

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY															
Time	North Gym A	North Gym B	East Gym A	East Gym B	North Gym A	North Gym B	East Gym A	East Gym B	North Gym A	North Gym B	East Gym A	East Gym B	North Gym A	North Gym B	East Gym A	East Gym B	North Gym A	North Gym B	East Gym A	East Gym B	North Gym A	North Gym B	East Gym A	East Gym B	North Gym A	North Gym B	East Gym A	East Gym B	Time											
5:00 AM	Open Gym 5:00am-6:00am		Open Gym 5:00am-8:30am	Paddle ball 5:00am-8:30am	Open Gym 5:00am-6:00am		Open Gym 5:00am-8:30am	Open Gym 5:00am-8:30am	Open Gym 5:00am-6:00am		Open Gym 5:00am-8:30am	Paddle ball 5:00am-8:30am	Open Gym 5:00am-6:00am		Open Gym 5:00am-8:30am	Open Gym 5:00am-8:30am	Open Gym 5:00am-6:00am		Open Gym 5:00am-8:30am	Open Gym 5:00am-8:30am							5:00 AM													
5:30 AM																													5:30 AM											
6:00 AM	TRX Training 6:00-6:45				Alpha Training 6:00am-6:45am	Open Gym 5:00am-8:30am			Open Gym 5:00am-8:30am	Sunrise Boot Camp 6:00am-7:00am			Open Gym 5:00am-8:30am	Paddle ball 5:00am-8:30am			Ultimate Triple Threat 6:00am	Open Gym 5:00am-8:30am			Open Gym 5:00am-8:30am	Kettlebell 6:00am-7:00am	Open Gym 5:00am-8:30am	Paddle ball 5:00am-8:30am	Open Gym 6:00am-8:45am		Open Gym 6:00am-8:45am		Open Gym 6:00am-8:30am		Open Gym 6:00am-9:00am				6:00 AM					
6:30 AM																																								
7:00 AM	Moving with Martin		Express H.I.I.T. 8:25am-8:55am	Set Up			Express H.I.I.T. 8:25am-8:55am	Moving with Martin 7:30am-8:15am			Cardio Core 9:05am-10:05am	Pickleball Lessons 9-10:30am			Ultimate Triple Threat 9:05am	Barre Fusion 9:05am			Zumba 9:05am-10:05am	Pickleball Lessons 9-10:30am					H.I.I.T 9am		Soccer 9-9:50am		Youth Bball 9-9:50am		Cardio Interval Training 9am		Adult Fencing 9-10am				7:00 AM			
7:30 AM																																								
8:00 AM	Pound 8:25am				Pre School Gym Time 8:30am-3:00pm	Motor & Movement 12:30-1:30pm			Sun shine Gym	Pre school Gym Time 8:30am-3:00pm			Table Tennis 1:30-3:00pm	Set Up			Pre School Gym Time 1:30-3pm	Open Gym 2:00pm-5:00pm			Tae Kwon Do 3:00-6:00pm	Open Gym 3:30-6:00pm	Soccer 4-4:50pm	Open Gym 3pm-4:00pm	*Youth and Family Birthday Parties Open Gym available when no party scheduled		Open Gym 1:00pm-6:30pm		Open Gym 3:15-6:00pm		Open Gym 2:00pm-6:00pm				8:00 AM					
8:30 AM																																								
9:00 AM	Cardio Circuit 9:05am		Pickleball 9:00am-10:30am	Pilates Mat 10:05am-11:00am			Pre School Gym Time 8:30am-12:30pm	Ultimate Abs 10am			Express Body conditioning	AOA Cardio Conditioning 11:05am			SilverSneakers Sit Fit 12:05pm-1:00pm	Chair Yoga 12:30pm-1:30pm			Set Up	Breakdown room					Tai Chi 2:30-3:30pm	Pre school gym 1:30-3pm	Open Gym * 12:30pm-9:30pm		Open Gym 11:00am-2:00pm		Open Gym 2:00-3:00pm						9:00 AM			
9:30 AM																																								
10:00 AM	Total Body Conditioning 10:05am				Pickleball 10:30-12pm	Drums Alive 11:00am-12:00pm			Pre School Gym Time 8:30am-3:00pm	SilverSneakers Sit Fit 12:05pm-1:00pm			Set Up	Pre School Gym Time 1:30-3pm			Open Gym 2:00pm-5:00pm	Tae Kwon Do 3:00-6:00pm			Open Gym 3:30-6:00pm	Soccer 4-4:50pm	Open Gym 3pm-4:00pm	*Youth and Family Birthday Parties Open Gym available when no party scheduled			Open Gym 1:00pm-6:30pm		Open Gym 3:15-6:00pm		Open Gym 2:00pm-6:00pm				10:00 AM					
