



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Worthington Area YMCA Gym Schedule, Effective October 1 - November 25, 2018

### North Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 5:30a-9:00p	Boot Camp 5:30a-6:30a	Open Gym 5:30a-9:00p	Boot Camp 5:30a-6:30a	Open Gym 5:30a-8:00p	Youth Volleyball 8:00a-11:00a	Open Gym 1:00p-6:00p
	Open Gym 6:30a-9:00p		Open Gym 6:30a-10:00a			
			Active Older Adults Class 10:00a-10:30a			
			Open Gym 10:30a-9:00p			

### South Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 5:30a-9:00p	Open Gym 6:30a-9:00p	Open Gym 5:30a-5:30p	Open Gym 6:30a-10:00a	Open Gym 5:30a-8:00p	Volleyball 8:00a-11:00a	Open Gym 1:00p-6:00p
			Active Older Adults Class 10:00a-10:30a		Open Gym 11:00a-8:00p	
		Open Gym 10:30a-5:00p				
		Tabata 5:30p-6:15p	Youth Volleyball Practice 5:00p-6:30p			
		Open Gym 6:15p-9:00p	Open Gym 6:30p-9:00p			