

# GYM 1

## APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:00am-7:45am	Open Gym 5:00am-5:45am	Boot Camp Express 5:15am-6:00pm (Connie)	Open Gym 5:00am-9:35am	Open Gym 5:00am-7:45am		
	Adult Basketball 6:00am-7:00am	Open Gym 6:15am-7:45am				
AOA Chair Strength 8:00am-9:00am (Maria)	Open Gym 7:00am-8:30am	AOA Chair Strength 8:00am-9:00am (Sue)		AOA Chair Strength 8:00am-9:00am (Sue)	Open Gym 7:00am-8:30am	Badminton 7:00am-12:45pm
Open Gym 9:15am-9:45am		Open Gym 9:15am-9:45am				
Total Body Conditioning 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)		
Table Tennis 1:00am-4:00pm	AOA Strength 11:00-12:00pm (Sue/Stephanie)			Open Gym Noon-2:45pm	Open Gym 10:30am-5:30pm	Youth Badminton *\$ 1:15pm-2:45pm Starts 3/16 End 4/20
	Table Tennis 12:00am-2:15pm	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		Preschool Sport Class *\$ 4:30 - 6:00pm	Open Gym 4:15pm-4:45pm	Youth Volleyball Practice*\$ 5:00pm-6:00pm Starts 3/29	Open Gym 3:00pm-5:00pm	Family Pickle Ball 3:00pm-4:00pm
			Open Gym 6:15pm - 7:00pm			
Basketball 18yrs+ 7:30pm-9:45pm	The HUB P.E. 8+yrs 6:00pm-7:00pm	GaGa Ball *\$ 6:30pm-7:30pm Starts 3/20	The HUB P.E. 8+yrs 6:00pm-7:00pm	Open Gym 7:00pm-8:00pm	Badminton 5:15pm-6:45pm	
	The HUB Dodgeball 8+yrs 7:00pm-8:00pm	Basketball 18yrs+ 8:00pm-9:45pm	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	

**April YMCA Gym Events:**

- Open Gym on Saturdays will vary depending on Youth Sports games and event reservations.

*\*Subject to Movie Night Reservations and Special YMCA Events*

# GYM 2

## APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:00am-9:15am	Open Gym 5:00am-9:15am	Boot Camp 5:15am-6:00am (Connie) Open Gym 6:45-9:15am	Open Gym 5:00am-7:45am	Open Gym 5:00am-7:45am		
			AOA Circuit 8:00am-9:00am (Sue)	Interval Training Express 8:00am-8:45am (Tracy)	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	<p><b>Open Gym *</b> 10:45am-6:45pm</p> <p><i>* Subject to Birthday Party Reservations and Special YMCA Events.</i></p> <p><i>Please see Member Services for Open Gym times.</i></p>	Open Gym 10:45am-6:45pm
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			
		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		
	Kid's University * \$ 4:00pm-5:00pm			Basketball—Teen 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)		
Basketball 7:30pm-9:45pm	Basketball 16yrs+ 8:00pm-9:45pm	Open Gym 7:30pm-9:45pm	Basketball 16yrs+ 8:00pm-9:45pm	Open Gym 7:30pm-9:45pm		<p><b>April YMCA Gym Events:</b></p>