



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASIUM SCHEDULE

Maple Street YMCA

August 22-October 9

Open Gym

Group Ex Classes

Closed

	Open Gym	Group Ex Classes	Closed
Monday	6:30-9:00am 10:30-5:15pm 5:15-6:45pm—1/2 8:00-9:15	Silver Sneakers 9:00-10:30 am Youth Fit Club 7:00-8:00pm	Group Training 5:00-6:45am Group Training 5:15-6:45pm—1/2
Tuesday	6:30-9:00am 10:30-5:45pm 7:00-9:15pm	Body Vive 9:00-10:30 am Family Fitness 6:00-7:00pm	Shape Up 5:00-6:45am
Wednesday	6:30-9:00am 10:30-9:15pm	Silver Sneakers 9:00-10:30 am	Group Training 5:00-6:45am
Thursday	6:30-5:15pm 5:15-6:00pm—1/2 7:00-9:15pm	Family Fitness—1/2 6:00-7:00pm	Shape Up 5:00-6:45 Group Training 5:15-6:45—1/2
Friday	6:30-9:00am 10:30-9:15pm	Silver Sneakers 9:00-10:30am	Group Training 5:00-6:45am
Saturday	7:00-5:00pm		
Sunday	11:00-5:00pm		