

GYM SCHEDULE: SEPTEMBER (effective 9/2/18)

Building Hours	Monday 6am-9pm	Tuesday 6am-9pm	Wednesday 6am-9pm	Thursday 6am-9pm	Friday 6am-8pm	Saturday 8am-2pm	Sunday CLOSED
6:00am	Open (6:00-8:20am)	Open (6:00-8:20am)	Open (6:00-8:20am)	Open (6:00-8:20am)	Open (6:00-8:20am)	Open (8:00am-8:30pm)	
7:00am							
8:00am							
9:00am	Flexible Core (8:30-9:00am)	Power Pump (8:30-9:00am)	Tabata (8:30-9:00am)	Power Pump (8:30-9:00am)	Yoga Pilates Infusion (8:30-9:00am)	Girls Volleyball (9:00-10:30am)	
10:00am	Cardio Step (9:15-10:15am)	Step Interval (9:15-10:15am)	Cardio Step (9:15-10:15am)	Step Interval (9:15-10:15am)	Cardio Step (9:15-10:15am)		
11:00am	A Taste of Dance (10:30-11:30am)	Senior Fitness (10:30-11:30am)	POUND FITNESS (10:30-11:15am)	A Taste of Dance (10:30-11:30am)	Senior Fitness (10:30-11:30am)	Open (11:00-2:00pm)	
12:00pm	Open (11:45am-5:30pm)	Open (11:45-12:45pm)	Open (11:30am-5:30pm)	Open (12:00-9:00pm)	Open (11:45am-8:00pm)		
1:00pm		Preschool Gym (1:00-2:00pm)					
2:00pm		Open (2:15-5:30pm)					
3:00pm							
4:00pm							
5:00pm		Tabata (5:45-6:15pm)				½ Court Open (5:30-8:00pm)	
6:00pm	Power Pump (5:45-6:45pm)	Power Pump (5:45-6:45pm)					
7:00pm	Women's Volleyball (7:00-9:00pm)	POUND FITNESS (6:45-7:30pm)	Open (7:00-9:00pm)				
8:00pm		Open (7:00-9:00pm)					
9:00pm							

SCHEDULE SUBJECT TO CHANGE BASED ON YMCA EVENTS

Minerva Area YMCA



Multipurpose Room Schedule

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday Closed
8:30-9:00am	Retro Cardio		Retro Cardio				
9:00-10:15am			Prayer Group				
10:30-11:30am	Silver Sneakers Classic		Silver Sneakers Classic				
5:15-6:30pm		Weight Watchers					
6:00-6:45pm			Cycling (Limited to 12 participants)	Alzheimer's (1 st Thursday)			

SCHEDULE SUBJECT TO CHANGE