


WEST SIDE Y GYMNASIUM FALL 2021

MON TUES WED THURS FRI SAT SUN

MON	TUES	WED	THURS	FRI	SAT	SUN
6:30AM-1:45PM ADULT OPEN GYM <i>Please note the 10:00am yoga class is now in the Mind Body Studio</i>	6:30AM-9:45AM ADULT OPEN GYM	6:30AM-11:45AM ADULT OPEN GYM <i>Please note the 10:00 am AOA cardio class is now in the Mind Body Studio</i>	6:30AM-8:15AM ADULT OPEN GYM	6:30AM-9:45AM ADULT OPEN GYM	8:00AM-12:30PM YOUTH BASKETBALL Paid Programming. Please see Membership for info.	8:00AM-3:00PM OPEN GYM & FAMILY GYM 
	10:00-11:00AM TOTAL BODY CONDITIONING with Jonathan		9:15AM-10:00AM INDOOR CYCLING with Jonathan (reservations required)			
	12:15-1:00PM INDOOR CYCLING with Jonathan (reservations required)	12:00-1:00PM PILATES MAT with Melissa	12:00-1:00PM DANCEALATES®: Total Body with Melissa	12-8:00PM ADULT OPEN GYM	1:15PM-3:00PM OPEN GYM & FAMILY GYM	
1:45PM-5:45PM ADULT OPEN GYM	1:45PM-6:00PM ADULT OPEN GYM	1:45PM-8:00PM ADULT OPEN GYM	1:45PM-4:45PM ADULT OPEN GYM			
6:00PM-7:00PM BOOT CAMP with Emily	6:15PM-7:00PM PICK UP GAMES 5 on 5 games 45 minute each (Reservations required)	5:00PM-6:00PM YOUTH SOCCER Paid Programming. Please see Membership for info.	6:15PM-8:00PM ADULT OPEN GYM			
7:15PM-8:00PM ADULT OPEN GYM	7:15PM-8:00PM PICK UP GAMES 5 on 5 games 45 minute each (Reservations required)	<i>Please note the 6:00pm yoga class is now in the Mind Body Studio</i>	<i>Please note the 6:00pm yoga class is now in the Mind Body Studio</i>		THE GYMNASIUM IS A MULTI-PURPOSE SPACE <ul style="list-style-type: none"> Reservations are required for all some group ex classes and some basketball activities. Download the mobile app: ymcanyc.org/mobile-app Bring a towel, water bottle, and any other equipment you need 	