



# Gym Schedule: 09/07/23-09/31/23

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
6:00-9:45AM Open Gym	6:00-6:45AM Open Gym	6:00-9:45AM Open Gym	6:00-6:45AM Open Gym	6:00-9:45AM Open Gym		
	7:00-7:45AM Bootcamp		7:00-7:45AM Bootcamp			
	8:00-9:45am Open Gym				7:00-8:45AM Open Gym	8:00-8:45AM Open Gym
			8:00-11:45 AM 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 Open Gym		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
2:00-3:30PM Walk With Ease	2:00-4:15PM Open Gym	2:00-3:30PM Walk With Ease	2:00-4:15PM Open Gym	2:00-3:30PM Walk With Ease		
4:00-4:45PM Teen Bootcamp	4:30-5:30PM Afterschool	4:00-4:45PM Teen Bootcamp	4:30-5:30PM Afterschool	4:00-4:45PM Teen Obstacle Course	3:00-5:45PM Adult Open Gym *18 or older*	
5:00-6:00 PM Afterschool	5:45-8:45PM Open Gym	5:00-5:45PM Afterschool	Sailfish Swimteam 5:45-6:30 PM	5:00-6:00 PM Afterschool		4:00-5:45PM Pickleball
6:15-8:45 PM Open Gym		6:00-6:45PM Basketball Skills and Drills		6:15-8:45 PM Open Gym		
		7:00-8:45PM Open Gym	Open Gym 6:45-8:45 PM			
						Updated: 09/07/23

**New Rochelle  
YMCA**  
**P:**  
**(914)-632-1818**  
  
**www.NRYMCA.org**

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