



GYMNASIUM SCHEDULE

This schedule is subject to change without prior notice. Last Updated: 8/20/18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
5A	OPEN GYM 5 AM -12 PM	OPEN GYM 5AM-6AM	OPEN GYM 5AM-9AM	OPEN GYM 5AM-6AM	OPEN GYM 5AM-9AM	GWYMCA OPENS 6:30AM	GWYMCA OPENS 8AM			
6A		BOOT CAMP 6:15AM-7:15AM LaMont		BOOT CAMP 6:15AM-7:15AM LaMont				BOOT CAMP 7AM-8AM LaMont		
7A		TURBO SWEAT 8:15AM-9:15AM Brandon		TURBO SWEAT 8:15AM-9:15AM Brandon						
8A										
9A										
10A				ZUMBA BURST 9:00AM-9:45AM Kellz		BOOT CAMP 9:30AM- 10:30AM Kelly G.		ZUMBA BURST 9:00AM-9:45AM Kellz	SOCCER: 4-6'S 9AM- 9:50AM	
11A		OPEN GYM 9:45AM-12PM		OPEN GYM 9:45AM-12PM		OPEN GYM 10:45AM -12PM		OPEN GYM 10AM-12PM	ADAPTIVE BASKETBALL 5-17 10AM-11AM	
12P									ADAPTIVE BASKETBALL 18 & UP 11AM-12PM	
		ADULT BASKETBALL 12PM-2PM *18 and up		ADULT BASKETBALL 12PM-2PM *18 and up		ADULT BASKETBALL 12PM-2PM *18 and up		ADULT BASKETBALL 12PM-2PM *18 and up	ADULT BASKETBALL 12PM-2PM *18 and up	ADULT BASKETBALL 1PM-3PM *18 and up
1P										
2P		HS BASKETBALL 2PM-3PM	OPEN GYM 2PM-4PM	HS BASKETBALL 2PM-3PM	OPEN GYM 2PM-3:20PM					
3P	OPEN GYM 2PM-4PM			OPEN GYM 2PM-4PM		OPEN GYM 4PM-6:45PM				
4P	Y SPORTS 4:15PM-5PM	OPEN GYM 3:15PM- 7PM	SOCCER: 3-4'S 4PM - 4:50PM	SOCCER: 2'S 3:30PM-4:20PM						
5P										
6P	OPEN GYM 5:15PM-7PM		OPEN GYM 5PM -7PM	YOUTH ARCHERY 5PM-6pm	OPEN GYM 4:30PM-7PM	GWYMCA CLOSES 5PM				
7P			OPEN GYM 6PM -7PM							
8P										
9P	ADULT BASKETBALL 7PM-9:45PM *18 and up	ADULT BASKETBALL 7PM-9:45PM *18 and up	ADULT BASKETBALL 7PM-9:45PM *18 and up	ADULT BASKETBALL 7PM-9:45PM *18 and up	ADULT BASKETBALL 7PM-9:45PM *18 and up	GWYMCA CLOSES 7PM				
10P										

- = Half Court Closed Programs/Classes.
GS1 (Gym Side 1), GS2 (Gym Side 2)
- = Full Court Closed Private Rental
(1/3, 1/4, 1/11, 1/23, 1/25, 1/30, 1/31, 2/ 9, 2/15)
- = Adult Fitness Classes
- = Youth Sports Classes

Open Gym- Children under the age of 12 must be accompanied by an adult. YMCA private sports lessons may take place at this time.
Adult Basketball- Must be 18 and older to be in gymnasium.
High School Basketball- 14 and older to be in the gymnasium.
Dry Land/ Gym Closures/ Youth Classes - Members are not permitted in gymnasium while classes and programs are in session.