

### Gym Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Open Gym 5:30 - 8:45	Open Gym 5:30 - 8:30	Open Gym 5:30 - 8:45	Open Gym 5:30 - 8:15	Open Gym 5:30 - 9:45	
	Group Cycling 9:00 - 9:40	Pilates 8:40 - 9:30	Power Strike 9:00 - 9:45	Stability Ball 8:15 - 8:55		
	Y Pump 9:50 - 10:45	Step Fit 9:45 - 10:40	Y Pump 9:50 - 10:45	Yogalates 9:00 - 9:40	Step Interval 9:45 - 10:35	
	Line Dancing 10:55 - 11:45		Open Gym 11:00 - 12:00	Step Fit 9:45 - 10:40	Zumba Gold 10:40 - 11:25	
	Open Volleyball * 12:00 - 2:00		Open Volleyball * 12:00 - 2:00		Open Volleyball * 12:00 - 2:00	Open Gym 7:30 - 5:45
Open Gym 12:00 - 5:45	Open Gym 2:00 - 8:00	Open Gym 11:30 - 6:00	Open Gym 2:00 - 9:45	Open Gym 11:30 - 6:00	Open Gym 2:00 - 10:00	
		Open (N) 6:00 - 8:00		Open (N) 6:00-8:00		
		Karate (S) 6:00 - 8:00		Karate (S) 6:00 - 8:00		
	Open Volleyball * 8:00 - 9:45	Adult Men's Basketball 8:00 - 9:45		Adult Men's Basketball 8:00 - 9:45		

\* Open Volleyball is for ages 14 years and up.

\*\* Clermont Family YMCA reserves the right to cancel or change without notice.

Members Note: Guests are not permitted during ADULT MEN'S BASKETBALL