## the

## Staten Island Broadway YMCA

## **GYM RECREATIONAL SCHEDULE**

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

FALL II Monday, October 30, 2017 - Sunday, December 24, 2017

Revised on 10/25/17

HALL II Monday, October 30, 2017 – Sunday, December 24, 2017  MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY																													
	North			Enst	North	TUE North		Engt Com	North	WEDN							FRIDAY North North East		East			URDAY East East		North North		NDAY East East			
Time	North Gym A	North Gym B	East Gym A	East Gym B	North Gym A	Gym B	East Gym A	East Gym B	North Gym A	Gym B	East Gym A	East Gym B	North Gym A	Gym B	East Gym A	B East Gym		Gym B	East Gym A	Gym B	North Gym A	Gym B			Gym A	Gym B	Gym A	East Gym B	Time
5:00 AM						en Gym m-6:00am			Open Gym 5:00am-6:00am					Gym -6:00am			Open Gym 5:00am-6:00am												5:00 AM
5:30 AM	3.00diii				3.000111	0.00diii			3.00am	5.00am-0.00am				e Triple			3.00diii 0.	.ooaiii											5:30 AM
6:00 AM	TRX T			Paddle ball 5:00am- 8:30am	Alpha Training	Open Gym 5:00am-	Open Gym 5:00am- 8:30am	Sunrise B	Sunrise Boot Camp		Paddle ball 5:00am- 8:30am	Th	reat	Open	Open	Kettlebell 6:00am-7:00am		Open Gym 5:00am-	Paddle ball 5:00am-									6:00 AM	
6:30 AM	6:00-6:45				6:00am-6:45am			6:00am-7:00am		5:00am- 8:30am			Suprise Vega	Gym 5:00am-	Gym 5:00am-												_	6:30 AM	
7:00 AM												8:30am			8:30am	8:30am		-	8:30am	8:30am	Open Gym 6:00am-8:45am			n Gym n-8:45am		Open Gym 6:00am-8:30am		Gym 9:00am	7:00 AM
7:30 AM	Moving with Martin Pound 8:25am		Set Up	Express				Moving with Martin		n				-		Moving with Marti 7:30am-8:15am		ו		0.000111 0.150111		0.000111 0.150111		o.ooam o.soam		orodani siddani		7:30 AM	
8:00 AM				8:25am-8:55am				7:30am-8:15ar					ss HIIT 5am															8:00 AM	
8:30 AM				Set up					Cardio				Ultimat	e Triple		Barre							Soccer		Cardio Interval		Adult Foncias C		8:30 AM
9:00 AM	Cardio Circuit 9:05am Total Body Conditioning 10:05am		Pickleball 9:00am-	Step & Sculpt 9:05am-10:05am Pilates Mat 10:05am-11:00am		Pre School Gym		9:05am-10:05am  Ultimate Abs 10am  Express Body		1	Pickleball Lessons 9- 10:30am	Th	reat		Fusion 9:05am	Zumb 9:05am-10			Pickleball Lessons 9-	H.I.I.T 9am		9- You	Youth Bbal 9-9:50am	Tra	Training 9am	Adult Fencing 9- 10am		9:00 AM	
9:30 AM												9:05am		-	9.054111	Total Body	odv	-	10:30am	Zumba		Soccer	Youth Bball					9:30 AM	
10:00 AM		Pre	10:30am								$\vdash\vdash$		Zumba .0:05am-11:05am			Conditioning 10:05am-11:05am	ning			Zumba 10am-11am		10- 10:50am	10- 10:50am		anity 00am	Tae Kwon Do 10am	Fencing	10:00 AM	
10:30 AM		AOA Dance Gym 11:05am Time	School		Drums Alive		Time 8:30am-		conditioning AOA Cardio		Pre	Open			1		AOA Car		Pre	Interm Pickleball 10:30- 12:00pm	Viniyoga Yoga		10.304111					10-11am	10:30 AM 11:00 AM
11:00 AM			Time	Pickleball 10:30-		11:00am-12:00pm		Pre	Condit 11:0		school Gym	Pickleball 10:30-		e Yoga	Pre school		Conditioning 11:05am-12:05pm		school Gym				Tae Kwor	Gymnastics 11-11:50am			Tae Kwon Do		
11:30 AM 12:00 PM	SilverSr	neakers	8:30am- 3:00pm	12pm				School Gym Time	SilverSneakers Sit Fit 12:05pm-1:00pm		Time 8:30am- 3:00pm	12:00pm	11:15am-12:30pm	-12:30pm	Gym	Pre School Gym			Time		11:15am-12:30pm	Do 11- 11:50am	Cheer Pop	Oper	n Gym	10:45	Fencing 11:15-	11:30 AM 12:00 PM	
12:30 PM		12:05pm	·	Motor &			Sun	8:30am- 3:00pm					Chair Yoga	Yona	Time 8:30am-		SilverSneakers Sit Fit		8:30am- 3:00pm	Sports	Open Gym *			12-12:50pm		n-2:00pm		12:15pm	12:30 PM
