



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# Gym Schedule

June 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								
1:00 PM - 2:00 PM		Open Gym		Little Dragons & Intro Martial Arts		Zumba W/ Robert Chandler	Open Gym	Y Closes @ 4:00 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		Dire Skates Roller Derby	Open Gym	
6:00 PM - 7:00 PM								
7:00 PM - 8:00 PM								
8:00 PM - 9:00 PM	Open Gym	Open Gym						

For Class Schedule see reverse side. →



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# Class Schedule

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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		
Cardio Center	H.I.I.T. 5:30 PM - 6:00 PM  K.I.C.K. 6:00 PM - 7:00 PM	Indoor Cycling 5:15 PM - 6:00 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	Little Dragons & Intro Martial Arts	Zumba W/ Robert 6:00 PM - 7:00 PM			



**STRETCH  
 RELAX  
 RENEW**



**GET  
 IN  
 GEAR**

**For Gym  
 Schedule  
 see reverse  
 side.**

