



High Ridge YMCA GYM SCHEDULE

June 11th - August 31st

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00	Open 5am						Open 6am	Opens 7am
5:30	Boot Camp 5:30 - 6:15am	Open Gym 5-7:45am	Open Gym 5 - 7:15am	Open Gym 5-7:45am	Boot Camp 5:30 - 6:15am	Open Gym 6-7:30am		
6:00								
6:15	Open Gym 6:30-8:45am				Open Gym 6:30am-8:45am	Open Gym 7-9:15am		
6:30								
6:45								
7:00								
7:15							Open Gym 7-9:15am	
7:30			Yoga Basics 7:30-8:45am					
7:45		Zumba 8-9am		Zumba 8-9am				
8:00					Yoga Basics 7:30am-8:45am	Body Pump 8 - 9am		
8:15								
8:30								
8:45								
9:00	Body Pump 9-10am		Body Pump 9-10am		Tabata 9-10am			
9:15		Vinyasa Yoga 9:15-10:15am		Cardio Kickboxing 9:15am-10:15am				
9:30						Zumba 9:15-10:15am	Full Body Strength 9:30-10:15am	
9:45								
10:00								
10:15	Silver Sneakers Classic 10:15-11:15am		Silver Sneakers Classic 10:15-11:15am		Silver Sneakers Classic 10:15-11:15am			
10:30		Zumba Gold 10:30 - 11:15am		Zumba Gold 10:30 - 11:15am				
10:45						Yoga 10:30am - 11:45am	Family Zumba 10:30am-11:30am	
11:00								
11:15								
11:30	Open Gym 11:30am-12:45pm	Open Gym 11:30-12:45pm	Open Gym 11:30am-12:45pm	Open Gym 11:30-2:45pm	Open Gym 11:30-12:45pm	Open Gym 12 - 5pm	Open Gym 11:45am-5pm	
11:45								
12:00								
12:15								
12:30								
12:45								
1:00								
1:15								
1:30								
1:45	Camp Sports 1-3pm	Camp Sports 1-3pm	Camp Sports 1-3pm	Camp Sports 1-3pm	Camp Sports 1-3pm			
2:00								
2:15								
2:30								
2:45								
3:00								
3:15								
3:30	Head Start 3:15-4pm	Head Start 3:15-4pm	Head Start 3:15-4pm	Head Start 3:15-4pm	Head Start 3:15-4pm			
3:45								
4:00								
4:15								
4:30	Open Gym 4:15 - 6pm	Open Gym 4:15- 4:45pm	Open Gym 4:15-4:45pm	Open Gym 4:15- 4:45pm	Open Gym 4:15-4:45pm	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.		
4:45								
5:00								
5:15								
5:30								
5:45								
6:00		Karate 5:30-7pm		Karate 5:30-6:15pm				
6:15	HIIT 6:15-6:45pm							
6:30								
6:45			Zumba 6:15-7:15pm	Tabata 6:30 - 7:15pm				
7:00								
7:15	Body Pump 7-8pm				Open Gym 6-9pm			
7:30		Tabata 7:15 - 8pm						
7:45								
8:00			Body Pump 7:30-8:30pm	Yoga 7:30 - 8:45pm				
8:15								
8:30								
8:45								
9:00	Open Gym 8:15-10pm	Open Adult Volleyball 8:15-10pm						
9:15								
9:30			Open Gym 8:45-10pm	Open Gym 9-10pm				
9:45								
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