

GYM 1

MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:00am-9:45am	Open Gym 5:00am-5:45am	Boot Camp 5:15am-6:00pm (Connie)	Open Gym 5:00am-9:35am	Open Gym 5:00am-7:45am	Youth Basketball Games *\$ 9:00am-5:00pm Ends 3/2	Badminton 7:00am-12:45pm
	Adult Basketball 6:00am-7:00am					
	Open Gym 7:00am-8:30am			Interval Training Express 8:00am-8:45am (Tracy)		
Met Con 10:00am-11:00am (Holly/Wendy)	Insanity @ 8:45am-9:30am (Lucy)	Boot Camp 10:00am-11:00am (Tracy)	Insanity @ 9:40am-10:30am (Lucy)	Core & Strength 9:30am-10:15am (Gretchen)	Youth Soccer Skills and Drills *\$ 9:00am-1:00pm Starts 3/23	
Open Gym 11:15am - 1:00pm	Circuit Training 9:45am-10:45am (Tammy/Monica)	Open Gym 11:15am -4:15pm	Parent/Child Tumbling 10:45am-11:30am	Cycle - Core 10:15am-10:30am (Lisa M)		
	AOA Strength 11:00-11:45am (Sue)			Open Gym 10:30a,-4:45pm		
Table Tennis 1:00am-4:00pm	Table Tennis 12:00am-2:15pm		Open Gym Noon-2:45pm	Open Gym 10:30a,-4:45pm	Youth Badminton *\$ 1:15pm-2:45pm Starts 3/16	Pickle Ball 1:00pm-3:00pm
	Open Gym 2:15pm-5:45pm		Line Dancing 2nd & 4th week of the month 3:00pm-4:00pm (Yu-San)			
Preschool Sport Class *\$ 4:30 - 6:00pm			Open Gym 2:15pm-5:45pm	Open Gym 4:15pm-4:45pm	Family Pickle Ball 3:00pm-4:00pm	
Open Gym 6:15pm - 7:00pm	Preschool Sport Class *\$ 4:30 - 6:00pm	Youth Basketball Practice*\$ 5:00pm-6:00pm Ends 3/7		Youth Basketball Practice*\$ 5:00pm-7:00pm Ends 3/8	Open Volleyball 14yrs+ 4pm-7:00pm	
Pick Up Basketball 18yrs+ 7:15pm-9:45pm	The HUB P.E. 8+yrs 6:00pm-7:00pm	GaGa Ball *\$ 6:30pm-7:30pm Starts 3/20	Youth Volleyball Practice*\$ 5:00pm-6:00pm Starts 3/29	Youth Volleyball Practice*\$ 6:00pm-7:00pm Starts 3/29	Badminton 5:15pm-6:45pm	
	The HUB Dodgeball 8+yrs 7:00pm-8:00pm	Pick Up Basketball 18yrs+ 7:45pm-9:45pm	The HUB P.E. 8+yrs 6:00pm-7:00pm	The HUB Dodgeball 8+yrs 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		
					MAR YMCA Gym Events: <ul style="list-style-type: none"> Open Gym on Saturdays will vary depending on Youth Sports games and event reservations. 	
					<i>*Subject to Movie Night Reservations and Special YMCA Events</i>	

GYM 2

MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:00am-7:45am	Open Gym 5:00am-9:15am	Boot Camp 5:15am-6:00am (Connie)	Open Gym 5:00am-9:15am	Open Gym 5:00am-7:45am		
		Open Gym 6:45-9:15am				
AOA Chair Strength 8:00am-9:00am (Jackie)		AOA Chair Strength 8:00am-9:00am (Sue)	AOA Circuit Chair Strength 8:00am-9:00am (Sue/Jackie)	AOA Chair Strength 8:00am-9:00am (Sue)	Open Gym 7:00am-9:15am	Open Gym 7:00am-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 @ 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	POUND@ 10:30am-11:15am (Kristin/Holly/Chris)	Zumba @ Toning 10:45am-11:45am (Hsiaoling)	Open Gym 10:45am-3:00pm	Open Gym *	Open Gym
Preschool Sports Class *\$ 11:30-12:00pm		Preschool Sports Class *\$ 11:30-12:00pm				
Open Gym 12:15-3:45pm	Open Gym 11:45am-4:00pm	Open Gym 12:15-1:45pm	Open Gym Noon-4:00pm		*Subject to Birthday Party Reservations and Special YMCA Events.	
		Kid's University * \$ 2:00pm-3:00pm				
Kid's University * \$ 4:00pm-5:00pm		Open Gym 3:15pm-4:45pm	Kid's University * \$ 4:00pm-5:00pm	Kid's University * \$ 3:00pm-4:00pm	Please see Member Services for Open Gym times.	
	Kid's University * \$ 4:00pm-5:00pm		Youth Basketball Practice *\$ 5:30pm-6:30pm Ends 3/7	Pick Up Basketball 12-18yrs 4:15pm-6:00pm		
Open Gym 5:00pm-6:00pm	Youth Volleyball Practice *\$ 5:30pm-6:30pm Starts 3/26	Youth Volleyball Practice *\$ 5:00pm-6:00pm Starts 3/27	ACT! \$* 5:30pm-6:30pm Starts 3/14			
Zumba @ 6:15pm-7:15pm (Kristin)	STRONG by Zumba @ 6:45pm-7:45pm (Chris)	U-Jam Fitness@ 6:15pm-7:15pm (Terrin)	Zumba @ 6:45pm-7:45pm (Hsiaoling)	Hip Hop Dance Fitness 6:15pm-7:15pm (Kendra)		
Open Gym 7:30pm-9:45pm	Pick Up Basketball 16yrs+ 8:00pm-9:45pm	Open Gym 7:30pm-9:45pm	Pick Up Basketball 16yrs+ 8:00pm-9:45pm	Open Gym 7:30pm-9:45pm	MAR YMCA Gym Events:	