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11:00 AM	AOA Dance 11:05am		Motor & Movement 12:30-1:30pm	Drums Alive 11:00am-12:00pm			Pre School Gym Time 8:30am-3:00pm	SilverSneakers Sit Fit 12:05pm-1:00pm			Set Up	Pre School Gym Time 1:30-3pm			Open Gym 2:00pm-5:00pm	Tae Kwon Do 3:00-6:00pm			Open Gym 3:30-6:00pm	Soccer 4-4:50pm				Open Gym 3pm-4:00pm	*Youth and Family Birthday Parties Open Gym available when no party scheduled		Open Gym 1:00pm-6:30pm		Open Gym 3:15-6:00pm		Open Gym 2:00pm-6:00pm				11:00 AM					
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12:00 PM	SilverSneakers 12:05pm				Motor & Movement 12:30-1:30pm	Drums Alive 11:00am-12:00pm			Pre School Gym Time 8:30am-3:00pm	SilverSneakers Sit Fit 12:05pm-1:00pm			Set Up	Pre School Gym Time 1:30-3pm			Open Gym 2:00pm-5:00pm	Tae Kwon Do 3:00-6:00pm			Open Gym 3:30-6:00pm	Soccer 4-4:50pm	Open Gym 3pm-4:00pm		*Youth and Family Birthday Parties Open Gym available when no party scheduled		Open Gym 1:00pm-6:30pm		Open Gym 3:15-6:00pm		Open Gym 2:00pm-6:00pm				12:00 PM					
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2:00 PM	Open Gym 1:30pm-3:30pm				Tumbling Time 3:00pm	Teen Gym Time 4:00pm-7:00pm			Beginner Yoga 5:00pm-6:15pm	Interval Training 6:30pm-7:30pm			Kettlebells 7:30pm-8:30pm	Open Gym 7:30pm-10:30pm			Open Gym 8:00pm-10:30pm	Open Gym 8:30pm-10:30pm			Open Gym 9:00pm-10:30pm	Teen Night Family Night (see Program Guide for dates)	Teen Night Family Night (see Program Guide for dates)		Open Gym* 12:30pm-9:30pm		Full Court Gym Rentals 6:30pm-Closing		Open Gym 7:15pm-9:30pm		Rental Basketball Leagues 6pm-10pm				2:00 PM					
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4:00 PM	Mighty Milers 4:00pm	Open Gym 3:30-6:00pm			Tae Kwon Do 4:00pm	Teen Gym Time 4:00pm-7:00pm			Beginner Yoga 5:00pm-6:15pm	Interval Training 6:30pm-7:30pm			Kettlebells 7:30pm-8:30pm	Open Gym 7:30pm-10:30pm			Open Gym 8:00pm-10:30pm	Open Gym 8:30pm-10:30pm			Open Gym 9:00pm-10:30pm	Teen Night Family Night (see Program Guide for dates)	Teen Night Family Night (see Program Guide for dates)		Open Gym* 12:30pm-9:30pm		Full Court Gym Rentals 6:30pm-Closing		Open Gym 7:15pm-9:30pm		Rental Basketball Leagues 6pm-10pm				4:00 PM					
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5:00 PM			Open Gym 8:45pm-10:30pm				Set Up	Interval Training 6:30pm-7:30pm			Kettlebells 7:30pm-8:30pm	Open Gym 7:30pm-10:30pm			Open Gym 8:00pm-10:30pm	Open Gym 8:30pm-10:30pm			Open Gym 9:00pm-10:30pm	Open Gym 9:00pm-10:30pm				Open Gym 9:00pm-10:30pm	Teen Night Family Night (see Program Guide for dates)	Teen Night Family Night (see Program Guide for dates)	Open Gym* 12:30pm-9:30pm		Full Court Gym Rentals 6:30pm-Closing		Open Gym 7:15pm-9:30pm		Rental Basketball Leagues 6pm-10pm				5:00 PM			
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8:00 PM	Zumba 7:30-8:30pm		Open Gym 7:00pm-10:30pm	Interval Training 6:30pm-7:30pm	Kettlebells 7:30pm-8:30pm	Open Gym 7:30pm-10:30pm			Open Gym 8:00pm-10:30pm	Open Gym 8:30pm-10:30pm			Open Gym 9:00pm-10:30pm	Open Gym 9:00pm-10:30pm			Open Gym 9:00pm-10:30pm	Teen Night Family Night (see Program Guide for dates)			Teen Night Family Night (see Program Guide for dates)				Open Gym* 12:30pm-9:30pm		Full Court Gym Rentals 6:30pm-Closing		Open Gym 7:15pm-9:30pm		Rental Basketball Leagues 6pm-10pm				8:00 PM					
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See back for important information																																								
Legend:	Aquatics		Early Childhood		Healthy Lifestyles		Membership		Youth & Family												New York City's YMCA WE'RE HERE FOR GOOD.™																			
	Director		Director		Director		Director		Director																															
	Romulus Staton		Allison Sicuranza		Liza Horner		Audrev Urcia		Helen Larino																															