



GYM SCHEDULE

Fall 2: OCTOBER 29 - DECEMBER 23

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY									
5:00am	Open Gym 5:00-10:00am	Open Gym 5:00-8:30am	Open Gym 5:00-11:00am	Open Gym 5:00-8:30am	Open Gym 5:00-9:00am	Open Gym 6:00-10:30am	Facility Opens @ 7:00 am Open Gym 7:00-8:00am	5:00am								
5:30am								5:30am								
6:00am								6:00am								
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9:00am								9:00am								
9:30am	9:30am															
10:00am	Stretch & Balance 10:00-11:00am	Class Academy 1/2 8:30-2:00pm	Senior Fitness 11:00-12:00pm	Class Academy 1/2 8:30-2:00pm	Homeschool 9:00am-11:00am	Open Gym 1/2 10:30-4:00pm	Men's Basketball League 8:00-1:30pm	10:00am								
10:30am	Open Gym 1/2 10:00-11:00am							Open Gym 1/2 8:30-2:00pm	Open Gym 1/2 8:30-2:00pm	Senior Fitness 11:00-12:00pm	Kidsafe Karate 1/2 10:30-2:00pm	10:30am				
11:00am	Senior Fitness 11:00-12:00pm							Senior Fitness 11:00-12:00pm	Senior Fitness 11:00-12:00pm	Senior Fitness 11:00-12:00pm	Open Gym 1/2 2:00-5:30pm	Open Gym 4:00-5:00pm	11:00am			
11:30am	Lunch Break Basketball 12:00-2:00pm							Lunch Break Basketball 12:00-2:00pm	Lunch Break Basketball 12:00-2:00pm	Lunch Break 12:00-2:00pm			Open Gym 2:00-4:00pm	Open Gym 2:00-4:00pm	Open Gym 4:00-6:00pm	11:30am
12:00pm																12:00pm
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1:00pm																1:00pm
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3:00pm		3:00pm														
3:30pm		3:30pm														
4:00pm	Open Gym 2:00-6:00pm	Youth Sports 1/2 4:00-7:00pm	Open Gym 1/2 4:00-7:00pm	Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 4:00-5:00pm	Open Gym 1/2 5:00-7:00pm	Open Gym 1/2 5:00-7:00pm	4:00pm								
4:30pm	Open Gym 2:00-10:00pm							Mid Monmouth Basketball 6:00-8:30pm	Open Gym 7:00-10:00pm	Intermediate Volleyball 7:00-10:00pm	Open Gym 7:30-10:00pm	Open Gym 7:00-8:00pm	Facility Closes @ 8:00pm	4:30pm		
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9:30pm	9:30pm															
9:45pm	9:45pm															
10:00pm	10:00pm															

The YMCA reserves the right to make changes at any time. Schedules are also available at TheCommunityYMCA.org.