



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE – PINELAND BRANCH

WINTER SESSION: 1/13/2019 – 3/16/2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30-8:00 Before Care 1/2 Gym	6:30-8:00 Before Care 1/2 Gym	6:30-8:00 Before Care 1/2 Gym	6:30-8:00 Before Care 1/2 Gym	6:30-8:00 Before Care 1/2 Gym	8:30-9:15 Circuit Boot camp Full Gym
9:15-10:00 TRX/Cycle 1/2 Gym	9:30-10:30 Total Body 1/2 Gym		9:30-10:30 Total Body 1/2 Gym	11:00-12:00 Zumba Gold 1/2 Gym	9:30-10:30 Total Body 1/2 Gym	9:30-10:15 Cycle 1/2 Gym
10:30-12:30 Party Rental	10:35-12:30 Drop-In Pickleball 1/2 Gym	11:00-12:00 Zumba Gold 1/2 Gym	10:35-12:30 Drop-In Pickleball 1/2 Gym	12:30-2:00 Collaborative School Full Gym	10:35-12:00 Drop-In Pickleball 1/2 Gym	12:00-2:00 Party Rental
1:30-3:30 Party Rental	12:30-2:00 Collaborative School Full Gym		12:35-1:00 Tabata Fitness 1/2 Gym	2:45-5:30 SACC 1/2 Gym	12:00-2:00 Collaborative School Full Gym	
2:30-5:00 Drop-In Pickleball 1/2 Gym	2:45-5:30 SACC 1/2 Gym	2:45-5:30 SACC 1/2 Gym	2:45-5:30 SACC 1/2 Gym	3:30-4:30 PM Waldorf School 1/2 Gym	2:45-5:30 SACC 1/2 Gym	3:00-5:00 Party Rental
	5:00-5:45 HIIT Focus 1/2 Gym	3:30-4:30 PM Waldorf School 1/2 Gym	4:15-5:00 Zumba Kids 1/2 Gym	4:45-5:30 Boot Camp 1/2 Gym		
	6:00-7:00 Zumba Toning 1/2 Gym	4:45-5:30 Boot Camp 1/2 Gym	5:00-5:40 HIIT Focus 1/2 Gym	5:45-6:30 Kickboxing Do 1/2 Gym		
		5:45-6:30 Strong by Zumba 1/2 Gym	5:45-6:45 Zumba/Zumba Step 1/2 Gym	6:30-8:00 Adult Pick-up Basketball 1/2 Gym	6:30-8 PM SAD 51 Full Gym	

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

OPEN GYM TIMES – Fall – FULL GYM

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

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.

**Pineland Branch
YMCA of Southern Maine**

25 Campus Drive STE 100 New Gloucester, ME 04260
P 207-688-2255 www.ymcaofsouthernmaine.org