

Midtown Gym Schedule

Court 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM		Adult Youth Rec		Adult Youth Rec			
6:00 AM	Adult & Youth	Body Pump	Adult & Youth	Body Pump	Adult & Youth		
6:30 AM	Rec Time	6:00-7:15	Rec Time	6:00-7:15	Rec Time		
7:00 AM	5:30-9:00		5:30-9:00		5:30-10:30		
7:30 AM		Adult & Youth		Adult & Youth		Adult & Youth	Adult & Youth
8:00 AM		Rec Time		Rec Time		Rec Time	Rec Time
8:30 AM		7:15-10:30		7:15-10:30		7:30-9:00	7:30-9:00
9:00 AM	Body Pump		Body Pump			Body Pump	Body Pump
9:30 AM	9:00-10:15		9:00-10:15			9:00-10:15	9:00-10:15
10:00 AM	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	Adult & Youth	
10:30 AM	10:30-12:15	10:30-11:30	10:30-12:15	10:30-11:30	10:30-12:15	Rec Time	
11:00 AM						Hi Low	
11:30 AM						11:00-12:00	
12:00 PM							
12:30 PM	Adult & Youth	Adult & Youth	Adult & Youth	Adult & Youth	Adult & Youth	Adult & Youth	Adult & Youth
1:00 PM	Rec Time	Rec Time	Rec Time	Rec Time	Rec Time	Rec Time	Rec Time
1:30 PM	12:15-2:00	11:30-2:00	12:15-2:00	11:30-2:00	12:15-2:00	12:00-8:00	10:15-8:00
2:00 PM	ywca	ywca	ywca	ywca	ywca		
2:30 PM	Girls & Youth	Girls & Youth	Girls & Youth	Girls & Youth	Girls & Youth		
3:00 PM	2:00-4:00	2:00-4:00	2:00-4:00	2:00-4:00	2:00-4:00		
3:30 PM							
4:00 PM	ywca	YWCA	ywca	ywca	ywca		
4:30 PM	ECE	ECE	ECE	ECE	ECE		
5:00 PM	4:00-5:30	ywca	ywca	4:00 - 5:30	4:00-5:30		
5:30 PM	Hi Low	gamezone	Youth Fitness		Hi Low		
6:00 PM	5:30-6:30	Body Pump	5:00-6:30	Body Pump	5:30-6:30		
6:30 PM	Body Pump	6:00-7:15	Body Pump	6:00-7:15	Body Pump		
7:00 PM	6:30-7:30		6:30-7:30		6:30-7:30		
7:30 PM		YWCA		Volleyball	Adult & Youth		
8:00 PM		Womens	Adult (18+)	7:15-10:45	Rec Time		
8:30 PM	Badminton	Basketball	Full Court		7:30-10:45		
9:00 PM	7:30-10:45	Leagues	Basketball				
9:30 PM		7:30-10:45	7:30-10:45				
10:00 PM							
10:30 - 10:45 PM							
Court 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM							
6:00 AM	Adult & Youth	Adult & Youth	Adult & Youth	Adult & Youth	Adult & Youth		
6:30 AM	Rec Time	Rec Time	Rec Time	Rec Time	Rec Time		
7:00 AM	5:30-10:30	5:30-10:30	5:30-10:30	5:30-10:30	5:30-10:30		
7:30 AM							
8:00 AM						Adult & Youth	Adult & Youth
8:30 AM						Rec Time	Rec Time
9:00 AM						7:30-11:00	7:30-10:15
9:30 AM							
10:00 AM	Silver Sneaker	Silver Sneaker	Silver Sneaker	Silver Sneaker	Silver Sneaker		
10:30 AM	10:30-12:15	10:30-11:30	10:30-12:15	10:30-11:30	10:30-12:15		
11:00 AM						Hi Low	
11:30 AM						11:00-12:00	Badminton
12:00 PM							10:15-2:30
12:30 PM	Adult & Youth	Adult & Youth	Adult & Youth	Adult & Youth	Adult & Youth	Badminton	
1:00 PM	Rec Time	Rec Time	Rec Time	Rec Time	Rec Time	12:00-3:00	
1:30 PM	12:15-5:30	11:30-5:30	12:15-5:00	11:30-6:00	12:15-5:30		
2:00 PM							
2:30 PM							
3:00 PM							** ywca
3:30 PM						Adult & Youth	soccer fun
4:00 PM						Rec Time	** ywca
4:30 PM						3:00-8:45	tennis
5:00 PM		** ywca	ywca				
5:30 PM	Hi Low	bootcamp	youth fitness		Hi Low		
6:00 PM	5:30-6:30	Strong,	5:00 -6:30	Strong,	5:30-6:30		Adult & Youth
6:30 PM	Strong	fast, fit	Adult & youth	fast, fit			Rec time
7:00 PM	Fast Fit	6:00-7:30	rec time	6:00-7:30	Adult & Youth		4:30-8:15
7:30 PM	6:30-8:00	ywca	ywca		Rec Time		
8:00 PM		womens	Adult (18+)	Adult & Youth	6:30-10:45		
8:30 PM	Badminton	basketball	Full Court	Rec Time			
9:00 PM	8:00-10:45	leagues	Basketball	7:30-10:45			
9:30 PM		7:30-10:45	7:30-10:45				
10:00 PM							
10:30 - 10:45 PM							
<p>*Note: While we make every effort to provide accurate schedule information, the YWCA reserves the right to change schedules, or to add/cancel classes at the discretion of the General Manager, or in cases of emergency. Please do not write on the schedule. 9/14/09</p> <p>** specialty class. registration is required. please refer to the Source</p>							