

MIDTOWN GYM #1 SCHEDULE

Jan. 7 - Feb. 17, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
6:30 AM		HIIT/Chisel 6:00-7:15 am					
7:00 AM					Open Gym 5:30-8:20 am		
7:30 AM				Open Gym 5:30-9:20 am		Open Gym 7:30-8:15 am	
8:00 AM		Open Gym 7:30-9:20 am	Open Gym 5:30-10:15 am				Open Gym 7:30-9:25 am
8:30 AM					Pumped! 8:30-9:30 am	Pumped! 8:30-9:30 am	
9:00 AM	Pumped! 8:30-9:25 am						
9:30 AM		SilverSneakers Cardio 9:30-10:15 am		SilverSneakers Cardio 9:30-10:15 am			
10:00 AM	SilverSneakers Classic 9:45-10:30 am					Zumba 9:45-11:00 am	Kids Zone (Youth) 9:30-10:45 am
10:30 AM	SilverSneakers Classic 10:45-11:45 am	SilverSneakers Cardio 10:30-11:30 am; 11:30 am-12:15 pm	SilverSneakers Classic 10:30-11:45 am	SilverSneakers Cardio 10:30-11:30 am; 11:30 am-12:15 pm	SilverSneakers Classic 10:45-11:45 am		
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM	Pickleball 12:00-2:30 pm		Pickleball 12:00-2:30 pm		Pickleball 12:00-2:30 pm	Basketball 101 11:30 am- 3:15 pm	YWCA Basketball League 11:00 am- 4:15 pm
1:00 PM		Open Gym 12:30-3:20 pm		Open Gym 12:30-3:20 pm			
1:30 PM							
2:00 PM	Open Gym 2:45-3:25 pm		Open Gym 2:45-3:25 pm		Open Gym 2:45-3:25 pm		
2:30 PM							
3:00 PM							
3:30 PM	YWCA ECE 3:30-4:45 pm	YWCA ECE 3:30-4:45 pm	YWCA ECE 3:30-4:45 pm	YWCA ECE 3:30-4:45 pm	YWCA ECE 3:30-5:00 pm		
4:00 PM							
4:30 PM							
5:00 PM						Open Gym 3:30-7:00 pm	Open Gym 4:30-7:00 pm
5:30 PM	Hi Lo 5:00-6:30 pm	Kids Zone (Youth) 5:00-6:30 pm	Kids Zone (Youth) 5:00-6:15 pm		Kids Zone (Youth) 5:00-6:15 pm		
6:00 PM				Pumped! 5:30-6:30 pm			
6:30 PM							
7:00 PM	Pumped! 6:30-7:30 pm			Zumba 6:45-7:45 pm	Open Gym 6:15-8:00 pm		
7:30 PM							
8:00 PM		18+ Basketball 6:45-10:30 pm	Women's Basketball 6:30-11:00 pm				
8:30 PM			Gym #1 Closes at 11:00 pm				
9:00 PM	Open Gym 7:45-10:15 pm			Open Gym 8:00-10:15 pm			
9:30 PM					Family Fun Night 8:30-10:00 pm		
10:00 PM							

	Group Fitness class
	Small Group Training class
	Team Training class
	Programmed gym time
	Open gym time

The gym schedule is subject to change based on gym rentals and special events. See the back side of the gym schedule for specific gym policies.

eliminating racism
empowering women
ywca
Minneapolis

MIDTOWN GYM #2 SCHEDULE

Jan. 7 - Feb. 17, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
6:30 AM		HIIT/Chisel 6:00-7:15 am					
7:00 AM					Open Gym 5:30-8:20 am		
7:30 AM				Open Gym 5:30-9:20 am			
8:00 AM		Open Gym 7:30-9:20 am	Open Gym 5:30-10:15 am			18+ Basketball 7:30-9:30 am	Open Gym 7:30-11:00 am
8:30 AM							
9:00 AM	Pumped! 8:30-9:25 am						
9:30 AM		SilverSneakers Cardio 9:30-10:15 am		SilverSneakers Cardio 9:30-10:15 am	PEASE ACADEMY 9:00-10:30 am		
10:00 AM	SilverSneakers Classic 9:45-10:30 am					Zumba 9:45-11:00 am	
10:30 AM	SilverSneakers Classic 10:45-11:45 am	SilverSneakers Cardio 10:30-11:30 am; 11:30 am-12:15 pm	SilverSneakers Classic 10:30-11:45 am	SilverSneakers Cardio 10:30-11:30 am; 11:30 am-12:15 pm	SilverSneakers Classic 10:45-11:45 am		
11:00 AM							
11:30 AM							
12:00 PM						Basketball 101 11:30 am- 1:15 pm	YWCA Basketball League 11:00 am- 4:15 pm
12:30 PM	Pickleball 12:00-2:30 pm		Pickleball 12:00-2:30 pm		Pickleball 12:00-2:30 pm		
1:00 PM		Open Gym 12:30-3:15 pm		Open Gym 12:30-3:15 pm			
1:30 PM							
2:00 PM	Open Gym 2:45-3:25 pm		Open Gym 2:45-3:25 pm		Open Gym 2:45-3:25 pm	Badminton 1:30-5:00 pm	
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	Strong Fast Fit 3:30-6:30 pm	Strong Fast Fit 3:30-6:30 pm	Strong Fast Fit 3:30-6:30 pm	Strong Fast Fit 3:30-6:30 pm			
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM	Pumped! 6:30-7:30 pm			Zumba 6:45-7:45 pm			Open Gym 4:30-7:00 pm
7:00 PM		18+ Basketball 6:45-10:30 pm	Women's Basketball 6:30-11:00 pm			Open Gym 5:30-7:00 pm	Gym #2 Closes at 7:00 pm
7:30 PM		Gym #2 Closes at 10:30 pm	Gym #2 Closes at 11:00 pm			Gym #2 Closes at 7:00 pm	
8:00 PM	Badminton 7:45-10:00 pm			Badminton 8:00-10:00 pm			
8:30 PM	Gym #2 Closes at 10:00 pm			Gym #2 Closes at 10:00 pm	Family Fun Night 8:30-10:00 pm		
9:00 PM					Gym #2 Closes at 10:00 pm		
9:30 PM							
10:00 PM							

	Group Fitness class
	Small Group Training class
	Team Training class
	Programmed gym time
	Open gym time

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