

GYM SCHEDULE

Elk River YMCA

November 2-December 31, 2009



| | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|---------|---------------------------------|------------------------|-----------------------|----------------------|-----------------------|-----------------------|---------------------|---------------------|--------------------|-----------------------|----------|-------|--------|-------|
| | North | South | North | South | North | South | North | South | North | South | North | South | North | South |
| 5:00am | | | | | | | | | | | | | | |
| 6:00am | | | | | | | | | | | | | | |
| 7:00am | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | | | | |
| 8:00am | | | | | | | | | | | | | | |
| 9:00am | Walking | Walking | Walking | Walking | Walking | Walking | Walking | Walking | Walking | Walking | | | | |
| 10:00am | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | Park & Rec Program | OPEN GYM | Park & Rec Program | | | | |
| 11:00am | | | | | | | | 9:30-Noon | | 9:30-11:30am | | | | |
| 12:00pm | | Boot Camp Noon-1:00 | | | | Boot Camp Noon-1:00 | | | | OPEN GYM | | | | |
| 1:00pm | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | Homeschool Gym | Homeschool Gym | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | | | | |
| 2:00pm | Walking | Walking | Walking | Walking | Homeschool Gym | Homeschool Gym | Walking | Walking | Walking | Walking | | | | |
| 3:00pm | | | | | | | | | | | | | | |
| 4:00pm | | | | | | | | | | | | | | |
| 5:00pm | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | | | | |
| 6:00pm | | | Boot Camp 6:00-6:45pm | | | | | | | | | | | |
| 7:00pm | | Kids Fitness 6:30-7:15 | | | | | | YMCA & Park & Rec | YMCA & Park & Rec | Adult Open Volleyball | | | | |
| 8:00pm | Adult Open Volleyball 7:30-9:00 | 7-10 Program 7:15-7:50 | YMCA & Park & Rec | Park & Rec 7:00-8:30 | Park & Rec 7:00-10:00 | Park & Rec 7:00-10:00 | Open Gym 6:00-10:00 | Open Gym 6:30-10:00 | Open Gym 7:00-9:00 | Open Gym 9/17-11/19 | | | | |
| 9:00pm | OPEN GYM | | Open Gym 7:00-10:00 | Open Gym 8:30-10:00 | | | | | | | | | | |
| | | | | | | | | | | | | | | |

**** The YMCA gym door will be locked during Park & Rec open gym times. Please use the Park & Rec entrance to the gym during these posted times.

| Facility Hours | | Kid Stuff Hours | |
|-----------------|----------------|-----------------|----------------|
| Monday -Friday | 5:00am-10:00pm | Monday - Friday | 8:00am-8:30pm |
| Saturday-Sunday | 7:00am-8:00pm | Saturday | 8:00am-4:00pm |
| | | Sunday | 11:00am-4:00pm |

Elk River YMCA
 13337 Business Center Drive
 Elk River, MN 55330
 763-230-2800

