



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gym Schedule

January 2015

For the most up to date schedule please check with the front desk frequently. RichmondFamilyYMCA.org
Facebook.com/RichmondFamilyY

Use these online resources to get up to the minute updates on schedule changes, news, and events. 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 | | Y Opens @ 8:00 AM | | | |
| 8:00 AM - 9:00 AM | | | | | | Lunch Bunch Basketball | Open Gym | Lunch Bunch Basketball | Youth Basketball Games |
| 9:00 AM - 10:00 AM | | | | | | | | | |
| 10:00 AM - 11:00 AM | | | | | | | | | |
| 11:00 AM - 12:00 PM | | | | | | | | | |
| 12:00 PM - 1:00 PM | | | | | | | | | |
| 1:00 PM - 2:00 PM | | | | | | | | | |
| 2:00 PM - 3:00 PM | | Open Gym | Open Gym | Open Gym | | | | | |
| 3:00 PM - 4:00 PM | | | | | | | | | |
| 4:00 PM - 5:00 PM | Youth Basketball | | | | Youth Basketball | Y Closes @ 4:00 PM | | | |
| 5:00 PM - 6:00 PM | 4:30-5:30 | 4:30-5:30 | | | | | | | |
| 6:00 PM - 7:00 PM | Zumba W/ Robert Chandler | Zumba W/ Robert Chandler | Youth Basketball | | | | | | |
| 7:00 PM - 8:00 PM | Youth Basketball | 5:15-8:30 | Dire Skates Roller Derby Practice | 5:15-8:30 | | | | | |
| 8:00 PM - 9:00 PM | 7:30-8:30 | | | | | | | | |

For Class Schedule see reverse side. →



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Class Schedule

October 2014

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|---------------------------------------|---|---|---|--------|---------------------------------------|
| Weight Center | 5:00 PM - 6:00 PM Upper Body Blast | 5:00 PM - 6:00 PM Lower Body Blast | 5:00 PM - 6:00 PM 30 & 30 Cardio/Weights | 5:00 PM - 6:00 PM All-In-One Hour | | |
| Cardio Center | | 4:30 PM - 5:30 PM Little Dragons 6:00 PM - 7:00 PM Intro To Kuk Sool Won | | 4:30 PM - 5:30 PM Little Dragons | | 8:45 AM - 9:45 AM Zumba W/ Suzanne |
| Fitness Studio | | 6:00 PM - 7:00 PM Aerobic Kickboxing | 7:30 PM - 8:30 PM Tribal Belly Dancing | 6:00 PM - 7:00 PM Aerobic Kickboxing | | |

For Gym Schedule see reverse side. →

