



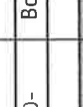



Robert K. Fox Family YMCA  
FULTON GYM SCHEDULE  
SUI SUII 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	General Open	Adult/Sr. High Open*	General Open	Adult/Sr. High Open*	General Open		
5:30 AM	Body pump (5:35-6:30)	Carrie Cardio (5:30-6:30)	Body pump (5:35-6:30)	Carrie Cardio (5:30-6:30)	Body pump (5:35-6:30)	General Open	
6:00 AM	General Open	General Open	General Open	General Open	General Open		
6:30 AM	General Open	General Open	General Open	General Open	General Open		
7:00 AM	General Open	General Open	General Open	General Open	General Open		
7:30 AM	General Open	General Open	General Open	General Open	General Open		
8:00 AM	Stretch For Flex (8:00)	Stretch For Flex (8:00)	Body Pump (8:15-9:00)	Stretch For Flex (8:00)		Body Pump (8:00-9:00)	
8:30 AM	Aerodance (8:45-9:30)	Aerodance (8:45-9:30)	9:00	Aerodance (8:45-9:30)	Instr. Choice (9:00-10:00)	9:00	
9:00 AM	Instr. Choice (9:00-10:00)	9:30	Instr. Choice (9:00-10:00)	9:30	Instr. Choice (9:00-10:00)	Just Kickin' It (9:15-10:00)	
9:30 AM	10:00	Fast, Fun & Done (9:30-10:30)	10:00	Fast, Fun & Done (9:30-10:30)	10:00	10:00	
10:00 AM	Adult/Sr. High Open*	10:30	Open Gym	10:30	Tai Chi (10:00-10:45)	Body Pump (10:15-11:00)	
10:30 AM	Adult/Sr. High Open*	Adult/Sr. High Open*		Adult/Sr. High Open	Adult/Sr. High Open*		
11:00 AM							
11:30 AM							
Noon							
12:30 PM			Adult/Sr. High Open*				Adult/Sr. High Open*
1:00 PM							
1:30 PM							
2:00 PM	Family/Youth Open	Family/Youth Open	Family/Youth Open	Family/Youth Open	Family/Youth Open		
2:30 PM							
3:00 PM						Close @ 3:00 PM	
3:30 PM	Summer Camp	Summer Camp	Summer Camp	Summer Camp	Summer Camp		
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	Body Pump (5:35-6:30)	Body Pump (5:45-6:30)	Body Pump (5:35-6:30)	Body Pump (5:45-6:30)	Body Pump (5:45-6:30)		
6:00 PM							
6:30 PM	Open Gym	6:45	Open Gym	6:45	Open Gym		
7:00 PM	Karate (7:10-8:35)	Family/Youth Open	Karate (7:10-8:35)	Family/Youth Open	Family/Youth Open		
7:30 PM	karate-----		karate---	Volleyball** (7:35-8:35)			
8:00 PM	8:35		8:35	18 and older			
8:30 PM	General Open (8:35)		General Open (8:35)		General Open		
9:00 PM							
9:30 PM							
10:00 PM	Close @ 10:00 PM	Close @ 10:00 PM	Close @ 10:00 PM	Close @ 10:00 PM	Close @ 10:00 PM		

Open Gym available for basketball and other activities.

Children are not permitted in the Gym during Adult Open.

\* Adult/Sr. High Open Gym is designated for 9th grade and older.

\*\* Open Volleyball is designated for ages 18 and older.

THANK YOU.