



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							C L O S E D
6:00							
6:15							
6:30							
7:00							
7:30							
7:45							
8:00							
8:15							
8:30							
8:45		Silver Sneakers CLASSIC		Silver Sneakers CLASSIC			C L O S E D
9:00		8:45-9:30AM		8:45-9:30AM			
9:15		Silver Sneakers Chair Yoga	Dance Fit	Silver Sneakers Chair Yoga			
9:30		9:20am-10am	9:20-9:50am	9:20am-10am			
9:45							
10:00							
10:15							
10:30	PRESCHOOL 10:30-11:30am	PRESCHOOL 10:30-11:30am	PRESCHOOL 10:30-11:30am	PRESCHOOL 10:30-11:30am	PRESCHOOL 10:30-11:30am	6AM-3:45PM	
11:00							
11:30							
11:45							C L O S E D
12:00							
12:15							
12:30							
12:45							
1:00							
1:15							
1:30							
1:45							
2:00							
2:15							C L O S E D
2:30							
2:45							
3:00	PRESCHOOL 2:30-3:30PM	PRESCHOOL 2:30-3:30PM	PRESCHOOL 2:30-3:30PM	PRESCHOOL 2:30-3:30PM	PRESCHOOL 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	3:30-4:45PM	3:30-5:30PM	3:30-5:30PM		
5:00							C L O S E D
5:15							
5:30							
5:45		YMCA FIT 5:45-6:30		YMCA FIT 5:45-6:30			
6:00							
6:15							
6:30							
6:45							
7:00							
7:15	KARATE 7PM-8PM						
7:30							
7:45							C L O S E D
8:00							
8:15							
8:30							
8:45							
9:00							

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE Monday - Friday closed @8:45PM