



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# Gym Schedule

April 2015

For the most up to date schedule please check with the front desk frequently.

[RichmondFamilyYMCA.org](http://RichmondFamilyYMCA.org)

Use these online resources to get up to the minute updates on schedule changes, news, and events. →

[Facebook.com/RichmondFamilyY](https://www.facebook.com/RichmondFamilyY)

Twitter: @RichmondFamilyY



Open Gym time may be used by any member or guest. Please be respectful and caring of others wishing to share the space.

Open Gym time is subject to change for Y Programs & Events.

For Gym Rental, or to guarantee gym time for members please make reservations at the front desk.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5:30 AM - 8:00 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Y Opens @ 8:00 AM		
8:00 AM - 9:00 AM						Lunch Bunch Basketball	Lunch Bunch Basketball	Open Gym
9:00 AM - 10:00 AM								
10:00 AM - 11:00 AM		Open Gym		Open Gym		Open Gym	Open Gym	
11:00 AM - 12:00 PM								
12:00 PM - 1:00 PM		Open Gym		Open Gym		Open Gym	Open Gym	
1:00 PM - 2:00 PM								
2:00 PM - 3:00 PM								
3:00 PM - 4:00 PM								
4:00 PM - 5:00 PM								
5:00 PM - 6:00 PM		Zumba W/ Robert Chandler		Open Gym		Zumba W/ Robert Chandler	Open Gym	Open Gym
6:00 PM - 7:00 PM								
7:00 PM - 8:00 PM	Dire Skates Roller Derby Practice							
8:00 PM - 9:00 PM								

For Class Schedule see reverse side. →



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight Center	EZ Abs 4:30 PM - 5:00 PM  Upper Body Blast 5:00 PM - 6:00 PM	EZ Abs 4:30 PM - 5:00 PM  Lower Body Blast 5:00 PM - 6:00 PM	EZ Abs 4:30 PM - 5:00 PM  30 & 30 Cardio/Weights 5:00 PM - 6:00 PM	EZ Abs 4:30 PM - 5:00 PM  All-In-One Hour 5:00 PM - 6:00 PM		Y Fit 10:00 AM - 11:00 AM
Cardio Center	H.I.I.T. 5:30 PM - 6:00 PM  K.I.C.K. 6:00 PM - 7:00 PM	Little Dragons 4:30 PM - 5:30 PM  Intro To Kuk Sool Won 6:00 PM - 7:00 PM	H.I.I.T. 5:30 PM - 6:00 PM  K.I.C.K. 6:00 PM - 7:00 PM		Little Dragons 4:30 PM - 5:30 PM	8:45 AM - 9:45 AM Zumba W/ Suzanne
Fitness Studio	Yoga To Go 11:00 AM - 12:00 PM	Yoga Stretch & Tone 5:30 PM - 7:00 PM	Yoga To Go 11:00 AM - 12:00 PM  Tribal Belly Dancing 7:30 PM - 8:30 PM	Yoga Stretch & Tone 5:30 PM - 7:00 PM	Yoga To Go 11:00 AM - 12:00 PM	
Gym	Zumba W/ Robert 6:00 PM - 7:00 PM		Zumba W/ Robert 6:00 PM - 7:00 PM			



DANCE  
 SWEAT  
 LAUGH



STRETCH  
 RELAX  
 RENEW

For Gym Schedule see reverse side.

