

# GYM 1

## AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:00am-9:45am	Open Gym 5:00am-5:45am	Boot Camp 5:30am-6:30pm (Connie)	Open Gym 5:00am-9:35am	Boot Camp 5:30am-6:15am (TBD)		
	Adult Basketball 6:00am-7:00am	Open Gym 6:45am-9:45am		Open Gym 6:30am-8:00am		
	Open Gym 7:00am-8:30am	Erg Fit Program 8:45am-9:45am (James) Registration Required July 18-Sept 7		Interval Training X 8:00am-8:10am (Tracy)		
Outdoor Boot Camp 10:00am-11:00am (Emily) Meet in Lobby	Insanity @ 8:50am-9:40am (Lucy)	Outdoor Boot Camp 10:00am-11:00am (Tracy) Meet in Lobby	Insanity @ 9:40am-10:30am (Lucy)	Core & More 9:30am-10:15am (Gretchen)	Open Gym 11:00-12:30pm	
STRONG@ 10:00am-11:00am (Chris)	Circuit X-Press 10:00-10:45am (Tammy/Monica)	POUND@ 10:15-11:00am (Kristin, Holly & Chris)	Parent/Child Tumbling 10:45am-11:30am	Outdoor Boot Camp X-Press 10:30am-11:15am (Christina) Meet in Lobby		
Open Gym 11:15am-4:15pm	AOA Strength 11:00-11:45am (Sue)	Open Gym 11:15am-4:00pm	Open Gym Noon-5:00pm	Open Gym 11:30pm-5:00pm		
	Table Tennis 12:00am-2:15pm					
	Open Gym 2:15pm-5:00pm					
Itty Bitty Sports*\$ 4:30pm-6:00pm		Itty Bitty Sports*\$ 4:30pm-6:00pm				Pickle Ball 1:00pm-3:00pm
		Gaga League 6:30pm-7:30pm (Registration Required)				Open Gym 3:15pm-4:00pm
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		Badminton 5:15pm-6:45pm	Open Volleyball 14yrs+ 4pm-7:00pm
	The HUB Dodgeball 8+yrs 7:00pm-8:00pm	Pick Up Basketball 18yrs+ 7:45pm-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		
					<b>JULY YMCA Gym Events:</b>	
						<i>*Subject to Movie Night Reservations and Special YMCA Events</i>

# GYM 2

## AUGUST 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	Open Gym 7:00am-9:15am	Open Gym 7:00am-9:15am	
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 @ 9:30am-10:30am (Heather)			Zumba @ 9:30am-10:30am (Kitty & Terrin)
Zumba@ Toning 10:30am-11:00am (Hsiaoling)	Parent/Child Tumbling 10:45am-11:30am	Itty Bitty 11:15-12:45am	Zumba @ Toning 10:45am-11:45am (Hsiaoling)	Itty Bitty 11:15-12:45am	Open Gym * 10:45am-6:45pm  <i>* Subject to Birthday Party Reservations and Special YMCA Events.</i>          <i>Please see Member Services for Open Gym times.</i>	Open Gym 10:45am-6:45pm	
Itty Bitty 11:15-12:45am							Open Gym 11:45am-4:00pm
Open Gym 1:00-3:00pm	Open Gym 11:45am-4:00pm	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 * \$ 3:00pm-5:00pm							
Open Gym 5:00pm-6:00pm	Open Gym 5:00pm-6:30pm	Youth Basketball Practice 5:00-6:00pm	ACT! 5:30pm-6:30pm	Hip Hop Dance Fitness 6:15pm-7:15pm (Kendra)			
Zumba @ 6:15pm-7:15pm (Kristin)	STRONG by Zumba @ 6:45pm-7:45pm (Chris)	Zumba 6:15pm-7:15pm (TBD)					
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			<b>JULY YMCA Gym Events:</b>
			Pick Up Basketball 16yrs+ 8:00pm-9:45pm				