



BIG GYM ~ WINTER Session ~ Jan. 1 – Feb. 25, 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00 AM							
6:00-6:40 AM	Aerobics		Aerobics		Aerobics		
7:00-8:00 AM		NH N. Guard				Open	
8:00-9:00 AM		Pickleball		Pickleball			
9:00-10:00 AM		Pickleball		Pickleball		Power Hour	Open
10:00-11:00 AM		Second Start				GSRD whole gym	COUGARS Practices
11:00-12:00			APPLES GYM TIME whole gym		LEAP FROGS GYM whole gym	GSRD whole gym	COUGARS Practices
12:00-1:00 PM	HEAT					Family Time	Open
1:00-2:00 PM	Basketball 18+	Basketball	Basketball 18+	Basketball	Basketball 18+	Family Time	Open
2:00-2:45 PM		Second Start til 3	Kindergarten (AK) GYM TIME	Kindergarten (FD) GYM TIME		Family Time	Open
2:45-3:30 PM	Kydstop ½ (L) / Open (R)	3-3:30 Kydstop ½ (L) / Open (R)	Kydstop ½ (L) / Open (R)	Kydstop ½ (L) / Open (R)	Kydstop ½ (L) / Open (R)	SEACOAST 3-6pm	SEACOAST 3-6 pm
3:30-4:30 PM	Kindergarten-FD&AK (L) / Open (R)	Kindergarten-FD&AK (L) / Open (R)	Kindergarten-FD&AK (L) / Open (R)	Kindergarten-FD&AK (L) / Open (R)	Kindergarten-FD&AK (L) / Open (R)	SEACOAST 3-6pm	SEACOAST 3-6pm
4:30-5:20 PM	OPEN for Youth & Teen Basketball	OPEN for Youth & Teen Basketball	OPEN for Youth & Teen Basketball	OPEN for Youth & Teen Basketball	OPEN for Youth & Teen Basketball	SEACOAST 3-6pm	SEACOAST 3-6pm
5:20-6:25 PM	ZUMBA gym starts clearing at 5:20 class starts at 5:30	OPEN for Basketball	ZUMBA gym starts clearing at 5:20 class starts at 5:30	OPEN	ZUMBA gym starts clearing at 5:20 class starts at 5:30	Seacoast Y building closes at 6	Seacoast Y building closes at 6
6:30-7:45 PM	SEACOAST	SEACOAST	SEACOAST	SEACOAST	Open (L) / OPEN (R)	When schedule says "OPEN" it means for general use by members and guests. DOES NOT mean available to rent	
7:45-8:30 PM	OPEN (R) / 8PM GSRD (L)	Open	OPEN (R) / 8 PM GSRD (L)	Open	Open (L) / OPEN (R)		
8:30-10:00pm	GSRD – whole gym	Open	GSRD – whole gym	Open	Open		

New Year's Day (Monday) YMCA CLOSED.

* schedules subject to change based on enrollment** L= Left R= Right when entering the gym. Gym open for member use when space is available
NO Stereo use please unless with a class, If Kydstop isn't using gym during scheduled time it is open for use.

Revised 12.15.17 sf



SMALL GYM ~ WINTER Session ~ Jan. 1- Feb. 25, 2018

Time	Monday	Tuesday	Wednesday 20	Thursday	Friday	Saturday	Sunday
5:00-6:00 AM							
6:00-7:00 AM	"Warrior Camp"	Operation "Fat Burn"		Operation "Endurance"	Boot Camp		
7:00-8:00 AM							
8:00-9:00 AM							
9:00-10:00 AM	Pilates	Balls, Bands, & Weights	Cardio Fusion	Circuit Training	Cardio Kickboxing, Step & Strength	Sport-A-Day	Family Time
10:00-11:00 AM	Silver Sneakers	10:-10:45 starts Jan 9 th NEW - Interval Training	Silver Sneakers	10:15-11:00 Beginner Cardio	NEW CLASS! Silver Sneakers Strength & Stability	NEW Time! Rock Climbing (All ages)	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		Family Time	Family Time
5:15-6:15 PM	Body Shock	Balls, Bands & Weights	Body Shock	Balls, Bands, & Weights	** Kickboxing \$	Family Time Close at 6	Close at 6
6:30-7:30 PM	** Kickboxing \$	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		** Schedules subject to change based on enrollment** \$ = Additional Fees 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							

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EXERCISE STUDIO ~ WINTER Session ~ Jan. 1– Feb. 25, 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:00 AM							
6:30-7:30 AM		Yoga		Yoga		7 AM Open	
8:00-9:00 AM						Yoga	
9:00-10:00 AM			Yoga		Yoga	Yoga	9 AM Open
10:00-11:00 AM							Stretching class 930-1030
						Total Body Barre 10:30-11:30	
11:00-12:00 PM			Gentle Yoga				
12:00-1:00 PM	Yoga				Yoga		
1:00-3:30 PM							
3:30-4:30 PM							
4:30-5:30 PM					Total Body Barre 4:30-5:30	Close at 6	Close at 6
5:30-6:30 PM	Total Body Barre		Pilates				
6:30-7:30 PM	6:30-7:30 Yoga						
		7 – 8:15 Yoga		7-8:15 Yoga			
-10:00 PM							

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CYCLING ~ WINTER Session ~ Jan.1- Feb. 25, 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:10-5:50 AM	Cycling						
6:00-7:00 AM	Cycling	Cycling	Cycling 6-6:45	Cycling	Cycling		
7:00-8:00 AM							
8:00-9:00AM						Cycling	
9:00-10:00 AM						Cycling	9 AM Open
10:00-12:00 PM							
12:00-12:50 PM	Cycling	Cycling	Cycling	Cycling	Cycling Starts Jan 12 th		
1:00-4:30 PM							
4:30-5:15 PM							
5:20-6:20 PM	Cycling 5:15 Starting Jan 8 th NEW 90min class!	Cycling & Core	Cycling	Cycling & Core	Cycling 5:15 – 6 Starts Jan 12 th	6PM Closed	6PM Closed
6:20-7:15 PM							
7:15-10:00 PM							

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