



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE (subject to change)

For a copy of the current group exercise schedule please see the grid wall located in the lobby or visit www.wenymca.org. If the gym is not being used for its scheduled purpose, others may use the gym, but must leave if members arrive to use the gym for its scheduled purpose. If the gym is not scheduled and there is demand for multiple activities, majority usually rules. However, members may choose to modify their activities to occupy less than the full gym and accommodate the desires of others. The values of caring, honesty, respect and responsibility should be reflected in all interactions.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday 9/7-5/31
5:15 - 5:30 am		Transition		Transition		Closed	Closed
5:30 - 6:15 am		Group Exercise		Group Exercise		Closed	Closed
6:15 - 6:30 am	Transition	Group Ex (continued)	Transition	Group Ex (continued)		Closed	Closed
6:30 - 6:45 am	Group Ex	Transition	Group Ex	Transition		Closed	Closed
6:45 - 7:30 am	Group Ex (continued)		Group Ex (continued)			Closed	Closed
7:30 - 7:45 am	Transition		Transition				Closed
7:45 - 8:45 am							
8:45 - 9:00 am	Transition	Transition	Transition	Transition	Transition		Closed
9:00 - 10:00 am	Group Exercise	Group Exercise	Group Exercise	Group Exercise	Rental Group		Closed
10:00 - 10:15 am	Transition	Transition	Transition	Transition	Transition		Closed
10:15 - 11:30 am	Group Exercise		Group Exercise		Group Exercise	Youth Gym Family Gym (10:30-11:30)	Closed
11:30 - 1:00 pm	Adult (18+) Basketball	Adult (18+) Basketball	Adult (18+) Basketball	Adult (18+) Basketball	Adult (18+) Basketball	Birthday Party	Closed
1:00 - 1:30 pm	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball	Birthday Party	
1:30 - 2:00 pm						Birthday Party	
2:00 - 3:00 pm		Rental Group		Rental Group		Birthday Party	
3:00 - 4:00 pm	After School Program	After School Program	After School Program	After School Program	After School Program	Birthday Party	Family Gym (Nov-Mar)
4:00 - 5:00 pm	Youth Gym Activity	Youth Gym Activity	Youth Gym Activity	Youth Gym Activity	Youth Gym Activity	Birthday Party	
5:00 - 5:15 pm							
5:15 - 5:30 pm	Transition	Transition	Transition	Transition	Transition		Closed
5:30 - 6:30 pm	Group Exercise	Group Exercise	Group Exercise	Group Exercise	Bitty Basketball		Closed
6:30 - 6:40 pm	Transition	Transition	Transition	Transition	Transition		Closed
6:40 - 7:30 pm	Family Gym Adult Climbing	Volleyball	Family Gym Adult Climbing	Bitty Basketball	Family Gym Adult Climbing	Closed	Closed
7:30 - 8:45 pm	Adult Open Gym	Adult Open Gym	Adult Open Gym	Adult Open Gym	Adult Open Gym	Closed	Closed
8:45 - 9:45 pm	Adult Open Gym	Adult Open Gym	Adult Open Gym	Adult Open Gym	Closed	Closed	Closed