



# Summer - 2010 Family Gym Schedule

June 14 - August 22

- OPEN** Any member or guest may use the gym. Please be considerate of small children. Games limited to one basket.
- FAMILY PRIME TIME** Obstacle course for YMCA families or guest families. Children must be accompanied by an adult.

### West YMCA Gym Rules

- No dunking on the baskets. YMCA employees have the right to eject anyone seen dunking.
- Full court basketball games are limited to adult basketball and Midnight Hoops.
- No horseplay, running, shoving, or dunking.
- No food or drink in the gym.
- Hoops are lowered only during class, leagues and during times when a YMCA supervisor is assigned to the gym.
- The gym schedule attempts to give all age groups and activities as much time as possible.
- Everyone is expected to comply with this schedule.
- No foul or abusive language will be tolerated.

Revised 6/2/10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-5:30						Building Open 6:00am	
5:30-5:45							
5:45-6:00							
6:00-6:15	Step	Power Pump	Step	Power Pump	Step	OPEN	
6:15-6:30	OPEN	OPEN	OPEN	OPEN	OPEN		
6:30-6:45	Low Impact		Low Impact		Silver Sneakers® Yogastretch		
6:45-7:00							Building Open 9:00am
7:00-7:15	Zumba®	Power Pump	Zumba®	Power Pump	Turbokick®		
7:15-7:30						Zumba®	
7:30-7:45							
7:45-8:00	Power Pump	Step	Power Pump	Step	Step	Turbokick®	
8:00-8:15							
8:15-8:30	Silver Sneakers® Muscle Strength	Zumba Gold®	Silver Sneakers® Muscle Strength	Zumba Gold®	Silver Sneakers® Yogastretch		
8:30-8:45							
8:45-9:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	
9:00-9:15		Cardio Boot Camp		Cardio Boot Camp			
9:15-9:30							
9:30-9:45							
9:45-10:00		OPEN		OPEN			
10:00-10:15							
10:15-10:30							
10:30-10:45							
10:45-11:00							
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5:15-5:30							
5:30-5:45							
5:45-6:00							
6:00-6:15	Strength Fusion	Zumba®	Power Pump	20/20/20	Family Prime Time		
6:15-6:30							
6:30-6:45							
6:45-7:00							
7:00-7:15	Step	Turbokick®		Zumba®			
7:15-7:30							
7:30-7:45							
7:45-8:00							
8:00-8:15							
8:15-8:30							
8:30-8:45							
8:45-9:00	OPEN	OPEN	OPEN	OPEN	OPEN		
9:00-9:15							
9:15-9:30							
9:30-9:45							
9:45-10:00							
10:00-10:30							

**Building Closes at 7:00**  
**4th of JULY**  
 Sunday, July 4  
 Open 9am - 5pm

**Please Note:**  
 All fees, rates, and schedules are subject to change without advanced notice.

5:15-5:30  
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10:00-10:30