



Basketball Gym

Family Programs: September 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00—6:45am Circuit Training		6:00—6:45am Circuit Training		6:00—6:45am Circuit Training		
		YMCA History Many African American YMCAs became meeting places and rallying points for the Civil Rights Movement. In 1967, racial discrimination was banned in all YMCAs.			10:15-11:00am Strength & Conditioning	

Schedule subject to change without notice.

SWEAT		RUN		PLAY		

GYM HOURS: Mon-Fri 5:45am—8:45pm Sat: 8:00am—4:45pm Sun: 10:00am—4:45pm

The gym is available for open recreational use to members 15 minutes after the facility opens until 15 minutes before the facility closes, aside from the scheduled programming hours. The gym will be open only to class or program participants while they are in session unless (WEST Only) or (EAST Only) is listed, in which open gym use is available on one side of the courts during those times.