



# Gym Schedule

July 2018

Updated: 06.06.18

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
North	South	North	South	North	South	North	South	North	South	North	South	North	South
5 - 9a Open Gym	5 - 9:45a Open Gym	5 - 9a Open Gym	5a - 4p Open Gym	5 - 9a Open Gym	5 - 11:30a Open Gym	5 - 9a Open Gym	5a - 4p Open Gym	5 - 9a Open Gym	5a - 2p Open Gym	8:00 - 9:30a Sports Conditioning			
9a - 4p Sports Camp	9:45 - 11a HIIT + Core	9a - 4p Sports Camp		9a - 4p Sports Camp		9a - 4p Sports Camp		9a - 4p Sports Camp					
	11a - 2p Open Gym				11:30a - 1p Fairwood Day Camp							11a - 2p Pickle Ball	11a - 3p Open Gym
	2 - 5p Table Tennis				1 - 2p Open Gym				2 - 5p Table Tennis		3 - 6p Open Gym - Family		2 - 6p Open Gym
4 - 7p Open Gym		4 - 7p Open Gym	4 - 6p Pickle Ball	4 - 7p Open Gym	2 - 4p Outdoor Day Camp		4 - 6p Pickle Ball	4 - 7p Open Gym					3 - 6p Open Gym - Family
	5 - 7p Open Gym				4 - 7p Open Gym		4 - 7p Open Gym		5 - 7p Open Gym				
			6 - 7p Open Gym				6 - 7p Open Gym						
7 - 7:55p Zumba®	7 - 7:55p Zumba®	7 - 9p Basketball - Adult	7 - 9p Basketball - Adult	7 - 7:55p Zumba®	7 - 7:55p Zumba®	7 - 9p Basketball - Adult	7 - 9p Basketball - Adult	7 - 7:55p Zumba®	7 - 7:55p Zumba®				
8:05 - 9p Open Gym	8:05 - 9p Open Gym			8:05 - 9p Open Gym	8:05 - 9p Open Gym			8:05 - 9p Open Gym	8:05 - 9p Open Gym				

# PROGRAMS

## SPORTS CONDITIONING

An intense workout involving interval training, strength, balance, agility, and cardiovascular fitness. Various equipment will be used and the format will change often but the fun will stay the same!

## TABLE TENNIS/PICKLEBALL

Practice your table tennis/pickleball skills and enjoy some friendly competition.

## BASKETBALL - ADULT

Enjoy friendly competition and practice your basketball skills with other players.

## 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!**