



High Ridge YMCA GYM SCHEDULE

July 10th - September 3rd

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	Open 5am						
5:30	Open Gym 8:45am 5-					Open 6am	Opens 7am
5:45							
6:00			Open Gym 7:45am 5-	Open Gym 7:45am 5-	Open Gym 5-7:15am	Open Gym 5-7:15am	Open Gym 7:30am 6-
6:15							
6:30							
6:45							Open Gym 10:15am 7-
7:00							
7:15							
7:30			Yoga Basics 7:30-8:45am				
7:45							
8:00		Zumba 8-9am		Zumba 8-9am	Yoga Basics 7:30am-8:45am	Body Pump 8 - 9am	
8:15							
8:30							
8:45							
9:00					Open Gym 9am - 10am		
9:15	Body Pump 9-10am		Body Pump 9-10am	Cycle & Strength 9:15am- 10:15am		Zumba 9:15-10:15am	
9:30		Vinyasa Yoga 9:15-10:15am					
9:45							
10:00							
10:15							
10:30	Silver Sneakers Classic 10:15-11:15am		Silver Sneakers Classic 10:15-11:15am		Silver Sneakers Classic 10:15-11:15am		
10:45		Zumba Gold 10:30 - 11:15am		Zumba Gold 10:30 - 11:15am			
11:00							Family Zumba 10:30am-11:30am
11:15							
11:30							
11:45							
12:00		Open Gym 11:30-1pm		Open Gym 11:30-1pm			
12:15							
12:30							
12:45							
1:00	Open Gym 11:30am-3pm		Open Gym 11:30am-3pm		Open Gym 11:30am-3pm	Open Gym 10:30 - 5pm	Open Gym 11:45am-5pm
1:15		Day Camp 3pm 1-		Day Camp 3pm 1-			
1:30							
1:45							
2:00							
2:15							
2:30							
2:45							
3:00							
3:15	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		
3:30							
3:45							
4:00							
4:15							
4:30							
4:45		Open Gym 5:30pm 4:15-		Open Gym 4:15-5:30pm			
5:00							
5:15	Open Gym 4:15-7pm						
5:30						Close 5 p.m.	Close 5 p.m.
5:45							
6:00				Karate 5:45 6:30pm			
6:15		Karate 5:45 7:15pm					
6:30			Zumba 6:15-7:15pm				
6:45							
7:00							
7:15							
7:30	Body Pump 7-8pm						
7:45							
8:00		Tabata 7:30 - 8:15pm					
8:15			Body Pump 7:30-8:30pm				
8:30							
8:45							
8:45							
9:00	Open Gym 8:15-10pm						
9:15		Open Gym 8:30-10pm					
9:30			Open Gym 10pm 8:45-				
9:45				Open Gym 10pm 9-			
10:00	Close 10pm					Close 9pm	

Color Key

Fitness Class	Open Activity
Youth Program - Registration Required	
Family Gym - Adult and Child Teen Gym - Children 11+ years	
Facility Hours	
Mon.-Thurs.	5am - 10pm
Friday	5am - 9pm
Saturday	6am - 5pm
Sunday	7am - 5pm