

# Summer 2019

## Main Gym | Tom Taylor Family YMCA

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>4am</b>	<b>Open Gym</b> Not Staffed 4:45am - 5:30am	<b>Open Gym</b> Not Staffed 4:45am - 5:15am	<b>Open Gym</b> Not Staffed 4:45am - 5:30am	<b>Open Gym</b> Not Staffed 4:45am - 5:15am	<b>Open Gym</b> Not Staffed 4:45am - 5:30am		
<b>5am</b>	<b>Boot Camp</b> MikeJoe . 5:30am - 6:30am	<b>Boot Camp</b> Jeannette . 5:15am - 6:15am	<b>Boot Camp</b> MikeJoe . 5:30am - 6:30am	<b>Boot Camp</b> Jeannette . 5:15am - 6:15am	<b>Boot Camp</b> MikeJoe . 5:30am - 6:30am		
<b>6am</b>	<b>Adult Drop-In Pickleball</b> Not Staffed 6:45am - 9:45am	<b>Open Gym</b> Not Staffed 6:15am - 9am	<b>Adult Drop-In Pickleball</b> Not Staffed 6:45am - 9:45am	<b>Open Gym</b> Not Staffed 6:15am - 7am	<b>Adult Drop-In Pickleball</b> Not Staffed 6:45am - 9:45am	<b>Adult Drop-In Pickleball</b> Not Staffed 6:30am - 10:30am	
<b>7am</b>				<b>Adult Drop-in Basketball</b> Not Staffed 7am - 9am			
<b>8am</b>							<b>Adult Drop-In Pickleball</b> Not Staffed 8am - 1pm
<b>9am</b>		<b>Kickboxing</b> Nicole C. 9:15am - 10am		<b>Kickboxing</b> Maria H. 9:15am - 10am			
<b>10am</b>	<b>Adult Drop-in Basketball</b> YMCA Staff 10am - 1pm	<b>Muscle Toning</b> Katrina H. 10:10am - 11am	<b>Adult Drop-in Basketball</b> YMCA Staff 10am - 1pm	<b>Muscle Toning</b> Maria H. 10:10am - 11am	<b>Adult Drop-in Basketball</b> YMCA Staff 10am - 1pm	<b>H.I.I.T.</b> Tracy A. 10:45am - 11:30am	
<b>11am</b>		<b>Adult Drop-In Pickleball</b> Not Staffed 11:15am - 2:15pm		<b>Adult Drop-In Pickleball</b> Not Staffed 11:15am - 2:15pm		<b>Registered Programming</b> YMCA Staff 11:45am - 5pm	
<b>1pm</b>	<b>Low Impact Cardio</b> Marie R. 1:15pm - 2pm		<b>Low Impact Cardio</b> Marie R. 1:15pm - 2pm		<b>Low Impact Cardio</b> Teresa R. 1:15pm - 2pm		<b>Open Gym</b> YMCA Staff 1pm - 6:45pm
<b>2pm</b>	<b>Open Gym</b> Not Staffed 2:15pm - 4:45pm	<b>Open Gym</b> Not Staffed 2:30pm - 4:45pm	<b>Open Gym</b> Not Staffed 2:15pm - 4:45pm	<b>Open Gym</b> Not Staffed 2:30pm - 4:45pm	<b>Open Gym</b> Not Staffed 2pm - 7pm		
<b>5pm</b>	<b>Registered Programming</b> YMCA Staff 5pm - 6pm	<b>Registered Programming</b> YMCA Staff 5pm - 7pm	<b>Registered Programming</b> YMCA Staff 5pm - 6pm	<b>Registered Programming</b> YMCA Staff 5pm - 7pm		<b>Open Gym</b> Not Staffed 5:15pm - 6:45pm	
<b>6pm</b>	<b>H.I.I.T.</b> Tracy A. 6pm - 7pm		<b>H.I.I.T.</b> Tracy A. 6pm - 7pm				
<b>7pm</b>	<b>Adult Drop-In Volleyball</b> Not Staffed 7pm - 9:25pm	<b>Adult Drop-in Basketball</b> Not Staffed 7pm - 9:25pm	<b>Adult Drop-In Volleyball</b> Not Staffed 7pm - 9:25pm	<b>Adult Drop-in Basketball</b> Not Staffed 7pm - 9:25pm	<b>Adult Drop-In Pickleball</b> Not Staffed 7pm - 9:25pm	<b>Adult Drop-in Basketball</b> Not Staffed 7pm - 9:25pm	

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

Effective July 1 – September 30

## **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.

## **Adult Drop-In Pickleball**

Join a drop-in game of pickleball for friendly competition in a supportive environment. Group sports and recreation is fun and supports a healthier lifestyle.

## **Adult Drop-in Basketball**

Join for a drop-in basketball game for friendly competition in a supportive environment.

## **Kickboxing**

Focus on cardiovascular strengthening in this high energy class utilizing punches, kicks, and intervals.

## **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.

## **H.I.I.T.**

High Intensity Interval Training

HIIT training combines body resistance, plyometrics, and calisthenics to deliver a 30-45 minute workout that will burn fat and calories. Participants will be pushed into their anaerobic zones for short intervals and aerobic zones for longer intervals and then awarded recovery periods. Modifications will be given.

## **Registered Programming**

This area is reserved for registered programming. Please visit our Welcome Center for more information.

## **Low Impact Cardio**

Minimize muscular and joint stress while improving muscular endurance in this low impact class.

## **Adult Drop-In Volleyball**

Join a drop-in game of volleyball for friendly competition in a supportive environment. Group sports and recreation is fun and supports a healthier lifestyle.