

GYM SCHEDULE
Downtown Y

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-9:00am	Open Gym Time 5:30-10:00	Open Gym Time 5:30-9:00	Open Gym Time 5:30-10:00	Open Gym Time 5:30-9:00	Open Gym Time 5:30-10:00		
9:00am							
9:30am		Bootcamp 9:00-9:55		Bootcamp 9:00-9:55			
10:00am	Senior's Strength Training 10:00-10:45	Strollerfit 10:00-10:45	Senior's Strength Training 10:00-10:55	Strollerfit 10:00-10:45	Total Body Strength 10:00-10:55	Indoor Playground 10:00-1:00	◆ Gymnastics 10:00-12:30
10:30am							
11:00am		◆ Youth Basketball 11:00-11:50			Drop-in Pilates 11:00-11:55		
11:30am							
12:00pm	Strength & Motion 12:10-12:50	◆ Teen Ball Sports Mix 12:00-12:50	Sweat & Pump 12:10-12:50	Cardio & Core 12:10-12:50	Indoor Soccer 12:00-1:45		
12:30pm							
1:00pm							
1:30pm	Indoor Soccer 1:00-2:45					Volleyball 1:30-4:30	Basketball 2:30-4:30
2:00pm							
2:30pm							
3:00pm							
3:30pm	Open Gym Time 3:00-4:45	Open Gym Time 3:00-4:45	Open Gym Time 3:00-4:45	Open Gym Time 3:00-4:45	Open Gym Time 3:00-4:45		
4:00pm							
4:30pm							
5:00pm	High/Low Cardio 5:00-5:55		Bootcamp 5:00-5:55				
5:30pm							
6:00pm		Basketball 5:30-7:25					Open Gym Time 5:30-7:00
6:30pm							
7:00pm				Open Gym Time 6:30-8:25		Open Gym Time 7:00-8:30	
7:30pm							
8:00pm	Badminton 7:00-10:00	Volleyball (Intermediate / Advanced) 7:30-10:00	Badminton 7:00-10:00		Open Gym Time 8:00-10:00		
8:30pm				Basketball 8:30-10:15			
9:00pm							
9:30pm							
10:00pm							

Y PROGRAMS MAY DISPLACE FREE TIME IN THE GYM

◆ Registration required. ▲ July only.

Programs do not run on statutory holidays