



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE – PINELAND BRANCH

FALL II SESSION: 1/6/2018 – 1/12/2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30-8:00 <b>Before Care</b> 1/2 Gym	6:30-8:00 <b>Before Care</b> 1/2 Gym	6:30-8:00 <b>Before Care</b> 1/2 Gym	6:30-8:00 <b>Before Care</b> 1/2 Gym	6:30-8:00 <b>Before Care</b> 1/2 Gym	8:15-9:00 <b>Circuit Bootcamp</b> Full Gym
	9:30-10:30 <b>Total Body</b> 1/2 Gym	9:30-10:30 <b>Pedal &amp; Kettle</b> 1/2 Gym	9:30-10:30 <b>Total Body</b> 1/2 Gym	9:30-10:30 <b>Pedal &amp; Kettle</b> 1/2 gym	9:30-10:30 <b>Total Body</b> 1/2 Gym	
10:30-12:30 <b>Party Rental</b>	10:35-12:30 <b>Drop-In Pickleball</b> 1/2 Gym	11:00-12:00 <b>Zumba Gold</b> 1/2 Gym	10:35-12:30 <b>Drop-In Pickleball</b> 1/2 Gym	11:00-12:00 <b>Zumba Gold</b> 1/2 Gym	10:35-12:00 <b>Drop-In Pickleball</b> 1/2 Gym	12:00-2:00 <b>Party Rental</b>
1:30-3:30 <b>Party Rental</b>	12:30-2:00 <b>Collaborative School</b> Full Gym		12:35-1:00 <b>Fast Fitness</b> 1/2l Gym	12:30-2:00 <b>Collaborative School</b> Full Gym	12:00-2:00 <b>Collaborative School</b> Full Gym	
2:30-5:00 <b>Drop-In Pickleball</b> 1/2 Gym	2:45-5:30 <b>SACC</b> 1/2 Gym	2:45-5:30 <b>SACC</b> 1/2 Gym	2:45-5:30 <b>SACC</b> 1/2l Gym	2:45-5:30 <b>SACC</b> 1/2 Gym	2:45-5:30 <b>SACC</b> 1/2 Gym	3:00-5:00 <b>Party Rental</b>
	5:00-5:45 <b>HIIT Focus</b> 1/2 Gym	4:45-5:30 <b>Boot Camp</b> 1/2 Gym	5:00-5:45 <b>HIIT Focus</b> 1/2 Gym	4:45-5:30 <b>Boot Camp</b> 1/2 Gym		
	5:45-6:45 <b>Zumba Toning</b> 1/2 Gym		5:45-6:45 <b>Zumba/ Zumba Step</b> 1/2 Gym			

If no parties are scheduled, the gym will remain open.

## OPEN GYM TIMES – Fall – FULL GYM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:30	5:45-6:30	5:30-6:30	5:30-6:30	5:30-6:30	5:30-6:30	7:00-8:15
12:30-1:30	8:00-9:30	8:00-9:30	8:00-9:30	8:00-9:30	8:00-9:30	9:00-12:00
	2:00-2:45	10:30-11:00	1:00-2:45	10:30-11:00	2:00-2:45	2:00-3:00
	6:30-8:00	12:00-2:45	6:45-8:00	12:00-12:30	5:30-8:00	5:00-6:00
		5:30-8:00		2:00-2:45		
				5:30-8:00		

**Pineland Branch  
YMCA of Southern Maine**

25 Campus Drive STE 100 New Gloucester, ME 04260  
P 207-688-2255 [www.ymcaofsouthernmaine.org](http://www.ymcaofsouthernmaine.org)

**BRANCH HOURS:** Monday-Friday 5:30am-8:00pm | Saturdays: 7:00am-6:00pm | Sundays: 9:00am-5:00pm

If a class or program is taking place, 1/2 of the gym will typically be available for open use. Please see classes noted as 1/2 or Full Gym. If there are two classes or programs taking place at the same time in the gym, there will be no open use at that time.