



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# City Center YMCA Gym Schedule thru April 1st

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2
5:00 - 5:30am	Open Gym		Open Gym		Open Gym		BODY PUMP		Boot Camp		Open Gym		BODY PUMP	
5:30 - 6:30am														
7:00 - 7:30am														
7:30 - 8:00am	Open Gym		Open Gym		Small Group		Open Gym		Open Gym		Small Group		Open Gym	
8:00 - 8:30am														
8:30 - 9:00am	Silver Sneakers		Pick-Up Pickle-Ball		Pick-Up Pickle-Ball		Pick-Up Pickle-Ball		Silver Sneakers		Little Dribblers		BODY PUMP	
9:00 - 9:30am														
9:30 - 10:00am	Pre-School Class		Pre-School Class		Pre-School Class		Pre-School Class		Pre-School Class		Pickle ball		Open Gym	
10:00 - 10:30am														
10:30 - 11:00am	Pre-School Class		Pre-School Class		Pre-School Class		Pre-School Class		Pre-School Class		Pickle ball		YBA Games	
11:00 - 11:30am														
11:30 - 12:00pm	Bootcamp		Open Gym		Bootcamp		Open Gym		Open Gym		Open Gym		BODY PUMP	
12:00 - 12:30pm														
12:30 - 2:00pm	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym	
2:00 - 3:00pm														
3:00 - 3:30pm	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym	
3:30 - 4:30pm														
4:30 - 5:00pm	Open Gym		Cardio Mix		BODY PUMP		BODY PUMP		BODY PUMP		BODY PUMP		Open Gym	
5:00 - 5:15pm														
5:15 - 5:30pm	BODY PUMP		BODY PUMP		BODY PUMP		BODY PUMP		BODY PUMP		BODY PUMP		Open Gym	
5:30pm - 6:15pm														
6:15 - 6:30pm	YBA Practice		BODY COMBAT		Fit Kids		Taekwondo		YBA Practice		Open Gym		Open Gym	
6:30 - 7:00pm														
7:00 - 8:00pm	YBA Practice		BODY COMBAT		YBA Practice		Taekwondo		YBA Practice		Open Gym		Open Gym	
8:00 - 9:00pm														
9:00 - 10:00pm	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym	

Pick-up Pickleball - Time is open to those who want to play pickleball.

Open Gym - Open to all. No full court basketball should be played during this time; half court only.

03/20/2020 - AOA Breakfast Courts Closed 9:45am - 11:00am.