



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SMALL GYMNASIUM

Room Schedule for June 19-30 2017

All Times Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
P90X 5:30-6:30am Jana	Bootcamp 5:30-6:30am Holly	P90X 5:30-6:30am Jana	Bootcamp 5:30-6:30am Holly	P90X 5:30-6:30am Jana	All Ages Open Gym 7-8:45am	All Ages Open Gym 7-9:30am
All Ages Open Gym 6:45-9:15am	Circuit 7:30-8:30am Vicki	All Ages Open Gym 6:45-9:15am	All Ages Open Gym 6:45-9am	All Ages Open Gym 6:45-8:45am	Bootcamp 8:30-9:15am Mihaela	
Zumba 9:30-10:30am Christina	Circuit 9-10am Vicki	Zumba 9:30-10:30am Jessica	HIIT 9:15-9:45am Jenny	Circuit 9-10am Avivit	Zumba 9:30-10:30am Christina	Core 9:45-10:15am Teresa
Bootcamp 11-11:45am Jamie	Bootcamp 10:15-11am Holly	Bootcamp 11am-12pm Shiloah	Total Body Conditioning 10-10:45am Vicki	All Ages Open Gym 10:15-10:45am	All Ages Open Gym 10:45am-12:15pm	Zumba 10:30-11:30am Yang
All Ages Open Gym 12-4:30pm	AOA Cardio 11:15am-12pm Avivit	All Ages Open Gym 12:15-4:30pm	Line Dancing 11-11:45am Vicki	Bootcamp 11am-11:55am Tim		Reserved for Birthday Parties 12:30-2pm
Hard Core 4:45-5:30pm Margie	*Reserved for YMCA Program from 4-5:45pm on 6/20	Hard Core 4:45-5:30pm Margie	All Ages Open Gym 12-7:15pm  *Reserved for YMCA Program from 4-6pm on 6/22	Zumba 12-1pm Jessica	Middle School Basketball (11-14) 2:15-3:30pm	All Ages Open Gym 1:45-3:30pm
Bootcamp 6-6:45pm Jamie	Total Body Conditioning 6-6:45pm Vicki	Bootcamp 6-6:45pm Mihaela	Bollywood Fitness 7:30-8:30pm Sheetal	All Ages Open Gym 1:15-10pm  *Reserved for YMCA program on 6/23 from 6-9pm	All Ages Open Gym 3:45-6:45pm  *Reserved for YMCA program on 6/24 from 6-9pm	Teen Basketball (Ages 11-16) 3:45-6pm
Zumba 7-8pm Jeanell	Zumba 7-8pm Jean	Zumba 7-8pm Jeanell			Adult Basketball (16+) 7-8pm	
Teen Basketball (14+) 8:15-10pm	All Ages Open Gym 8:15-10pm	Teen Basketball (14+) 8:15-10pm	All Ages Open Gym 8:45-10pm			

\*TICKET REQUIRED TO RESERVE SPACE IN CLASS. PLEASE CHECK THE GW CLASS SCHEDULE FOR TIMES TICKETS ARE AVAILABLE.  
\*\*YMCA PROGRAMS REQUIRE REGISTRATION. SEE MEMBER SERVICES FOR ADDITIONAL INFORMATION.  
Updated 6/18/17