



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JULY 4TH SCHEDULE

Please be advised, the Flushing YMCA will be opened on Thursday, July 4th but with modified hours and classes.

**FACILITY HOURS: 7:00 AM – 8:00 PM**

**MEMBERSHIP HOURS: 7:00 AM – 8:00 PM**

**CHILD WATCH HOURS: 5:45 PM – 8:00 PM**

TIME	CLASS	INSTRUCTOR	ROOM
8:00am – 8:50am	Yoga	Darcie	Studio 2
9:00am – 9:50am	A.R.T®	Darcie	Studio 1
10:00am – 10:50am	Silver Sneakers®	Maritza	Court
10:00am – 10:50am	Zumba	Lina	Studio 1
11:00am – 11:50am	AOA Sit Fit	Maritza	Studio 3
11:00am – 12:50pm	Int. Tai Chi	Joan	Studio 1
6:30pm – 7:20pm	Zumba®	Lina	Studio 4

## QUESTIONS?

Christopher Kui  
ckui@ymcanyc.org  
718-551-9350

FLUSHING YMCA  
138-64 Northern Blvd, Flushing Queens

# ALL MEMBERS