

DOWNTOWN YMCA GYM SCHEDULE

MONDAY	5:00 - 9:00 AM	9:00 - 10:00 AM	10:00 AM - 7:30 PM			
	OPEN GYM	SPIN CLASS	OPEN GYM			
TUESDAY	5:00 - 7:30 AM	7:30 - 9:30 AM	9:30 AM - 12:30 PM	12:30 - 4:30 PM	4:30 - 7:30 PM	
	OPEN GYM	FAMILY TIME	PICKLE BALL	FAMILY TIME	OPEN GYM	
WEDNESDAY	5:00 - 9:00 AM	9:00 - 10:00 AM	10:00 AM - 3:30 AM	3:30 AM - 5:30 PM	5:30 AM - 7:30 PM	
	OPEN GYM	SPIN	OPEN GYM	FAMILY TIME	OPEN GYM	
THURSDAY	5:00 - 7:30 AM	7:30 - 9:30 AM	9:30 AM - 12:30 PM	12:30 - 4:30 PM	4:30 - 5:30 PM	5:30 - 7:30 PM
	OPEN GYM	FAMILY TIME	PICKLE BALL	FAMILY TIME	SPIN CLASS	OPEN GYM
FRIDAY	5:00 AM - 3:30 PM	3:30 - 4:30 PM	4:30 - 7:30 PM			
	OPEN GYM	FAMILY TIME	OPEN GYM			
SATURDAY	7:00 - 8:00 AM	8:00 - 10:00 AM	10:00 AM - 1:30 PM			
	OPEN GYM	OPEN GYM	OPEN GYM			

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

**SCHEDULE SUBJECT TO CHANGE. AS CLASS SIZES
CHANGE, WE MAY ADD OR REMOVE CLASSES.**

**Thank you for your cooperation.
The Watertown Family YMCA Staff**

