



SMALL GYMNASIUM

Room Schedule for FEBRUARY, 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES						
HIIT 5:30-6:30am Jana	Bootcamp 5:30-6:30am Holly`	HIIT 5:30-6:30am Jana	Bootcamp 5:30-6:30am Holly	HIIT 5:30-6:30am Jana	Closed	Closed
Open Gym (All Ages) 6:45-9:45am	Circuit Training 7:30-8:30am Vicki	Open Gym (All Ages) 6:45-10:45am	Open Gym (All Ages) 6:45-9am	Open Gym (All Ages) 6:45-8:45am	Open Gym (All Ages) 7-8am	Open Gym (All Ages) 7-9:30am
	Circuit Training 9-10am Vicki		HIIT Express 9:30-10am Jenny	Circuit Training 9-10am Avivit	Bootcamp 8:15-9:15am Mihaela	Core Strength 9:45-10:15am Teresa
HIIT Express 10-10:30am Jamie	Bootcamp 10:15-11am Holly		Total Body Conditioning 10:15-11am Vicki	Bootcamp 10:30-11:30am Tim	Open Gym (All Ages) 9:30-10:30am	Zumba 10:30-11:30am Yang
Bootcamp 11am-12pm Jamie	AOA Cardio 11:30am-12:30pm Avivit	Bootcamp 11am-12pm Shiloah	Line Dancing 11:15am-12:15pm Vicki		Zumba Toning 10:45-11:45am Alisha	
AFTERNOON/EVENING CLASSES						
Open Gym (All Ages) 12:15-4:30pm	Open Gym (All Ages) 12:15-3:45pm	Open Gym (All Ages) 12:15-3:45pm	Open Gym (All Ages) 12:30-3:45pm	Zumba 12-1pm Jessica	Open Gym (All Ages) 12-2pm	Reserved for Birthday Parties** 12-1:30pm
	YMCA Program** 4-5pm	YMCA Program** 4-4:30pm		Open Gym (All Ages) 1:15-10pm Reserved for YMCA program on 2/2 from 7-10pm 2/16 from 5:30-10pm	Middle School Basketball (Ages 11-14) 2:15-3:30pm	Open Gym (All Ages) 3:45-6:45pm Reserved for YMCA program on 2/17 from 5:30-6:45pm
Core Strength 4:45-5:30pm Margie	Open Gym (All Ages) 5:15-5:45pm	Core Strength 4:45-5:30pm Margie	YMCA Program** 4-5pm		Teen Basketball (Ages 11-16) 3:45-6pm	
Bootcamp 6-6:45pm Caleb	Total Body Conditioning 6-6:45pm Vicki	Bootcamp 6-6:45pm Mihaela	Open Gym (All Ages) 5:15-7:15pm		Adult Basketball (16+) 7-8pm	
Zumba 7-8pm Jeanell	Zumba 7-8pm Jean	Zumba Toning 7-8pm Jeanell	Bollywood Fitness 7:15-8:15pm Deepti			Closed
Teen Basketball (16+) 8:15-10pm	Open Gym (All Ages) 8:15-10pm	Adult Badminton (16+) 8:15-9:30pm	Open Gym (All Ages) 8:30-10pm		Closed	
COMING THIS MONTH	SALSA NIGHT Saturday Feb 10, 6pm-7:30pm Come join us for a night of salsa dancing! Steve and Jessica have been dancing together for 16 years and will be teaching basic salsa moves for new dancers. No experience required!		PARENTS' NIGHT OUT PLUS - MINION MADNESS Saturday Feb 17, 5:30pm -9:30pm Give yourself some TLC while your kids play and learn alongside their peers!		SKILLS & DRILLS: BASKETBALL Saturday Feb 24, 9:45am-10:45Am This class will focus on the development of fundamentals. It will allow players to learn new skills, develop sportsmanship, and learn the rules of the game.	

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