

# GYM SCHEDULE

Chain of Lakes YMCA

651-795-9622

September 14-November 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Gym	Gym	Gym	Gym	Gym	Gym	Gym
5:30 AM	Open	Open	Open	Open	Open	Open	Open
6:00 AM							
6:30 AM							
7:00 AM						Body Pump	
7:30 AM							
8:00 AM							
8:30 AM						Open	
9:00 AM							
9:30 AM						Kids Fitness	
10:00 AM	Kids Yoga	Kids Fitness Yoga					
10:30 AM	Body Pump	Open	Body Pump	Open	Body Pump	Body Pump	
11:00 AM		P/C & Preschool Sports					
11:30 AM		Open					
12:00 PM	Open	Open	Home School Gym	Open	Open	Open	
12:30 PM		Noon Ball only		Home School Gym	Pre Basketball		
1:00 PM							Open
1:30 PM		Pre Gym Games	Open	Open	Open		
2:00 PM							
2:30 PM		Centennial MS	Centennial MS	Centennial MS	Centennial MS	Centennial MS	
3:00 PM							
3:30 PM							
4:00 PM		SA Sports & Pre T-Ball	Pre & SA Tumbling	Open/Dodge Ball	Open	Open	Open
4:30 PM	Kids Fitness			SA Flag Football			
5:00 PM							
5:30 PM	Body Pump	Body Pump	Body Pump	Body Pump	Boot Camp		
6:00 PM							
6:30 PM							
7:00 PM	Open	Open	Open	Open	Open	Open	
7:30 PM							
8:00 PM							
8:30 PM						Closed/Teen Nights	
9:00 PM							
9:30 PM							
9:45 PM							

Facility Hours: Mon-Fri 5:00am-10:00pm Sat 7:00am-8:00pm Sun 9:00am-8:00pm

All classes subject to cancellation due to low attendance.

YMCA Schedules are available on our website [www.ymcatwincities.org](http://www.ymcatwincities.org)

Fitness/AOA-Green, Youth Classes-Red, Teen-Orange, Kids Stuff-Yellow, Other-Purple, Cent MS-Aqua

