



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JULY GYMNASIUM SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
<p>GYMNASIUM OPENS at 6:00am</p> <p>7:00am-8:00am FITNESS CLASS</p> <p>OPEN GYM</p> <p>GYMNASIUM CLOSES at 8:45pm</p>	<p>GYMNASIUM OPENS at 6:00am</p> <p>5:30pm-6:30pm FITNESS CLASS</p> <p>OPEN GYM</p> <p>GYMNASIUM CLOSES At 8:45pm</p>	<p>GYMNASIUM OPENS at 6:00am</p> <p>7:00am-8:00am FITNESS CLASS</p> <p>OPEN GYM</p> <p>GYMNASIUM CLOSES at 8:45pm</p>	<p>GYMNASIUM OPENS at 6:00am</p> <p>OPEN GYM</p> <p>GYMNASIUM CLOSES at 8:45pm</p>	<p>GYMNASIUM OPENS at 6:00am</p> <p>7:00am-8:00am FITNESS CLASS</p> <p>OPEN GYM</p> <p>GYMNASIUM CLOSES at 8:45pm</p>	<p>GYMNASIUM OPENS @ 8:00am</p> <p>OPEN GYM</p> <p>CLOSES at 3:45pm</p>	<p>FACILITY CLOSED ON SUNDAYS</p>

Youth under the age of 12 must be accompanied by an adult at all times.

Must bring own equipment.

SUPERIOR DOUGLAS COUNTY FAMILY YMCA
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715-392-5611 www.superiorymca.org