

Gym Schedule

February 25th-April 12th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	Open Gym 5:30-8:45	Open Gym 5:30 -8:30	Open Gym 5:30 -8:45	Open Gym 5:30 - 8:30	Open Gym 5:30 - 9:30			
	Group Cycling 9:00-9:40 Lynn	Pilates 8:45-9:40 Angie	Power Strike 9:00-9:45 Lynn	Pilates Int/Adv 8:45-9:40 Debbie	Step Interval 9:45-10:35 Jody			
	Y Pump 9:50-10:45 Debbie	Step Fit 10:00-11:30 Dana	Y Pump 9:50-11:00 Lynn	Step Fit 10:00-11:30 Dana	Zumba Gold 10:40-11:25 Jody			
Open Gym 12:00-5:45	Open Gym 11:00-12:00	Open Gym 11:30-6:00	Open Gym 11:00-12:00	Open Gym 11:30-6:00	Open Gym 11:30-12:00			
	Open Volleyball 12:00-2:00				*Open Volleyball* 12:00-2:00			
	Open Gym 2:00-8:00							

*Open Volleyball is for 14 years and up.

> N - North end of gym (closer to front of building).

** Clermont YMCA reserves the right to cancel or change without notice.

Members note: Guests are not permitted during ADULT MEN'S BASKETBALL