



High Ridge YMCA

Gym Schedule

April 16 - June 10, 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5:30						Closed	Closed		
5:45									
6:00	Boot Camp 5:30-7am	Boot Camp 5:30-7am	Boot Camp 5:30-7am	Boot Camp 5:30-7am	Boot Camp 5:30-7am	Open Gym 6-650am	Open Gym 6-650am		
6:15									
6:30									
6:45									
7:00	Open Gym 7-745am	Open Gym 7-9am	Open Gym 7-745am	Open Gym 7-9am	Open Gym 7-745am	Boot Camp 650-750am	Private Rental 7-1130am		
7:15	7-745am		7-745am		7-745am				
7:30	7-745am								
7:45									
8:00	Hatha Yoga 750-850am		Hatha Yoga 750-850am		Hatha Yoga 750-850am	Barbell Strength 750-850am			
8:15									
8:30									
8:45									
9:00	Barbell Strength 9-950am		Barbell Strength 9-10am		Circuit Training 915-10am	Zumba* 9-10am			
9:15		Low Impact 915-10am		Low Impact 915-10am					
9:30									
9:45									
10:00		Open Gym 10-1030am		Open Gym 10-1030am					
10:15	Silver Sneakers 1015-11am	Child Care 1030-1115am	Silver Sneakers 1015-11am	Child Care 1030-11am	Silver Sneakers 1015-11am	Tumbling* 1015-11am			
10:30									
10:45									
11:00	Babysitting 11am-12pm	Open Gym 1115am-4pm	Babysitting 11am-12pm	Line Dancing 11am-12pm	Open Gym 11am-4pm	Open Gym 11am-1pm	Open Gym 1130am-145pm		
11:15									
11:30									
11:45									
12:00									
12:15									
12:30									
12:45									
1:00	Open Gym 12-330pm			Open Gym 12-4pm		Open Gym 12-4pm			Youth Basketball Practice* 1-3pm
1:15									
1:30									
1:45									
2:00									
2:15									
2:30									
2:45									
3:00									
3:15									
3:30	Child Care 330-4pm								
3:45									
4:00	Afterschool 4-5pm	Afterschool 4-5pm	Afterschool 4-5pm	Afterschool 4-5pm	Afterschool Swim and Gym 4-5pm	Open Gym 3-7pm	Adult Basketball League* 2-5pm		
4:15									
4:30									
4:45									
5:00	Open Teen Basketball 5-6pm	Open Volleyball 5-6pm	Open Teen Basketball 5-7pm	Open Volleyball 5-6pm	Youth Basketball Practice* 5-7pm				
5:15									
5:30									
5:45									
6:00	Low Impact 6-650pm	Youth Skills* 6-7pm		Youth Skills* 6-7pm					
6:15									
6:30									
6:45									
7:00	Barbell Strength 7-8pm	Stretch and Sculpt 7-8pm	Barbell Strength 7-8pm	Stretch and Sculpt 7-8pm	Family Night 7-10pm	Closed			
7:15									
7:30									
7:45									
8:00									
8:15									
8:30				Zumba* 8-9pm					
8:45	Open Adult Basketball 815-10pm	Open Adult Basketball 815-10pm	Open Adult Basketball 815-10pm	Open Adult Basketball 9-10pm					
9:00									
9:15									
9:30									
9:45									

Key
Fitness Class
Open Gym
Youth Program
Open Activity
Closed Activity
Family Program
Private Rental
Closed/Transition

Facility Hours
 Mon-Fri 530am-10pm
 Sat 6am-7pm
 Sun 6am-5pm
 Activities noted with an asterisk (*) require payment prior to participation