



Ellicott-Masten Family YMCA

FITNESS SCHEDULE

Early Winter (November 7th, 2011 – December 17th, 2011)

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|--|--|--|--|----------|
| Closed | | | | | | |
| Closed | | | | | | |
| Closed | | | | | | |
| Closed | | | | | | |
| Closed | Noon/Lunch Hoops Pick-UP Basketball 12:15-2:30PM GYMNASIUM | Noon/Lunch Hoops Pick-UP Basketball 12:15-2:30PM GYMNASIUM | Noon/Lunch Hoops Pick-UP Basketball 12:15-2:30PM GYMNASIUM | Noon/Lunch Hoops Pick-UP Basketball 12:15-2:30PM GYMNASIUM | Noon/Lunch Hoops Pick-UP Basketball 12:15-2:30PM GYMNASIUM | |
| Closed | | | | | | |
| Closed | | | Lunch Spinning 12:15-1PM | | | |
| Closed | | | | | | |
| Closed | Youth (age 12-16) Weight Training 5:30-6:30PM | Absolute ABS 5:45-6:15PM | Circuit Training 5:30-6:15PM | Absolute ABS 5:45-6:15PM | Youth (age 12-16) Weight Training 5:30-6:30PM | |
| Closed | Boot Camp 5:45-6:45PM | | | Cardio Kick Boxing 6:00-7:00PM | Boot Camp 5:45-6:45PM | |
| Closed | Spinning/Cycling 6:45-7:30 | | | | Spinning/Cycling 6:45-7:30 | |

Everything on this Schedule is FREE for Members/\$5 a class for non-members.

Youth Fitness – Youth are encouraged to participate in any class, appropriate behavior is expected.

SilverSneakers (55+) – For SilverSneakers Fitness see our Gym.

Unscheduled Times – Available for rentals (church, youth groups, scouts, etc.) and the like.

Schedule subject to change. For more information call 845-5440