



Gym Schedule: 06/01/23-06/25/23

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	6:00-7:45AM 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	8:00-11:45am Open Gym	8:00-8:45AM Breath, Stretch, Strengthen	7:00-8:45am Open Gym	7:00-8:45am Open Gym
					9:00-9:45AM Open Gym		
	10:00-10:45AM Zumba Gold	10:00-10:45AM SilverSneakers	10:00-10:45AM SilverSneakers		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 Toning		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	1:00-2:45PM Open Gym	1:00-3:45PM 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	2:00-3:45PM 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	3:00-5:45PM Adult Open Gym *18 or older*	4:00-5:45PM Pickleball
			5:00-5:45PM Open Gym		5:00-6:45PM Open Gym		
	5:00-8:45PM Open Gym	5:00-8:45PM Open Gym	6:00-6:45PM Basketball Skills and Drills	5:00-8:45PM Open Gym			
			7:00-8:45PM Open Gym		7:00-9:00PM Volleyball Team		

New Rochelle
YMCA
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