



SMALL GYMNASIUM

Room Schedule for OCTOBER 2017

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| MORNING CLASSES | | | | | | |
| HIIT 5:30-6:30am Jana | Bootcamp 5:30-6:30am Holly | HIIT 5:30-6:30am Jana | Bootcamp 5:30-6:30am Holly | HIIT 5:30-6:30am Jana | Open Gym (All Ages) 7-8:15am | Open Gym (All Ages) 7-9:30am |
| Open Gym (All Ages) 6:45-10:45am | Circuit Training 7:30-8:30am Vicki | Open Gym (All Ages) 6:45-9:15am | Open Gym (All Ages) 6:45-9am | Open Gym (All Ages) 6:45-8:45am | Bootcamp 8:30-9:15am Mihaela | |
| | Circuit Training 9-10am Vicki | | HIIT Express 9:30-10am Jenny | Circuit Training 9-10am Avivit | Open Gym (All Ages) 9:30-10:30am | Core Strength 9:45-10:15am Teresa |
| Bootcamp 11am-12pm Jamie | Bootcamp 10:15-11am Holly | Zumba 9:45-10:45am Jessica | Total Body Conditioning 10:15-11am Vicki | Bootcamp 10:30-11:30am Tim | Zumba Toning 10:45-11:45am Alisha | Zumba 10:30-11:30am Yang |
| | AOA Cardio 11:30am-12:30pm Avivit | Bootcamp 11am-12pm Shiloah | Line Dancing 11:15am-12:15pm Vicki | | | |
| AFTERNOON/EVENING CLASSES | | | | | | |
| Open Gym (All Ages) 12:15-4:30pm | Open Gym (All Ages) 12:15-3:45pm | Open Gym (All Ages) 12:15-1:15pm | Open Gym (All Ages) 12:30-3:45pm | Zumba 12-1pm Jessica | Reserved for Birthday Parties** 12-2pm | Reserved for Birthday Parties** 12-1:30pm |
| | | YMCA Program** 1:30-4:30pm | | Open Gym (All Ages) 1:15-3:45pm | Middle School Basketball (Ages 11-14) 2:15-3:30pm | Open Gym (All Ages) 1:45-3:30pm |
| Core Strength 4:45-5:30pm Margie | YMCA Program** 4-5:45pm | Core Strength 4:45-5:30pm Margie | YMCA Program** 4-5pm | YMCA Program** 4-5pm | Open Gym (All Ages) 3:45-6:45pm Reserved for YMCA program on 10/28 from 6-6:45pm | Teen Basketball (Ages 11-16) 3:45-6pm |
| Bootcamp 6-6:45pm Maddie | Total Body Conditioning 6-6:45pm Vicki | Bootcamp 6-6:45pm Mihaela | Open Gym (All Ages) 5:15-7:15pm | Open Gym (All Ages) 5:15-10pm | Adult Basketball (16+) 7-8pm Reserved for YMCA program on 10/28 from 7-8pm | Closed |
| Zumba 7-8pm Jeanell | Zumba 7-8pm Jean | Zumba 7-8pm Jeanell | Bollywood Fitness 7:15-8:15pm Deepti | | | |
| Teen Basketball (16+) 8:15-10pm | Open Gym (All Ages) 8:15-10pm | Adult Badminton (16+) 8:15-9:30pm | Open Gym (All Ages) 8:30-10pm | | | |

** YMCA PROGRAMS REQUIRE REGISTRATION. SEE MEMBER SERVICES FOR ADDITIONAL INFORMATION.

Updated 10/8/2017

COMING THIS MONTH

FAMILY FUN NIGHT: BOO BASH!

Friday Oct 13, 6-8:30pm
Our most popular family night of the year returns with Halloween-themed activities, inflatables, Monster Mash Dance, and more...

DATE NIGHT DINNER

Friday Oct 6, 6-8:30pm
Bring your sweet heart, your best friend or come as a single for a fun and delicious evening of hands-on cooking! Learn tips and technique while building confidence in the kitchen.

INTRODUCTION TO BASKETBALL

Tuesday Oct 3, 5:30-7:30pm
A great way for adults to try something new at the Y! Gain basic understanding of foundation skills in basketball. Other sport classes include badminton, pickleball, and volleyball.