



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING

GYMNASIUM SCHEDULE

VERSAILLES BRANCH

January 2 – May 27, 2017 (revised 1/4/18)

CLASS LOCATIONS:

2G – Full Gym

1G – ½ of the Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OPEN GYM (2G) 5:30 – 10:00 a.m.	OPEN GYM (2G) 5:30 – 8:30 a.m. CardioStrength Medley (1G) 8:30 – 9:15 a.m. OPEN GYM (1G) 8:30 – 10:00 a.m.	OPEN GYM (2G) 5:30 – 10:00 a.m.	OPEN GYM (2G) 5:30 – 8:30 a.m. Y Medley Pump(1G) 8:30 – 9:15 a.m. OPEN GYM (1G) 8:30 – 10:00 a.m.	OPEN GYM (2G) 5:30 – 10:00 a.m.	
	Childcare (1G) 10:00 – 10:30 a.m. OPEN GYM (1G) 10:00 – 10:30 a.m.	Childcare (1G) 10:00 – 10:30 a.m. OPEN GYM (1G) 10:00 – 10:30 a.m.	Childcare (1G) 10:00 – 10:30 a.m. OPEN GYM (1G) 10:00 – 10:30 a.m.	Childcare (1G) 10:00 – 10:30 a.m. OPEN GYM (1G) 10:00 – 10:30 a.m.	Childcare (1G) 10:00 – 10:30 a.m. OPEN GYM (1G) 10:00 – 10:30 a.m.	YOUTH LEAGUES 9:00–11:30 am (2G)
	OPEN GYM (2G) 10:30 – 11:30 a.m. Lunch Crunch (1G) 11:30 – 12:00 p.m. OPEN GYM (1G) 11:30 – 12:00 p.m.	OPEN GYM (2G) 10:00 – 1:00 p.m.	OPEN GYM (2G) 10:30 – 11:30 p.m. Lunch Crunch (1G) 11:30 – 12:00 p.m. OPEN GYM (1G) 11:30 – 12:00 p.m.	Sports Bugs (1G) 10:30 – 11:00 a.m. OPEN GYM (1G) 10:30 – 11:00 a.m. OPEN GYM (2G) 11:00 – 3:30 p.m.	OPEN GYM (2G) 10:30 – 1:00 a.m.	OPEN GYM (2G) 11:30 – 2:00 p.m.
	OPEN GYM (2G) 12:00 – 4:00 p.m.		OPEN GYM (2G) 12:00 – 4:00 p.m.			
OPEN GYM (2G) 1:00 – 4:00 p.m.		Silver Sneakers Classic (1G) 1:00 – 1:45 p.m. OPEN GYM (1G) 1:00 – 1:45 p.m.			Silver Sneakers Classic (1G) 1:00 – 1:45 p.m. OPEN GYM (1G) 1:00 – 1:45 p.m.	
JANUARY 7 Shooting Clinic (2G) 1:30 – 3:00 p.m.		Silver Sneakers Circuit (1G) 2:00 – 2:45 p.m. OPEN GYM (1G) 2:00 – 2:45 p.m.			Silver Sneakers Yoga (1G) 2:00 – 2:45 p.m. OPEN GYM (1G) 2:00 – 2:45 p.m.	
		OPEN GYM (2G) 2:45 – 4:00 p.m.		ADULT BASKETBALL PROGRAM (1G) 3:30 – 5:00 p.m. (see session dates)	OPEN GYM (2G) 2:45 – 4:00 p.m.	
	Childcare (1G) 4:00 – 4:30 p.m. OPEN GYM (1G) 4:00 – 4:30 p.m.	Childcare (1G) 4:00 – 4:30 p.m. Gymnastics (1G) 4:00 – 5:30 p.m. OPEN GYM (1G) 4:30 – 5:30 p.m.	Childcare (1G) 4:00 – 4:30 p.m. OPEN GYM (1G) 4:00 – 4:30 p.m.	OPEN GYM (1G) 3:30 – 4:00 p.m. Childcare (1G) 4:00 – 4:30 p.m.	Childcare (1G) 4:00 – 4:30 p.m. OPEN GYM (1G) 4:00 – 4:30 p.m.	
	OPEN GYM (2G) 4:30 – 8:30 p.m.	OPEN GYM (2G) 5:30 – 6:30 p.m.	OPEN GYM (2G) 4:30 – 6:00 p.m.	OPEN GYM (2G) 4:30 – 6:30 p.m. OPEN GYM (1G) 6:30 – 7:30 p.m. 1/25 – 3/1/2018	OPEN GYM (2G) 4:30 – 7:00 p.m.	
		STRONG by Zumba® 6:30 – 7:15 p.m. (1G) OPEN GYM (1G) 6:30 – 7:15 p.m.	Kinetic Strength 6:00 – 6:45 p.m. OPEN GYM (1G) 6:00 – 6:45 p.m.	7-10 BASKETBALL LEAGUE VOLUNTEER PRACTICE (1G) 6:30 – 7:30 p.m.		
		OPEN GYM (2G) 7:15 – 8:30 p.m.	OPEN GYM (2G) 6:45 – 8:30 p.m.	OPEN GYM (2G) 7:30 – 8:30 p.m.		

