

## South Chicago Y - Gym Schedule Jan 2012 - Feb 2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	<b>CLOSED</b>  <b>CLOSED</b>  <b>Subject to change without notice</b>  <small>Members under the age of 10 yrs old must be accompanied by a parent/guardian or responsible family member 18 yrs or older unless in a supervised class or program</small>						<b>Open Gym</b> 7am-8:45am  <b>Zumba</b> 8:30am-9:20am  <b>Zumba</b> 10am-10:50am  <b>Open Gym (All)</b> 11am-5pm    <b>CLOSED</b>
6:30							
7:00		<b>Open Gym</b> 7am-9:15am	<b>Open Gym</b> 7am-3pm	<b>Open Gym</b> 7am-9:15am	<b>Open Gym</b> 7am-9:15am	<b>Open Gym</b> 7am-9:15am	
7:30							
8:30							
9:00							
9:30		<b>Silver Sneakers</b> 9:30am-10:15am		<b>Silver Sneakers</b> 9:30am-10:15am		<b>Silver Sneakers</b> 9:30am-10:15am	
10:00							
10:30		<b>Y Preschool</b> 10:30am-11:30am	<b>Y Preschool</b> 10:30am-11:30am	<b>Rental</b> 10:15am-12:15am	<b>Y Preschool</b> 10:30am-11:30am	<b>Y Preschool</b> 10:30am-11:30am	
11:00							
11:30							
12:00		<b>OPEN GYM (All)</b> 11:30am-4pm	<b>OPEN GYM (All)</b> 11:30am-4pm	<b>OPEN GYM (All)</b> 12:30pm-3pm	<b>OPEN GYM (All)</b> 11:30am-4pm	<b>OPEN GYM (All)</b> 11:30am-4pm	
12:30							
1:00							
1:30							
2:00							
2:30							
3:00			<b>Kids Club</b> 3pm-4pm		<b>Kids Club</b> 3pm-4pm		
3:30							
4:00		<b>Y Ball JB</b> 4pm-5pm	<b>School Age</b> 4pm-5pm	<b>Y Ball JB</b> 4pm-5pm	<b>School Age</b> 4pm-5pm		
4:30							
5:00		<b>Rental</b> 4-6pm	<b>Kidz Club</b> 5pm-6pm	<b>Rental</b> 4-6pm	<b>Kidz Club</b> 5pm-6pm		
5:30							
6:00		<b>ZUMBA</b> 6:10pm-7pm	<b>Total Body</b> 6:00pm-7:15pm	<b>ZUMBA</b> 6:10pm-7pm	<b>Total Body</b> 6:00pm-7:15pm		
6:30							
7:00		<b>Boot Camp/ABS</b> 7:10pm-8pm	<b>Adult Open Gym (16 +)</b> 7:30pm-8:50pm	<b>Boot Camp/ABS</b> 7:10pm-8pm	<b>Adult Open Gym (16 +)</b> 7:30pm-8:50pm		
7:30							
8:00		<b>Adult Open Gym</b> 8pm-8:50pm		<b>Adult Open Gym</b> 8pm-8:50pm	<b>Adult Open Gym</b> 6pm-8:50pm		
8:30							
9:00		<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	