



Special Gym Schedule: 05/06/2023

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Facility Hours:
M-F: 6AM-9PM
Sat: 7:00AM-6PM
Sun: 8AM-6PM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00-6:45AM Open Gym		6:00-6:45AM Open Gym			
		7:00-7:45AM Bootcamp		7:00-7:45AM Bootcamp			
	6:00-9:45AM Open Gym	8:00-9:45am Open Gym	6:00-9:45AM Open Gym		6:00-9:45AM Open Gym	7:00-8:45am Open Gym	7:00-8:45am Open Gym
	10:00-10:45AM Zumba Gold	10:00-10:45AM SilverSneakers	10:00-10:45AM SilverSneakers	8:00-11:45am Open Gym	10:00-10:45AM Zumba Gold	9:00AM-12:45PM Basketball Skills and Drills	9:00AM-12:45PM Basketball Skills and Drills
	11:00-11:45AM Open Gym	11:00-11:45am Chair Stretch	11:00-11:45AM Zumba		11:00-11:45am Chair Stretch		
	12:00-2:00PM Pickleball	12:00-2:00PM Pickleball	12:00-2:00PM Pickleball	12:00-2:00PM Pickleball	12:00-2:00PM Pickleball	1:00-1:45PM Open Gym	
	2:00-3:45PM Open Gym	2:00-3:45PM Open Gym	2:00-3:45PM Open Gym	2:00-3:45PM Open Gym	2:00-3:45PM Open Gym		1:00-3:45PM Open Gym
	4:00-5:00PM AfterSchool	4:00-5:00PM AfterSchool	4:00-5:00PM AfterSchool	4:00-5:00PM AfterSchool	4:00-5:00PM AfterSchool	2:00-5:45PM Pickelball Tournament	
	5:00-8:45PM Open Gym	5:00-8:45PM Open Gym	5:00-5:45PM Open Gym	5:00-8:45PM Open Gym	5:00-6:45PM Open Gym		4:00-5:45PM Pickleball
			6:00-6:45PM Basketball Skills and Drills				
			7:00-8:45PM Open Gym		7:00-9:00PM Volleyball Team		

New Rochelle
YMCA
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