



# SMALL GYMNASIUM

Room Schedule for APRIL 2018

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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	Closed	Closed
<b>Open Gym (All Ages)</b> 6:45-9:30am	<b>Circuit Training</b> 7:30-8:30am Vicki	<b>Open Gym (All Ages)</b> 6:45-10:45am	<b>Open Gym (All Ages)</b> 6:45-9am	<b>Open Gym (All Ages)</b> 6:45-8:45am	<b>Open Gym (All Ages)</b> 7-8am	<b>Open Gym (All Ages)</b> 7-9:30am
	<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> 8:15-9:15am Mihaela	<b>Core Strength</b> 9:45-10:15am Teresa
<b>Pumped Express</b> 9:45-10:30am Diana	<b>Bootcamp</b> 10:15-11:15am Riley		<b>Total Body Conditioning</b> 10:15-11am Vicki	<b>Bootcamp</b> 10:30-11:30am Tim	<b>Open Gym (All Ages)</b> 9:30-10:30am	<b>Zumba</b> 10:30-11:30am Yang
<b>Bootcamp</b> 11am-12pm Tim	<b>AOA Cardio</b> 11:30am-12:30pm Avivit	<b>Bootcamp</b> 11am-12pm Shiloah	<b>Line Dancing</b> 11:15am-12:15pm Vicki		<b>Zumba Toning</b> 10:45-11:45am Alisha	<b>Reserved for Birthday Parties**</b> 11:30-12pm
<b>AFTERNOON/EVENING CLASSES</b>						
<b>Open Gym (All Ages)</b> 12:15-4:30pm	<b>Open Gym (All Ages)</b> 12:15-5pm Reserved for YMCA program** <b>Sports Clinics</b> on 4/3 2-4pm 4/10 2-4pm	<b>Open Gym (All Ages)</b> 12:15-4:30pm Reserved for YMCA program** <b>Sports Clinics</b> on 4/4 2-4pm 4/11 2-4pm	<b>Open Gym (All Ages)</b> 12:30-4pm Reserved for YMCA program ** <b>Sports Clinics</b> on 4/5 2-4pm 4/12 2-4pm	<b>Zumba</b> 12-1pm Jessica	<b>Open Gym (All Ages)</b> 12-2pm	<b>Reserved for Birthday Parties**</b> 12-1:30pm
	<b>Core Strength</b> 4:45-5:30pm Margie	<b>YMCA Program**</b> <b>Kids U</b> 5-5:45pm	<b>Core Strength</b> 4:45-5:30pm Margie	<b>YMCA Program**</b> <b>Kids U</b> 4-5pm	<b>Open Gym (All Ages)</b> 1:15-10pm  Reserved for YMCA program** <b>Family Night</b> on 4/20 from 5:30-10pm  Reserved for YMCA program** <b>Teen Team Sports</b> starting 4/27 to 5/18, 3:30-5pm	<b>Middle School Basketball</b> <b>(Ages 11-14)</b> 2:15-3:30pm
<b>Bootcamp</b> 6-6:45pm Caleb	<b>Total Body Conditioning</b> 6-6:45pm Vicki	<b>Bootcamp</b> 6-6:45pm Mihaela	<b>Open Gym (All Ages)</b> 5:15-7pm	<b>Open Gym (All Ages)</b> 3:45-6:45pm		<b>Teen Basketball (Ages 11-16)</b> 3:45-6pm
<b>Zumba</b> 7-8pm Jeanell	<b>Zumba</b> 7-8pm Jean	<b>Zumba Toning</b> 7-8pm Jeanell	<b>Bollywood Fitness</b> 7:15-8:15pm Deepti	<b>Adult Basketball (16+)</b> 7-8pm		Closed
<b>Adult Badminton (16+)</b> 8:15-9:30pm	<b>Open Gym (All Ages)</b> 8:15-10pm	<b>Teen Basketball (16+)</b> 8:15-10pm	<b>Open Gym (All Ages)</b> 8:30-10pm			

## COMING THIS MONTH

### SPORTS CLINICS—BASKETBALL

Tuesday, Wednesday, Thursday, April 3-5, 2pm-4pm  
Tuesday, Wednesday, Thursday, April 10-12, 2pm-4pm  
YMCA Teen Sports are about building the whole person from the inside out. Sports Clinics focuses on the development of basketball fundamentals. Players will scrimmage the last 15 minutes of each clinic session.

### SWING DANCE WORKSHOP

Saturday, April 21, 6-7:30pm  
Learn Swing basic steps, variations, and lead-and-follow techniques. Teresa will help you feel comfortable on the dance floor and be ready for any celebration. Bring your friends for a fun night out this Saturday evening!

### LEADER IN TRAINING WORKSHOP FOR TEENS

Monday, April 2-Tuesday, April 3, 9am-12:30pm  
Tuesday, April 10-Wednesday, April 11, 9am-12:30pm  
Become a competitive candidate for summer employment by taking a Leader In Training - Summer Camp Workshops. We will go over some of the essential youth work skills so you feel ready to get the job of your dreams this summer.