



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASIUM SCHEDULE

January 2019
TOWPATH TRAIL YMCA

NORTH SIDE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-8:00am Open Gym	5:00am-10:15am Open Gym	5:00am-8:00am Open Gym	5:00am-10:15am Open Gym	5:00am-8:00am Open Gym	7:00am-10:00am Open Gym	12:00pm-5:00pm Open Gym
8:00am-9:00am Walk & Tone	10:15am-12:00pm SilverSneakers	8:00am-9:00am Walk & Tone	10:15am-12:00pm SilverSneakers	8:00am-9:00am Walk & Tone	10:00am-12:00pm Indoor Soccer	
9:00am-7:00pm Open Gym	12:00pm-6:30pm Open Gym	9:00am-7:00pm Open Gym	12:00pm-7:00pm Open Gym	9:00am-5:30pm Open Gym	12:00pm-5:00pm Open Gym	
7:00pm-10:00pm Adult Pick-Up	6:30pm-10:00pm Adult Pick-Up	7:00pm-10:00pm Adult Pick-Up	7:00pm-10:00pm Adult Pick-Up	5:30pm-9:00pm Adult Pick-Up		

SOUTH SIDE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-8:00am Open Gym	5:00am-9:15am Open Gym	5:00am-8:00am Open Gym	5:00am-10:15am Open Gym	5:00am-8:00am Open Gym	7:00am-8:30am Open Gym	12:00pm-5:00pm Open Gym
8:00am-9:00am Walk & Tone	9:15am-10:15am HIIT the Ropes	8:00am-9:00am Walk & Tone	10:15am-12:00pm SilverSneakers	8:00am-9:00am Walk & Tone	8:30am-10:00am Tri Fit Conditioning	
9:00am-10:30am Preschool Gym	10:15am-12pm SilverSneakers	9:00am-10:00am *TRX	12:00pm-10:00pm Open Gym	9:00am-10:30am Preschool Gym	10:00am-12:00pm Indoor Soccer	
10:30am-5:00pm Open Gym	12:00pm-5:00pm Open Gym	10:00am-11:30am Preschool Gym		10:30am-11:45am Indoor Preschool Playground (Jan 4, 11, 25)	12:00pm-5:00pm Open Gym	
5:30pm-6:30pm Fitness Circuit	5:00pm-6:30pm Tri Fit Conditioning	11:30am-5:00pm Open Gym		12:00pm-9:00pm Open Gym		
6:30pm-7:30pm Drumming for Fitness	6:30pm-10:00pm Open Gym	5:00pm-6:30pm Fitness Circuit				
7:30pm-10:00pm Open Gym		6:30pm-10:00pm Open Gym				

TOWPATH TRAIL YMCA
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