



GYM SCHEDULE

Fall II Session | Oct 30 - December 24, 2023

as of 10.6.23

* Schedule changes are noted in red.



MON	TUES	WED	THURS	FRI	SAT	SUN
Open Gym 6:30-9:45 AM	Open Gym 6:30-9:45 AM	Morning Yoga 7:00-7:50 AM Ginna	Open Gym 6:30-8:45 AM	Open Basketball 6:30-9:45 AM	Morning Yoga 8-8:50 AM Adele	Open Gym 8-9:50 AM
		Gym Closed 15 minutes	Gym closed 15 minutes		Gym closed 10 minutes	
		Open Gym 8:05 AM-9:45 AM	Stretch & Release 9 - 9:50 AM Maddi M		9 - 9:50 AM YMCA	
Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 10 minutes	Gym Closed 15 minutes		
Core Conditioning 10 - 10:50 AM Maddi M.	Gentle Yoga 10 - 10:50 AM Stefanie M.	Core Conditioning 10 - 10:50 AM Maddi M.	Gentle Yoga 10 - 10:50 AM Erin C	Total Body Conditioning 10 - 10:50 AM Ali A.	Gym closed 25 minutes	Open Basketball 10 - 10:50 AM
Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes		
MG & Me Playdate 11 - 11:50 AM	MG & Me Playdate 11 - 11:50 AM	MG & Me Playdate 11 - 11:50 AM	MG & Me Playdate 11 - 11:50 AM	Morning Yoga 11 - 11:50 AM Ginna	Gym Closed 15 Minutes	Open Basketball 11 - 11:50 AM
Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes		
Open Pickleball Adults 18+ 12 - 1:45 PM	Open Pickleball Adults 18+ 12 - 1:45 PM	Mat Pilates 12 - 12:50 PM Anna	Cardio Strength 12-12:50 PM Jon C.	Open Pickleball Adults 18+ 12 - 1:45 PM		
		1 - 1:50 PM YMCA	Gym Closed 15 minutes			
Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 10 minutes	Gym Closed 15 minutes	Gym Closed 15 minutes		
Afterschool 2-5 PM	Afterschool 2-5 PM	Afterschool 2-4 PM	Afterschool 2-4 PM	Afterschool 2-3 PM		
Open Basketball Teens 13-17 5-6 PM	Open Basketball Teens 13-17 5-6 PM	Instructional Youth Basketball -Beginner Ages 4-6 4 - 5 PM	5 -6 PM YMCA	Instructional Youth Soccer-Ages 4-6 3 - 4 PM	Saturday Night Lights— Basketball Teens Ages 11-14 5-7 PM	
Gym Closed 30 Minutes	Gym Closed 30 Minutes	Instructional Youth Basketball -Intermediat Ages 7-12 5-6 PM	Gym Closed 30 Minutes	Instructional Youth Soccer-Ages 7-12 4 - 5 PM		
Strength Training 6:30 - 7:20 PM Ali A.	Circuit Training 6:30 - 7:20 PM Carlos R.	Gym Closed 30 Minutes	Boot Camp 6:30 - 7:20 PM Mark	Youth Capoeira Ages 5-10 5 - 6 PM	Saturday Night Lights— Basketball Teens Ages 15-18 7-9 PM	
Open Basketball Adults 18+ 7:30-9:45 PM	Open Basketball Adults 18+ 7:30-9:45 PM	Vinyasa Yoga 6:30 - 7:20 PM Stefanie M.	Open Volleyball Adults 18+ (Intermediate/ Adv) 7:45-9:45 PM	6 - 7 PM YMCA		
		Open Pickleball Adults 18+ 7:30 - 9:45 PM		Gym Closed 30 Minutes		
				Open Basketball Adults 18+ 7:30-9:45 PM		

GREENPOINT YMCA 99 MESEROLE AVENUE, BROOKLYN, NY 11222 | YMCANYC.ORG/GREENPOINT | 212-912-2260

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