

HOLIDAY SCHEDULE



Monday December 22 6:00am - 9:30pm						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
6:00 AM	Open Gym 6:00 - 11:15	Open Gym 6:00am - 10:00am	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk			
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM		YMCA Childcare 10:00am - 11:00am				
10:30 AM						
11:00 AM						
11:30 AM	Pickleball 11:30 - 1:00	Open Gym 11:00am - 9:30pm				
12:00 PM				Queenex 12:15pm - 1:00pm		
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
	Open Gym 1:15 - 9:30					
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						

Tuesday December 23 6:00am - 9:30pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	Open Gym 6:00 - 9:30	Open Gym 6:00am - 10:00am	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
6:30 AM					
7:00 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM		YMCA Childcare 10:00am - 11:00am			
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					HIIT 12:15pm - 1:00pm
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					
6:30 PM					
					Strength And Conditioning 6:45pm - 7:30pm
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

Wednesday December 24 6:00am - 2:00pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	Open Gym 600 - 200	Open Gym 600 - 200	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					

Saturday December 27 8am - 5:30pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM			Squash, Racquetball, Handball, Table Tennis Courts Available		
8:30 AM					
9:00 AM					
9:30 AM					Barre 9:30am - 10:15am
10:00 AM					
10:30 AM					
11:00 AM					Zumba 10:30am - 11:30am
11:30 AM					
12:00 PM	Open Gym 8:00 - 5:30	Open Gym 11:15 - 1:45	Equipment available at Membership Desk		Strength & Conditioning 11:45am - 12:45pm
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					

Thursday December 25 - Closed

Happy Holidays

Friday December 26 8:00am - 4:00pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Open Gym 800 - 400	Open Gym 800 - 400	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:20 PM					
3:00 PM					
3:30 PM					
4:00 PM					

Sunday December 28 8:00am - 4:00pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Open Gym 8:00 - 4:00	Open Gym 8:00 - 4:00	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
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1:30 PM					
2:00 PM					
2:20 PM					
3:00 PM					
3:30 PM					
4:00 PM					

Lane Swim

Drop In Group Fitness

Drop in Gym / Swim

Registered Programs

Drop in Recreational Sports

HOLIDAY SCHEDULE



Monday December 29 6:00am - 9:30pm						
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO	
6:00 AM	Open Gym 6:00 - 11:15	Open Gym 6:00am - 10:00am	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk			
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM				YMCA Childcare 10:00am - 11:00am		
10:30 AM						
11:00 AM		Open Gym 11:30 - 1:00				
11:30 AM	Pickleball 11:30 - 1:00					
12:00 PM					Queenex 12:15pm - 1:00pm	
12:30 PM						
1:00 PM						
1:30 PM	Open Gym 1:15 - 9:30					
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM					Cycle Fit 5:15pm - 6:00pm	
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						

Tuesday December 30 6:00am - 9:30pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	Open Gym 600 - 930	Open Gym 6:00am - 10:00am	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM		YMCA Childcare 10:00am - 11:00am			
10:30 AM					
11:00 AM		Open Gym 11:00am - 9:30pm			
11:30 AM					
12:00 PM					HIT 12:15pm - 1:00pm
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM			Stretch and Tone 5:30pm - 6:30pm		
6:00 PM					
6:30 PM					
			Strength and Conditioning 6:45pm - 7:30pm		
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					
9:30 PM					

Wednesday December 31 6:00am - 2:00pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	Open Gym 6:00 - 2:00	Open Gym 6:00 - 2:00	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
6:30 AM					
7:00 AM					
7:30 AM					
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12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					

Saturday January 3 8:00am - 5:30pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Open Gym 8:00 - 5:30	Open Gym 11:15 - 1:45	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
8:30 AM					
9:00 AM					
9:30 AM					Barre 9:30am - 10:30am
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
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3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM					

Thursday January 1 12:00pm - 4:00pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
12:00 PM	Open Gym 12:00 - 4:00	Open Gym 12:00 - 4:00	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:20 PM					
3:00 PM					
3:30 PM					
4:00 PM					

Friday January 2 6:00am - 9:30pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
6:00 AM	Open Gym 6:00 - 9:30	Open Gym 6:00am - 10:00am	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
6:30 AM					
7:00 AM					
7:30 AM					
8:00 AM					
8:30 AM					
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9:30 AM					
10:00 AM		YMCA Childcare 10:00am - 11:00am			
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9:30 PM					

Sunday January 4 8:00am - 4:00pm					
	MAIN GYM	AUX GYM	COURTS	FITNESS FLOOR	STUDIO
8:00 AM	Open Gym 8:00 - 4:00	Open Gym 8:00 - 4:00	Squash, Racquetball, Handball, Table Tennis Courts Available Equipment available at Membership Desk		
8:30 AM					
9:00 AM					
9:30 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:20 PM					
3:00 PM					
3:30 PM					
4:00 PM					

Lane Swim

Drop in Gym / Swim

Drop In Group Fitness

Registered Programs

Drop in Recreational Sports