



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

GYMNASIUM

APRIL 1 – JUNE 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bootcamp 5:30-6:30 a.m.	Open Gym 5-9:30 a.m.	Tabata Bootcamp 5:30-6:30 a.m.	Open Gym 5-9:30 a.m.	Insanity 5:30-6:30 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.		
Yoga 8:30-9:30 a.m.		Drum to the Beat 8:30-9:20 a.m.				
Muscle Madness 9:30-10:30 a.m.	Bootcamp 9:30-10:30 a.m.	Muscle Madness 9:30-10:30 a.m.	Insanity 9:30-10:30 a.m.	Muscle Madness 9:30-10:30 a.m.	Spring YBL Games 8:30 a.m. to noon	Open Gym 7 a.m. to noon
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 w/ Parkinson's 10:30-11:30 a.m.		
Pickleball 12:30-2 p.m.	Open Gym 11:30 a.m. to 4 p.m.	Open Gym Noon to 5 p.m.	Open Gym 11:30 a.m. to 4 p.m.	Open Gym 11:30 a.m. to 12:30 p.m.	Private rentals and parties Noon to 3 p.m.	
Open Gym 2-5 p.m.						
	KRU/Safe 'n Sound 4-5 p.m.		KRU/Safe 'n Sound 4-5 p.m.		Open Gym 3-7 p.m.	Open Gym 3-5:15 p.m.
Y Kids Fitness 5-7 p.m.	Sports Leagues/ Open Gym 5-7 p.m.	Y Kids Fitness 5-7 p.m.		Open Gym 2-10 p.m.		
Open Gym 7-10 p.m.	Open Gym 7-10 p.m.	Open Gym 7-10 p.m.	Open Gym 5-10 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.