



Southtowns Family YMCA MAIN GYMNASIUM SCHEDULE Winter Session (Jan. 2 –Feb. 25, 2012)

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Boot Camp 5:45-6:45 am (½) Adult Open Gym 6:45-8:15 am	Adult Open Gym 5:30-8:15 am	Boot Camp 5:45-6:45 am (½) Adult Open Gym 6:45-8:15 am	Adult Open Gym 5:30-8:30 am	Boot Camp 5:45-6:45 am (½) Adult Open Gym 6:45-8:315am	Open Gym 7:00-8:00 am
Open Gym 8:00 am – 10:30 pm	SilverSneakers® MSROM 8:15-9:15 am (½) SilverSneakers® MSROM 9:30-10:30 am	SilverSneakers® MSROM 8:15-9:15 am (½) SilverSneakers® Cardio 9:30-10:30 am (½)	SilverSneakers® MSROM 8:15-9:15 am (½) SilverSneakers® MSROM 9:30-10:30 am (½)	SilverSneakers® MSROM 8:15-9:15 am (½) SilverSneakers® Cardio 9:30-10:30 am (½)	SilverSneakers® MSROM 8:15-9:15 am (½) SilverSneakers® MSROM 9:30-10:30 am (½)	SilverSneakers® MSROM 8:00-9:00 am (½) Growing Up Fit 9:00-10:00am (½)
Boxing 10:30-11:30am (½)	SilverSneakers® Cardio 10:30-11:15 am (½)	Playgroup (½) 9:30-10:00 am	SilverSneakers® Cardio Fit 10:30-11:15 am (½)	Superchamps 10:00-10:45 am (½)	SilverSneakers® Cardio 10:30-11:15 am (½)	Zumba® 10:00-11:00 am (½) SuperChamps 10:00-10:45 am (½)
Open Gym 11:30 am – 12:00 pm	Kinder Connection 11:00-11:30 am (½)	SuperChamps (½) 10:00-10:45 am Interval Training 10:45-11:30 am	Open Gym 11:15 -11:30 am	Interval Training 10:45-11:30 am	Intro to Zumba® 11:00-11:30 pm (½) (1 st Fri of each month)	Youth Basketball League 10:45am-5:00pm
Intro to Zumba® 12:00-12:30 pm (½) (1 st Sun of each month)	Zumba® 11:30-12:30 pm (½)	Open Gym 11:30 am-1:30 pm SilverSneakers® MSROM 1:30-2:30 pm (½)	Zumba® 11:30-12:30 pm Zumba® Gold 12:30-1:30 pm	Open Gym 11:30 am-1:30 pm SilverSneakers® MSROM 1:30-2:30 pm (½)	Superchamps 11:30 am -12:15 pm (½) Home School Program 12:15-1:00pm (½)	
Zumba® 12:30-1:30 pm (½)	Zumba® Gold 12:30-1:30 pm (½)	Open Gym 2:30-5:45 pm	Open Gym 1:30-6:15 pm	Kinder Connection 1:30-2:30 pm	Zumba® 11:30-12:30 pm (½)	
Zumba® Toning 1:30-2:00 pm (½)	Open Gym 1:30-5:45 pm	Pee Wee Basketball 5:45-6:30 pm (½)	Pee Wee Soccer 5:45-6:30 pm (½)	Open Gym 2:30-5:45 pm	Zumba® Toning 12:30-1:30 pm (½)	Open Gym 5:00-Close
Open Gym 2:00-3:00pm	Zumba® 5:30-6:30pm (½)	Youth Basketball 6-7 Yr. 6:30-7:30 pm (½) Basketball Practice #8,#10 6:30-7:30pm (½)	Basketball Practice #7,#12 6:15-7:15pm (½) Youth Soccer 6-10 Yr. 6:30-7:30 pm (½)	Pee Wee Hockey 5:45-6:30 pm (½) Basketball Practice #1, #15 6:00-7:00pm (½)	Open Gym 1:30-5:30pm	
Birthday Parties 3:00-4:00pm (½)	Pee Wee Hockey 5:45-6:30 pm (½)	Youth Basketball 8-10 Yr. 7:30-8:30 pm (½) Basketball Practice #14 7:30-8:30pm (½)	Growing Up Fit 7:15-7:45 pm (½)	Youth Hockey 6-10 Yrs. 6:30-7:30 pm (½) Basketball Practice #6,#11 7:00-8:00pm (½)	Tae Kwon Do I (½) 5:30-6:15 pm	
Adult Soccer 4:30-Close	Hockey 6-10 6:30-7:30pm (½) Basketball Practice # 5 6:30-7:30 (½)		Basketball Practice #13,#16 7:45-8:45pm (½)	Youth Soccer 6-10 Yr. 6:30-7:30 pm (½)	Basketball Practice #9 6:00-7:00pm (½) Tae Kwon Do II (½) 6:30-7:15 pm	
	Adult Volleyball (18+) 7:30-10:30 pm		Open Gym 8:30-10:15 pm	Open Gym 8:45-10:15pm	Open Gym 8:30-10:15 pm	Sports & Splash ½) 7:15-8:00 pm Open Gym 8:00-10:15 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.

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.