

GYM SCHEDULE

Chain of Lakes YMCA

651-795-9622

Session 4 - June 14 - Aug 15

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Gym	Gym	Gym	Gym	Gym	Gym	Gym
5:30 AM							
6:00 AM						Open	
6:30 AM							
7:00 AM							
7:30 AM	Open	Open	Open	Open		Body Pump	
8:00 AM					Open		
8:30 AM							
9:00 AM						Open	
9:30 AM	Kids Fitness		Kids Fitness				
10:00 AM	Kids Yoga/Gym Games	Body Pump	Kids Fitness Yoga	Body Pump			Open
10:30 AM							
11:00 AM	Body Pump		Body Pump	Pre Gym Games 1045-1115 1/2	Body Pump	Body Pump	
11:30 AM		Open					
12:00 PM	Pre Sports Sampler			Open	Pre Sports Sampler 1130-12		
12:30 PM							
1:00 PM		Noon Ball only		Noon Ball only	Noon Ball only		
1:30 PM							
2:00 PM	Open		Achery 1-3:10 back up space		Open		
2:30 PM							
3:00 PM		Open					
3:30 PM					Centennial MS		
4:00 PM				Open		Open	Pre & SA Basketball 330-445 Full
4:30 PM			Open				
5:00 PM	Pre & SA Soccer 4:15-5:30 1/2	Pre & SA Football 4:30-5:45					
5:30 PM					Open		Open
6:00 PM		open					
6:30 PM	Teen Gym Time front 1/2	Body Pump	Body Pump	Teen Gym Time 1/2	Boot Camp		
7:00 PM		Body Pump					3 on 3 Basketball only
7:30 PM							
8:00 PM							
8:30 PM			Open		Open		
9:00 PM	Open	Open		Open		Closed/Teen Nights	
9:30 PM							
9:45 PM							

Facility Hours: Mon-Fri 5:00am-10:00pm Sat 7:00am-8:00pm Sun 9:00am-8:00pm

All classes subject to cancellation due to low attendance.

YMCA Schedules are available on our website www.ymcatwincities.org

Fitness/AOA-Green, Youth Classes-Red, Teen-Orange, Kids Stuff-Yellow, Other-Purple, Cent MS-Aqua

