



- Shotokan Karate (Beg) Kids | Ages 4-12, Sat. 12:45-1:45 PM (STUDIO B)
- Shotokan Karate (Int/Adv) Kids | Ages 4-12, Sat. 2-3 PM (STUDIO B)

# GYM SCHEDULE

FALL I | SESSION 5 | 10/4-10/31/21



\* Schedule changes are noted in red.

MON	TUES	WED	THURS	FRI	SAT	SUN
Open Gym 6:30-8:45 AM	Open Gym 6:30-8:45 AM	Open Gym 6:30-8:45 AM	Open Gym 6:30-8:45 AM	Yoga 7-7:50 AM Ginna (starts 11/19) Gym closed   10 minutes Open Gym 8-8:45 AM	Yoga 8-8:50 AM Alice R.	Open Gym 8-8:45 AM
Gym closed   15 minutes	Gym closed   15 minutes	Gym closed   15 minutes	Gym closed   15 minutes	Gym closed   15 minutes	Gym closed   10 minutes	Gym closed   15 minutes
9 - 9:50 AM YMCA	9 - 9:50 AM YMCA	9 - 9:50 AM YMCA	Zumba 9 - 9:50 AM Veronica C.	9 - 9:50 AM YMCA	9 - 9:50 AM YMCA	9 - 9:50 AM YMCA
Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Gym closed   25 minutes	Gym closed   25 minutes
Core Conditioning 10 - 10:50 AM Veronica (til 10/25) Rebecca (11/1 on)	Gentle Yoga 10 - 10:50 AM Stefanie M.	Core Conditioning 10 - 10:50 AM Veronica (til 10/27) Rebecca (11/3 on)	10 - 10:50 AM YMCA	Total Body Conditioning 10 - 10:50 AM Ali A.	Instructional Basketball Kids   Ages 4-12 10:15-11:15 AM	Instructional Basketball Kids   Ages 7-12 10:15-11:15 AM
Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   15 Minutes	Gym Closed   15 Minutes
Separation Recess 11 - 11:50 AM	Separation Recess 11 - 11:50 AM	Separation Recess 11 - 11:50 AM	11 - 11:50 AM YMCA	11 - 11:50 AM YMCA	Instructional Soccer (Beg) Kids   Ages 4-12 11:30-12:30 PM	Instructional Soccer (Int) Kids   Ages 7-12 11:30-12:30 PM
Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   30 Minutes	Gym Closed   30 Minutes
Open Pickleball Adults 18+ 12 - 1:45 PM	Open Pickleball Adults 18+ 12 - 1:45 PM	Mat Pilates 12 - 12:50 PM Zoe R. 1 - 1:50 PM YMCA	Open Pickleball Adults 18+ 12 - 1:45 PM	Open Pickleball Adults 18+ 12 - 1:45 PM	Circuit Training 1 - 1:50 PM Carlos R. 2 - 3 PM YMCA	Open Soccer Adults 18+ 1-3 PM
Gym Closed   15 minutes	Gym Closed   15 minutes					
Y Afterschool 2 - 6 PM	Y Afterschool 2 - 6 PM	Y Afterschool 2 - 6 PM	Y Afterschool 2 - 6 PM	Y Afterschool 2 - 6 PM	Gym Closed   120 min.	Gym Closed
Gym Closed   30 Minutes	Gym Closed   30 Minutes	Gym Closed   30 Minutes	Gym Closed   15 Minutes	Gym Closed   60 Minutes		
Strength Training 6:30 - 7:20 PM Ali A.	6:30 - 7:20 PM YMCA	6:30 - 7:20 PM YMCA	6:15 - 6:35 PM YMCA Cardio Strength Training 6:45 - 7:35 PM Jon C.	Capoeira 7-7:50 PM Romulus L. Gym Closed   15 Minutes	Saturday Night Lights— Basketball Teens Ages 11-13 5-7 PM	
Open Volleyball Adults 18+ (Beginner) 7:30-9:30 PM	Circuit Training 7:30 - 8:20 PM Carlos R. Open Basketball Adults 18+ 8:30-9:30 PM	Vinyasa Yoga 7:30 - 8:20 PM Stefanie M. Open Soccer Adults 18+ 8:30-9:30 PM	Open Volleyball Adults 18+ (Intermediate/ Adv) 7:45-9:30 PM	Open Basketball Adults 18+ 8-9:30 PM	Saturday Night Lights— Basketball Teens Ages 14-18 7-9 PM	