



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING GYM SCHEDULE – PINELAND BRANCH - 3/17/19- 5/18/19

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	
			9:30-10:30 Total Body 1/2 Gym			8:30-9:15 Circuit Boot camp Full Gym <i>Adults only</i>
9:15-10:00 TRX/Cycle 1/2 Gym	9:30-10:30 Total Body 1/2 Gym	9:15-10:00 Cycle 1/2 Gym	10:00-12:00 VAST 1/2 Gym	9:45-10:30 STRONG by Zumba 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	11:00-12:00 Zumba Gold 1/2 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	2:45-5:30 SACC 1/2 Gym	12:35-1:00 Tabata Fitness 1/2 Gym	12:30-2:00 Collaborative School Full Gym	12:00-2:00 Collaborative School Full Gym	
			1:00-1:30 Muscle Matters 1/2 Gym	2:45-5:30 SACC 1/2 Gym		
2:30-5:00 Drop-In Pickleball 1/2 Gym	2:45-5:30 SACC 1/2 Gym	3:30-4:30 Waldorf School 1/2 Gym	2:45-5:30 SACC 1/2 Gym		2:45-5:30 SACC 1/2 Gym	3:00-5:00 Party Rental
	4:45-5:15 Tabata Fitness 1/2 Gym	4:45-5:30 Boot Camp 1/2 Gym	5:00-5:45 HIIT Focus 1/2 Gym	4:45-5:30 Boot Camp 1/2 Gym		
	5:45-6:45 Youth Karate 1/2 Gym		5:45-6:45 Zumba/ Zumba Step 1/2 Gym	5:45-6:30 Kickboxing Do 1/2 Gym	5:00-7:00 Drop-in Table Tennis	
			5:45-6:45 Zumba/ Zumba Step 1/2 Gym	6:30-8:00 Adult Pick-up Basketball Full Gym		

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

OPEN GYM TIMES – SPRING– 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	7:00-8:30
12:30-1:30	8:00-9:30	8:00-9:15	8:00-9:30	8:00-9:45	8:00-9:30	10:15-12:00
	2:00-2:45	12:00-2:45	1:30-2:45	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	7:00-8:00	5:00-6:00

Pineland Branch
YMCA of Southern Maine
25 Campus Drive STE 100 New Gloucester, ME 04260
P 207-688-2255 www.ymcaofsouthernmaine.org

If a class or program is taking place, 1/2 of the gym will be unavailable if two programs are taking place at the same time in the gym.
If a party is scheduled, the gym will be unavailable.

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