Jefferson County Family YMCA Room Usage schedule Summer

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY		
	Cycling	Childcare	Activity	Multi	Cycling	Childcare	Activity	Multi	Cycling	Childcare	Activity	Multi	Cycling	Childcare	Activity
5:00AM 5:15AM					Cycling								Cycling		
5:30AM 5:45AM	Cycling				5:15-5:45				Cycling				5:15-5:45		
6:00AM	5:45-6:30		;				Muscle Flex		5:45-6:30						Muscle Flex
6:30AM							5:45-6:15								5:45-6:15
7:00AM							Y Cardio 7:15-8:00								
7:30AM															
8:00AM 8:15AM		Nursery	ABS 8:15-8:30	Pilates Intr	Cycling	Nursery	Strength * Stretch			Nursery	ABS 8:15-8:30	Pilates Intr	Cycling	Nursery	Strengthn & Stretch
8:30AM	Beg. Cycling	8:00-12:00	Strength Shaping		8:15-8:45	8:00-12:00	Beg. Cardio	Qi Gong	Beg. Cycling	8:00-12:00	Strength Shaping		8:15-8:45	8:00-12:00	Beg. Cardio
9:00AM	8:45-9:15		Simple Steps				Body Blitz	9-9:30	8:45-9:15						Body Blitz
9:30AM 9:45AM	Cycling	Lil Rascals	Step & Sculpt	Pilates			9:00-9:55	Tae Chi Quan	Cycling	Lil Rascals	Step & Sculpt	Pilates			9:00-9:55
10:00AM	9:30-10:15		9:30-10:15	9:30-10:15			Boot Camp	9:30-10:15	9:30-10:15		9:30-10:15	9:30-10:15			Open at 10:00
10:30AM		9:00-Noon	YogaStretch 10:15				Nutrition			9:00-Noon	YogaStretch 10:15				
11:00AM			Silver Sneaker Chair				10AM-11AM				Silver Sneaker				
11:30AM			Open at 11:30								Open at 11:30				
12:00PM 12:15PM															
12:30PM															
1:00PM															
1:30PM															
2:00PM															
2:30PM															
3:00PM															
3:30PM															
3:45PM 4:00PM		Nursery				Nursery	Youth Fitness			Nursery				Nursery	Youth Fitness
4:30PM	Cycle 30	4:00-9:00	Y4K 4:30-5:00		Beg. Cycling	4:00-9:00	4:15-5:00		Cycle 30	4:00-9:00	Y4K		Beg. Cycling	4:00-9:00	4:15-5:00
5:00PM	4:45-5:15		ABS 5:00-5:30				Muscle Flex		4:45-5:15		ABS 5:00-5:30				Muscle Flex
5:30PM 5:45PM	Cycle 45		Simple Step	T'ai Chi Quan			Step It Up		Cycle 45		Simple Steps	T'ai Chi Quan			Step It Up
6:00PM 6:15PM	5:45 - 6:30	Kids Club	Step it Up	Yoga Stretch		Kids Club	5:45-6:25	Beginner Dance	5:45 - 6:30	Kids Club	Step it Up	Yoga Stretch		Kids Club	5:45-6:25
6:30PM 6:45 PM		4:00-9:00	6:00-6:45	6:15-6:45	Cycle 45	4:00-9:00	Y Cardio Blast	6:00-6:50		4:00-9:00	6:00-6:45	6:15-6:45	Cycle 45	4:00-9:00	Y Cardio Blast
7:00PM 7:15 PM			Y Head to Toe	Tae Kwon beginning	6:30-7:15		6:30-7:25 pm	Dance I			Y Head to Toe	Hapidido	6:30-7:15		6:30-7:25 pm
7:30PM 7:45PM			6:45-7:30	7:05-7:50			Nutrition	7:00-7:50			6:45-7:30	7:05-8:00 pm			Beg. Cardio
8:00PM			Open at 7:30 pm	Tae Kwon I beginning			7:30-8:30	Dance II			Open at 7:30 pm	Tae Kwon I			Open at 8:00 pm
8:15PM 8:30PM				8:00-8:55			Open at 8:30	8:00-8:50				8:00-8:55			
8:45PM 9:00PM				Open at 9:00 pm								Open at 9:00 pm			
9:30PM															
10:00PM															

Summer Session 2006 Updated June 5

	FRIDAY				SATURDAY				SUNDAY		
Multi	Cycling	Childcare	Activity	Multi	Cycling	Childcare	Activity	Multi	Childcare	Activity	Multi
	Cycling										
	5:45-6:30										
		Nursery			Cycle 30						
Qi Gong		8:00-12:00	P-U-M-P				Step It Up				
9:00-9:30			8:30-9:25			Nursery					
Tae Chi Quan	Cycling	Lil Rascals	Super Step			9:00-12:00	Muscle Flex				
9:30-10:15	9:30-10:15		9:30-10:15				Yoga Stretch				
		9:00-Noon	YogaStretch 10:15				Open at 10:15				
			Silver Sneakers								
			11:00-11:30					Parties			
								11:20-5:00			
						Pre-school					Birthday
						Birthday					Parties
						Parties					
						1:00-6:00					
										Room	Birthday
										Rentals	Parties
		Nursery									
		4:00-9:00									
Dance I											
6:00-6:50											
Dance II				Teen		Special		Lock-ins			
7:00-7:50				B-Day		Events		Kids			
Beg. Dance				Parties				Night			
8:00-8:50								Out			