

Good Friday Holiday Friday April 6, 2012

Central YMCA

Holiday hours and schedule in effect

8 a.m. to 4 p.m.

TIME	GYM 1	GYM 2	GYM 3	GYM 4	STUDIO 1	ACTIVITY RM	CYCLEFIT RM	MAIN POOL	TRAINING POOL	TIME
8:00								LANE SWIM	REC SWIM	8:00
8:30										8:30
9:00										9:00
9:30										9:30
10:00			Family Gym 10:00-12:00							10:00
10:30										
11:00	Runfit / Muscle Works 11:00-11:45				Pryme Tyme 10:30-11:15					11:00
11:30										11:30
12:00										12:00
12:30	Adult Basketball 12:00-1:45		Child Sports & Games 12:00-1:00							12:30
1:00										
1:30										1:30
2:00										2:00
2:30	Adult Soccer 2:00-3:45		Family Badminton 2:00-3:45							2:30
3:00										
3:30										3:30
4:00										4:00

Have a great holiday



YMCA

We build strong kids,
strong families, strong communities.