

## Small Gym Schedule | Summer 2: July 21 – August 16

### Sunday

Youth & Family Open  
Gym

10:00 AM – 5:45 PM

### Monday

Youth & Family Open  
Gym

8:00 AM – 7:45 PM

### Tuesday

Youth & Family Open  
Gym

8:00 AM – 7:45 PM

### Wednesday

Youth & Family Open  
Gym

8:00 AM – 7:45 PM

### Thursday

Youth & Family Open  
Gym

8:00 AM – 5:15 PM

### Intro to Vinyasa Yoga

Reservation Required

5:30 PM – 6:30 PM

Youth & Family Open  
Gym

6:45 PM – 7:45 PM

### Friday

Youth & Family Open  
Gym

8:00 AM – 7:45 PM

### Saturday

Youth & Family Open  
Gym

8:00 AM – 8:45 AM

### Power Vinyasa Yoga

Reservation Required

9:00 AM – 9:45 AM

### Yin Restorative Yoga

Reservation Required

10:00 AM – 10:45 AM

Youth & Family Open  
Gym

11:00 AM – 5:45 PM

Make reservations  
on the YMCA 360  
app!

3 consecutive no-shows will  
result in suspension of  
reservation privileges

