



**Ankeny Family YMCA
Gym Schedule
Winter/Spring 2012**

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Boot Camp 5:55-6:55 a.m.	Boot Camp 5:55-6:55 a.m.	Boot Camp 5:55-6:55 a.m.	Boot Camp 5:55-6:55 a.m.	Boot Camp 5:55-6:55 a.m.	
	Boot Camp Express 8:25-9:10 a.m.	Boot Camp Express 8:25-9:10 a.m.		Boot Camp Express 8:25-9:10 a.m.	Boot Camp Express 8:25-9:10 a.m.	
	Kids Gym 9:10-10:00 a.m.	"Fun" Tastik 9:10-10:00 a.m.	Kids Gym 9:10-10:00 a.m.	"Fun" Tastik 9:10-10:00 a.m.	Kids Gym 9:10-10:00 a.m.	Youth Sports 9-11:00 a.m.
	Cardiac Fitness 10-11 a.m.		Cardiac Fitness 10-11 a.m.		Cardiac Fitness 10-11 a.m.	