

GYM SCHEDULE



West Essex YMCA 321 S Livingston Ave, Livingston, NJ 07039 Phone: (973) 992- 7500 www.westsexymca.org

GYM SCHEDULE – Winter 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		FULL OPEN GYM 4:45am-6:00am	FULL OPEN GYM 4:45am - 9:00am		FULL OPEN GYM 4:45am-6:00am	FULL OPEN GYM 6:45am-8:55am
	FULL OPEN GYM 4:45am-9:00am	GROUP EXERCISE 6:00am-7:00am	$\frac{1}{2}$ OPEN GYM 9:05am-10:15am	GROUP EXERCISE 9:00am-11:30pm	GROUP EXERCISE 6:00am-7:00am	GROUP EXERCISE 9:00am-11:15am
FULL OPEN GYM 7:30am-8:30am		Full OPEN GYM 7:00am-9:00am	GROUP EXERCISE 9:00am-11:30am		$\frac{1}{2}$ OPEN GYM 6:00am-7:00am	FULL OPEN GYM 7:00am-9:00am
GROUP EXERCISE 9:30am-12:15pm	GROUP EXERCISE 9:00am-11:30pm	GROUP EXERCISE 9:00am-12:15am	Full OPEN GYM 11:30am-4:00pm	$\frac{1}{2}$ OPEN GYM 9:00am-12:30pm		
Youth Basketball Practices 8:30am – 2:00pm	Peanut Shell 9:00am – 11:30pm	$\frac{1}{2}$ OPEN GYM 9:30pm-1:30pm		1/2 OPEN GYM 4:00pm-5:00pm	FULL OPEN GYM 12:30am-4:30pm	GROUP EXERCISE 9:00am-11:30am
1/2 OPEN GYM 12:15pm-3:00pm	FULL OPEN GYM 11:30am-4:30pm	Full OPEN GYM 1:30pm -4:30	Youth Basketball Practices 5:00pm-8:00pm		Full OPEN GYM 11:30pm – 4:00pm	$\frac{1}{2}$ OPEN GYM 9:00am-11:30am
				Youth Flag Football Class 4:30pm 5:30pm		Teen Workout 4:30pm-5:30pm
	Youth Basketball Practices 5:30pm-6:30pm	GROUP EXERCISE 6:00pm-8:15pm		Teen Workout 4:30pm-5:30pm	Full OPEN GYM 11:30pm – 4:00pm	FULL OPEN GYM 7:30pm-9:00pm
	GROUP EXERCISE 6:30pm-9:05pm	$\frac{1}{2}$ Gym OPEN GYM 5:30pm-6:00pm	No Open GYM 6:00pm-8:15pm	GROUP EXERCISE 6:00pm-8:00pm		
	FULL OPEN GYM 9:05am-9:55pm	FULL OPEN GYM 8:15pm -9:55pm			$\frac{1}{2}$ OPEN GYM 7:00pm - 9:55pm	

Facility Hours:

Monday-Friday: 4:45am-10:00pm
Saturday: 6:45am-9:00pm
Sunday: 7:30am – 3:00pm

Babysitting Hours

Monday-Saturday: 9:00am-12:00pm
Monday- Thursday: 6:00pm 8:00pm
Saturday: 9:00am – 12:00pm
Sunday: 10:30 am – 12:30pm

Gym Schedule may change without notice.