



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

White Plains YMCA Gym Schedule

Effective 10/01/2018

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	
Child Care 8:45am-9am BOCES Rental 9:00am-11:30am	8:45am-9am Child Care	Child Care 8:45am-9am BOCES Rental 9:00am-11:30am	8:45am-9am Child Care	Child Care 8:45am-9am BOCES Rental 9:00am-11:30am	10am-12pm Youth Programs	
11:30am-1pm 3pm-3:30pm Child Care	11:30am-1pm 3pm-3:30pm Child Care	11:30am-1pm 3pm-3:30pm Child Care	11:30am-1pm 3pm-3:30pm Child Care	11:30am-1pm 3pm-3:30pm 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	KENDO Rental 4pm-6pm	
6pm—10pm Big League Volleyball (Rental)		6:30pm — 7:15pm Boot Camp 7:15pm-10pm BL V-Ball Rental	6:30pm— 7:15pm Body Conditioning 7:15pm-10pm BL Soccer Rental			