Ankeny Family YMCA Gym Schedule Summer 2010

(Classes held in Ankeny Family YMCA Gymnasium unless otherwise noted.)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Y Summer Fun 9 – 10:15 am	**Summer FUNtastik** 9:15 – 10 am	**Y Summer Fun** 9 – 10:15 am	**Summer FUNtastik** 9:15 –10 am	**Y Summer Fun** 9 – 10:15 am	**Youth Sports** 9 – 11 am
	Cardiac Rehab 10 - 11 am **HS Balcony**	**Functional Fitness** 10 – 10:45 am **HS Balcony**	**Cardiac Rehab** 10-11 am **HS Balcony**	**Functional Fitness** 10 – 10:45 am **HS Balcony**	**Cardiac Rehab** 10-11 am **HS Balcony**	
	Lil' Dragon 6:00 - 6:30 pm **Tae Kwon Do** 6:30 – 7:30 pm **Hapkido** 7:30 – 8:30 pm		**Lil' Dragon** 6:00 - 6:30 pm **Tae Kwon Do** 6:30 – 7:30 pm **Hapkido** 7:30 – 8:30 pm **HS Balcony**			
			Open Rec 7 – 9 pm **HS East Gym**			

Through generous contributions of YMCA members and the United Way, no one is turned away from the YMCA due to inability to pay.