:00 pm Open Gym (East & West Court)	7:00-9:00 pm Open Gym (East & West Court)
Friday	5:30-9:00 am Open Gym (East & West Court)	9:00-11:00 am Open Gym (East & West Court) 9:30-11:30 Pickleball (East & West Court)	11:00 am-12:15 pm Open Gym (East & West Court)	12:15-4:00 pm Open Gym (East & West Court)	4:00-6:15 pm Open Gym (East & West Court)	6:15-8:00 pm Open Gym (East Court)	8:00-9:00 pm Open Gym (East & West Court)
Saturday	7:00-9:00 am Open Gym (East & West Court)	9:00 am-12:00 pm Open Gym (East & West Court)	12:00-1:00 pm Open Gym (East & West Court)	1:00-5:00 pm Open Gym (East & West Court)	<div style="background-color: #4a7c9c; color: white; padding: 10px; border-radius: 15px; text-align: center;"> <p>Check out our Group Exercise & Pool Schedules!</p> </div>		
Sunday	1:00-5:00 pm Open Gym (East & West Court)						

YMCA Building Hours: Mon-Fri: 5am-9pm Sat: 7am-5pm Sun. 1-5pm