

SUMMER 2010 UPPER GYMNASIUM SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open 5:30–10:00a	Open 5:30–8:00a	Open 5:30–9:00a	Open 5:30–10:00a	Open 5:30a–9:00a		
Body Sculpt 10:15–11:00a	Open 8:00–9:00a	Group Exercise 9:30–10:30a			Open 7:30–9:00a	
	Group Exercise 9:00–10:00a	Three Four Academy 10:30–11:30 a	Group Exercise 10:00–11:00a	Group Exercise 9:15–11:00a	Soccer Class 9:00–10:00 a	Open 7:30a–1:00p
	Open 10:30a–11:15a	Open 11:30a–6:00p	Open 11:00–12:00n	Open 11:00–3:00p	Open 10:00–11:00a	
Open 11:00–6:00p	Open 11:15–1:00p		Ping Pong 12:00–3:00p	Child Care 3:00–4:00p	Open 11:00a–12:30p	
	Y's Men 1:00–4:00p	Open 6:00–7:30p		Open 4:00–6:00p	Badminton 12:30–2:00p	
Badminton 6:00–8:00p	Open 4:00–5:00p	Badminton 7:30–9:30p	Open 3:00–5:00p	Open 6:00–8:30p	Open 2:00–5:30p	
Open 8:00–9:30p	In Shape 5:00–6:00p			Open 8:30–9:30p		
	Open 6:00–7:00p		Open 5:00–6:00p			
	Open 7:00–8:00p		Open 6:00–9:30p			
	Open 8:00–9:30p					

Call the Family Y for more information (226-8981 x165) or email Sally Silverstein (ssilverstein@westporty.org) with questions.