

Gym Schedule

Updated 12/17/09

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 - 8:15		Open Gym 5:30 - 9:45	
	Group Cycling 9:00 - 9:40	Pilates 8:40 - 9:30		Power Strike 9:00 - 9:45	Stability Ball 8:15 - 8:55		Step Interval 9:45 - 10:35	Youth Basketball 8:00 - 12:00
	Y Pump 9:50 - 10:45	Step Fit 9:45 - 10:40		Y Pump 9:50 - 10:45	Yogalates 9:00 - 9:40			
	Line Dancing 10:55 - 11:45	Open Gym 11:00 - 6:00		Open Gym 11:00 - 12:00	Step Fit 9:45 - 10:40			
	Open Volleyball * 12:00 - 2:00			Open Volleyball * 12:00 - 2:00		Open Gym 11:00 - 6:00		Open Volleyball * 12:00 - 2:00
	Open Gym 12:00 - 5:45	Open Gym 11:00 - 6:00		Open Gym 2:00 - 6:00	Open Gym 11:00 - 6:00		Open Gym 2:00 - 8:45	Open Gym 12:00 - 5:45
	Youth Basketball 6:00 - 7:30	Open (N) 6:00 - 8:00	Karate (S) 6:00 - 8:00	Youth Basketball 6:00 - 7:30	Open (N) 6:00 - 8:00	Karate (S) 6:00 - 8:00	Open Gym 2:00 - 8:45	
	Open Volleyball * 7:30 - 8:45	Adult Men's B-Ball 8:00 - 8:45		Open Gym 7:30 - 8:45	Adult Men's B-Ball 8:00 - 8:45			

* Open Volleyball is for ages 14 years and up.

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

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