



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				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	YMCA Summer Camp		YMCA Summer Camp		YMCA Summer Camp		
8:15							
8:30	Summer Camp	Silver Sneakers CLASSIC	Summer Camp	Silver Sneakers CLASSIC	Summer Camp		
8:45	8-9AM	8:45-9:30AM	8-9AM	8:45-9:30AM	8-9AM		
9:00							YOUTH & FAMILY 6AM-4PM
9:15	Silver Sneakers Muscle	Silver Sneakers Chair Yoga	Silver Sneakers Muscle	Silver Sneakers Chair Yoga			
9:30							
9:45	9:30-10:15am	9:15am-10am	9:30-10:15am	9:15am-10am			
10:00							
10:15							
10:30	Silver Sneakers Meals on Wheels	PRESCHOOL	Silver Sneakers Meals on Wheels	PRESCHOOL	PRESCHOOL		
11:00	10:30-11:15am	10:30-11:30am	10:30-11:15am	10:30-11:30am	10:30-11:30am		
11:30							
11:45		OPEN GYM					
12:00							
12:15							
12:30							
12:45							
1:00							
1:15							
1:30							
1:45							
2:00							YOUTH & FAMILY 6AM-4PM
2:15							
2:30	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL		
2:45							
3:00	2:30-3:30PM	2:30-3:30PM	2:30-3:30PM	2:30-3:30PM	2:30-3:30PM		
3:15							
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							C L O S E D
5:15							
5:30							
5:45		YMCA FIT		YMCA FIT			
6:00		5:45-6:30		5:45-6:30			
6:15							
6:30							
6:45				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 Monday - Friday closed @8:45PM