

GYM 1

SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Open Gym 5:00am-6:45am	Open Gym 5:00am-5:45am	Boot Camp Express 5:15am-6:00am (Connie)	Open Gym 5:00am-9:25am	Open Gym 5:00am-7:45am	Open Gym 7:00am-8:15am	Badminton 7:00am-12:45pm	
Adult Pickleball (By Request) 7:00am-7:45am	Adult Basketball 6:00am-7:00am	Open Gym 6:15am-7:45am		AOA Chair Strength 8:00am-9:00am (Sue)			AOA Chair Strength 8:00am-9:00am (Sue)
AOA Chair Strength 8:00am-9:00am (Maria)	Open Gym 7:00am-8:30am	AOA Chair Strength 8:00am-9:00am (Sue)	Open Gym 9:15am-4:15pm	AOA Chair Strength 8:00am-9:00am (Sue)	Youth Sport Classes * \$ 8:30am-1:00pm		
Open Gym 9:15am-12:45pm	Insanity ® 8:45am-9:30am (Lucy)	Open Gym 9:15am-4:15pm		Insanity ® 9:40am-10:30am (Lucy)			Core & Strength 9:30am-10:15am (Gretchen)
	Circuit Training 9:45am-10:45am (Tammy/Monica)			Parent/Child Tumbling 10:45am-11:30am			Cycle - Core 10:15am-10:30am (Lisa M)
	AOA Strength 11:00-12:00pm (Sue/Stephanie)			Open Gym 12:00pm-2:45pm			Adult Pickleball By Request 11:15am-1:00pm
	Table Tennis 12:00pm-2:15pm						Open Gym 12:00pm-2:45pm
Table Tennis 1:00pm-4:00pm	Open Gym 2:15pm-4:45pm	Sport Sampler: Youth * 4:30- 6:00pm	Line Dancing 3:00pm-4:00pm (Yu-San)	Open Gym 1:00pm-5:45pm	Youth Volleyball League Games * 1:00pm-4:30pm	Pickle Ball 1:00pm-3:00pm	
Sport Sampler: Minis * 4:30- 5:30pm	Youth Volleyball League Practice * 5:00pm - 6:00pm	Sport Sampler: Youth * 4:30- 6:00pm	Youth Volleyball League Practice * 5:00pm - 6:00pm	Open Gym 1:00pm-5:45pm	Youth Volleyball League Games * 1:00pm-4:30pm	Family Pickle Ball 3:00pm-4:00pm	
Intro to Badminton * 5:45- 6:45pm	Youth Volleyball League Practice * 5:00pm - 6:00pm	Youth Volleyball League Practice * 5:00pm - 6:00pm	Youth Volleyball League Practice * 5:00pm - 6:00pm			Open Volleyball 14yrs+ 4pm-7:00pm	
Youth Volleyball League Practice 6:45pm - 8:00pm	The HUB P.E. 8+yrs 6:00pm-7:00pm	Intro to Badminton * 6:00- 8:00pm	The HUB P.E. 8+yrs 6:00pm-7:00pm	Youth Volleyball League Practice * 6:00pm - 7:00pm	Badminton 5:15pm-6:45pm		
	The HUB Dodgeball 8+yrs 7:00pm-8:00pm		The HUB Dodgeball 8+yrs 7:00pm-8:00pm				
Basketball 18yrs+ 8:15pm-9:45pm	Power Volleyball 14yrs+ EXPERIENCE REQ'D 8:00pm-9:45pm	Basketball 18yrs+ 8:15pm-9:45pm	Open Volleyball 14yrs+ 8:00pm-9:45pm (By Request-Min 4ppl)	Teen Basketball 11-16yrs 8:15pm-9:45pm	SEPTEMBER YMCA Gym Events: <ul style="list-style-type: none"> Open Gym on Saturdays will vary depending on Youth Sports games and event reservations. 	*Registration Required	
				<i>*Subject to Movie Night Reservations and Special YMCA Events</i>			

GYM 2

SEPTEMBER 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 (Kristin)	Zumba ® 9:30am-10:30am (Chris)	Zumba ® Gold 9:30am-10:30am (Holly)	Zumba ® 9:30am-10:30am (Terrin)	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)	Zumba ® Toning 10:45am-11:45am (Hsiaoling)		Open Gym * 10:45am-6:45pm	Open Gym 10:45am-5:15pm
Open Gym 11:15am-3:45pm		Open Gym 11:30am-1:45pm		Moving for Better Living 11:00am-12:00pm (Deborah)	* Subject to Birthday Party Reservations and Special YMCA Events. Please see Member Services for Open Gym times.	
	Open Gym 11:45am-3:45pm		Open Gym 12:00pm-4:45pm	Open Gym 12:15pm-2:45pm		
		Kids University * \$ 2:00-3:00pm				
		Open Gym 3:15pm-4:45pm		Kids University * \$ 3:00-4:00pm		
Kids University * \$ 4:00-5:00pm	Kids University * \$ 4:00-5:00pm		Kids University * \$ 4:00-5:00pm	Basketball—Teen 12-18yrs 4:15pm-6:00pm		
Open Gym 5:15-6:00pm	ACT! * \$ 5:30pm-6:30pm	Youth Volleyball League Practice * 5:00pm - 6:00pm	Youth Volleyball League Practice * 5:30pm - 6:30pm			Teen - Futsal 5:30pm-6:30pm
Zumba ® 6:15pm-7:15pm (Kristin)	STRONG by Zumba ® 6:45pm-7:45pm (Chris)	BollyWorks Fitness® 6:15pm-7:15pm (Smitha)	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	Basketball 7:30pm-9:45pm	Basketball 16yrs+ 8:00pm-9:45pm	Open Gym 7:30pm-9:45pm	SEPTEMBER YMCA Gym 2 Events: <ul style="list-style-type: none"> Tee Time Family Night 9/21 5:00-6:30pm 	
					*Registration Required	