

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Walnut Creek YMCA Main Gym Schedule Revised 3/31/2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Body Boot Camp 5:00-6:00am	Body Boot Camp 5:00-7:00am	Body Boot Camp 5:00-6:00am	Body Boot Camp 5:00-7:00am	Body Boot Camp 5:00-6:00am	Open Gym 6:00-8:00am
Open Gym 9:00-3:00pm	Challenge Ball 6:00-7:30 am Family Gym 7:30-10:15am Active Older Adults Aerobics 10:15-11:15am	HEAT Class 8:40-9:20am Tumble Tot/ Kids Fitness 9:30-10:30am Half Tiny Tumblers /Half Open Gym 10:30-11:00am	Challenge Ball 6:00-7:30 Family Gym 7:30-10:15am Active Older Adults Aerobics 10:15-11:15am	HEAT Class 8:40-9:20am Tumble Tot/ Kids Fitness 9:30-10:30am Half Tiny Tumblers /Half Open Gym 10:30-11:30am	Challenge Ball 6:00-7:30 Family Gym 7:30-9:15 Cardio Conditioning 9:20-10:10am Active Older Adults Aerobics 10:15-11:15am	Tae Kwon Do 8:00-9:50am Cardio Kickbox Combo 10:00-11:15am
	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 11:30-1:00pm
Kid's Fitness/ Open Gym 3:00-4:00pm	Open Gym 2:00-4:30pm	Open Gym 2:00-4:30pm	Half Family Gym/ Pre Teen Gym 2:00-4:30pm	Open Gym 2:00-4:30pm	Half Family Gym/ Pre Teen Gym 2:00-4:00pm (Home school PE 1-4pm 3 rd Friday every month)	Teen Gym 1:00-3:00pm Family Gym 3:00-6:00pm
½ Drop-In Volleyball 4:00-7:00 pm	Challenge Ball 4:30-5:35pm	½ Teen Gym ½ Family Gym 4:30-5:25pm	Challenge Ball 4:30-5:25pm	½ Teen Gym ½ Family Gym 4:30-5:25pm	Teen Challenge Ball 4:00-5:15pm	
(Volleyball note: Divide Gym Players set up/take down nets and put away in back of storage closet)	Turbokick 5:40-6:30pm	Cardio Conditioning 5:30-6:15pm Abs and Back 6:15-6:30	Cardio Kickbox Interval 5:30-6:30pm	½ open Gym 5:30-7:45pm ½ Tiny Tumblers /6:00-6:30 ½ Tumble Tots 6:30-7:15pm		
	½ Family/Pre-teen ½ Teen Gym 6:35-8:00pm	Teen Challenge Ball 6:30-8:30pm	HEAT Class 6:45-7:25pm	Teen Challenge Ball 7:30-9:00pm		
	Challenge Ball 8:00-10:00pm	Challenge Ball 8:30-10:00pm	Challenge Ball 7:30-10:00pm	Challenge Ball 9:00-10:00pm	Family Gym 5:30-9:45pm	After Hours Saturday Night Live 8:00-11:00

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 can use the gym.

Challenge Ball: Basketball scrimmages for our members who are 18 and over.

Teen Challenge Ball is ages 15-18.

Teen Gym: is ages 13-18.

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

****SCHEDULE IS SUBJECT TO CHANGE. PLEASE CALL 224-1888 TO CONFIRM TIMES**WEBSITE IS www.dymca.org**

if West Des Moines Schools cancel, ALL programs/classes usually held in the Main Gym will be cancelled to allow for more open gym time. (Regular open gym and challenge ball times will continue as scheduled)