

GYM 1

SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:00am-7:00am	Open Gym 5:00am-5:45am	Boot Camp 5:30am-6:30pm (Connie)	Open Gym 5:00am-9:30am	Obstacle Course Race Training 5:30am-6:15am		
	Adult Basketball 6:00am-7:00am	Open Gym 6:45am-10:00am		Open Gym 6:30am-8:00am		
Adult Pickle Ball 7:00am-8:45am	Open Gym 7:00am-8:30am				Open Gym 7:00am-8:15am	Badminton 7:00am-12:45pm
				Interval Training X 8:00am-8:10am 60yrs+BBall 8:30am-9:30am	Skills & Drills Youth Basketball * \$ 8:30am-1:00pm	
Open Gym 9:00am-4:15pm	Insanity @ 8:50am-9:40am (Lucy)		Insanity @ 9:40am-10:30am (Lucy)	Core & More 9:30am-10:15am (Gretchen)		
	Circuit 10:00-11:00am (Tammy/Monica)	Strength 10:00am-11:00am (Wali)	Parent/Child Tumbling 10:45am-11:30am	Adult Pickle Ball 10:30am-1:00pm		
	Table Tennis 11:15am-2:15pm	Open Gym 11:15am-4:15pm				
			Open Gym Noon-6:00pm			
	Open Gym 2:15pm-6:00pm			Open Gym 1:15pm-7:00pm	Open Gym 1:00pm-5:00pm	Pickle Ball 1:00pm-3:00pm
Itty Bitty Sports * \$ 4:30pm-6:00pm *Begins 9/11		Itty Bitty Sports * \$ 4:30pm-6:00pm *Begins 9/11				Open Gym 3:15pm-6:45pm
					Badminton 5:15pm-6:45pm	
Pick Up Basketball 18yrs+ 6:00pm-9:45pm	The HUB P.E. 8+yrs 6:00pm-7:00pm	Pick Up Basketball 18yrs+ 6:00pm-9:45pm	The HUB P.E. 8+yrs 6:00pm-7:00pm			
	The HUB Dodgeball 8+yrs 7:00pm-8:00pm		The HUB Dodgeball 8+yrs 7:00pm-8:00pm	Open Gym 7:00pm-8:00pm		
	Power Volleyball 14yrs+ EXPERIENCE REQ'D 8:00pm-9:45pm		Open Volleyball 14yrs+ 8:00pm-9:45pm (By Request-Min 4ppl)	Teen Basketball 11-16yrs 8:15pm-9:45pm <i>*Subject to Movie Night Reservations and Special YMCA Events</i>		

KEY:

*See Member Services for more info

\$ Fee Based; Registration Required

Updated 6/25/17

GYM 2

SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:00am-7:45am	Open Gym 5:00am-9:15am	Open Gym 5:00am-7:45am	Open Gym 5:00am-7:45am	Open Gym 5:00am-7:45am		
AOA Chair Strength 8:00am-9:00am (Valerie)		AOA Chair Strength 8:00am-9:00am (Sue)	AOA Circuit Chair Strength 8:00am-8:45am (Valerie)	AOA Chair Strength 8:00am-9:00am (Sue)	Open Gym 7:00am-9:15am	Open Gym 7:00am-9:15am
Zumba @ 9:30am-10:30am (Hsiaoling)	Zumba @ Gold 9:30am-10:30am (Heather)	Zumba @ 9:30am-10:30am (Chris)	Zumba @ Gold 9:30am-10:30am (Heather)	Zumba @ Rizzmic @ 9:30am-10:30am (Heather)	Zumba @ 9:30am-10:30am (Kitty)	Zumba @ 9:30am-10:30am (Lea)
Zumba@ Toning 10:30am-11:00am (Hsiaoling)	Parent/Child Tumbling 10:45am-11:30am		Zumba @ Toning 10:45am-11:45am (Hsiaoling)	Open Gym 10:45am-3:00pm	<p>Open Gym * 10:45am-6:45pm</p> <p><i>* Subject to Birthday Party Reservations and Special YMCA Events.</i></p> <p><i>Please see Member Services for Open Gym times.</i></p>	Open Gym 10:45am-6:45pm
Open Gym 11:15am-3:00pm	Open Gym 11:45am-4:00pm	Open Gym 10:45am-2:00pm	Open Gym Noon-3:00pm			
Kid's University * \$ 3:00pm-5:00pm	Kid's University * \$ 4:00pm-5:00pm	Kid's University * \$ 2:00pm-3:00pm	Kid's University * \$ 3:00pm-4:00pm	Kid's University * \$ 3:00pm-4:00pm		
Open Gym 5:00pm-6:00pm	Open Gym 5:00pm-6:30pm	Open Gym 3:15pm-6:00pm	Open Gym 4:15-6:30pm	Pick Up Basketball 12-18yrs 4:15pm-6:00pm		
Zumba @ 6:15pm-7:15pm (Kristin)	STRONG by Zumba @ 6:45pm-7:45pm (Chris)	Bollywood Dance 6:15pm-7:15pm (Kavita)		Hip Hop Dance Fitness 6:15pm-7:15pm (Kendra)		
Open Gym 7:30pm-9:45pm	Pick Up Basketball 16yrs+ 8:00pm-9:45pm	Open Gym 7:30pm-9:45pm	Zumba @ 6:45pm-7:45pm (Hsiaoling)	Open Gym 7:30pm-9:45pm		
			Pick Up Basketball 16yrs+ 8:00pm-9:45pm			

KEY:

*See Member Services for more info

\$ Fee-based program