

Functional Training Center

Effective September 23, 2019

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Open Gym* 5:00AM - 9:15AM	Open Gym* 5:00AM - 10:15AM	Open Gym* 5:00AM-7:00AM	Open Gym* 5:00AM-12:00PM	Open Gym* 5:00AM-7:00AM		
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM	Circuit Training Shaun - 9:15-10AM	Core Express Jonathan - 10:20-10:35AM	Circuit Training Lisa - 7:00-8:00AM		Circuit Training Lisa - 7:00-8:00AM	Open Gym* 7:00AM-10:00AM	Open Gym* 8:00AM-8:00PM
10:00 AM							
10:30 AM							
11:00 AM		Open Gym 10:45AM-12:00PM					
11:30 AM		TRX Strength Jonathan - 12:15-1:15PM					
12:00 PM				TRX Circuit Frank - 12:15-1:15PM	TRX H.I.I.T. Eric - 12:15-1:15PM		
12:30 PM	Rowing Circuit Shaun - 12:30-1:15PM						
1:00 PM	Open Gym*	Open Gym* 1:15-6:15PM	Open Gym*	Open Gym* 1:15-6:30PM	Open Gym* 1:15-10:45PM	Open Gym*	
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM			TRX Circuit Frank - 5:45-6:45PM				
6:30 PM	TRX Circuit Eric - 6:30-7:30PM	Train Like an Athlete Rob - 6:30-7:30PM		Pilates Circuit Julie - 6:30-7:30PM			
7:00 PM							
7:30 PM							
8:00 PM	Open Gym* 7:30-10:45PM	Open Gym* 7:30-10:45PM	Open Gym* 6:45-10:45PM	Open Gym* 6:30-10:45PM	Open Gym* 1:15-10:45PM		
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							
10:45 PM							
11:00 PM							

* Available for personal training during open gym hours. Scheduled classes have priority use.

Always be courteous and respectful of others. Please follow the YMCA Code of Conduct and defer to YMCA Staff regarding usage of the facility.