

SMALL GYM CLASS SCHEDULE | SUMMER 1: JUNE 1- JULY 20

SUNDAY

Youth and Family Open Gym

10:00am-5:45pm

MONDAY

Youth and Family Open Gym

8:00am-7:45pm

TUESDAY

Rise & Shine Yoga

9:00am- 10:00am

In-person at the Y
Small Gym | Anu

Gentle Movements Yoga

10:15am-11:15am

In-person at the Y
Small Gym | Anu

Youth and Family Open Gym

11:30am-7:45pm

WEDNESDAY

Youth and Family Open Gym

8:00am-7:45pm

THURSDAY

Youth and Family Open Gym

8:00am-5:15pm

Intro to Vinyasa Yoga

5:30pm-6:30pm

In-person at the Y
Small Gym | Anu

Youth and Family Open Gym

6:45pm-7:45pm

FRIDAY

Youth and Family Open Gym

8:00am-7:45pm

SATURDAY

Youth and Family Open Gym

8:00am-8:45am

Power Vinyasa Yoga

9:00am-9:45am

In-person at the Y
Small Gym | Anu

Yin Restorative Yoga

10:00am-10:45am

In-person at the Y
Small Gym | Anu

Youth and Family Open Gym

11:00am-5:45pm

**RESERVATIONS
REQUIRED AND CAN
BE MADE IN YOUR
YMCA360 ACCOUNT.
3 consecutive no-
shows result in member
reservation privileges
being suspended.**

