

GYM 1

JANUARY 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|---|--|------------------------------|
| Open Gym 5:00am-7:30am | Open Gym 5:00am-5:45am | Boot Camp 5:30am-6:30pm (Connie) | Open Gym 5:00am-7:30am | Obstacle Course Race Training 5:30am-6:15am (Tracy) | | |
| | Adult Basketball 6:00am-7:00am | Open Gym 6:45am-7:45am | | Open Gym 6:30am-7:30am | | |
| AOA Chair Strength 8:00am-9:00am (Jackie) | Open Gym 7:00am-8:30am | AOA Chair Strength 8:00am-9:00am (Sue) | AOA Circuit Chair Strength 8:00am-8:45am (Jackie) | AOA Chair Strength 8:00am-9:00am (Sue) | Open Gym 7:00am-8:15am | Badminton 7:00am-12:45pm |
| | | Open Gym 9:15am-9:45am | | | Rookies Basketball * \$ 10:00-11:00am | |
| Open Gym 9:15am-9:45am | Insanity ® 8:50am-9:40am (Lucy) | | Insanity ® 9:40am-10:30am (Lucy) | Core & More 9:30am-10:15am (Gretchen) | Open Gym 11:00-12:30pm | |
| Circuit 10:00am-11:00am (Holly) | Circuit 10:00-11:00am (Tammy/Monica) | Boot Camp 10:00am-11:00am (Tracy) | Parent/Child Tumbling 10:45am-11:30am | Boot Camp X-Press 10:30am-11:15am (Christina) | Youth Basketball Games 12:30-4:30pm | |
| Open Gym 11:15am-4:15pm | Table Tennis 11:15am-2:15pm | Open Gym 11:15am-4:00pm | | Open Gym 11:30pm-5:00pm | | |
| | Open Gym 2:15pm-5:00pm | | Open Gym Noon-5:00pm | | | Pickle Ball 1:00pm-3:00pm |
| Itty Bitty Sports*\$ 4:30pm-6:00pm Starts Jan 22 | | Itty Bitty Sports*\$ 4:30pm-6:00pm Starts Jan 22 | | | | Open Gym 3:15pm-6:45pm |
| | Youth Basketball Practice 5:00pm-6:00pm | Open Gym 6:00-7:00pm | Youth Basketball Practice 5:00pm-6:00pm | Youth Basketball Practice 5:00pm-6:00pm | Badminton 5:15pm-6:45pm | |
| Pick Up Basketball 18yrs+ 6:00pm-9:45pm | The HUB P.E. 8+yrs 6:00pm-7:00pm | | The HUB P.E. 8+yrs 6:00pm-7:00pm | Youth Basketball Practice 6:00pm-7:00pm | | |
| | The HUB Dodgeball 8+yrs 7:00pm-8:00pm | Pick Up Basketball 18yrs+ 7:00pm-9:45pm | 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> | | |

GYM 2

JANUARY 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|--|--|--|
| Open Gym 5:00am-7:00am | Open Gym 5:00am-9:15am | Boot Camp 5:30am-6:30am (Connie) | Open Gym 5:00am-9:15am | Open Gym 5:00am-7:45am | Open Gym 7:00am-9:15am | Open Gym 7:00am-9:15am |
| Adult Pickle Ball 7:00am-9:00am | | Open Gym 6:45-9:15am | | | | |
| 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 | Open Gym 10:45am-2:00pm | Zumba @ Toning 10:45am-11:45am (Hsiaoling) | Open Gym 10:45am-3:00pm | Open Gym * 10:45am-6:45pm | Open Gym 10:45am-6:45pm |
| Open Gym 11:15am-3:00pm | Open Gym 11:45am-4:0pm | | 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 | *Subject to Birthday Party Reservations and Special YMCA Events. | Please see Member Services for Open Gym times. |
| Open Gym 5:00pm-6:00pm | | Open Gym 3:15pm-5:00pm | Open Gym 4:15pm-5:30pm | Pick Up Basketball 12-18yrs 4:15pm-6:00pm | | |
| Zumba @ 6:15pm-7:15pm (Kristin) | STRONG by Zumba @ 6:45pm-7:45pm (Chris) | Youth Basketball Practice 5:00-6:00pm | Youth Basketball Practice 5:30pm-6:30pm | Hip Hop Dance Fitness 6:15pm-7:15pm (Kendra) | *Fitness Expo January 20th 9:00am—11:00am Winterfest January 20th 5:00pm-7:00pm | |
| 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 | | | |