



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 6:00-3:45 PM	C L O S E D
6:00	5:30-6AM		5:30-6AM				
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		Silver Sneakers Chair Yoga		Silver Sneakers Chair Yoga			
9:15		9:20am-10am		9:20am-10am			
9:30							
9:45							
10:00							
10:15							
10:30							
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					
12:00							
12:15							
12:30							
12:45							
1:00							
1:15							
1:30							
1:45							
2:00							
2:15							
2:30							Youth & Family 1pm - 4:45 pm
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	FAMILY	FAMILY	FAMILY	FAMILY	FAMILY		
4:30	3:30 - 5:45PM	3:30-5:30PM	3:30-4:45PM	3:30-5:30PM	3:30-5:30PM		
4:45							
5:00							
5:15							
5:30							
5:45		YMCA FIT		YMCA FIT			
6:00		5:45-6:30		5:45-6:30			
6:15	Sports of Sports						
6:30							
6:45	6:00-7:00PM						
7:00							
7:15	KARATE		KARATE				
7:30	7PM-8PM		7PM-8PM				
8:00							
9:00							
SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE Monday - Friday closed @8:45PM							

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