



We build strong kids, strong families, strong communities.

Gym Schedule - Winter 2010

Effective January ## to March ##

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time			
6:00-6:30	Open Recreation / Rental	Open / Rental	Open Recreation / Rental	Open / Rental	Open Recreation / Rental	Building Opens @ 7:00	Building Opens @ 12:00	6:00-6:30			
6:30-7:00										6:30-7:00	
7:00-7:30		Yoga & Meditation				Yoga & Meditation					7:00-7:30
7:30-8:00											7:30-8:00
8:00-8:30											8:00-8:30
8:30-9:00											8:30-9:00
9:00-9:30	Kindergarten (1/2 Gym Open)	Open / Rental		Open / Rental	Kindergarten (1/2 Gym Open)	S.M.I.L.E.		9:00-9:30			
9:30-10:00	Cardio Challenge	ELC (Daycare)	Cardio Challenge	ELC (Daycare)	Cardio Challenge			9:30-10:00			
10:00-10:30	Cardio Challenge	Preschool		Preschool	Cardio Challenge			10:00-10:30			
10:30-11:00	Pilates	Play Pals	Kindergarten	Play Pals	Line Dancing			10:30-11:00			
11:00-11:30								11:00-11:30			
11:30-12:00								11:30-12:00			
12:00-12:30	Open / Rental	Y2 the MAX 12:10 - 12:50	Gym with Kim 12:10 - 12:50	Y2 the MAX 12:10 - 12:50	Open / Rental	Open Recreation / Rental	Family Open Recreation	12:00-12:30			
12:30-1:00										12:30-1:00	
1:00-1:30	Kindergarten	Chair Yoga	Open / Rental	Chair Yoga					Open / Rental	1:00-1:30	
1:30-2:00										1:30-2:00	
2:00-2:30	Open / Rental	Kindergarten	Kindergarten	Kindergarten						2:00-2:30	
2:30-3:00		ELC		ELC						2:30-3:00	
3:00-3:30	After School Sports with Mac		Kids Fitness	YMCA Afterschool Program	Afterschool Program ELC	Basketball	Family Open Recreation	3:00-3:30			
3:30-4:00									3:30-4:00		
4:00-4:30	Open / Rental	Open Recreation	Open / Rental	Open / Rental	Open Recreation	Basketball	Family Open Recreation	4:00-4:30			
4:30-5:00											
5:00-5:30								5:00-5:30			
5:30-6:00	Family Open Recreation	Core Strength	Balls & Bars		Basketball	Building Closes @ 5:00 PM	Core Strength	5:30-6:00			
6:00-6:30									6:00-6:30		
6:30-7:00	Laughter Club	Total Body Bootcamp	Strong Again	Chair Yoga				Soccer	6:30-7:00		
7:00-7:30					Friday Night Fun				7:00-7:30		
7:30-8:00	Roger's Boot Camp		Open / Rental	Basketball					Basketball	7:30-8:00	
8:00-8:30		Badminton	Floor Hockey Rental	Open / Rental						8:00-8:30	
8:30-9:00											8:30-9:00
9:00-9:30	Open / Rental						Open Recreation	9:00-9:30			
9:30-10:00								9:30-10:00			

Areas shaded indicate either a program that requires registration or a time when the gym is closed
 Schedule subject to change without notice due to program demands