

YMCA at the Woodbridge Community Center

June 2009 Gym Schedule

Effective June 1 – June 21, 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9AM – 12PM Full Court	6 - 10AM Open Gym	6 – 9AM Open Gym	6AM – 3:30PM Open Gym	6 - 9AM Open Gym	6 – 10AM Open Gym	7:30 - 8:30AM Open Gym
12 - 5:45PM Open Gym	10 – 12PM Fitness Class	9 – 11AM Fitness Class	3:30-4:15PM ½ Gym (after-care)	9AM – 12:30PM Fitness Class	10 – 11AM Fitness Class	8:30 – 9:30 AM Fitness Class
6 – 9PM Rentals	12 – 3:30PM Open Gym	11AM – 3:30 Open Gym	4:15-5:00 PM Open Gym	12:30 – 3:30 Open Gym	11AM - 1:30PM Open Gym	9:30 – 5:45PM Open Gym
	3:30-4:15PM ½ Gym (after-care)	3:30-4:15PM ½ Gym (after-care)	5 – 6 PM Fitness Class	3:30-4:15PM ½ Gym (after-care)	1:30 – 2:35 PM Fitness Class	6 – 9PM Rentals
	4:15-5:00 PM Open Gym	4:15-6:30 PM Open Gym	6:00 – 7PM Open Gym	4:15-7:00 PM Open Gym	2:35 – 3:30PM Open Gym	
	5 – 6 PM Fitness Class	6:30 - 7:15 PM Fitness Class	7 – 9PM Fitness Class	7 -9 PM** Men's Rec Basketball	3:30-4:15PM ½ Gym (after-care)	
	6 - 6:30PM ½ Gym (after-care)	7:15-8:05 PM Open Gym	9 - 9:45PM Open Gym	9 - 9:45PM Open Gym	4:15 - 9:45PM Open Gym (see below)	
	6:30 – 7:30PM Open Gym	8:05 -9:05 PM Fitness Class			-----	
	7:30 - 8:35PM Fitness Class	9:05-9:45 PM Open Gym			5 - 7:30PM ½ Gym 1 st Friday of the Month	
	8:35 - 9:45PM Open Gym					

- The gym will be closed 5 minutes prior to start of fitness classes.
- Please see reverse side for gym rules.