



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IT'S PLAY TIME

Endries Gymnasium Schedule

HEART OF THE VALLEY YMCA

DECEMBER 18- January 7 WINTER BREAK

Gym	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endries Gym Front	Boot Camp 5:15-6:15 AM 9:00-10:15 AM Open Gym 6:30-9:00 AM 10:15 AM-10:00 PM (Closed on Dec 25)	Open Gym 5:15AM-10:00 PM	Tabata Cardio 9:00-9:45 AM Open Gym 5:00-9:00 AM 9:45 AM-10:00 PM	Open Gym 5:15AM-10:00 PM	Boot Camp 5:15-6:15 AM Max Intervals 9:00-10:00 AM Open Gym 6:15-9:00 AM 10:00 AM-10:00 PM	Boot Camp 6:30-7:30 AM (Youth League on January 6 8:00-3:45 PM) Open Gym 7:30-6:00 PM	Open Gym 7:30-6:00 PM (Dec 24 open until 2:00 PM)
Endries Gym Back	Boot Camp 5:15-6:15 AM 9:00-10:15 AM Open Gym 6:30-9:00 AM 10:15 AM-10:00 PM (Closed on Dec 25)	Open Gym 5:15 AM -10:00 PM	Tabata Cardio 9:00-9:45 Open Gym 5:00-9:00 AM 9:45 AM-10:00 PM	Open Gym 5:15AM-10:00 PM	Boot Camp 5:15-6:15 AM Max Intervals 9:00-10:00 AM Open Gym 6:15-9:00 AM 10:00 AM-10:00 PM	Boot Camp 6:30-7:30 AM (Youth League on January 6 8:00-3:45 PM) Open Gym 4:00-6:00 PM	Open Gym 7:30-6:00 PM (Dec 24 open until 2:00 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.

Schedule is subject to change without notice, please call ahead. * Please check fitness schedule for most accurate class times during winter break

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.