



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

SUMMER SCHEDULE EFFECTIVE FROM JUNE 2–AUGUST 31, 2018

North Gymnasium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POWER 5:30am – 10:30am	Boot Camp 5:45am-6:30am	POWER 5:30am – 10:30am	Boot Camp 5:45am-6:30am	POWER 5:30am – 10:30am		
			Open Gym 6:30am-10:00am			
Open Gym 10:30am-9:00pm	Open Gym 6:30am-9:00pm	Open Gym 10:30am-9:00pm	AOA Class 10am-10:30am	Open Gym 10:30am-8:00pm	Open Gym 8:00am-8:00pm	Open Gym 1:00pm-6:00pm
			Open Gym 10:30am-9pm			

South Gymnasium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:30am-9:00pm	Open Gym 5:30am-9:00pm	Open Gym 5:30am-5:30pm	Open Gym 5:30am-9:00pm	Open Gym 5:30am-8:00pm	Open Gym 8:00am-8:00pm	Open Gym 1:00pm-3:30pm
		Tabata 5:30pm-6:15pm				
		Open Gym 6:15pm-9pm				
						Volleyball 3:30pm-6:00pm

Track Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Counter Clock-Wise	Clock-Wise	Counter Clock-Wise	Clock-Wise	Counter Clock-Wise	Clock-Wise	Counter Clock-Wise
Walk/Run 5:30am – 9:00pm	Walk/Run 5:30am – 9:00pm	Walk/Run 5:30am – 9:00pm	Walk/Run 5:30am – 9:00pm	Walk/Run 5:30am – 9:00pm	Walk/Run 8:00am – 9:00pm	Walk/Run 1:00pm – 6:00pm
POWER 5:30am – 10:30am		POWER 5:30am – 10:30am		POWER 5:30am – 10:30am		



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Special Events

YMCA Programs Reserve the Right to Adjust Gym Schedule

YMCA Day Camp will Have access to South Gym but will Make attempts to go outside first.

YMCA Basketball Camp- June 4th-7th 9:00AM-11:30AM

YMCA Volleyball Camp June 11th- 14th 10:00AM-2:30PM