



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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM	Barre/Pilates		Barre/Pilates			YOUTH & FAMILY 6AM-4PM	C L O S E D
6:00	5:15-5:45AM		5:15-5:45AM				
6:15							
6:30							
7:00							
7:30							
7:45							
8:00							
8:15							
8:30		Silver Sneakers CLASSIC		Silver Sneakers CLASSIC			
8:45		8:45-9:30AM		8:45-9:30AM			
9:00							
9:15	Silver Sneakers Muscle	Silver Sneakers Chair Yoga	Silver Sneakers Muscle	Silver Sneakers Chair Yoga			
9:30	9:30-10:15am	9:15am-10am	9:30-10:15am	9:15am-10am			
9:45							
10:00	Silver Sneakers Move		Silver Sneakers Move				
10:15							
10:30	10:20-10:50am	PRESCHOOL	10:20-10:50am	PRESCHOOL	PRESCHOOL		
11:00	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL		
11:30	10:50-11:30am	10:30-11:30am	10:50-11:30am	10:30-11:30am	10:30-11:30am		
11:45		OPEN GYM					
12:00							
12:15							
12:30							
12:45							
1:00							
1:15							
1:30							
1:45							
2:00							
2:15					6AM-4PM		
2:30							
2:45							
3:00	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL		
3:15	2:30-3:30PM	2:30-3:30PM	2:30-3:30PM	2:30-3:30PM	2:30-3:30PM		
3:30							
3:45	YOUTH & FAMILY	YOUTH & FAMILY	YOUTH & FAMILY	YOUTH & FAMILY	YOUTH & FAMILY		
4:00							
4:15							
4:30							
4:45	3:30-5:30PM	3:30-5:30PM	3:30-5:30PM	3:30-5:30PM	3:30-5:30PM		
5:00							
5:15							
5:30							
5:45		YMCA FIT		YMCA FIT			
6:00	Y-Biddy BBALL	5:45-6:30		5:45-6:30			
6:15							
6:30	7-10 yo						
6:45	5:45pm-6:45pm			SOCIL SPORTS			
7:00							
7:15	KARATE		KARATE				
7:30	7PM-8PM		7PM-8PM	6:45pm-8			
8:00							
9:00							
SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE							

