



High Ridge YMCA GYM SCHEDULE

September 9th - October 29th

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | | | | | | |
|-------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--|---|-----------------------|------------------------------|------------------------|------------------------------------|----------------------------------|-----------------------|-------------------------------|
| 5:00 | Open Gym 8am | Open Gym 7:45am | Open Gym 6:30 - 7:15am | Open Gym 6:30-7:45am | Open Gym 5-7:15am | Open Gym 7:30am | Opens 7am | | | | | | | |
| 5:30 | | | | | | | | | | | | | | |
| 5:45 | | | | | | | | | | | | | | |
| 6:00 | | | | | | | | | | | | | | |
| 6:15 | | | | | | | | | | | | | | |
| 6:30 | | | | | | | | | | | | | | |
| 6:45 | | | | | | | | | | | | | | |
| 7:00 | | | | | | | | | | | | | | |
| 7:15 | | | | | | | | | | | | | | |
| 7:30 | | | | | | | | | | | | | | |
| 7:45 | Matt Pilates 8-8:45am | Zumba 8-9am | Beginner's Yoga 7:30-8:45am | Zumba 8-9am | Matt Pilates 8-8:45am | Body Pump 8 - 9am | Open Gym 9:15am | | | | | | | |
| 8:00 | | | | | | | | | | | | | | |
| 8:15 | | | | | | | | | | | | | | |
| 8:30 | | | | | | | | | | | | | | |
| 8:45 | | | | | | | | | | | | | | |
| 9:00 | | | | | | | | | | | | | | |
| 9:15 | | | | | | | | | | | | | | |
| 9:30 | | | | | | | | | | | | | | |
| 9:45 | | | | | | | | | | | | | | |
| 10:00 | | | | | | | | Body Pump 9-10am | Vinyasa Yoga 9:15-10:15am | Body Pump 9-10am | Cycle & Strength 9:15am-10:15am | Full Body Conditioning 9-10am | Zumba 9:15-10:15am | HIIT Bootcamp 9:30-10:15pm |
| 10:15 | | | | | | | | | | | | | | |
| 10:30 | | | | | | | | | | | | | | |
| 10:45 | | | | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | | |
| 11:15 | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | |
| 11:45 | | | | | | | | | | | | | | |
| 12:00 | Open Gym 11:30am-3pm | Open Gym 11:30-3pm | Open Gym 11:30am-3pm | Open Gym 11:30am-3pm | Open Gym 11:30am-3pm | HIIT Bootcamp 10:30-11:30am | Family Zumba 10:30am-11:30am | | | | | | | |
| 12:15 | | | | | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | | | |
| 12:45 | | | | | | | | | | | | | | |
| 1:00 | | | | | | | | | | | | | | |
| 1:15 | | | | | | | | | | | | | | |
| 1:30 | | | | | | | | | | | | | | |
| 1:45 | | | | | | | | | | | | | | |
| 2:00 | | | | | | | | | | | | | | |
| 2:15 | | | | | | | | | | | | | | |
| 2:30 | | | | | | | | | | | | | | |
| 2:45 | | | | | | | | | | | | | | |
| 3:00 | Head Start/Half Open Gym 3-4pm | Head Start/Half Open Gym 3-4pm | Head Start/Half Open Gym 3-4pm | Head Start/Half Open Gym 3-4pm | Head Start/Half Open Gym 3-4pm | Open Gym 11:30pm - 5pm | Adult Basketball begins on 10/1 1-5pm | | | | | | | |
| 3:15 | | | | | | | | | | | | | | |
| 3:30 | | | | | | | | | | | | | | |
| 3:45 | | | | | | | | | | | | | | |
| 4:00 | | | | | | | | | | | | | | |
| 4:15 | | | | | | | | | | | | | | |
| 4:30 | | | | | | | | | | | | | | |
| 4:45 | | | | | | | | | | | | | | |
| 5:00 | | | | | | | | Open Gym 5:15 -6pm | Karate 5:45-7:15pm | Basketball 5-5:45pm | Karate 5:45 6:30pm | Volleyball 5-5:45pm | Close 5 p.m. | Close 5 p.m. |
| 5:15 | | | | | | | | | | | | | | |
| 5:30 | | | | | | | | | | | | | | |
| 5:45 | | | | | | | | | | | | | | |
| 6:00 | | | | | | | | | | | | | | |
| 6:15 | | | | | | | | | | | | | | |
| 6:30 | | | | | | | | | | | | | | |
| 6:45 | | | | | | | | | | | | | | |
| 7:00 | | | | | | | | | | | | | | |
| 7:15 | | | | | | | | | | | | | | |
| 7:30 | Body Pump 7-8pm | Tabata 7:30 - 8:15pm | Body Pump 7:30-8:30pm | Yoga 7:30 - 8:45pm | Open Gym 6-9pm | Color Key | | | | | | | | |
| 7:45 | | | | | | Fitness Class | | Open Activity | | | | | | |
| 8:00 | | | | | | Youth Program - Registration Required | | | | | | | | |
| 8:15 | | | | | | Family Gym - Adult and Child Teen Gym - Children 11+ years | | | | | | | | |
| 8:30 | | | | | | Facility Hours | | | | | | | | |
| 8:45 | | | | | | Mon.-Thurs. | | 5am - 10pm | | | | | | |
| 9:00 | | | | | | Friday | | 5am - 9pm | | | | | | |
| 9:15 | | | | | | Saturday | | 6am - 5pm | | | | | | |
| 9:30 | | | | | | Sunday | | 7am - 5pm | | | | | | |
| 9:45 | | | | | | Open Gym 8:15-10pm | Open Gym 8:30-10pm | Open Gym 8:45-10pm | Open Gym 10pm | Open Gym 10pm | Close 9pm | | | |
| 10:00 | Close 10pm | | | | | | | | | | | | | |