



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MIRON GYM SCHEDULE

NEENAH-MENASHA YMCA

September 10-October 28, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>SIMPLY FIT 8:30-9:30 AM FRONT 1/2 GYM</p> <p>BEYOND PLAY 9:45-10:15 AM BACK 1/2 GYM</p> <p>CHILDCARE 10:00-11:00 AM FRONT 1/2 GYM</p> <p>NOON BASKETBALL (MEMBERS ONLY) 11:00 AM-1:00 PM</p> <p>CHILDCARE 3:00-4:00 PM</p>	<p>LET'S GET MOVING 9:30-10:30 AM BACK 1/2 GYM</p> <p>CHILDCARE 10:00-11:00 AM FRONT 1/2 GYM</p> <p>CHILDCARE 3:00-4:00 PM</p> <p>OPEN VOLLEYBALL 7:00-9:00 PM</p>	<p>SIMPLY FIT 8:30-9:30 AM BACK 1/2 GYM</p> <p>BEYOND PLAY 9:45-10:15 AM BACK 1/2 GYM</p> <p>CHILDCARE 10:00-11:00 AM FRONT 1/2 GYM</p> <p>CHILDCARE 3:00-4:00 PM</p>	<p>LET'S GET MOVING 9:30-10:30 AM BACK 1/2 GYM</p> <p>CHILDCARE 10:00-11:00 AM FRONT 1/2 GYM</p> <p>NOON BASKETBALL (MEMBERS ONLY) 11:00 AM-1:00 PM</p> <p>CHILDCARE 3:00-4:00 PM</p> <p>ADULT VOLLEYBALL LEAGUE 6:45-8:00 PM</p>	<p>CHILDCARE 10:00-11:00 AM FRONT 1/2 GYM</p> <p>NOON BASKETBALL (MEMBERS ONLY) 11:00 AM-1:00 PM</p> <p>CHILDCARE 3:00-4:00 PM</p> <p>TEEN NIGHTS (SEPTEMBER 21, OCTOBER 12, 26) 6:00-9:30 PM</p>	<p>YOUTH VOLLEYBALL (SEPTEMBER 8-OCTOBER 20) 8:15 AM-11:30 AM</p>	

Information: Schedules are subject to change; notices will be posted on the YMCA bulletin board.

Sports Birthday Parties: Half of Miron or Upper gyms may be scheduled for birthday parties between 12:00-6:00 p.m. on Saturdays and Sundays.

Open Basketball: Open to all ages to shoot around; games can be played at a single basket.

NOON Basketball: Times are for players 16 years and older.

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. REVISED 09-07-2018



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UPPER GYM SCHEDULE

NEENAH-MENASHA YMCA September 10-October 28, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>STRENGTH & RESISTANCE 8:30-9:30 AM BACK 1/2 GYM</p> <p>SILVER SNEAKERS CLASSIC 9:00-9:45 AM FRONT 1/2 GYM</p> <p>CHILDCARE 9:45-11:00 AM BACK 1/2 GYM</p> <p>CHAIR YOGA 10:00-11:00 AM FRONT 1/2 GYM</p> <p>BATON 6:00-8:00 PM BACK 1/2 GYM</p>	<p>CIRCUIT TRAINING 8:30-9:30 AM BACK 1/2 GYM</p> <p>CARDIO GOLD 9:00-9:45 AM FRONT 1/2 GYM</p> <p>CHILDCARE 9:45-11:00 AM BACK 1/2 GYM</p> <p>SRONG BONES 10:00-10:45 AM FRONT 1/2 GYM</p> <p>3 ON 3 BASKETBALL (AGES 8-9) 4:15-5:00 PM FRONT 1/2 GYM</p> <p>3 ON 3 BASEKTBALL (AGES 10-11) 5:15-6:00 PM FRONT 1/2 GYM</p> <p>BATON 5:30-7:00 PM BACK 1/2 GYM</p>	<p>STRENGTH & RESISTANCE 8:30-9:30 AM BACK 1/2 GYM</p> <p>SILVER SNEAKERS CLASSIC 9:00-9:45 AM FRONT 1/2 GYM</p> <p>CHILDCARE 9:45-11:00 AM BACK 1/2 GYM</p> <p>CHAIR YOGA 10:00-11:00 AM FRONT 1/2 GYM</p>	<p>CIRCUIT TRAINING 8:30-9:30 AM BACK 1/2 GYM</p> <p>CARDIO GOLD 9:00-9:45 AM FRONT 1/2 GYM</p> <p>CHILDCARE 9:45-11:00 AM BACK 1/2 GYM</p> <p>STRONG BONES 10:00-10:45 AM FRONT 1/2 GYM</p> <p>LITTLE KICKERS 4:15-5:00 PM FRONT 1/2 GYM</p> <p>LITTLE HOOPSTERS 5:15-6:00 PM FRONT 1/2 GYM</p>	<p>STRENGTH & RESISTANCE 8:30-9:30 AM BACK 1/2 GYM</p> <p>SILVER SNEAKERS CLASSIC 9:00-9:45 AM FRONT 1/2 GYM</p> <p>CHILDCARE 9:45-11:00 AM BACK 1/2 GYM</p> <p>CHAIR YOGA 10:00-11:00 AM FRONT 1/2 GYM</p> <p>TEEN NIGHTS (SEPTEMBER 21, OCTOBER 12, 26) 6:00-9:30 PM FRONT 1/2 GYM</p>		

Information: Schedules are subject to change; notices will be posted on the YMCA bulletin board.

Sports Birthday Parties: Half of Miron or Upper gyms may be scheduled for birthday parties between 1:00-4:00 p.m. on Saturdays and Sundays.

Open Basketball: Open to all ages to shoot around; games can be played at a single basket.

NOON Basketball: Times are for players 16 years and older.

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