




YMCA Gym Schedule Mon. Sept 4-Sept 10

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
5:00	West	East	West	East	West	East	West	East	Group Fitness 5:10-6:10						
5:30	C L O S E D														
6:00															
6:30													West	East	
7:00															
7:30															
8:00															
8:30															
9:00															
9:30					Child Care Gym Time 8:45-11		Child Care Gym Time 8:45-11		Child Care Gym Time 8:45-11		Child Care Gym Time 8:45-11				
10:00														West	East
10:30															
11:00															
11:30			Kinder Gym 11-3												
12:00															
12:30															
1:00															
1:30															
2:00															
2:30															
3:00															
3:30			Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30						
4:00															
4:30															
5:00												West	East		
5:30												closes at 5pm			
6:00															
6:30															
7:00															
7:30												West	East		
8:00												closes at 7:30pm			
8:30	West	East	West	East	West	East	West	East							
	closes at 8:30pm		closes at 8:30pm		closes at 8:30pm		closes at 8:30pm								

Restricted Gym Availability = 
 Normal Open Gym Availability = 

YMCA Gym Schedule Mon. Sept 11-Oct 22

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:00	West	East	TRX Training 5:15-6	East	West	East	West	East	Group Fitness 5:10-6:10					
5:30														
6:00														
6:30														
7:00											West	East		
7:30														
8:00														
8:30														
9:00														
9:30	Child Care Gym Time 8:45-11		Child Care Gym Time 8:45-11		Child Care Gym Time 8:45-11		Child Care Gym Time 8:45-11		Child Care Gym Time 8:45-11				West	East
10:00														
10:30														
11:00														
11:30			TRX Training 11-12				TRX Training 11-12							
12:00														
12:30														
1:00			Kinder Gym 11-3											
1:30														
2:00														
2:30														
3:00														
3:30	Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30					
4:00														
4:30														
5:00											West	East	West	East
5:30											closes at 5pm		closes at 5pm	
6:00														
6:30														
7:00														
7:30											West	East	closes at 7:30pm	
8:00	West	East	West	East	West	East	West	East						
8:30	closes at 8:30pm		closes at 8:30pm		closes at 8:30pm		closes at 8:30pm							

Restricted Gym Availability = 
 Normal Open Gym Availability = 