



# High Ridge YMCA GYM SCHEDULE

February 19th - April 15th 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
5:00	Open 5am					Open 6am	Opens 7am						
5:30	Open Gym 5-8:45am	Open Gym 5-7:45am	Open Gym 5 - 7:15am	Open Gym 5-7:45am	Open Gym 5-7:15am	Open Gym 6-7:30am							
5:45													
6:00		Zumba 8-9am	Yoga Basics 7:30-8:45am	Zumba 8-9am	Yoga Basics 7:30am-8:45am	Body Pump 8 - 9am	Open Gym 7-9:15am						
6:15													
6:30		Body Pump 9-10am	Vinyasa Yoga 9:15-10:15am	Body Pump 9-10am	Cardio Kickboxing 9:15am- 10:15am	Tabata 9-10am		Zumba 9:15-10:15am					
6:45													
7:00		Silver Sneakers Classic 10:15-11:15am	Zumba Gold 10:30 - 11:15am	Silver Sneakers Classic 10:15-11:15am	Zumba Gold 10:30 - 11:15am	Silver Sneakers Classic 10:15-11:15am		HIIT 10:30-11:15am					
7:15													
7:30		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		Open Gym 11:30 - 5pm					
7:45													
8:00	Head Start 3-4pm								Head Start 3-4pm	Head Start 3-4pm	Head Start/ 3-4pm	Head Start 3-4pm	Open Gym 11:45am-5pm
8:15													
8:30	After School 4-4:45pm						After School 4:15-5:15pm		After School 4-4:45pm	After School 4:15-5:15pm	After School 4-4:45pm		
8:45													
9:00	Soccer Class 5-5:45pm						Basketball Class 5-5:45pm		Karate 5:30-6:15pm	Volleyball 5-6pm	Gym will close 15 minutes prior to the building on weekends.		
9:15													
9:30	Open Gym 5:50 - 6:10pm						Karate 5:30-7pm		Zumba 6:15-7:15pm	Tabata 6:30 - 7:15pm	Open Gym 6-9pm	Gym will close 15 minutes prior to the building on weekends.	
9:45													
10:00	HIIT 6:15- 6:45pm	Body Pump 7-8pm	Tabata 7:15 - 8pm	Body Pump 7:30-8:30pm	Yoga 7:30 - 8:45pm	Open Gym 6-9pm							
10:15													
10:30	Body Pump 7-8pm	Tabata 7:15 - 8pm	Body Pump 7:30-8:30pm	Yoga 7:30 - 8:45pm	Open Gym 6-9pm	Open Gym 6-9pm							
10:45													
11:00	Open Gym 8:15-10pm	Open Adult Volleyball 8:15-10pm	Open Gym 8:45-10pm	Open Gym 9-10pm	Close 9pm	Open Gym 6-9pm							
11:15													
11:30	Open Gym 8:15-10pm	Open Adult Volleyball 8:15-10pm	Open Gym 8:45-10pm	Open Gym 9-10pm	Close 9pm	Open Gym 6-9pm							
11:45													
12:00	Close 10pm					Gym will close 15 minutes prior to the building on weekends.	Gym will close 15 minutes prior to the building on weekends.						
12:15													
12:30	Close 10pm					Gym will close 15 minutes prior to the building on weekends.	Gym will close 15 minutes prior to the building on weekends.						
12:45													
1:00	Close 10pm					Gym will close 15 minutes prior to the building on weekends.	Gym will close 15 minutes prior to the building on weekends.						
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1:30	Close 10pm					Gym will close 15 minutes prior to the building on weekends.	Gym will close 15 minutes prior to the building on weekends.						
1:45													
2:00	Close 10pm					Gym will close 15 minutes prior to the building on weekends.	Gym will close 15 minutes prior to the building on weekends.						
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2:45													
3:00	Close 10pm					Gym will close 15 minutes prior to the building on weekends.	Gym will close 15 minutes prior to the building on weekends.						
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4:00	Close 10pm					Gym will close 15 minutes prior to the building on weekends.	Gym will close 15 minutes prior to the building on weekends.						
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5:00	Close 10pm					Gym will close 15 minutes prior to the building on weekends.	Gym will close 15 minutes prior to the building on weekends.						
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**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