

DOWNTOWN YMCA GYM SCHEDULE

MONDAY	5:00 - 8:30 AM	8:30 - 10:30 AM	10:30 AM - 7:30 PM			
	OPEN GYM	SPIN CLASS	OPEN GYM			
TUESDAY	5:00 - 7:30 AM	7:30 - 9:30 AM	9:30 AM - 3:30 PM	3:30 - 4:30 PM	4:30 - 5:30 PM	5:30 - 7:30 PM
	OPEN GYM	BODY PUMP	OPEN GYM	TEEN CENTER	FAMILY TIME	OPEN GYM
WEDNESDAY	5:00 - 7:00 AM	7:00 - 8:30 AM	8:30 - 10:30 AM	10:30 AM - 7:30 PM		
	BOOT CAMP	OPEN GYM	SPIN CLASS	OPEN GYM		
THURSDAY	5:00 - 7:30 AM	7:30 - 9:30 AM	9:30 - 10:30 AM	10:30 AM - 1:30 PM	1:30 - 7:30 PM	
	OPEN GYM	BODY PUMP	OPEN GYM	PICKLEBALL	OPEN GYM	
FRIDAY	5:00 AM - 3:30 PM	3:30- 4:30 PM	4:30- 5:30 PM	5:30 - 7:30 PM		
	OPEN GYM	TEEN CENTER	FAMILY TIME	OPEN GYM		
SATURDAY	7:00 - 8:00 AM	8:00 - 10:00 AM	10:00 AM - 1:30 PM			
	OPEN GYM	TABATA / BODY PUMP	OPEN GYM			

***** PLEASE LEAVE GYM PROMPTLY AT ***
CLOSING TIME LISTED
MONDAY - FRIDAY 7:30 PM
SATURDAY 1:30 PM**



**YOU MUST BE A YMCA MEMBER TO USE THE GYM
BASKETBALL ALLOWED ONLY DURING OPEN GYM TIME SLOTS
YMCA CLOSING TIMES WILL BE STRICTLY ENFORCED
PLEASE FOLLOW YMCA RULES AND CODE OF CONDUCT**

Thank you for you cooperation. The Watertown Family YMCA Staff

**FIND YOUR FUN
FIND YOUR Y.**