



as of 1.29.25

An illustration of four diverse women engaged in various fitness activities. From left to right: a woman in a grey tank top and black leggings sits in a lotus position with hands in a mudra; a woman in a green t-shirt and black leggings performs a side stretch; a woman in a black sports bra and grey leggings stands holding two pink dumbbells overhead; and a woman in a white tank top and black leggings sits in a lotus position with arms extended horizontally. The background features large, soft pink and white circular shapes.

MON	TUES	WED	THURS	FRI	SAT	SUN
Adult Basketball Ages 18+ 6:30-10:50 AM	Open Gym 6:30-9:45 AM	Open Gym 6:30 -9:45 AM	Open Gym 6:30-9:45 AM	Adult Basketball Ages 18+ 6:30-9:45 AM	Open Gym 8-8:50 AM	Open Gym 8-9:50 AM
					Gym closed   10 minutes	
	Gym Closed   15 minutes	Gym Closed   15 minutes	Gym Closed   15 minutes	Gym Closed   15 minutes	Open Basketball Adults 18+ 9 - 9:50 AM	
	Gentle Yoga 10 - 10:50 AM TBD	Strength Training 10 - 10:50 AM Maddie M.	Gentle Yoga 10 - 10:50 AM Erin C	Total Body Cond. 10 - 10:50 AM Ali A.	Gym closed   25 minutes	Gym closed   10 minutes
Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Gym Closed   10 minutes	Instructional Youth Basketball - Beg. Ages 4-6 10:15-11:15 AM	Open Basketball 10 - 10:50 AM
MG &Me Playdate 11 - 11:50 AM	MG &Me Playdate 11 - 11:50 AM	11 - 11:50 AM YMCA	MG &Me Playdate 11 - 11:50 AM	11 - 11:50 AM YMCA	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	Instructional Youth Basketball - Interm. Ages 7-12 11:30-12:30 PM	Gym Closed   10 Minutes
Open Pickleball Adults 18+ 12 - 1:45 PM	Open Pickleball Adults 18+ 12 - 1:45 PM	12 - 12:50 PM YMCA	Cardio Strength 12-12:50 PM Jon C.	Open Pickleball Adults 18+ 12 - 1:45 PM	Gym Closed   30 Minutes	12 - 1 PM YMCA
		Gym Closed   10 minutes			Gym Closed   15 minutes	Gym Closed   30 Minutes
Gym Closed   15 minutes	Gym Closed   15 minutes	1 - 1:50 PM YMCA	Open Pickleball Adults 18+ 1 - 1:45 PM	Gym Closed   30 minutes	Circuit Training 1 - 1:50 PM Carlos R.	Gym Closed   30 Minutes
Afterschool 2-5 PM	Afterschool 2-5 PM	Afterschool 2-4 PM	Gym Closed   15 minutes	Afterschool 2-3 PM	Gym Closed   10 minutes	Open Pickleball Adults 18+ 1:30 - 3:30 PM
		Instructional Youth Basketball –Beginner Ages 4-6 4 - 5 PM	Afterschool 2-3 PM	Instructional Youth Soccer   Ages3-4 3 - 4 PM	2 - 3 PM YMCA	
Open Basketball Teens 13-17 5-6 PM	Open Basketball Teens 13-17 5-6 PM	Instructional Youth Basketball –Intermediat Ages 7-12 5-6 PM	Instructional Tennis Ages 5-8 3:30 - 4:15 PM	Instructional Youth Soccer   Ages 5-6 4 - 5 PM	3 - 4:30 PM YMCA	Bday Party Rentals 3:30-4:30 PM
		Gym Closed   30 Minutes	Instructional Tennis Ages 9-12 4:15 - 5 PM	Instructional Youth Soccer   Ages7- 12 5 - 6 PM	Gym Closed   30 min.	
Strength Training 6:30 - 7:20 PM Ali A.	Circuit Training 6:30 - 7:20 PM Carlos R.	Vinyasa Yoga 6:30 - 7:20 PM Erin C.	Open Basketball Teens 13-17 5-6 PM	Open Basketball Teens 13-17 6 - 7:15 PM	Saturday Night Lights—Basketball Teens Ages 11-14 5-7 PM	GYM CLOSED
Open Basketball Adults 18+ 7:30-9:45 PM	Open Basketball Adults 18+ 7:30-9:45 PM	Open Badminton Adults 18+ 7:30 - 9:45 PM	Boot Camp/ Jon 6:30 - 7:20 PM	Open Basketball Adults 18+ 7:30-9:45 PM	Saturday Night Lights—Basketball Teens Ages 15-18 7-9 PM	
			Open Volleyball Adults 18+ (Intermediate/ Adv) 7:45-9:45 PM			



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