

# SMALL GYM SCHEDULE

| TIME              | SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY                                | THURSDAY  | FRIDAY   | SATURDAY                                       |                              |
|-------------------|--|---|--|--|---|----------|--|------------------------------|
| 5:30AM-6:30AM     | CLOSED   | OPEN GYM  | OPEN GYM 5:30am-8:00am                                       | OPEN GYM                                 | OPEN GYM 5:30am-8:00am  | OPEN GYM | OPEN GYM <i>unless rented out for an event</i> |                              |
| 6:30AM-7:30AM     |  |   |  |  |   |          |  |                              |
| 7:30AM - 8:30AM   |  |   |  |  |   |          |  |                              |
| 8:30AM - 9:00AM   |  |   | <b>Yoga Flow</b><br>8:00am-8:55am                            |  | <b>Yoga Flow</b><br>8:00am-8:55am                               |          |  | <b>Yoga</b><br>8:00am-8:55am |
| 9:00AM - 10:00AM  |  |   |  |  |   |          |  |                              |
| 10:00AM - 11:00AM |  |   |  |  |   |          |  |                              |
| 11:00AM - 12:00PM |  |   |  |  |   |          |  |                              |
| 12:00AM - 1:00PM  |  |   |  |  |   |          |  |                              |
| 1:00PM - 2:00PM   | OPEN GYM <i>unless rented out for an event</i> |   |  |  |   |          |  |                              |
| 2:00PM - 3:00PM   |  |   |  |  |   |          |  |                              |
| 3:00PM - 4:00PM   |  |   |  |  |   |          |  |                              |
| 4:00PM - 5:00PM   |  |   |  |  |   |          |  |                              |
| 5:00PM - 6:00PM   | CLOSED   | <b>Ready, Set, Play!</b><br>(starting Jan 14)<br>5:00pm-5:30pm  |  | <b>Kids on The Move</b><br>5:30pm-6:30pm | <b>S.N.A.P Sports Sampler</b><br>(Starting 17)<br>5:30pm-6:00pm | CLOSED   |  |                              |
| 6:00PM - 7:00PM   |  | <b>OPEN GYM</b><br>5:30pm-6:30pm                                | <b>Healthy Living</b><br>(Starting January 22) 6:00pm-7:30pm |  | <b>Healthy Living</b><br>(Starting January 22) 6:00pm-7:30pm    |          |  |                              |
| 7:00PM-8:00PM     |  | <b>Healthy Living</b><br>(Starting January 14)<br>6:30pm-7:30pm | <b>OPEN GYM</b><br>7:30pm-10:00pm                            | <b>OPEN GYM</b><br>6:30pm-10:00pm        |   |          |  |                              |
| 8:00PM-10:00pm    |  | <b>OPEN GYM</b><br>7:30pm-10:00pm                               |  | <b>OPEN GYM</b><br>7:30pm-10:00pm        |   |          |  |                              |

Schedule is subject to change. The Y Kids Univeristy program is allowed to use the small gym on days off of school during appropriate times.