

Fox Valley Family YMCA Gym Schedule Winter 2017



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30am	Opens at 5am	Opens at 5am	Opens at 5am	Opens at 5am	Opens at 5am		
5:00am	Boot Camp 5:00am - 6:00am	Boot Camp 5:00am - 6:00am	Boot Camp 5:00am - 6:00am	Boot Camp 5:00am - 6:00am	Boot Camp 5:00am - 6:00am	YMCA Opens at 7am	YMCA Opens at 9am
6:00am							
7:00am						Open Gym	
8:00am	Open Gym		Open Gym		Open Gym		
9:00am		Open Gym		Open Gym		Y-Winners B-Ball 9AM-3PM	Open Gym
10:00am							
11:00am	Enhanced Fitness 1030AM-1130AM 1/2 Gym		Enhanced Fitness 1030AM-1130AM 1/2 Gym		Enhanced Fitness 1030AM-1130AM 1/2 Gym		
12 Noon	Noon Basketball 12pm-2:30PM Members ONLY	Noon Basketball 12pm-2:30PM Non Members Welcome	Noon Basketball 12pm-2:30PM Members ONLY	Noon Basketball 12pm-2:30PM Non Members Welcome	Noon Basketball 12pm-2:30PM Members ONLY	Floor Hockey 1PM-3PM	Men's Basketball League 2PM-6PM
1:00pm							
2:00pm							
3:00pm	Open Gym	Open Gym	Open Gym			OPEN GYM	
4:00pm				Open Gym	Open Gym		
5:00pm	Y-Winners B-Ball Practice 5PM-7PM	Floor Hockey Practice 5PM-7PM	Y-Winners B-Ball Practice 5PM-7PM			YMCA Closed at 6pm	YMCA Closed at 4pm
6:00pm				Adult V-Ball League 6PM-Close	Adult Floor Hockey 630PM-8PM		
7:00pm	Open Gym	Open Gym	Open Gym				
8:00pm					YMCA Closed at 8pm		
9:00pm	Closed at 9pm	Closed at 9pm	Closed at 9pm	Closed at 9pm			

Circumstances may require that adjustment be made to programs, fee, schedules, etc. The YMCA reserves the right to make any such adjustment.
Please allow time for programs to set up and take down equipment.