



**Galowich Family YMCA  
GYM/FITNESS SCHEDULE**

**January 9, 2012 – February 19, 2012**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Open Gym</b> 5:00a – 10:30a (Court 1) 5:00a – 2:30p (Court 2)	<b>Open Gym</b> 5:00a – 9:00a (Court 1) 5:00a – 2:30p (Court 2)	<b>Open Gym</b> 5:00a – 10:30a (Court 1) 5:00a – 2:30p (Court 2)	<b>Open Gym</b> 5:00a – 9:00a (Court 1) 5:00a – 2:30p (Court 2)	<b>Open Gym</b> 5:00a – 2:30p (Court 1) 5:00a – 2:30p (Court 2)	<b>Open Gym</b> 8:00a – 9:00a (Court 1)
					<b>Junior YBL</b> 8:00a – 8:45a (Court 2)
	<b>A.M. Sweatfest</b> 9:00a (Court 1) <b>FREE TO FULL MEMBERS</b>		<b>A.M. Sweatfest</b> 9:00a (Court 1) <b>FREE TO FULL MEMBERS</b>		<b>YBL Games</b> 9:00a – 12:00p (Court 1 & 2)
<b>A.M. Sweatfest</b> 10:30a (Court 1) <b>FREE TO FULL MEMBERS</b>	<b>Low Impact Aerobic</b> 10:30a (Court 1) <b>FREE TO FULL MEMBERS</b>	<b>A.M. Sweatfest</b> 10:30a (Court 1) <b>FREE TO FULL MEMBERS</b>	<b>Low Impact Aerobic</b> 10:30a (Court 1) <b>FREE TO FULL MEMBERS</b>		<b>Zumba</b> 8:30a-9:30a (Racquetball Court)
	<b>YOGA</b> 9:30a – 10:30a (Racquetball Court)	<b>Zumba</b> 11:45a-12:45p (Court 1)			<b>Tiny Tot Tumbling</b> 9:30a-10:15a Racquetball Court
<b>Open Gym</b> 11:30a – 2:30p (Court 1)	<b>Open Gym</b> 11:30a – 2:30p (Court 1)	<b>Open Gym</b> 1:00p – 2:30p (Court 1)	<b>Open Gym</b> 11:30a – 2:30p (Court 1)		<b>Open Basketball</b> 12:30p – 7:45p (Court 1 & 2)
<b>Kidz Zone*</b> 2:30p – 6:00p (Court 1 & 2)	<b>Kidz Zone*</b> 2:30p – 5:30p (Court 1 & 2)	<b>Kidz Zone*</b> 2:30p – 5:30p (Court 1 & 2)	<b>Kidz Zone*</b> 2:30p – 5:30p (Court 1 & 2)	<b>Kidz Zone*</b> 2:30p – 6:00p (Court 1 & 2)	
<b>Karate</b> 6:00p-8:00p (Court 1 & 2)	<b>Youth Basketball League Practices</b> 5:30p-8:30p (Court 1) 6:30p-7:30p (Court 2)	<b>Youth Basketball League Practices</b> 5:30p-6:30p (Court 1) 5:30p-8:30p (Court 2)	<b>Youth Basketball League Practices</b> 5:30p-8:30p (Court 1) 5:30p-7:30p (Court 2)		
<b>Zumba</b> 6:15p-7:00p (Racquetball Court)	<b>Beginner's Yoga</b> 5:00p – 6:30p (Racquetball Court)	<b>Fitness Re-mix</b> 6:30p-7:30p (Court 1) <b>FREE TO FULL MEMBERS</b>			
<b>Open Basketball</b> 8:00p – 9:45p (Court 1) 8:00p – 9:45p (Court 2)	<b>Open Basketball</b> 8:30p – 9:45p (Court 1) 7:30p – 9:45p (Court 2)	<b>Open Basketball</b> 7:30p – 9:45p (Court 1) 8:30p – 9:45p (Court 2)	<b>Open Basketball</b> 8:30p – 9:45p (Court 1) 7:30p – 9:45p (Court 2)	<b>Open Basketball</b> 6:00p – 9:45p (Court 1 & 2)	

**\*Times are subject to change due to days out of school & weather conditions.  
Check with Front Desk!**

**SUNDAYS: Open Gym from 10:00a-3:45p!**