



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

White Plains YMCA Gym Schedule

Effective 06/26/2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CHILDCARE HAS USAGE OF GYMNASIUM MONDAY—FRIDAY 8am—6pm						
			6:00am— 6:45am TRX Boot Camp			
	11:00am— 12:00pm Yoga Stretch				8:00am-12:00pm Youth Programs	10am-1pm Big League Basketball (Rental)
	5:15pm-6:45pm Youth Programs	5:15pm-6:00pm Youth Programs	5:15pm-6:00pm Youth Programs		4:00pm— 6:00pm KENDO (Rental)	
4:45pm—5:45pm Youth Programs 6:00PM—9:45pm Big League Volleyball (Rental)		6:30pm — 7:15pm Boot Camp	6:30pm — 7:15pm Body Conditioning			

The YMCA reserves the right to use the Gymnasium at any time for special events as needed.