



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# IT'S PLAY TIME

## Endries Gymnasium Schedule

### HEART OF THE VALLEY YMCA

#### January 8-February 25, 2018

Gym	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Endries Gym Front</b>	Boot Camp 5:15-6:15 AM 9:00-10:00 AM  <b>Open Gym</b> 6:15-9:00 AM 10:00 AM-10:00 PM	Cross Training Circuit 9:00-10:00 AM  Archery 6:15-7:45 PM  <b>Open Gym</b> 5:00-9:00 AM 10:00-6:15 PM 7:45-10:00 PM	Tabata Cardio 9:00-9:45 AM  <b>Open Gym</b> 5:00-8:45 AM 9:45 AM-10:00 PM	<b>Open Gym</b> 5:00 AM-10:00 PM	Boot Camp 5:15-6:15 AM  Max Intervals 9:00-10:00 AM  <b>Open Gym</b> 6:15-9:00 AM 10:00 AM-10:00 PM	Boot Camp 6:30-7:30 AM  Youth League 8:00 -2:45  <b>Open Gym</b> 2:45-6:00 PM	<b>Open Gym</b> 7:30-6:00 PM
<b>Endries Gym Back</b>	Boot Camp 5:15-6:15 AM 9:00-10:00 AM  <b>Open Gym</b> 6:15-9:00 AM 10:00 AM-10:00 PM	Cross Training Circuit 9:00-10:00 AM  Archery 6:15-7:45 PM  <b>Open Gym</b> 5:00-9:00 AM 10:00-6:15 PM 7:45-10:00 PM	Tabata Cardio 9:00-9:45 AM  <b>Open Gym</b> 5:00-8:45 AM 9:45 AM-10:00 PM	<b>Open Gym</b> 5:00 AM-10:00 PM	Boot Camp 5:15-6:15 AM  Max Intervals 9:00-10:00 AM  <b>Open Gym</b> 6:15-9:00 AM 10:00 AM-10:00 PM	Boot Camp 6:30-7:30 AM  Youth League 8:00-3:45 PM  <b>Open Gym</b> 3:45-6:00 PM	<b>Open Gym</b> 7:30-3:45 PM  Archery 3:45-6:00 PM

Open Gym – Please follow gym expectations which are posted in the gym. The gym is available for open shooting, and cross court basketball. Full court basketball is not allowed. If more than 10 players for cross court basketball, shoot for teams and rotate. YMCA reserves the right to stop full and cross court games.

Schedules is subject to change without notice, please check App for the most accurate information. Gym reserved for Teen Night on January 5, February 2, March 2, April 6 & April 20 and May 4

Our Mission: To put Christian principles into practice by promoting youth, adult and family activities that help build a healthy spirit, mind and body for all.



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