



Southtowns Family YMCA

AUXILIARY GYMNASIUM SCHEDULE

Winter Session (Jan. 2 – Feb. 25, 2012)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Group Cycling 5:45-6:45 am	Group Cycling 5:45-6:45 am	Group Cycling 5:45-6:45 am	Group Cycling 5:45-6:45 am	Group Cycling 5:45-6:45 am	Beginner Cycling 7:00-7:30 am <i>(1st Sat of the Month)</i>	
	Open Gym 6:45-9:00 am	Open Gym 6:30-9:00 am	Open Gym 6:45-9:00 am	Open Gym 6:30-9:00 am	Open Gym 6:45-9:00 am	Group Cycling 7:30-8:30 am	
Group Cycling 8:15-9:15 am		Yoga Stretch 8:00-9:00 am		Yoga Stretch 8:00-9:00 am		Punk Rope (½) 8:45-9:30 am	
Group Cycling 9:30-10:30 am	Group Cycling (½) 9:15-10:15 am	Group Cycling (½) 9:15-10:15 am	Group Cycling (½) 9:15-10:15 am	Group Cycling (½) 9:15-10:15 am	Group Cycling (½) 9:15-10:15 am	Group Cycling (½) 9:30-10:30 am	
Open Gym 10:30-11:00 am		Open Gym 10:15-11:00 am		Kids in Motion 10:30-11:15 am		Pee Wee Tumblers (½) 11:00-11:45 am	Sports and Splash 10:00 - 10:45 am(½)
Boxing 10:30 am – 12:00 pm	Open Gym 11:00-5:30 pm	Pee Wee Tumblers (½) 11:00-11:45 am	Yoga Stretch 11:15am – 12:15 pm	Open Gym 11:45-1:30 pm	Zumba® 11:30-12:30 pm	Pee Wee Tumblers (½) 11:00-11:45 am	
Cheerleading Rental 11:00 – 5:00 pm		Open Gym 11:45-1:30 pm				Superheroes 12:30-1:30pm	Zumba® Toning 12:30-1:30 pm
		Kinder Connection 1:30-2:30 pm	Open Gym 1:30-5:00 pm	Kinder Connection 1:30-2:30 pm	Open Gym 1:30 - 5:00 pm	Youth Basketball League 2:00 pm – 6:00 pm	
		Open Gym 2:30-4:30 pm					Open Gym 2:30-4:30 pm
		Teen Cycle 4:30-5:30 pm					Teen Cycle (½) 4:30-5:30 pm
Open Gym 5:00-7:00pm		Group Cycling (½) 6:15-7:15 pm	Basketball Practice (½) #4 5:30-6:30pm	Basketball Practice (½) #3 5:30-6:30pm	Basketball Practice (½) #2 6:00-7:00pm		Group Cycling (½) 5:00-6:00 pm
	Open Gym 7:30-10:15 pm	Group Cycling (½) 6:45-7:45 pm	Group Cycling (½) 6:15-7:15 pm Growing Up Fit (½) 7:15-7:45pm	Open Gym 7:00-10:15pm	Open Gym 6:00-10:15 pm		
		Open Gym 8:30-10:15 pm	Open Gym 8:30-10:15 pm				

Schedule subject to change. For more information call 674-9622.

NOTE: Any time that (½) the gym is programmed, the other ½ is "open" gym unless specified.