



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SMALL GYMNASIUM

Room Schedule for SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING CLASSES</b>						
<b>HIIT</b> 5:30-6:30am Jana	<b>Bootcamp</b> 5:30-6:30am Holly	<b>HIIT</b> 5:30-6:30am Jana	<b>Bootcamp</b> 5:30-6:30am Holly	<b>HIIT</b> 5:30-6:30am Jana	<b>All Ages Open Gym</b> 7-8:15am	<b>All Ages Open Gym</b> 7-9:30am
<b>All Ages Open Gym</b> 6:45-9:15am	<b>Circuit Training</b> 7:30-8:30am Vicki	<b>All Ages Open Gym</b> 6:45-9:15am	<b>All Ages Open Gym</b> 6:45-9am	<b>All Ages Open Gym</b> 6:45-8:45am		
	<b>Circuit Training</b> 9-10am Vicki		<b>HIIT Express</b> 9:30-10am Jenny	<b>Circuit Training</b> 9-10am Avivit	<b>Bootcamp</b> 8:30-9:15am Mihaela	
<b>Zumba</b> 9:45-10:45am Christina	<b>Bootcamp</b> 10:15-11am Holly	<b>Zumba</b> 9:45-10:45am Jessica	<b>Total Body Conditioning</b> 10:15-11am Vicki	<b>Open Gym (All Ages )</b> 10:15-10:45am	<b>Zumba</b> 9:30-10:30am Christina	<b>Core Strength</b> 9:45-10:15am Teresa
<b>Bootcamp</b> 11am-12pm Jamie	<b>AOA Cardio</b> 11:15am-12pm Avivit	<b>Bootcamp</b> 11am-12pm Shiloah	<b>Line Dancing</b> 11:15am-12:15pm Vicki	<b>Bootcamp</b> 11-11:55am Tim	<b>Zumba Toning</b> 10:45-11:45am Alisha	<b>Zumba</b> 10:30-11:30am Yang
<b>AFTERNOON/EVENING CLASSES</b>						
<b>Open Gym (All Ages )</b> 12:15-4:30pm	<b>Open Gym (All Ages )</b> 12:15-3:45pm	<b>Open Gym (All Ages )</b> 12:15-1:15pm	<b>Open Gym (All Ages )</b> 12:30-3:45pm	<b>Zumba</b> 12-1pm Jessica	<b>Reserved for Birthday Parties **</b> 12-2pm	<b>Reserved for Birthday Parties **</b> 12-1:30pm
		<b>YMCA Program **</b> 1:30-4:30pm		<b>Open Gym (All Ages )</b> 1:15-3:45pm	<b>Middle School Basketball (Ages 11-14)</b> 2:15-3:30pm Reserved for YMCA program on 9/9	<b>Open Gym (All Ages )</b> 1:45-3:30pm
<b>Core Strength</b> 4:45-5:30pm Margie	<b>YMCA Program **</b> 4-5:45pm	<b>Core Strength</b> 4:45-5:30pm Margie	<b>YMCA Program **</b> 4-5pm	<b>YMCA Program **</b> 4-5pm	<b>Open Gym (All Ages )</b> 3:45-6:45pm Reserved for YMCA on 9/23 from 6-6:45pm	<b>Teen Basketball (Ages 11-16)</b> 3:45-6pm
<b>Bootcamp</b> 6-6:45pm Jamie	<b>Total Body Conditioning</b> 6-6:45pm Vicki	<b>Bootcamp</b> 6-6:45pm Mihaela	<b>Open Gym (All Ages )</b> 5:15-7:15pm	<b>Open Gym (All Ages )</b> 5:15-10pm Reserved for YMCA program on 9/8 & 9/22 from 6-9:30pm	<b>Adult Basketball (16+)</b> 7-8pm Reserved for YMCA program on 9/23 from 7-8pm.	Closed
<b>Zumba</b> 7-8pm Jeanell	<b>Zumba</b> 7-8pm Jean	<b>Zumba</b> 7-8pm Jeanell	<b>Bollywood Fitness</b> 7:30-8:30pm Deepti		Closed	
<b>Teen Basketball (16+)</b> 8:15-10pm	<b>Open Gym (All Ages )</b> 8:15-10pm	<b>Adult Badminton (16+)</b> 8:15-9:30pm	<b>Open Gym (All Ages )</b> 8:45-10pm			

\*\* 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