

# Gymnasium Schedule 2012

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



<u>MON</u>	<u>Time</u>	<u>Program</u>	<u>Instructor</u>
	<b>Court #1</b>		
	5:30-8:30 AM	Open Gym	
	8:30-10:30 AM	**Group Exercise Class	Susan
	11:00AM- 4:30PM	Open Gym	
	2:45-4:30 PM		
	4:30- 5:30 PM	Older Kids 6-12	
	6:00-9:30 PM	Open Gym	
	<b>Court #2</b>		
	5:30AM- 2:00PM	Open Gym	
	10:30-2:00 PM	Open Gym	
	2:00- 6:45 PM	YMCA After-School Program	
	6:45-9:30 PM	Open Gym	
<hr/>			
<u>TUE</u>	<b>Court # 1</b>		
	5:30-8:30 AM	Open Gym	
	8:30-9:45 AM	**Group Exercise Class	Susan
	10:15-11:15	Optimal Conditioning Class	Susan
	11:30AM-4:30 PM	Open Gym	
	4:30-5:30 PM	Older Kids 6-12	
	6:00-9:30 PM	Open Gym	
	<b>Court # 2</b>		
	5:30 AM- 2:00PM	Open Gym	
	2:00-6:30 PM	YMCA After-School Program	
	6:30-9:30 PM	Open Gym	
<hr/>			
<u>WED</u>	<b>Court # 1</b>		
	5:30AM-4:30PM	Open Gym	
	4:30-6:00 PM	Older Kids	
	6:00-9:30 PM	Open Gym	
	<b>Court # 2</b>		
	5:30AM-2:00 PM	Open Gym	
	2:00-6:30 PM	YMCA After-School Program	
	6:45-9:30 PM	Open Gym	
	7:45-9:30 PM	Open Gym	

**THURS****Time****Program****Instructor****Court # 1**

5:30-8:30 AM	Open Gym	
8:30- 9:45AM	**Group Exercise Class	Susan
10:15-11:15AM	Optimal Conditioning Class	Susan
11:30AM-9:30PM	Open Gym	
5:00-9:30 PM	Open Gym	

**Court # 2**

5:30AM- 2:00PM	Open Gym	
2:00-6:30 PM	YMCA After-School Program	
6:30-9:30 PM	Open Gym	

**FRI****Court #1**

5:30-8:30AM	Open Gym	
8:30-10:00 AM	**Group Exercise Class	Susan
10:00AM- 9:00 PM	Open Gym	

**Court #2**

5:30AM- 2:00 PM	Open Gym	
2:00-6:30 PM	YMCA After-School Program	
6:30-9:00 PM	Open Gym	

**SAT****Court #1**

8:00- 6:00PM	Open Gym All Day Both Courts	
--------------	------------------------------	--

**SUN****Court #1 & Court # 2**

1:00PM-6:00PM	Open Gym All Day Both Courts	
---------------	------------------------------	--

**Court #1 is Reserved For  
Group Exercise Classes on the following times:**

Monday: 8:30 AM-9:45 AM  
 Tuesday: 8:30AM- 9:45 AM  
 Wednesday: 6:30PM-7:40 PM  
 Thursday: 8:50AM-10:00AM  
 Friday: 8:45AM-10:00 AM

**\*\*THE BENJAMIN F. BRADY GYMNASIUM HOSTS A MULTITUDE OF PROGRAMS, CLASSES AND EVENTS SERVING ALL YMCA MEMBERS AND GUESTS. THE GYMNASIUM SCHEDULE CAN BE SUBJECT TO CHANGE WITHOUT NOTICE. INCLEMENT WEATHER CONDITIONS – RAIN, SNOW, EXTREME HOT ( $\pm 90^{\circ}\text{F}$ ) OR COLD ( $\pm 35^{\circ}\text{F}$ ) TEMPERATURES – MAY POSE A HEALTH RISK TO MEMBERS AND/OR PARTICIPANTS AND PROHIBIT PROGRAMS, CLASSES AND EVENTS FROM OCCURRING OUTSIDE. SCHEDULE CHANGES MAY RESULT IN THE UNEXPECTED USE OF THE ENTIRE GYMNASIUM FOR A SPECIFIED PERIOD OF TIME.**