



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE



FALL I / SESSION 5 | 9/3-10/27/19

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|---|---|---|--|--|--|--|
| <p>Child Watch (Mon) 7:45 AM-9:45 AM</p> <p>Open Gym 6-10 AM</p> <p>Gym Closed 15 min.</p> | <p>Open Gym 6-9:50 AM</p> <p>Pilates Mat 10 -10:50 AM</p> <p>Open Gym/ Family & Youth (12 yrs. & under) 11-11:50 AM</p> <p>Interval Training 12 -12:50 PM</p> <p>Basketball - Open Gym Adults (18 yrs.+) 1-3 PM</p> <p>Y Afterschool Program 3-5:25 PM</p> <p>Open Gym Family & Youth (12 yrs. & under) 5:30-6:15 PM</p> <p>Gym Closed 15 min.</p> <p>Zumba 6:30-7:20 PM</p> <p>Total Body Conditioning 7:25-8:10 PM</p> <p>Train Like an Athlete 8:15-9PM</p> <p>Volleyball (Ages 18+) Open Gym w/ Instructor 9:05 -11:30 PM</p> | <p>Open Gym 6-8:45 AM</p> <p>Gym Closed 15 min.</p> <p>AOA Strength Training 9-9:50 AM</p> <p>Total Body Conditioning 10 -10:50 AM</p> <p>Open Play/ Family (6 mos - 5 yrs.) 11 AM-12:15 PM</p> <p>Basketball - Open Gym Adults (18 yrs.+) 12:15 PM-3 PM</p> <p>Y Afterschool Program 3-5:25 PM</p> <p>Open Gym/ Bball Teens (13-17 yrs.) 5:30-6:30 PM</p> <p>Gym Closed 15 min.</p> <p>Boot Camp 6:45-7:20 PM</p> <p>Punk Rope 7:30-8:20 PM</p> <p>Soccer - Open Gym Adults (18 yrs.+) 8:30 -11:55PM</p> | <p>Open Gym 6-9:50 AM</p> <p>Pilates Mat 10-10:50 AM</p> <p>Open Gym/ Family & Youth (12 yrs. & under) 11-11:50 AM</p> <p>Basketball - Open Gym Adults (18 yrs.+) 12-3 PM</p> <p>Y Afterschool Program 3-5:25 PM</p> <p>Gym Closed 20 min.</p> <p>Pilates Mat 5:45-6:35 PM</p> <p>Insanity 6:45-7:35 PM</p> <p>P90X 7:45-8:35 PM</p> <p>Basketball - Open Gym Adult Members 8:45 -11:55 PM</p> | <p>Open Gym 6-8:45 AM</p> <p>AOA Strength Training 9-9:50 AM</p> <p>Pilates Mat 10 -10:50 AM</p> <p>Open Play/ Family (6 mos - 5 yrs.) 11-11:50 AM</p> <p>Pi-Yo™ 12-12:50 PM</p> <p>Basketball-Open Gym Adults (18 yrs.+) 1-3:15 PM</p> <p>Gym Closed 15 min.</p> <p>Soccer Kids/ Ages 2-3 3:30-4:15 PM</p> <p>Soccer Kids/ Ages 4-6 4:15-5:15 PM</p> <p>Soccer Kids/ Ages 7-11 5:15-6:15 PM</p> <p>Gym Closed 15 min.</p> <p>TEEN CENTER 6:20-7:25 PM Gym 7:30-8:45 PM Studio B</p> <p>Tai Chi Sword 7:30-8:20 PM</p> <p>Basketball - Open Gym Adults (18 yrs.+) 8:30 -11:55 PM</p> | <p>Basketball - Open Gym Adults (18 yrs.+) 6-8:45 AM</p> <p>Gentle Yoga 9-9:50 AM</p> <p>Kettlebells 10-10:50 AM</p> <p>P90X 11-11:50 AM</p> <p>Pilates Mat 12-12:50 PM</p> <p>Gym Closed 40 min.</p> <p>Basketball Program Kids Ages 4-6 1:30-2:30 PM</p> <p>Basketball Program Kids Ages 7-12 2:30-3:30 PM</p> <p>Gym Closed 15 min.</p> <p>Open Gym Family & Youth (12 yrs. & under) 3:45-4:45 PM</p> <p>Gym Closed 15 min.</p> <p>TEEN CENTER 5-7:30 PM</p> <p>Gym Closed 30 min.</p> <p>Basketball - Open Gym Adults (18 yrs.+) 8 -11:55 PM</p> | <p>Closed</p> <p>Open Gym Family & Youth (12 yrs. & under) 7 AM-8:45 AM</p> <p>Basketball - Open Gym Adults (18 yrs.+) 9 AM-10:45 AM</p> <p>Mat Pilates 11-11:50 AM</p> <p>Bootcamp 12 -12:50PM</p> <p>Tai-Chi 1-2:30 PM</p> <p>Basketball - Open Gym Adults (18 yrs.+) 2:45 -3:25 PM</p> <p>Gym Rental 3:30-4:30 PM</p> <p>Open Gym/Bball Teens (13-17 yrs.) 4:35-5:45 PM</p> <p>Basketball - Open Gym Adults (18 yrs.+) 6-10PM</p> |

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* Schedule changes are noted in red.

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