

Winter Gym Schedule					March 8 - May 1												
Day Hours	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday				
	A	B	A	B	A	B	A	B	A	B	A	B	A	B			
5:00 AM											The YMCA opens at 8:00 AM on Saturday		The YMCA opens at 9:00 AM on Sunday				
5:30 AM																	
6:00			Pickleball 6:00 - 6:45				Pickleball 6:00 - 6:45										
6:30																	
7:00			Bootcamp 7:00 - 8:00		Spin 7:15 - 8:00		Cardio Strength 7:00 - 8:00		Bootcamp 7:00 - 8:00								
7:30	Cardio HIIT 7:15 - 8:15						PiYo 8:15 - 9:15										
8:00			Spin 8:15 - 9:00														
8:30																	
9:00	Yoga 9:00 - 10:00				Cardio, Strength & Core 9:15 - 10:15				Yoga 9:00 - 10:00						Spin 8:30 - 9:30		Pickleball
9:30			Kickboxing 9:30 - 10:30				Step & Abs 9:30 - 10:30										
10:00								Zumba 10:00 - 10:45		Bootcamp 9:45 - 10:45			9:00-11:30				
10:30	Strength Training 10:30 - 11:30		Super Sculpt 10:45 - 11:30		Chair Yoga 10:45 - 11:30		Chair Yoga 10:45 - 11:45										
11:00								Barreless Barre 11:00 - 11:45		Soccer Skills & Drills 11:00 - 12:00							
11:30					Yoga 11:45 - 12:30												
12:00	NOON TIME HOOPS 12:00 PM - 1:30 PM Wednesday - 12:45 - 1:30 only.										Family Basketball		Family Basketball				
12:30	AFTERNOON PICKLEBALL 1:30 PM. - 2:45 PM.																
1:00	HOOP SHOOTING 3:00 PM - 4:00 PM										12:15 - 1:45		12:00 - 1:45				
1:30											The YMCA closes at 2:00 PM on Saturday & Sunday						
2:00																	
2:30																	
3:00																	
3:30																	
4:00																	
4:30	Yoga 4:30 - 5:30						Yoga 4:30 - 5:30		Hoop Shooting 4:00 - 5:00								
5:00	Cardio Mixed Fit 5:45 - 6:45		Spin 5:45 - 6:45		Cardio Mixed Fit 5:45 - 6:45												
5:30							Bootcamp 6:00 - 7:00										
6:00																	
6:30																	
7:00	Hoop Shooting 7:00 - 8:00		Hoop Shooting 7:00 - 8:00		Hoop Shooting 7:00 - 8:00												
7:30																	
8:00	The YMCA closes at 8:00 PM Monday - Thursday																
8:30																	
9:00																	
9:30																	
10:00																	

Hoop Shooting/Basketball Rules:

**Use your own ball ** Use one basket on your side of the gym ** 2 players per side, per time slot

NO PICK UP GAMES & YOU MUST WEAR A MASK!

YOU MUST SIGN UP ONLINE, IN ADVANCE, TO PARTICIPATE IN THESE CLASSES!

Thank you!

Schedule subject to change.

Updated 2/24/21