



# SMALL GYM ~ FALL 1 ~ Sept. 5 – Oct. 22, 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00 AM							
6:00-7:00 AM	<b>"Warrior Camp"</b>	Operation "Fat Burn"		Operation "Endurance"	<b>Boot Camp</b>		
7:00-8:00 AM							
8:00-9:00 AM							
9:00-10:00 AM	Pilates	Balls, Bands, & Weights	Cardio Fusion	<b>Circuit Training</b>	<b>Cardio Kickboxing, Step &amp; Strength</b>	Sport-A-Day	Family Time
10:00-11:00 AM	Silver Sneakers		Silver Sneakers	<b>10:15-11:00 Beginner Cardio</b>	<b>NEW CLASS! Silver Sneakers Strength &amp; Stability</b>	<b>NEW Time! Rock Climbing (All ages)</b>	Family Time
11:00-12:00	Doodlebugs Gym Time	Sunflowers Gym Time	Ladybugs Gym Time	Salamanders Gym Time	Butterflies Gym Time		Family Time
12:00-1:00 PM		Core & More 12:10-12:50	HEAT	Core & More 12:10-12:50	R.I.P.P.E.D.	Birthday Parties	Family Time
1:00-2:00 PM						Birthday Parties	Birthday Parties
2:00-3:00 PM		Kindergarten (FD) Gym Time		Kindergarten (AK) Gym Time		Birthday Parties	Family Time
3:00-4:00 PM	KYDSTOP	KYDSTOP	KYDSTOP	KYDSTOP	KYDSTOP	Family Time	Family Time
4:15-5:00 PM	Teen Strength and Sports	Youth Strength	Teen Strength and Sports	Youth Strength	KYDSTOP	Family Time	Family Time
5:15-6:15 PM	Body Shock	Balls, Bands & Weights	Body Shock	Balls, Bands, & Weights	<b>** Kickboxing \$</b>	Family Time Close at 6	<b>Close at 6</b>
6:30-7:30 PM	<b>** Kickboxing \$</b>	Sm Gym Step Up Core Strike	Squash Ct Karate 13+	Rock Climbing	Sm Gym Step Up Core Strike	Squash Ct * T. Karate	Rock Climbing
7:30-8:30 PM		** Hapkido \$ Ages 18+ 7:30-8:30pm			** Hapkido \$ Ages 18+ 7:30-8:30pm		<b>** Schedules subject to change based on enrollment**</b> <b>\$ = Additional Fees</b> Space open for member use when space is available. Or not being used by Kydstop as scheduled. No Stereo use please unless with a class.
8:30-10:00 PM							

YMCA Closed Sunday, Sept. 3 - Monday, Sept. 4 and YMCA Closed Monday, October 9

Revised 8.11.17 sf