



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# MAIN GYM SCHEDULE

Adult Programs	
Group Exercise	
Open Gym Free time for individuals, no group sports or programs	
Youth Programs	
Teen Programs	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
4:30-9am Open Gym	4:30-6am Open Gym	4:30-9am Open Gym	4:30-6am Open Gym	4:30-10am Open Gym	8am-6pm Youth Basketball	8am-5pm Adult Soccer	
	6-9am Pickleball		6-9am Pickleball				
9-10am Family Fit	9-10am Open Gym	9-10am Family Fit	9-10am Open Gym				
10-11:50am Pickleball	10-11:50am Pickleball	10-11:50am Pickleball	10-11:50am Pickleball				10-11:50am Pickleball
12-1:30pm Adult Basketball	12-1:30pm Adult Basketball	12-1:30pm Adult Basketball	12-1:30pm Adult Basketball				
1:30-3:30pm Open Gym	1:30-3:30pm Open Gym	1:30-3:30pm Open Gym	1:30-3:30pm Open Gym				
3:30-7:30pm Youth Basketball Practice	3:30-7:30pm Youth Basketball Practice	3:30-7:30pm Youth Basketball Practice	3:30-7:30pm Youth Basketball Practice	12pm-9pm Open Gym			
7:30-10pm Adult Volleyball	7:30-10pm Adult Soccer League	7:30-10pm Adult Volleyball	7:30-10pm Adult Soccer League				



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# GYM 2 SCHEDULE

Adult Programs	
Group Exercise	
Open Gym Free time for individuals, no group sports or programs	
Youth Programs	

Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday		
4:30–6am Open Gym	4:30–6am Open Gym	4:30–6am Open Gym	4:30–6am Open Gym	4:30–6am Open Gym	7am–9:30am Open Gym	8am–5pm Open Gym		
6–7am Adult Basketball	6–7am Adult Basketball	6–7am Adult Basketball	6–7am Adult Basketball	6–7am Adult Basketball				
7–8:15am Open Gym	7–8:15am Open Gym	7–8:15am Open Gym	7–8:15am Open Gym	7–8:15am Open Gym				
8:30–9:30am Zumba	8:30–9:30am PiYo Live	8:30–9:20am Zumba	8:30–9:30am PiYo Live	8:30–9:20am Zumba				
9:30am– 3:30pm Open Gym	9:35–10:10am Tai Chi	9:20am–3:30pm Open Gym	9:35–10:10am Tai Chi	9:20am–9pm Open Gym	9:30am–5pm Youth Basketball			
	10:15– 11:15am MELT		10:15– 11:15am MELT					
	11:15am – 3:30pm Open Gym		11:15am– 3:30pm Open Gym					
3:30–7:30pm Youth Basketball Practice	3:30–7:30pm Youth Basketball Practice	3:30–7:30pm Youth Basketball Practice	3:30–7:30pm Youth Basketball Practice					
7:30–10pm Open Gym	7:30–10pm Open Gym	7:30–10pm Open Gym	7:30–10pm Open Gym					



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# GYM 3 SCHEDULE

Group Exercise	
Cycling Class Located in Cycling room behind gym	
Open Gym Free time for individuals, no group sports or programs	
Youth Programs	
Teen Programs	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30-7:30am Open Gym	5:15-6:15am Power Pump 5:45-6:30am Indoor Cycling	4:30-7:30am Open Gym	5:15-6:15am Power Pump 5:45-6:30am Indoor Cycling	4:30-7:30am Open Gym	7-8:30am Open Gym	8am-5pm Open Gym
7:30-8:30am Maintain Your Health	6:30-8:20am Open Gym	7:30-8:30am Maintain Your Health	6:30-8:20am Open Gym	7:30-8:30am Maintain Your Health		
8:30-9:30am R.I.P.P.E.D.		8:30-9:30am Buti Yoga		8:30-9:30am R.I.P.P.E.D.	8:30-9:30am Power Pump	
8:30-9:15am Indoor Cycling	8:30-9:30am Power Pump	8:30-9:15am Indoor Cycling	8:30-9:30am Power Pump	8:30-9:15am Indoor Cycling	8:30-9:30am Cycle Party	
9:45-10:30am Indoor Cycling COMING 2/3!	9:30-10:10am Chair Yoga	9:45-10:30am Indoor Cycling COMING 2/3!	9:30-10:10am Chair Yoga	9:45-10:30am Indoor Cycling COMING 2/3!		
10-10:45am Maintain Your Health	10:15-11am Gentle Yoga	10-10:45am Maintain Your Health	10:15-11am Gentle Yoga	10-10:45am Maintain Your Health		
11-11:30am Balance & Strength	11-11:30am Balance & Strength	11-11:30am Balance & Strength	11-11:30am Balance & Strength	11-11:30am Balance & Strength		
11:30am-1:30pm Open Gym	11:30am-1:30pm Open Gym	11:30am-1:30pm Open Gym	11:30am-1:30pm Open Gym	11:30am-1:30pm Open Gym		
1:30-4:25pm Open Gym/ Childcare	1:30-4:25pm Open Gym/ Childcare	1:30-4:25pm Open Gym/ Childcare	1:30-4:25pm Open Gym/ Childcare	1:30-4:25pm Open Gym/ Childcare	9:30am-5pm Open Gym	
4:30-5:30pm Power Pump	4:30-5:20pm Yoga/Pilates Fusion	4:30-5:30pm Power Pump	4:30-5:20pm Yoga/Pilates Fusion	4:30-6:15pm Open Gym		
5:30-6:15pm Cycle & Sculpt	5:30-6:15pm Indoor Cycling	5:30-6:15pm Cycle HIIT	5:30-6:15pm Indoor Cycling	5:30-6:15pm Cycle Lite		
5:30-6:20pm Zumba®	5:30-6:00pm STRONG 30 & Core	5:30-6:20pm Zumba®	5:30-6:30pm R.I.P.P.E.D.	6:15-7:30pm YCCY		
6:30-9pm Open Gym	6:15-7:15pm Vinyasa Flow 7:15-9:30pm Open Gym	7:30-9pm Open Gym	6:30-9:30pm Open Gym		7:30-9pm Open Gym	



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# MULTI-PURPOSE ROOM SCHEDULE

Teen Programs	
Group Exercise	
Karate	
Programs	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6-6:50am Yoga		6-6:50am Yoga		
	8:30-9:30am Yoga/Pilates Fusion		8:30-9:30am Yoga/Pilates Fusion		8:30-9:30am Yoga
9:30-10:40am Yoga		9:30-10:40am Yoga		9:30-10:40am Yoga	9:30-10:30am Prenatal / Postpartum Yoga
	12-1pm Tai Chi Long Form Advanced	12-1pm MELT YOUR WORKOUT	12-1pm Mind-Body Fitness Intro Series		
1-2pm Ping Pong	1-2pm Ping Pong	1-2pm Ping Pong	1-2pm Ping Pong		
4-8pm YCCY		4-8pm YCCY		4-8pm YCCY	4-6pm Dance
	5:30-8pm Karate		5:30-8pm Karate		



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# LEARNING CENTER SCHEDULE

Adult Programs	
Group Exercise	
Youth Programs	
Teen Programs	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35-6:30pm Yoga		5:35-6:30pm Yoga			