



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

White Plains YMCA Gym Schedule

Effective 07/07/2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
The Y reserves the right to use the gym at any time for special events as needed.						
					7:30am-8:30am HIIT	
					10am-11am Youth Programs	
11am-1pm Child Care	11am-1pm Child Care	11am-1pm Child Care	11am-1pm Child Care	11am-1pm Child Care		
5pm-6pm Child Care	5pm-6pm Child Care 6pm-6:45pm Youth Programs	5pm-6pm Child Care	5pm-6pm Child Care	5pm-6pm Child Care 6pm-7pm Y.P. & Rental		
6pm—10pm Big League Volleyball (Rental)		6:30pm — 7:15pm Boot Camp	6:30pm— 7:15pm Body Conditioning			