



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAIN GYM SCHEDULE

WALNUT CREEK FAMILY YMCA

REVISED MAY 7TH 2012

Open Gym

A chance for our members to use the gym to shoot baskets or play horse.

Family Gym

A chance for children to use the gym, adults must have their child present to use the gym.

Pre Teen Gym

Unsupervised. Kids ages 9-14

Challenge Ball

Basketball scrimmages for our members who are 18 and over.

Teen Challenge Ball

Ages 15-18

Teen Gym

A chance for our members ages 13-18 to use the gym.

Saturday Night Live

Join your friends at the Walnut Creek YMCA for an exciting night! For Middle School and High School Students, must show school ID

Home School PE

1-4pm 3rd Friday of every month

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00am Boot Camp	5:00-6:00am Kickbox	5:00-6:00am Boot Camp	5:00-7:00am Boot Camp	5:00-6:00am Boot Camp			
6:00-7:30am Challenge Ball	6:00-7:00am Boot Camp	6:00-7:30am Challenge Ball		6:00-7:30am Challenge Ball	6:00-8:00am Boot Camp		
7:30-8:30am Family Gym	8:40-9:20am HEAT Class	7:30-8:30am Family Gym	8:40-9:20am HEAT Class	7:30-8:30am Family Gym	8:00-9:50am Tae Kwon Do	8:00-1:10 Open Gym	
8:30-9:30am Boot Camp	9:30-10:10am Open Gym	9:30-10:15am Tumble Tots	9:30-10:10am Open Gym	9:30-10:15am Tumble Tots	9:20-10:10am Cardio Conditioning	10:00-11:15am Zumba	
10:15-11:15am Senior Aerobics	10:30-11:30am Tiny Tumblers/ Open Gym	10:15-11:15am Senior Aerobics	10:30-11:30am Tiny Tumblers/ Open Gym	10:15-11:15am Senior Aerobics	11:30-1:00pm Challenge Ball		
11:30-2:00pm Challenge Ball	11:30-2:00pm Challenge Ball	11:30-2:00pm Challenge Ball	11:30-2:00pm Challenge Ball	11:30-2:00pm Challenge Ball	1:00-3:00pm Teen Gym	1:15-2:15 Zumba	
2:00-4:30pm Open Gym	2:00-4:30pm Open Gym	2:00-4:30pm Family Gym/ Pre Teen Gym	2:00-4:30pm Open Gym	2:00-4:00pm Family Gym/ Pre Teen Gym	3:00-6:00pm Family Gym	2:15-4:00 Open Gym	
4:30-5:35pm Challenge Ball	4:30-5:25pm Teen Gym/ Family Gym	4:30-5:25pm Challenge Ball	4:30-5:25pm Teen Gym/ Family Gym	4:00-5:15pm Teen Challenge Ball		4:00-6:00 Drop In Volleyball/ Open Gym	
5:40-6:30pm Turbokick	5:30-6:30pm H.E.A.T.	5:30-6:30pm Cardio Kickbox Interval	5:30-6:30pm Open Gym	5:30-9:45pm Family Gym			
			6:30-7:15pm Open Gym/ Tumble Tots				
6:35-8:00pm Family Gym/ (Pre)Teen Gym	6:35-8:30pm Teen Challenge Ball	6:45-7:25pm Open Gym	7:30-9:00pm Teen Challenge Ball				
8:00-10:00pm Challenge Ball	8:30-10:00pm Challenge Ball	7:30-10:00pm Challenge Ball	9:00-10:00pm Challenge Ball		8:00-11:00pm Saturday Night Live		

Walnut Creek Family YMCA

948 73rd Street, Windsor Heights, IA 50324

P 515 224 1888 F 515 224 0636 www.walnutcreekyymca.com



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YOUTH GYM SCHEDULE

WALNUT CREEK FAMILY YMCA

REVISED MAY 7TH 2012

Schedule is subject to change

Kid's Gym

Supervised. Children 24 months to nine years old from Child Watch are brought upstairs to play with the toys.

Kids Open Gym

Unsupervised. Kids ages 9-14 can use the gym.

Teen Gym

Ages 13-18

Family Gym

A chance for children to use the gym. Adults must have their child present to use the gym.

Wellness Programs

Time is reserved for fitness classes and wellness programs. If the class is not using the gym, members can use the space.

*If the Tri Clinic does not use the space, the gym will be open for Family Gym.

**If there are no Birthday Parties scheduled the gym will be open for Family Gym.

Equipment from the closets is only to be used during morning supervised times.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-7:00am Wellness Programs	5:00-7:00am Wellness Programs	5:00-7:00am Wellness Programs	5:00-7:00am Wellness Programs	5:00-7:00am Wellness Programs	5:00-7:00am Wellness Programs		
7:00-9:00am Family Gym	7:00-9:00am Family Gym	7:00-9:00am Family Gym	7:00-9:00am Family Gym	7:00-9:00am Family Gym	7:00-9:00am Family Gym	6:00-9:30am Family Gym	
9:00-11:00am Kid's Gym	9:00-11:00am Kid's Gym	9:00-11:00am Kid's Gym	9:00-11:00am Kid's Gym	9:00-11:00am Kid's Gym	9:00-11:00am Kid's Gym	9:30-10:30pm IDT	8:00-3:00pm Family Gym
11:00-3:00pm Family Gym	11:00-3:00pm Family Gym	11:00-2:00pm Family Gym	11:00-3:00pm Family Gym	11:00-3:00pm Family Gym	11:00-3:00pm Family Gym	10:30-2:00pm Family Gym	
			2:00-4:00pm Early Out PE Class			2:00-4:00pm Birthday Party**	
3:00-5:00pm Teen Gym	3:00-5:30 Kids Open Gym	4:00-5:15pm Teen Gym	3:00-5:30 Kids Open Gym	3:00-5:15pm Teen Gym	3:00-5:15pm Teen Gym		3:00-5:00pm Birthday Party**
5:00-6:30pm Kids Open Gym	5:45-9:00pm Tae Kwon Do	5:15-6:00pm Kids Open Gym	5:45-9:00pm Tae Kwon Do	5:15-10:00pm Family Gym	4:00-6:00pm Family Gym	5:30 - 6:45 PM Weekend Warrior Boot Camp	
6:30-8:30pm Tae Kwon Do		6:00-7:00pm Boot Camp					
8:30-10:00pm Family Gym	9:00-10:00pm Family Gym	7:00-8:00pm Tri Clinic* 8:00-10:00pm Family Gym	9:00-10:00pm Family Gym		8:00-11:00pm Saturday Night Live		

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