

# GYM 1

## APRIL 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-9:35am	Obstacle Course Race Training 5:30am-6:15am (Tracy)		
	Adult Basketball 6:00am-7:00am	Open Gym 6:45am-9:45am		Open Gym 6:30am-8:00am		
	Open Gym 7:00am-8:30am			Interval Training X 8:00am-8:10am (Gretchen)	Open Gym 7:00am-8:15am	Badminton 7:00am-12:45pm
				60yrs+BBall 8:30am-9:30am	Rookies Basketball * \$ 10:00-11:00am	
Open Gym 9:00am-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	
Met Con Bootcamp 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)		
Open Gym 11:15am-4:15pm	Table Tennis 11:15am-2:15pm	Open Gym 11:15am-4:00pm		Open Gym 11:30pm-8:00pm		
	Open Gym 2:15pm-5:00pm		Open Gym Noon-5:00pm			Pickle Ball 1:00pm-3:00pm
Itty Bitty Sports*\$ 4:30pm-6:00pm		Itty Bitty Sports*\$ 4:30pm-6:00pm				Open Gym 3:15pm-6:45pm
		Open Gym 6:00-7:00pm			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			
	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	Teen Basketball 11-16yrs 8:15pm-9:45pm		
	Power Volleyball 14yrs+ EXPERIENCE REQ'D 8:00pm-9:45pm		Open Volleyball 14yrs+ 8:00pm-9:45pm (By Request-Min 4ppl)	<i>*Subject to Movie Night Reservations and Special YMCA Events</i>		

# GYM 2

## APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Open Gym 5:00am-7:30am	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			
AOA Chair Strength 8:00am-9:00am (Jackie)		Open Gym 6:45-9:15am					AOA Chair Strength 8:00am-9:00am (Sue)
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 & Terrin)	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  <i>* Subject to Birthday Party Reservations and Special YMCA Events.</i>	Open Gym 10:45am-6:45pm	
Open Gym 11:15am-3:00pm							Open Gym 11:45am-4:00pm
Kid's University * \$ 3:00pm-5:00pm		Kid's University * \$ 2:00pm-3:00pm					
		Open Gym 3:15pm-5:00pm	Kid's University * \$ 3:00pm-4:00pm	Kid's University * \$ 3:00pm-4:00pm			
		Kid's University * \$ 4:00pm-5:00pm	Open Gym 4:15pm-5:30pm	Pick Up Basketball 12-18yrs 4:15pm-6:00pm			
Open Gym 5:00pm-6:00pm	Open Gym 5:00pm-6:30pm	Youth Basketball Practice 5:00-6:00pm	ACT! 5:30pm-6:30pm				
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		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		Pick Up Basketball 16yrs+ 8:00pm-9:45pm				

### April YMCA Gym Events:

Adventure Guides  
Carnival  
Sunday, April 8  
8:00am—3:00pm