



MARTENS GYM

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Youth/Family Gym Time is for children (ages 9-12) and/or children and their parents

GYM SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:30AM							C L O S E D			
6:00										
6:15										
6:30										
7:00										
7:30										
7:45	O P E N G Y M									
8:00										
8:15										
8:30										
8:45										
9:00						Y O U T & F A M I L Y G Y M T I M E 6 A M - 4 P M				
9:15										
9:30										
9:45										
10:00										
10:15	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL					
10:30										
11:00										
11:30										
11:45	O P E N									
12:00										
12:15										
12:30										
12:45										
1:00						Y O U T & F A M I L Y G Y M T I M E 1 P M - 5 P M				
1:15										
1:30										
1:45										
2:00										
2:15										
2:30										
2:45	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL					
3:00	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL					
3:15	GYM TIME	GYM TIME	GYM TIME	GYM TIME	GYM TIME					
3:30	YOUTH & FAMILY	YOUTH & FAMILY	Y O U T & F A M I L Y	YOUTH & FAMILY	YOUTH & FAMILY					
3:45										
4:00										
4:15										
4:30										
4:45		GYM TIME		GYM TIME	3:30-5:15	C L O S E D				
4:50										
5:00	Art Gym & Swim									
5:15										
5:30										
5:45	Biddy BBALL 7-10yo	YMCA FIT 5:45-6:30		YMCA FIT 5:45-6:30	SOCIL SPORTS 5:30-7:30					
6:00										
6:15										
6:30										
6:45										
7:00	KARATE 7-8	YOUTH & FAMILY	KARATE 7-8	YOUTH & FAMILY						
7:15										
7:30										
7:45										
8:00	Y&FAMILY		Y&FAMILY		YOUTH & FAMILY 7:15 - 9					
9:00	**SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE**									