



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GYMNASIUM

**WINTER: JANUARY 14 –
MARCH 17**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
Boot Camp 5:30-6:30 a.m.	Open Gym 5-9:30 a.m.	Tabata Boot Camp 5:30-6:30 a.m.	Open Gym 5-9:30 a.m.	Insanity 5:30-6:30 a.m.	Open Gym 7-8 a.m.		
Open Gym 6:30-8:30 a.m.		Open Gym 6:30-8:30 a.m.		Open Gym 6:45-9:30 a.m.	YBL Games 8 a.m. to 1 p.m.		
Yoga 8:30-9:25 a.m.		Drum to the Beat 8:30-9:20 a.m.		YBall Games 1-5 p.m.			
Muscle Madness 9:30-10:30 a.m.	Boot Camp 9:30-10:30 a.m.	Muscle Madness 9:30-10:30 a.m.	Insanity 9:30-10:30 a.m.	Cardio Blast 9:30-10:25 a.m.	Open Gym 5-7 p.m.		
Open Gym 10:30 a.m. to 12:30 p.m.	Bright Beginnings 10:30-11:30 a.m.	Pickleball 10:30 a.m. to noon	Bright Beginnings 10:30-11:30 a.m.	Exercising with Parkinson's 10:30-11:30 a.m.	SUNDAY		
	Open Gym 11:30 a.m. to 4 p.m.			Open Gym 11:30 a.m. to 4 p.m.		Open Gym 11:30 a.m. to 12:30 p.m.	Open Gym 7 a.m. to noon
						Open Gym 2-5 p.m.	Open Gym Noon to 5 p.m.
Kindergarten/ Safe 'n Sound 4-5 p.m.	Kindergarten/ Safe 'n Sound 4-5 p.m.	Open Gym 2-3 p.m.	Open Gym 2-5:15 p.m.				
Y Kids Fitness 5-7 p.m.	Open Gym 5-6 p.m.	<u>Gym A</u> YBL Practice 5-7 p.m.	<u>Gym B</u> Y Kids Fitness 5-7 p.m.	YBall Games 3-10 p.m.	Open Gym 2-5:15 p.m.		
Open Gym 7-10 p.m.	YBL Practice 6-8:30 p.m.	Open Gym 7-8 p.m.				YBL Practice 5-9 p.m.	
	Open Gym 8:15-10 p.m.	Adult Open Basketball 8-10 p.m.	Open Gym 9-10 p.m.		Volleyball Drop-In 5:15-9 p.m.		

NOTES: Open gym is for individuals age 9 and older. Anyone under age 9 must be accompanied by an adult.

The gym schedule may change due to child care programming and/or special events. For the most up-to-date information and/or schedules changes, please visit our website at www.brryallymca.org. The schedule is subject to change without notice.