



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMALL GYMNASIUM

Room Schedule for July & August 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 7-8:15am	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
YMCA Program** 12:15-1pm	AOA Cardio 11:15am-12pm Avivit	YMCA Program** 12:15-1pm	Line Dancing 11-11:45am Vicki	Bootcamp 11-11:55am Tim		Reserved for Birthday Parties 12:30-2pm
All Ages Open Gym 1:15-4:30pm <small>*Reserved for YMCA Program: 7/24 & 8/21, 2:30-3:30pm</small>	YMCA Program** 12:15-1pm	All Ages Open Gym 1:15-4:30pm <small>*Reserved for YMCA Program: 7/26 & 8/23, 2:30-3:30pm *Reserved for YMCA Program: 7/12-8/30, 4-4:30pm</small>	YMCA Program** 12:15-1pm	Zumba 12-1pm Jessica	Middle School Basketball (11-14) 2:15-3:30pm	
Hard Core 4:45-5:30pm Margie	All Ages Open Gym 1:15-5:45pm <small>*Reserved for YMCA Program: 7/25 & 8/22, 2:30-3:30pm</small>	Hard Core 4:45-5:30pm Margie	All Ages Open Gym 1:15-7:15pm <small>*Reserved for YMCA Program: 7/27 & 8/24, 2:30-3:30pm</small>	All Ages Open Gym 1:15-10pm <small>*Reserved for YMCA program on 7/7, 7/21, 8/4 & 8/18 from 6-9pm</small>		All Ages Open Gym 3:45-6:45pm <small>*Reserved for YMCA program on 7/22 & 8/19 from 6-8pm</small>
Bootcamp 6-6:45pm Jamie	Total Body Conditioning 6-6:45pm Vicki	Bootcamp 6-6:45pm Mihaela	Bollywood Fitness 7:30-8:30pm Sheetal		Adult Basketball (16+) 7-8pm <small>*Reserved for YMCA program on 7/22 & 8/19 from 6-8pm</small>	
Zumba 7-8pm Jeanell	Zumba 7-8pm Jean	Zumba 7-8pm Jeanell	All Ages Open Gym 8:45-10pm			
Teen Basketball (14+) 8:15-10pm	All Ages Open Gym 8:15-10pm	Teen Basketball (14+) 8:15-10pm				

*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 6/30/17