

Functional Training Center

Effective January 6, 2020

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Open Gym*	Open Gym*	Open Gym*	Open Gym*	Open Gym*		
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM	5:00AM - 9:15AM	5:00AM - 10:15AM	5:00AM-7:00AM	5:00AM-12:00PM	5:00AM-7:00AM		
8:00 AM	Circuit Training Shaun - 9:15-10:15AM	Core Express Jonathan - 10:20-10:35AM	Circuit Training Lisa - 7:00-8:00AM		Circuit Training Lisa - 7:00-8:00AM		
8:30 AM							
9:00 AM			Open Gym*	Open Gym*	Open Gym*	Open Gym*	
9:30 AM	Circuit Training						
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM		Open Gym 10:45AM-12:00PM					
12:00 PM		TRX Strength Jonathan - 12:15-1:15PM		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							
1:30 PM	Open Gym*	Open Gym* 1:15-6:15PM		Open Gym* 1:15-6:30PM	Open Gym* 1:15-10:45PM	Open Gym*	
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							
8:30 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		
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.