



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM CLASS SCHEDULE

SOUTH SUBURBAN YMCA

SEPTEMBER 2019

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SUNDAYS
	HEAT 5:10-6:00am		HEAT 5:10-6:00am		
ACTIVE OLDER ADULTS 8:45-9:40am	ZUMBA 8:45-9:30am	DANCE FUSION & TONE 8:45-9:40am	ZUMBA 8:45-9:30am	ACTIVE OLDER ADULTS 9:45-9:40am	
STRETCH 101 9:45-10:15am	PICKLEBALL 1:00-3:00pm		PICKLEBALL 1:00-3:00pm	STRETCH 101 9:45-10:15am PICKLEBALL 10:30am- 12:30pm	PICKLEBALL 1-3 pm ½ of Gym
LEARN & PLAY EAST SIDE 6:00-6:30pm	LEARN & PLAY EAST SIDE 6:00-6:30pm	LEARN & PLAY EAST SIDE 6:00-6:30pm	LEARN & PLAY EAST SIDE 6:00-6:30pm	LEARN & PLAY EAST SIDE 6:30-7:30pm	

OPEN GYM

Times posted have no programming schedules unless a special event arises. Open Gym is for members' use.

PICK-UP BASKETBALL

Pick-up basketball games are allowed only on one half of the gym (i.e. not full court, and not on both halves at the same time). In order to accommodate all of our Y members, pick-up games are not allowed during peak usage times.

FACILITY HOURS

M-F: 5am – 9pm
Sat: 7am – 5pm
Sun: 8am – 5pm

SOUTH SUBURBAN YMCA
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