



# NORTH GYM SCHEDULE Feith Family Ozaukee YMCA Winter 1 Session: January 7- March 3, 2019

## NORTH GYM

To serve our members, we do our best to have at least one gym open for general use. The only time a gym is closed is during the specific program times listed below.

Monday	
5:00am - 6:00am	OPEN GYM
6:00am - 7:00am	Adult Basketball 16+
7:00am - 9:00am	OPEN GYM
9:00am - 9:45am	Sporties for Shorties*
10:00am - 10:45am	Ninja Gym
10:45am - 11:30am	4K Phy. Ed./ECC
11:30am - 1:15pm	Adult Basketball 16+
1:20pm - 3:30pm	Adult Pickleball 18+
3:30pm - 5:00pm	OPEN GYM
5:00pm - 6:05pm	Cheer Stars*
6:15pm - 10:00pm	OPEN GYM

Tuesday	
5:00am - 8:30am	OPEN GYM
8:30am - 9:00am	Kinder Gym*
9:00am - 10:00am	4K Phy. Ed./ECC
10:00am - 10:45am	Sporties for Shorties*
11:30am - 1:15pm	Adult Basketball 16+
2:30pm - 3:00pm	4K Phy. Ed./ECC
3:30pm - 4:45pm	OPEN GYM
4:45pm - 6:45pm	Volleyball*
6:45pm - 10:00pm	OPEN GYM

Wednesday	
5:00am - 6:00am	OPEN GYM
6:00am - 7:00am	Adult Basketball 16+
7:00am - 9:45am	OPEN GYM
10:00am - 10:45am	Sporties for Shorties*
11:00am - 11:45am	Ninja Gym*
11:45am - 1:15pm	Adult Basketball 16+
1:20pm - 3:30pm	Adult Pickleball 18+
3:30pm - 5:00pm	OPEN GYM
5:00pm - 5:45pm	Sporties for Shorties*
5:45pm - 10:00pm	OPEN GYM

Thursday	
5:00am - 10:00am	OPEN GYM
10:00am - 11:30am	4K Phy. Ed./ECC
11:30am - 1:15pm	Adult Basketball 16+
1:30pm - 2:30pm	Home School Gym
2:30pm - 5:00pm	OPEN GYM
5:00pm - 6:00pm	Sports Fusion*
6:15pm - 7:15pm	Ninja Gym*
7:30pm - 10:00pm	OPEN GYM

Friday	
5:00am - 6:00am	OPEN GYM
6:00am - 7:00am	Adult Basketball 16+
7:00am - 9:00am	OPEN GYM
9:00am - 9:30am	PeeWee Gym*
9:45am - 10:30am	Sports Fusion/3X The Fun*
10:30am - 11:30am	4K Phy. Ed./ECC
11:30am - 1:15pm	Adult Basketball 16+
1:20pm - 3:30pm	Adult Pickleball 18+
4:30pm - 9:00pm	OPEN GYM

Saturday	
6:00am - 9:15am	OPEN GYM
9:15am - 12:00pm	Youth Basketball*
12:00pm - 6:00pm	OPEN GYM

Sunday	
7:00am - 4:00pm	OPEN GYM

- **The Gym schedules are subject to change.**
- **Classes with prior registration needed are denoted with an asterisk (\*).**
- **Day Passes:**  
 Guests are welcome to pay for daily passes at the Welcome Desk. Guests 18 years and older must present a photo ID card. Rates are subject to change.  
 Youth = \$7  
 Adult = \$10  
 Senior = \$9  
 Family = \$15



# SOUTH GYM SCHEDULE

## Feith Family Ozaukee YMCA

### Winter 1 Session: January 7 - March 3, 2019

## SOUTH GYM

To serve our members, we do our best to have at least one gym open for general use. The only time a gym is closed is during the specific program times listed below.

Monday	
5:00am - 6:00am	OPEN GYM
6:00am - 7:00am	Adult Basketball 16+
7:00am - 11:30am	OPEN GYM
11:30am - 1:15pm	Adult Basketball 16+
1:20pm - 3:30pm	Adult Pickleball 18+
3:30pm - 6:00pm	OPEN GYM
6:00pm - 7:00pm	BODYPUMP
7:00pm - 10:00pm	OPEN GYM

Tuesday	
5:00am - 8:55am	OPEN GYM
8:55am - 9:50am	BODYCOMBAT
9:50am - 11:30am	OPEN GYM
11:30am - 1:15pm	Adult Basketball 16+
1:20pm - 6:55pm	OPEN GYM
6:55pm - 7:55pm	BODYCOMBAT
7:55pm - 10:00pm	OPEN GYM

Wednesday	
5:00am - 6:00am	OPEN GYM
6:00am - 7:00am	Adult Basketball 16+
7:00am - 8:20am	OPEN GYM
9:00am - 9:30am	BODYSHRED™
9:30am - 10:05am	Core and Stretch
10:05am - 11:30am	OPEN GYM
11:30am - 1:15pm	Adult Basketball 16+
1:20pm - 3:30pm	Adult Pickleball 18+
3:30pm - 5:45pm	OPEN GYM
6:00pm - 7:00pm	BODYPUMP
7:00pm - 10:00pm	OPEN GYM

Thursday	
5:00am - 8:55am	OPEN GYM
8:55am - 9:50am	BODYCOMBAT
10:00am - 11:00am	BODYPUMP
11:00am - 11:30am	OPEN GYM
11:30am - 1:15pm	Adult Basketball 16+
1:30pm - 2:30pm	Home School Gym
2:30pm - 10:00pm	OPEN GYM

Friday	
5:00am - 6:00am	OPEN GYM
6:00am - 7:00am	Adult Basketball 16+
9:00am - 9:45am	Strength and Core
9:50am - 10:35am	Zumba Gold®
11:30am - 1:15pm	Adult Basketball 16+
1:20pm - 3:30pm	Adult Pickleball 18+
3:30pm - 4:30pm	OPEN GYM
4:30pm - 5:00pm	Open Family Playtime Set Up
5:00pm - 7:00pm	Open Family Playtime
7:00pm - 7:30pm	Open Family Playtime Take Down
7:30pm - 9:00pm	OPEN GYM

Saturday	
6:00am - 8:10am	OPEN GYM
8:15am - 9:10am	BODYCOMBAT
9:15am - 12:00pm	Youth Basketball*
1:00pm - 6:00pm	OPEN GYM

Sunday	
7:00am - 1:00pm	OPEN GYM
1:00pm - 3:30pm	Adult Open Volleyball
3:30pm - 4:00pm	OPEN GYM

• **The Gym schedules are subject to change.**

• **Classes with prior registration needed are denoted with an asterisk (\*).**

• **Day Passes:**  
 Guests are welcome to pay for daily passes at the Welcome Desk. Guests 18 years and older must present a photo ID card. Rates are subject to change.  
 Youth = \$7  
 Adult = \$10  
 Senior = \$9  
 Family = \$15