

## **OPEN GYM POLICIES**

• OPEN GYM IS FOR MEMBERS ONLY!

• This schedule subject to change without notice.

							S YMCA						
							EBRUAR			1			
TIME		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:00am			Adult Basketball				Adult Basketball						
5:30am													
6:00am													
6:30am													
7:00am												You	uth
7:30am												Bask	etball
8:00am	SilverSneakers®		SilverSneakers®		SilverSneakers®		SilverSneakers®		SilverSneakers®		(Full Gym)		
8:30am													
9:00am	Power Yogalates		Essential		Power Yogalates		Essential		Line Dance Class		Feb 1st		
9:30am			Senior Fitness				Senior	Senior Fitness		Adv (9-9:45am)		Bball All Day	
10:00am									Beg (9:45	5-10:30am)			
10.004111	(10:15 am)		(10:15 am)		(10:15 am)		(10:15 am)						
10:30am		Child Care		Child Care		Child Care		Child	Care		,		
11:00am										Child	Care		
11:30am	¥				↓		<b>↓</b>		<b>V</b>				
12:00pm	Adult Basketball		Ladies' Pickleball		Adult Basketball		Ladies' Pickleball		Adult Basketball				
12:30pm													
1:00pm													
1:30pm													,
2:00pm	Child 1/2 Gym				Child	1/2 Gym							
2:30pm	С	Care <mark>Open</mark>			•		Open	<b>•</b>		Child			
3:00pm				Child Care				Child Care		Care		CLOSED	
3:30pm				Ļ							<b>↓</b>		
4:00pm				Catch N Ru	n/Dodgeball					Gym Class	1/2 Gym		
4:30pm	,			(4-4:4	15pm)	•			,	Classics	Open		
5:00pm	Basketball			1/2 Gym		Pee Wee Soccer		Basketball Skills/Drills					
5:30pm	Practice			Open	(5:15	- 6:00pm)	(5:15 - 6:00pm)		Basketball		SUNDAY		
6:00pm	(5-7pm)		Basketball				Basketball	1/2 Gym	Practice Sports Night		Noon-4pm		
6:30pm				Practice		Tae I	Kwon Do	Practice	Open	(5-7pm)	1/24 & 2/21	Church	1/2 Gym
7:00pm				(6-8pm)				(6-7pm)				Vball	Ope
7:30pm		,										League	
8:00pm CLOSED		CI O	CLOSED		CLOSED		CLOSED		CLOSED				