



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAMILY GYM SCHEDULE

HUTCHINSON YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-5:30 Open	5:00-8:30 Open	5:00-5:30 Open	5:00-5:30 Open	5:00-8:30 Open	8:00-8:30 Open	1:00-5:00 Open
5:30-6:30 Yoga	8:30-9:30 Muscle Ex	5:30-6:30 Yoga	5:30-6:15 Morning Mix	8:30-9:30 SWEAT/HIIT	8:30-9:30 Body Pump	
6:30-8:30 Open	9:45-11:00 Pilates/Foam roller	6:30-8:30 Open	6:15-8:30 Open	9:45-10:30 SilverSneakers	9:30-10:00 Open	
8:30-9:30 Morning Mix	11:00-12:15 Open	8:30-9:30 Zumba	8:30-9:30 Muscle Ex	10:30-12:15 Open	10:00-11:00 Circuit	
9:30-10:30 Open	12:15-12:45 Body Pump	10:00-10:30 Gymnastics	9:30-12:15 Open	12:15-1:00 Piyo	11:00-5:00 Open	
10:30-11:30 Tai Chi	1:00-1:45 SilverSneakers	10:30-11:30 Tai Chi	12:15-12:45 Body Pump	1:00-4:30 Open		
11:30-12:15 Open	1:45-4:00 Open	11:30-4:00 Open	12:45-4:00 Open	4:30-6:00 Martial Arts		
12:15-1:00 PiYo	4:00-8:00 Gymnastics 5:30-6:30 Zumba	2:00-3:00 Gymnastics 3:00-4:00 Open	4:00-8:00 Gymnastics 5:30-6:30 Zumba	6:00-7:00 Boot Camp		
1:00-4:00 Open	8:00-10:00 Open	5:45-6:45 Strong	8:00-10:00 Open	7:00-9:00 Open		
4:00-8:00 Gymnastics 5:30-6:30 Circuit/BP		7:00-8:00 Boot Camp				
8:00-10:00 Open		8:00-10:00 Open				

** Family Gym rules: Please DO NOT use the gymnastics equipment/mats. Children 6 years and older may use the Family Gym as long as they follow the rules. Children under 5 must be supervised by an adult. NO BALLS. Do not engage in full contact activity. Fitness equipment can be used, just put away what you get out. Times may vary depending on trainings.

YMCA Name

716 E. 13th Ave, Hutchinson KS

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