

YMCA at the Woodbridge Community Center
 Summer 2009 Gym Schedule
 June 22nd – August 28th
 Revised 6/29/09

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9AM – 12PM Full Court	6 – 6:45AM Open Gym	6 – 6:45AM Open Gym	6 – 6:45AM Open Gym	6 – 6:45AM Open Gym	6 – 6:45AM Open Gym	7:30 - 8:30AM Open Gym
12 - 5:45PM Open Gym	6:45-8:30 AM ½ Gym Camp	6:45-8:30 AM ½ Gym Camp	6:45-8:30 AM ½ Gym Camp	6:45-8:30 AM ½ Gym Camp	6:45-8:30 AM ½ Gym Camp	8:30 – 9:30 Gym Closed Fitness Class
6 – 9PM Rentals	8:30-9 AM Gym Closed Camp Sign In	8:30-9 AM Gym Closed Camp Sign In	8:30-9 AM Gym Closed Camp Sign In	8:30-9 AM Gym Closed Camp Sign In	8:30-9 AM Gym Closed Camp Sign In	9:30 – 5:45PM Open Gym
	9AM-3:30PM ½ Gym Camp	9AM-3:30PM ½ Gym Camp	9AM-3:30PM ½ Gym Camp	9AM-3:30PM ½ Gym Camp	9AM-3:30PM ½ Gym Camp	6 – 9PM Rentals
	3:30-4:15 Gym Gym Closed Camp Sign Out	3:30-4:15 Gym Gym Closed Camp Sign Out	3:30-4:15 Gym Gym Closed Camp Sign Out	3:30-4:15 Gym Gym Closed Camp Sign Out	3:30-4:15 Gym Gym Closed Camp Sign Out	
	4:15-5:45 ½ Gym Camp	4:15-5:45 ½ Gym Camp	4:15-5:45 ½ Gym Camp	4:15-5:45 ½ Gym Camp	4:15-5:45 ½ Gym Camp	
	5:45-7:30 PM Open Gym	5:45-9:45 Open Gym	5:45 – 7PM Open Gym	5:45-9:45 PM Open Gym	5:45 - 9:45PM Open Gym	
	7:30 - 8:35PM Gym Closed Fitness Class		7 – 9PM Gym Closed Fitness Class			
	8:35 - 9:45PM Open Gym		9 - 9:45PM Open Gym			

- Please see reverse side for gym rules
- Gym schedule is subject change
- The gym will be closed 5 minutes prior to start of fitness classes.
- The YMCA is closed on Saturday July 4th
- Gym will be closed 9am -12:30 PM during the weeks of July 13th and July 20th, tentatively week of Aug 3rd.
- Gym will be closed on Tuesday/Thursday 6:30 – 8:30 for Hip Hop Clinic beginning July 21st.
- Saturday July 25 Gym Closed 3:00 – 6:15
- Sunday July 26 Gym Closed 8:30AM – 12PM