

Gymnasium Schedule - December | Bremerton Family YMCA

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Gym YMCA Staff 5am - 9:15pm	Open Gym YMCA Staff 5am - 9:15pm	Open Gym YMCA Staff 5am - 9:15pm	Open Gym YMCA Staff 5am - 9:15pm	Open Gym YMCA Staff 5am - 9:15pm		
		Boot Camp Austin K. 5:30am - 6:15am		Boot Camp Austin K. 5:30am - 6:15am			
7am						Open Gym YMCA Staff 7:30am - 8pm	
8am	Zumba® Gold Arleen A. 8:45am - 9:30am		West Sound Tech YMCA Staff 8:30am - 10am		Zumba® Gold Erin P. 8:45am - 9:30am		
			Zumba® Gold YMCA Staff 8:45am - 9:30am				
9am	Stroller Fitness Renee P. 9:45am - 10:45am	Muscle Toning Melissa D. 9:30am - 10:30am		Muscle Toning Melissa D. 9:30am - 10:30am	Stroller Fitness Renee P. 9:45am - 10:45am	Zumba® Polyanna W. 9am - 10am	Open Gym YMCA Staff 9:30am - 6pm
10am		Zumba® Sentao YMCA Staff 10:45am - 11:30am		Zumba® Sentao YMCA Staff 10:45am - 11:30am		R.I.P.P.E.D.® YMCA Staff 10:30am - 11:30am	
11am	Homeschool PE* YMCA Staff 11am - 12:45pm		West Sound Tech YMCA Staff 11:30am - 1pm		Homeschool PE* YMCA Staff 11am - 12:45pm		
4pm	Basketball Skills* Zack B. 4-6pm	Boot Camp Carey L. 4:15pm - 5:15pm		Boot Camp Skyler S. 4:15pm - 5:15pm			
5pm	Zumba® Sherri F. 5:30pm - 6:30pm	Zumba® Arleen A. 5:30pm - 6:30pm	BANG® Power Dance YMCA Staff 5:30pm - 6:30pm	Basketball Skills* YMCA Staff 5:30pm - 6pm			
6pm				R.I.P.P.E.D.® YMCA Staff 6:45pm - 7:45pm			
8pm					Teen Late Nite YMCA Staff 8:30pm - 11pm		

Please note that all classes are subject to change due to demand and participation. It is recommended that you consult your physician prior to starting any exercise program.

Please note, instructors have 15 minutes before and after class time for preparation, member engagement and cleanup.

Fall 2 Session: November 11 - December 15
Winter 1 Registration: December 16 - January 12
Winter 1 Session: January 13 - February 16

*Registered Program, visit www.ymcapk.org to sign up

Open Gym

Gym is available for fitness activities.

Boot Camp

This fast-paced class focuses on agility, strength, and cardio segments. This class may be offered outside, weather permitting.

Zumba® Gold

Exciting Latin inspired dance rhythms created in the original Zumba® class modified for the active older adult, beginner, or anyone needing modifications for a successful class. Includes chair workouts.

West Sound Tech

West Sound Tech is a PE program allows the Fire Science and Criminal Justices classes to utilizes the Y in structured class offerings to promote health and fitness.

Stroller Fitness

Bring your baby (and stroller) to this fat burning, muscle sculpting class that consists of a cardio workout followed by intervals of muscle sculpting exercises while staying close to your child.

Muscle Toning

Condition the total body through strength and endurance exercises using resistance equipment including hand weights, body bars, resistance bands, steps, and resistance balls.

Zumba®

Move to the music in this Latin-inspired dance aerobic workout fueled by international music.

Zumba® Sentao

Strengthen core muscles and burn calories in this cardio workout through targeted resistance training and rhythmic music. Chairs may be used as an additional workout prop.

R.I.P.P.E.D.®

Maintain fitness in this high-intensity program that utilizes free weights, resistance, and body weight and combines each of its components in ways that are fun, safe, and effective.

Homeschool PE*

Age appropriate skill development drills teach general fitness, sports, balance, teamwork, and more. Open to all homeschooled children during the school year and included in your YMCA membership.

BANG® Power Dance

This mixed fitness class combines HIIT training and some serious attitude. It is a unique fusion of boxing, cardio, HIIT, hip-hop, world dance, and body weight training. Jump start your workout with a "BANG"!

Basketball Camp*

Basketball camp is a great place for campers to learn the sport for the first time or sharpen their skills. In this recreational camp, our staff will emphasize skill building through drills, group games, scrimmages, and teamwork.

Teen Late Nite

Teen Late Nite encourages the development of youth in grades 9-12 by providing a safe environment, consistent adult involvement, and fun activities that foster excellence and a positive attitude. Free to any teens in the community. You do not need to be a member to attend so bring your friends!