



FULTON GYM

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
5:00					HIIT 5:30-6AM	O P E N G Y M	C L O S E D					
5:15												
5:30	INSTRUCTORS CHOICE	BODY PUMP 5:30-6:15AM	INSTRUCTORS CHOICE	BODY PUMP 5:30-6:15AM								
6:00	6-6:30AM		6-6:30AM									
6:30												
7:00												
7:45												
8:00		STRETCH FOR FLEX 8-8:45		STRETCH FOR FLEX 8-8:45								
8:15												
8:30	CORE & STRETCH 8:30-9:15		CORE & STRETCH 8:30-9:15									
8:45												
9:00												
9:15		BODY PUMP 9-10AM		BODY PUMP 9-10AM								
9:30	INSTRUCTORS CHOICE		ROCK & RHYTHM 9:30-10AM		INSTRUCTORS CHOICE							
9:45	9:30-10:15AM				9:30-10:15AM							
10:00	Silver Sneakers Move	Silver Sneakers CIRCUIT	Silver Sneakers Move	Silver Sneakers CIRCUIT	Silver Sneakers Move							
10:15	10:20-10:50am	10:15am-11am	10:20-10:50am	10:15am-11am	10:20-10:50am							
11:00												
11:30												
11:45												
12:00	OPEN					6 AM - 3:45 PM	O P E N G Y M					
12:15												
12:30												
1:00												
1:15												
1:30	 YMCA SUMMER CAMP 3PM-5PM					OPENS @ 1:00						
1:45												
2:00												
2:15												
2:30												
2:45												
3:00						OPEN GYM						
3:15												
3:30												
3:45												
4:00												
4:30						C L O S E D	CLOSES @ 4:45PM					
4:45												
5:00												
5:15												
5:30												
6:00												
6:15												
6:30												
7:00												
7:30												
7:45												
8:00												
9:00												
Monday-FRIDAY CLOSED @ 8:45PM SATURDAY CLOSED @ 3:45PM SUN @ 4:45PM												