



McBurney Y Gym A & B Schedule

3/29/2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6	Individual Hoop Shooting Only	Individual Hoop Shooting Only	Individual Hoop Shooting Only	Individual Hoop Shooting Only	CLOSED FOR CLEANING			6	
7	6:30am - 9:30am	6:30am - 8:30am	6:30am - 9:30am	6:30am - 9:30am				7	
8	Pickleball I.H.S.	70+ I.H.S. I. H. S.	Pickleball I.H.S.	70+ I.H.S. I.H.S.		Individual Hoop Shooting Only 8:00am - 8:45am	I.H.S. Step	70+ I.H.S. 8:00am - 9:30am	8
9	7:45am - 9:45am	8:00am - 9:45am	7:45am - 9:45am	8:00am - 9:45am					9
	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING					
10		Stretch & Release				Interval Training	CLOSED	Individual Hoop Shooting Only 8:00am - 11:30am	10
11	Learning Lab	Learning Lab	Learning Lab	Learning Lab		Interval Cardio SCULPT	Instructional Basketball*	CLOSED FOR CLEANING	11
12	10:00am - 2:00pm	10:00am - 2:00pm	10:00am - 2:00pm	10:00am - 2:00pm					
1						Paddleball / Handball	Individual Hoop Shooting Only	Paddleball / Handball	Family Gym
2	Stretching 2:00pm - 3:00pm	Stretching 2:00pm - 3:00pm	Stretching 2:00pm - 3:00pm	Stretching 2:00pm - 3:00pm		12:00pm - 2:30pm	12:30pm - 2:30pm	12:00pm - 2:30pm	1
3	Paddleball / Handball 2:00pm - 5:00pm	Stretching 2:00pm - 5:00pm	Paddleball / Handball 2:00pm - 5:00pm	Individual Hoop Shooting Only 2:00pm - 5:30pm		CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	2
4	Instructional Basketball*	Instructional Soccer*	Soccer 3:00pm - 4:00pm	Instructional Basketball*					3
5	I.H.S. 4:30pm - 6:00pm	Hatha Yoga	I.H.S. 4:00pm - 6:00pm	I.H.S.					4
6	Individual Hoop Shooting Only	Individual Hoop Shooting 5:00pm-6:00pm	I.H.S.						5
7	6:30pm - 8:00pm	Train Like an Athlete	CLOSED FOR CLEANING	Paddleball / Handball 6:00pm - 8:00pm	I.H.S.			6	
8	CLOSED FOR CLEANING	Individual Hoop Shooting 7:15pm-8:00pm	Individual Hoop Shooting Only 6:30pm - 8:00pm	CLOSED FOR CLEANING	Zumba			7	
	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	I.H.S.			8	

Individual Hoop Shooting (I.H.S.):
2 people per hoop at a time
Maintain 6 ft social distancing
Only members in the same household can share a ball
No games or contact at all

Paddleball/Handball:
Singles or Doubles per court
Maintain 6 ft social distancing
Seating on bleachers at designated spots

* Fee based class. Please stop by the front desk for more information

Max Gym Capacity: 50
Schedule is subject to change