



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LARGE GYMNASIUM

Room Schedule for SEPTEMBER 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING CLASSES													
Adult Badminton (16+) 5-9:15am	Adult Basketball (16+) 5-6:30am	Adult Badminton (16+) 5-9:15am	Adult Basketball (16+) 5-6:30am	Adult Badminton (16+) 5-9:15am	Adult Basketball (16+) 5-6:30am	Adult Pickleball (16+) 5-9:15am	Adult Basketball (16+) 5-6:30am	Adult Badminton (16+) 5-9:15am	Adult Basketball (16+) 5-6:30am	Closed			
Open Gym (All Ages) 9:45-10:45am	Open Gym (All Ages) 6:45am-12pm	Turbo Kick 9:30-10:30am Jana	Open Gym (All Ages) 6:45-10:45am	Open Gym (All Ages) 9:45-10:30am	Open Gym (All Ages) 6:45am-12pm	Zumba 9:45-10:45am Rachel		Zumba Gold 9:30-10:25am Diana	Open Gym (All Ages) 6:45am-12pm	Open Gym (All Ages) 7-12pm	Adult Basketball (16+) 7-8:30am	Badminton (All Ages) 7:30-12:30pm	Pickleball (All Ages) 7:30-12:30pm
Zumba Gold 11-11:55am Diana		Zumba 10:45-11:45am Rachel		YMCA Program** 10:45-11:45am		Core Strength 10:45-11:15am Tim	Adult Basketball (16+) 11-12pm	Open Gym (All Ages) 11-12pm					
AFTERNOON/EVENING CLASSES													
Open Gym (All Ages) 12-6pm	Open Gym 12-3:45pm	Open Gym (All Ages) 12-6pm	Open Gym (All Ages) 12-6pm	Open Gym (All Ages) 12-7:15pm	Open Gym (All Ages) 12-4:15pm	Open Gym (All Ages) 12-10pm	Open Gym (All Ages) 12-6:30pm	Open Gym (All Ages) 12-10pm	Open Gym (All Ages) 12-2:30pm	Open Gym (All Ages) 12-3:30pm	Open Gym (All Ages) 12-3:30pm	Open Gym (All Ages) 1-6pm	Open Gym (All Ages) 1-6pm
	YMCA Program** 3:45-6pm				YMCA Program** 4:30-6pm <small>*Starting 9/20</small>								Badminton (All Ages) 4-5:45pm
Adult Basketball (16+) 6:15-10pm	Teen Basketball (14+) 6:15-10pm	Badminton (All Ages) 6:15-9:30pm	Teen Basketball (14+) 6:15-10pm <small>**Reserved for YMCA Program on 9/26 from 6:30-7:30pm</small>	Adult Basketball (16+) 7:30-10pm	Adult Basketball (16+) 6:15-10pm		Adult Volleyball (16+) 7-9:30pm		Open Gym (Teen 11-16) 2:30-10pm	Adult Badminton (16+) 6-7:30pm	Volleyball (All Ages) 6-7:30pm	Closed	

*TICKETS REQUIRED TO RESERVE SPACE IN CLASS. PLEASE CHECK WITH THE CLASS SCHEDULE FOR TIMES WHEN TICKETS ARE AVAILABLE.

**YMCA PROGRAMS REQUIRE REGISTRATION. SEE MEMBER SERVICES FOR ADDITIONAL INFORMATION.

Updated 8/25/2017

COMING THIS MONTH

FACILITY CLOSURE:
LABOR DAY, SEPT 4
YMCA will reopen at 5am on Tuesday, Sept 5

WORKSHOP: CELEBRATION OF MIND, BODY & SPIRIT
Sept 9, 12-3pm

FAMILY FUN NIGHT: GLOW PARTY
Sept 22, 6:30-8:30pm