



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING

GYMNASIUM SCHEDULE

VERSAILLES BRANCH

August 20 – December 31, 2017

CLASS LOCATIONS:

2G – Full Gym

1G – ½ of the Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>OPEN GYM (2G) 1:00 – 4:00 p.m.</p> <p>(Effective Sept. 10 1:00-5:00p.m.)</p>	<p>OPEN GYM (2G) 5:30 – 10:00 a.m.</p>	<p>OPEN GYM (2G) 5:30 – 8:30 a.m.</p> <p>Y Medley Sweat (1G) 8:30 – 9:20 a.m. OPEN GYM (1G) 8:30 – 10:00 a.m.</p>	<p>OPEN GYM (2G) 5:30 – 10:00 a.m.</p>	<p>OPEN GYM (2G) 5:30 – 8:30 a.m.</p> <p>Y Medley Pump(1G) 8:30 – 9:20 a.m. OPEN GYM (1G) 8:30 – 10:00 a.m.</p>	<p>OPEN GYM (2G) 5:30 – 10:00 a.m.</p>	<p>OPEN GYM (2G) 8:00 – 2:00 p.m.</p>	
	<p>Childcare (1G) 10:00 – 10:30 a.m. OPEN GYM (1G) 10:00 – 10:30 a.m.</p>	<p>Childcare (1G) 10:00 – 10:30 a.m. OPEN GYM (1G) 10:00 – 10:30 a.m.</p>	<p>Childcare (1G) 10:00 – 10:30 a.m. OPEN GYM (1G) 10:00 – 10:30 a.m.</p>	<p>Childcare (1G) 10:00 – 10:30 a.m. OPEN GYM (1G) 10:00 – 10:30 a.m.</p>	<p>Childcare (1G) 10:00 – 10:30 a.m. OPEN GYM (1G) 10:00 – 10:30 a.m.</p>		
	<p>OPEN GYM (2G) 10:30 – 11:30 a.m.</p>	<p>OPEN GYM (2G) 10:00 – 1:00 p.m.</p>	<p>OPEN GYM (2G) 10:30 – 4:00 p.m.</p>	<p>Sports Bugs 10:30 – 11:00 a.m. OPEN GYM (1G) 10:30 – 11:30 a.m.</p>	<p>OPEN GYM (2G) 10:30 – 1:00 a.m.</p>		
	<p>Lunch Crunch (1G) 11:30 – 12:00 p.m. OPEN GYM (1G) 11:30 – 12:00 p.m.</p>			<p>Lunch Crunch (1G) 11:30 – 12:00 p.m. OPEN GYM (1G) 11:30 – 12:00 p.m.</p>			
	<p>OPEN GYM (2G) 12:00 – 4:00 p.m.</p>			<p>OPEN GYM (2G) 12:00 – 4:00 p.m.</p>			
			<p>Silver Sneakers Classic (1G) 1:00 – 1:50 p.m. OPEN GYM (1G) 1:00 – 1:50 p.m.</p>		<p>Silver Sneakers Classic (1G) 1:00 – 1:50 p.m. OPEN GYM (1G) 1:00 – 1:50 p.m.</p>		
			<p>Silver Sneakers Circuit (1G) 2:00 – 2:50 p.m. OPEN GYM (1G) 2:00 – 2:50 p.m.</p>		<p>Silver Sneakers Yoga (1G) 2:00 – 2:50 p.m. OPEN GYM (1G) 2:00 – 2:50 p.m.</p>		
			<p>OPEN GYM (2G) 2:50 – 4:00 p.m.</p>		<p>OPEN GYM (2G) 2:50 – 4:00 p.m.</p>		
		<p>Childcare (1G) 4:00 – 4:30 p.m. OPEN GYM (1G) 4:00 – 4:30 p.m.</p>	<p>Childcare (1G) 4:00 – 4:30 p.m. OPEN GYM (1G) 4:00 – 4:30 p.m.</p>	<p>Childcare (1G) 4:00 – 4:30 p.m. OPEN GYM (1G) 4:00 – 4:30 p.m.</p>	<p>Childcare (1G) 4:00 – 4:30 p.m. OPEN GYM (1G) 4:00 – 4:30 p.m.</p>		<p>Childcare (1G) 4:00 – 4:30 p.m. OPEN GYM (1G) 4:00 – 4:30 p.m.</p>
		<p>OPEN GYM (2G) 4:30 – 8:30 p.m.</p>	<p>OPEN GYM (2G) 4:30 – 6:30 p.m.</p>	<p>OPEN GYM (2G) 4:30 – 6:00 p.m.</p>	<p>OPEN GYM (2G) 4:30 – 5:00 p.m.</p>		<p>OPEN GYM (2G) 4:30 – 7:00 p.m.</p>
		<p>STRONG by Zumba® 6:30 – 7:20 p.m. OPEN GYM (1G) 6:30 – 7:20 p.m.</p>	<p>Kinetic Strength 6:00 – 6:50 p.m. OPEN GYM (1G) 6:00 – 6:50 p.m.</p>	<p>NOVEMBER 16 THANKFUL THURSDAY (2G) 5:00 – 6:30 p.m.</p>			
		<p>OPEN GYM (2G) 7:20 – 8:30 p.m.</p>	<p>OPEN GYM (2G) 6:50 – 8:30 p.m.</p>	<p>OPEN GYM (2G) 6:30 – 8:30 p.m.</p>			

THURSDAY, NOVEMBER 16, 2017 – THANKFUL THURSDAY POTLUCK DINNER: Bring your family and a side dish and join the YMCA member family in giving thanks! The turkey and refreshments will be provided. Please RSVP at the welcome center.

