



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING II GYM SCHEDULE – PINELAND BRANCH

5/26/19- 6/16/19

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	
						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		9:30-10:30 Total Body 1/2 Gym	9:45-10:30 STRONG by Zumba 1/2 Gym	9:30-10:30 Total Body 1/2 Gym	
	10:35-12:30 Drop-In Pickleball 1/2 Gym	11:00-12:00 Zumba Gold 1/2 Gym	10:35-12:30 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
			12:35-1:00 Tabata Fitness 1/2 Gym			
			1:00-1:30 Muscle Matters 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	2:45-5:30 SACC 1/2 Gym	2:45-5:30 SACC 1/2 Gym	
	4:45-5:30 Tabata Fitness 1/2 Gym	4:45-5:30 Boot Camp 1/2 Gym		4:45-5:30 Boot Camp 1/2 Gym	5:00-7:00 Drop-in Table Tennis	
			5:45-6:45 Zumba/ Zumba Step 1/2 Gym			

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

OPEN GYM TIMES – SPRING II– FULL GYM

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

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.

Pineland Branch
YMCA of Southern Maine

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