1:00 PM	Set Up			Movement 12:30-			shine Gym	3.00pm	Set Up			Let's Play STEMs	12:30pm-1:30pm		3:00pm	Time 10:30am	12:05pm-1:00pm			Sampler 12:30pm			1				Tae Kwon Do	F	1:00 PM
1:30 PM	Open Gym 1:30pm-3:30pm		1:30pm	Open Gym 12:15pm-4:30		Pre		Table Tennis 1:30-3:00pm		12:30-1:30		Se	t Up		3:00pm	Breakdown	wn room		1:30pm								Fencing 12:15-	1:30 PM	
2:00 PM						school Gym										Tai Chi 2	2:30-		Pre school						12:45	1:15pm	2:00 PM		
2:30 PM				Pre school	12.13piii	-T.JUPIII	Time 1:15-		Set Up			Pre School Gym Time	Open Gym 2:00pm-5:00	en Gym			3:30pm			gym 1:30- 3pm			*Youth and Family Birthday		OYM Zumba 2:00-3:00pm			2:30 PM	
3:00 PM	1.30pm-3.30pm		Tumbling	Gym			3:00pm		0	Soccer 4 4:50pm	1	1:30-3pm Youth B-					Open Gym 4:50p	occer 4-	Open	Gym	Parties Open Gym		Open Gym 1:00pm-6:30pm						3:00 PM
3:30 PM			Time 3:00pm	Time Teen											4:50pm			3pm-4		3:30 PM									
4:00 PM		lighty Open Gym Tae I	Tae Kwon					Family Gym Time	Open Gym 3:30- 6:00pm	Soccer	Tennis 4- 5pm	Ball 4- 4:50				Open		occer 5-	Youth Bball		available when no party scheduled			Open Gym 3:15-6:00pm		Open Gym 2:00pm-6:00p		4:00 PM	
4:30 PM			Do 4:00pm	Gym Time											Tae Kwon Do	Gym 3:00-	5	5:50pm	4-4:50pm	Fencing 4-5pm								4:30 PM	
5:00 PM	Mighty Milers		Tae Kwon Do	4:00pm-	Beginner Yoga 5:00pm-6:15pm			3:30pm- 7:00pm		5- 5:50pm	Tennis 5- 6pm	Youth B- Ball 5- 5:50	Poginnor	or Voga	Tae	6:00pm		1	Youth Bball										5:00 PM
5:30 PM	4:00pm	3:30- 6:00pm	5:00pm	7:00pm									Beginner Yoga 5:15am-6:30pm		Kwon Do	)	Open Gym 6pm-7pm		5-5:50pm	Open	-								5:30 PM
			Set	Up			Open		Total Condit	Body cioning								pm	Open Gym	Gym 5:30-						Dance Lessons 6:00-7:00pm			6:00 PM
6:30 PM						Training	Gym		6:00pm-	-7:00pm	Tennis 6- 7pm	Adult Fencing	Bootcamp/						6-7pm	7:00pm					6.00-7.00pm				6:30 PM
7:00 PM	Step & 6:30				6:30pm-7:30pm		3pm- 10:30pm		Zun		7,0111	rending	Kickboxing 6:45pm										Full Co	ourt Gym			Rental Ba		7:00 PM
7:30 PM	0:30	וווקי			Kettle 7:30pm-			Open Gym	7:00pm-8:00pm		Adult I 7-8	encing			Opei	n Gym					Open Gym* 12:30pm-9:30pm		Full Court Gym Rentals 6:30pm-Closing		Open Gym 7:15pm-9:30pm		Leagues 6pm-10pm		7:30 PM
8:00 PM		Zumba Ope 7:30-8:30pm 7:00pm		Gym 0:30nm	7.30piii-	0.50pm		7:30pm-			/-0	ppill	Soca 7:45pm			-10:30pm	Fa	Teen I											8:00 PM
8:30 PM	7.50 0	,.оорп		.o.Jopin				10:30pm	Open	Open Gym			7. ISPIII				Family Gi		(see Pro r dates)										8:30 PM
9:00 PM	Open Gym				Open Gym 8:30pm-10:30pm				8:00pm-10:30pm			1 Gym 10:30pm	Oper	Open Gym			l Garac re		" dutes)										9:00 PM
	8:45pm-	5pm-10:30pm									0.55pm 10.50pi		9:00pm-10:30pm															9:30 PM	
10:00 PM	North	North	East Gym	East	North	North	East	East Gym	North	North	East	East	North	North	East	East Gym	North	North	East	East	North North		East East		North North		East	East	10:00 PM
	Gym A	Gym B	A A	Gym B	Gym A	Gym B	Gym A	B B	Gym A	Gym B	Gym A	Gym B	Gym A	Gym B	Gym A	B B		Gym B	Gym A	Gym B	Gym A	Gym B		Gym B	Gym A	Gym B	Gym A	Gym B	
See bac	k for i	mporta			n																,,								 
Legend:	Aqu Dire	atics		arly Childhood Healthy Lifestyles Director Director			Membership Director		Youth & Family Director											N	ew Yo	rk Cit	ty's Yl	MCA	WE'F	RE HE	RE FO	R GO	OD."_
	Romulus Staton Allison Sicuranza				Liza H			y Urcia		Larino															1	1			