
















# 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						YOUTH & FAMILY  6AM-3:45PM	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								
9:00	8:45-9:30AM		8:45-9:30AM								
9:15	Silver Sneakers	Dance Fit	Silver Sneakers								
9:30	Chair Yoga	9:20-9:50am	Chair Yoga								
9:45	9:20am-10am		9:20am-10am								
10:00											
10:15											
10:30							FCBA Team 1:00-3:00PM				
11:00	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL						
11:30	10:30-11:30am	10:30-11:30am	10:30-11:30am	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						YOUTH & FAMILY 3:15-4:45pm					
2:30							PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL	PRESCHOOL
2:45							2:30-3:30PM	2:30-3:30PM	2:30-3:30PM	2:30-3:30PM	2:30-3:30PM
3:00											
3:15											
3:30											
3:45											
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		YMCA FIT		YMCA FIT		C L O S E D					
5:15											
5:30											
5:45											
6:00											
6:15											
6:30											
6:45											
7:00											
7:15											
7:30	KARATE		KARATE	SOCIL SPORTS	FCBA Team						
7:45	7PM-8PM	6:45-8:45pm	7PM-8PM	6:45pm-8	5:30-8:30pm						
8:00											
9:00											
**SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE** Monday - Friday closed @8:45PM											

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