



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE

SUMMER | SESSION 4 | 7/1-8/25/19



Child Watch 6:15-8:30PM (Mon/Tues/Wed/Thurs)							Child Watch (Sat) 8:45AM-1:15 PM
MON	TUES	WED	THURS	FRI	SAT	SUN	
Open Gym 6-10 AM	Open Gym 6-9:50 AM	Open Gym 6-8:45 AM	Open Gym 6-9:50 AM	Open Gym 6-8:45 AM	Basketball - Open Gym Adults (18 yrs.+) 6-8:45 AM	Closed	
		Gym Closed   15 min.		AOA Strength Training 9-9:50 AM	Gentle Yoga 9-9:50 AM	Open Gym Family & Youth (12 yrs. & under) 7 AM-8:45 AM	
Gym Closed   15 min.		AOA Strength Training 9-9:50 AM				Basketball - Open Gym Adults (18 yrs.+) 9 AM-10:45 AM	
Gym & Swim Kids 18-36 months 10:15-10:45 AM	Pilates Mat 10-10:50 AM	Total Body Conditioning 10-10:50 AM	Pilates Mat 10-10:50 AM	Pilates Mat 10-10:50 AM	Kettlebells 10-10:50 AM		
Gym Closed   15 min.							
Silver Sneakers Classics 11-11:50 AM	Open Gym/ Family & Youth (12 yrs. & under) 11-11:50 AM	Open Play/ Family (6 mos - 5 yrs.) 11 AM-12:15 PM	Open Gym/ Family & Youth (12 yrs. & under) 11-11:50 AM	Open Play/ Family (6 mos - 5 yrs.) 11-11:50 AM	P90X 11-11:50 AM	Mat Pilates 11-11:50 AM	
Total Body Conditioning 12-12:50 PM	Interval Training 12-12:50 PM	Basketball - Open Gym Adults (18 yrs.+) 12:15 PM-3 PM	Basketball - Open Gym Adults (18 yrs.+) 12-3 PM	Pi-Yo™ 12-12:50 PM	Pilates Mat 12-12:50 PM	Bootcamp 12-12:50 PM	
Basketball - Open Gym Adults (18 yrs.+) 1-4:15 PM	Basketball - Open Gym Adults (18 yrs.+) 1-3 PM			Basketball - Open Gym Adults (18 yrs.+) 1-3:45 PM	Gym Closed   40 min.	Tai-Chi 1-2:30 PM	
Gym Closed   15 min.	Open Gym/ Bball Teens (13-17 yrs.) 3:00-5:25 PM	Open Gym Family & Youth (12 yrs. & under) 3-5:30 PM	Open Gym/ Bball Teens (13-17 yrs.) 3:00-5:30 PM	Gym Closed   15 min.	Basketball Program Kids   Ages 4-6 1:30-2:30 PM	Basketball - Open Gym Adults (18 yrs.+) 2:45-3:45 PM	
Open Gym Family & Youth (12 yrs. & under) 4:30-6:15 PM	Open Gym Family & Youth (12 yrs. & under) 5:30-6:25 PM	Open Gym/ Bball Teens (13-17 yrs.) 5:30-6:30 PM	Gym Closed   15 min.	Soccer Kids Ages 4-6 4-5 PM	Basketball Program Kids   Ages 7-12 2:30-3:30 PM		
Gym Closed   15 min.	Gym Closed   15 min.	Gym Closed   15 min.	Pilates Mat 5:45-6:35 PM	Soccer Kids Ages 7-11 5-6 PM	Gym Closed   15 min.	Open Gym Family & Youth (12 yrs. & under) 3:45-4:45 PM	
Zumba 6:30-7:20 PM	Boot Camp 6:40-7:30 PM	Boot Camp 6:45-7:20 PM	Insanity 6:45-7:35 PM	Gym Closed   15 min.	Gym Closed   15 min.	Open Gym/Bball Teens (13-17 yrs.) 3:45-5:45 PM	
Total Body Conditioning 7:25-8:10 PM	Gym Closed   30 min.	Punk Rope 7:30-8:20 PM	P90X 7:45-8:35 PM	Open Gym/ Bball Teens (13-17 yrs.) 6:15-7:25 PM	Open Gym/ Bball Teens (13-17 yrs.) 5-7:30 PM	BASKETBALL LEAGUE Adults (18 yrs.+) (must be a registered player) 6-10PM	
Train Like an Athlete 8:15-9PM	Basketball - Open Gym Adult Members 8-11:55 PM	Soccer - Open Gym Adults (18 yrs.+) 8:30-11:55 PM	Basketball - Open Gym Adult Members 8:45-11:55 PM	Tai Chi   Sword 7:30-8:20 PM	Gym Closed   30 min.		
Volleyball (Ages 18+) Open Gym w/ Instructor 9:05-11:30 PM				Basketball - Open Gym Adults (18 yrs.+) 8:30-11:55 PM	Basketball - Open Gym Adult Members 8-11:55 PM		

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\* Schedule changes are noted in red.

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