



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING

GYMNASIUM SCHEDULE

VERSAILLES BRANCH

September 4 – December 31, 2018

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 – 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 – 9:00 a.m. OPEN GYM (1G) 8:30 – 9:00 a.m. OPEN GYM (2G) 9:00 – 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.	
	Sports Bugs (1G) 10:30 – 11:00a.m. OPEN GYM (1G) 10:30 – 11:00a.m.	OPEN GYM (2G) 10:00 – 1:00 p.m.	OPEN GYM (2G) 10:30 – 4:00 p.m.	OPEN GYM (2G) 10:30 – 4:30 p.m.	OPEN GYM (2G) 10:30 – 1:00 a.m.	
	OPEN GYM (2G) 11:00a – 4:00p.m.					
OPEN GYM (2G) 1:00 – 5:00 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.	
		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.			OPEN GYM (2G) 2:45 – 4:00 p.m.	
	Childcare (1G) 4:00 – 4:30 p.m. Gymnastics (1G) 4:00 – 5:20 p.m. OPEN GYM (1G) 4:30 – 5:00 p.m. REFIT® (1G) 5:00–5:45 p.m. OPEN GYM (1G) 5:20 – 5:45 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. OPEN GYM (1G) 4:00 – 4:30 p.m.	OPEN GYM (1G) 4:30 – 4:30 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) 5:45–8:30 p.m.	OPEN GYM (2G) 4:30 – 5:15 p.m.	OPEN GYM (2G) 4:30 – 8:30 p.m.	OPEN GYM (2G) 4:30– 6:00 p.m.	OPEN GYM (2G) 4:30– 7:00 p.m.	
		Strength in 30 (1G) 5:15– 5:45 p.m. OPEN GYM (1G) 5:15 – 6:45 p.m. Zumba (1G) 6:00 – 6:45 p.m.				
		OPEN GYM (2G) 6:45 – 8:30 p.m.		OPEN GYM (1G) 6:00 – 6:45 p.m. Zumba (1G) 6:00 – 6:45 p.m. OPEN GYM (2G) 6:45 – 8:30 p.m.		

Thursday, November 15, 2018 | YMCA THANKSGIVING DINNER from 5:30–7:00 p.m.

