



Gym Schedule

January 2018

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
North	South	North	South	North	South	North	South	North	South	North	South	North	South
5 - 7a Open Gym	5 - 7a Open Gym	5 - 7a Open Gym	5 - 7a Open Gym	5 - 7a Open Gym	5 - 7a Open Gym	5 - 7a Open Gym	5 - 7a Open Gym	5 - 7a Open Gym	5 - 7a Open Gym	8:00 - 9:30a Sports Conditioning		Adult Basketball 8a - 1p	
7 - 9:45a Fit + Fun	7 - 9:45a Fit + Fun	7 - 9a Fit + Fun	7 - 9a Fit + Fun	7 - 9a Fit + Fun	7 - 9a Fit + Fun	7 - 9a Fit + Fun	7 - 9a Fit + Fun	7 - 9a Fit + Fun	7 - 9a Fit + Fun				
9:45a - 6p Open Gym	9:45 - 11a HIIT + Core	9 - 11a Open Gym	9a - 4p Open Gym	9 - 10a Open Gym	9 - 10a Open Gym	9a - 5p Open Gym	9 - 11a Open Gym	9a - 5p Open Gym	9a - 2p Open Gym	9:30a - 3p Youth Basketball Games		11a - 2p Pickle Ball	
	11a - 2p Open Gym	11a - 1p Noon Hoops		10 - 11a Sports Conditioning	10 - 11a Sports Conditioning		11a - 1p Noon Hoops						
	11a - 2p Open Gym	1:00 - 3:30p Open Gym		11a - 2p Open Gym	11a - 5p Open Gym		1 - 4p Open Gym						
	2 - 5p Table Tennis	3:30 - 5p Open Gym		2 - 5p Table Tennis			2 - 5p Table Tennis						
				4 - 6p Pickle Ball 18+			4 - 6p Pickle Ball 18+						
	5 - 7p Basketball Practices	5 - 7p Basketball Practices		5 - 7p Basketball Practices	5 - 7p Basketball Practices		5 - 7p Basketball Practices		5 - 7p Basketball Practices				
6 - 7p ACT!			6 - 7p Open Gym			6 - 7p Open Gym				3 - 6p Open Gym		2 - 6p Open Gym	
7 - 8p Zumba@	7 - 8p Zumba@	7 - 9p Basketball 16+	7 - 9p Basketball 16+	7 - 8p Zumba@	7 - 8p Zumba@	7 - 9p Basketball 16+	7 - 9p Basketball 16+	7 - 8p Zumba@	7 - 8p Zumba@				
8 - 9p Open Gym	8 - 9p Open Gym			8 - 9p Open Gym	8 - 9p Open Gym			8 - 9p Open Gym	8 - 9p Open Gym				

PROGRAMS

SPORTS CONDITIONING

This circuit style class is a little bit boot camp, a little bit of gym workout and a little bit of playing! Learn new exercises and skills in a group environment that allows you to improve your fitness level no matter where you are starting from.

TABLE TENNIS/PICKLEBALL 18+

This is a semi-structured but unsupervised time in the gym dedicated to pickle ball and table tennis. Pickle ball nets and tennis tables are brought out upon request. All members are welcome to use the gymnasium for pickle ball/ table tennis on a first-come-first-served basis.

BASKETBALL 16+/NOON HOOPS

This is a structured and unsupervised time in the gym that allows priority for basketball players 16 years of age and older. Members ages 14 – 15 may participate as deemed appropriate by Y staff.

GYM PARTIES

Kids ages 6 - 17 and up to 14 friends can enjoy half of the gym for their choice of dodgeball, basketball or just hanging out! Gym parties are available on Saturday and Sunday and are 2 hours long. Contact Member Services for more info.

NO SCHOOL DAYS

Our school age and drop in child care programs follow the Auburn School District calendar and on non-school days, these programs may use the gym.

(Schedule is subject to change without notice. Please check with Member Services for details.)

GYM RULES

Unsportsman-like behavior (fighting, arguing, swearing, etc.) will not be tolerated. If you fail to comply, you will be asked to leave the building.

Only non-marking athletic shoes allowed on the gym floor.

No hanging on the rims.

No gum, food or beverages (except water) allowed in gym.

No personal stereos allowed in gym.

Please remember our YMCA core values of
RESPECT, RESPONSIBILITY, HONESTY, AND CARING!