



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 9/10-5/27
5:15 - 5:30 am	Available for Recreation	Transition	Available for Recreation	Transition	Available for Recreation	Closed	Closed
5:30 - 6:15 am		Group Exercise		Group Exercise			
6:15 - 6:30 am		Transition		Transition			
6:30 - 6:45 am		Transition		Transition			
6:45 - 7:30 am		Available for Recreation		Available for Recreation			
7:30 - 7:45 am							
7:45 - 8:45 am							
8:45 - 9:00 am	Transition	Transition	Transition	Transition	Transition	Transition	
9:00 - 10:00 am	Group Exercise	Group Exercise	Group Exercise	Group Exercise	Group Exercise	Group Exercise	
10:00 - 10:15 am	Transition	Transition	Transition	Transition	Transition	Youth and Family Gym (10:00-10:50)	
10:30 - 11:30 am	Group Exercise	Rental Group	Group Exercise		Group Exercise		
11:30 - 1:00 pm	Adult (18+) Basketball	Adult (18+) Basketball	Adult (18+) Basketball	Adult (18+) Basketball	Adult (18+) Basketball	Itty Bitty Sports (11:00-1:00)	
1:00 - 1:30 pm	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball	Birthday Parties	Birthday Parties
1:30 - 2:00 pm	Available for Recreation		Available for Recreation		Rental Group		
2:00 - 3:00 pm		Rental Group		Rental Group	Rental Group		
3:00 - 4:00 pm	After School Program	After School Program	After School Program	After School Program	After School Program		Family Gym (Nov-Mar)
4:00 - 5:00 pm	Youth Gym Activity	Youth Gym Activity	Youth Gym Activity	Youth Gym Activity	Youth Gym Activity		Available for Recreation
5:00 - 5:15 pm						Available for Recreation	Closed
5:15 - 5:30 pm	Transition	Transition	Transition	Transition	Transition		
5:30 - 6:30 pm	Group Exercise	Group Exercise	Group Exercise	Group Exercise	Group Exercise		
6:30 - 6:40 pm	Transition	Transition	Transition	Transition	Transition	Closed	Closed
6:40 - 7:30 pm	Family Gym Adult Climbing	Open Gym Volleyball	Family Gym Adult Climbing	Open Gym	Family Gym Adult Climbing		
7:30 - 8:45 pm	Adult Open Gym	Adult Open Gym	Adult Open Gym	Adult Open Gym	Adult Open Gym		
8:45 - 9:45 pm	Adult Open Gym	Adult Open Gym	Adult Open Gym	Adult Open Gym	Closed		