



High Ridge YMCA GYM SCHEDULE

September 10th - December 23rd

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	Open 5am						
5:30	Boot Camp 5:30 - 6:15am		Open Gym 5:00-7:15am	Open Gym 5:00-7:45am	Boot Camp 5:30 - 6:15am	Open Gym 6:00-7:30am	Opens 7am
5:45							
6:00							
6:15		Open Gym 5:00-7:45am	Open Gym 5:00-7:15am	Open Gym 5:00-7:45am	Open Gym 6:30-8:45am	Open Gym 6:00-7:30am	Opens 7am
6:30							
6:45	Open Gym 6:30-8:45am						
7:00							
7:15							Open Gym 7:00-10:15am
7:30							
7:45			Yoga Basics 7:30-8:45am				
8:00							
8:15		Zumba 8:00-9:00am		Zumba 8:00-9:00am	Yoga Basics 7:30-8:45am	Body Pump 8:00-9:00am	
8:30							
8:45							
9:00	Body Pump 9:00-10:00am		Body Pump 9:00-10:00am	Cardio Kickboxing 9:15-10:15am	H.I.I.T Bootcamp 9:00-10:00am	Zumba 9:15-10:15am	
9:15							
9:30		Vinyasa Yoga 9:15-10:15am					
9:45							
10:00							
10:15	Silver Sneakers Classic 10:15-11:15am		Silver Sneakers Classic 10:15-11:15am	Silver Sneakers Yoga 10:30 - 11:15am	Silver Sneakers Classic 10:15-11:15am	Yoga 10:30 - 11:45am	Family Zumba 10:30-11:30am
10:30							
10:45		Zumba Gold 10:30-11:15am					
11:00							
11:15							
11:30	Open Gym 11:30-3:00pm	Open Gym 11:30-3:00pm	Open Gym 11:30-3:00pm	Open Gym 11:30-3:00pm	Open Gym 11:30-3:00pm	Open Gym 12:00- 4:45pm	Open Gym 11:45-4:45pm
11:45							
12:00							
12:15							
12:30							
12:45							
1:00							
1:15							
1:30							
1:45							
2:00							
2:15							
2:30							
2:45							
3:00							
3:15	Head Start 3:15-4:00pm	Head Start 3:15-4:00pm	Head Start 3:15-4:00pm	Head Start 3:15-4:00pm	Head Start 3:15-4:00pm	Open Gym 12:00- 4:45pm	Open Gym 11:45-4:45pm
3:30							
3:45							
4:00	After School 4:00-5:00pm	After School 4:00-5:00pm	After School 4:00-5:00pm	After School 4:00-5:00pm	After School 4:00-5:00pm	Open Gym 12:00- 4:45pm	Open Gym 11:45-4:45pm
4:15							
4:30							
4:45							
5:00						Gym will close 15 minutes prior to the building. Please note schedule is subject to change upon inclement weather when our daycamp will need to come inside.	
5:15							
5:30	Basketball 5:15 - 6:00pm	Open Gym 5:00-6:00pm	Soccer 5:15 - 6:00pm	Open Gym 5:00-6:15pm	Open Gym 5:00-9:00pm	Color Key	
5:45							
6:00						Fitness Class	Open Activity
6:15	H.I.I.T Bootcamp 6:15- 6:45pm	Yoga Strength 6:15 - 7:00pm	Zumba 6:15-7:15pm	Tabata 6:30 - 7:15pm	Open Gym 5:00-9:00pm	Youth Program - Registration Required	
6:30							
6:45						Youth Sports Program - Registration Required.	
7:00	Body Pump 7:00-8:00pm	Tabata 7:15 - 8:00pm	Body Pump 7:30-8:30pm	Yoga 7:30 - 8:45pm	Open Gym 5:00-9:00pm	<small>Family Gym - Adult and Child Teen Gym - Children 11+ years</small>	
7:15							
7:30						Facility Hours	
7:45						Mon.-Thurs.	5am - 10pm
8:00						Friday	5am - 9pm
8:15	Open Gym 8:15-10pm	Open Gym 8:15-10pm	Open Gym 8:45-10pm	Open Gym 9:00-10:00pm	Close 9pm	Saturday	6am - 5pm
8:30							
8:45						Sunday	7am - 5pm
9:00							
9:15							
9:30							
9:45							
10:00	Close 10pm						