



GYM SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Updated on 1/6/2017

January 3rd - February 20th

PORTAGE TOWNSHIP YMCA
3100 Willowcreek Rd
219-762-9622

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Front Ct	Back Ct	Front Ct	Back Ct	Front Ct	Back Ct	Front Ct	Back Ct	Front Ct	Back Ct	Front Ct	Back Ct	Front Ct	Back Ct
5:00 AM		Boot Camp 5:15-6:05				Boot Camp 5:15-6:05				Boot Camp 5:15-6:05				
5:30 AM														
6:00 AM														
6:30 AM														
9:00 AM		Jazzercise 9:15-10:15		Jazzercise 9:15-10:15		Jazzercise 9:15-10:15		Jazzercise 9:15-10:15			Youth Sports Games 8:45am-1:00pm		Open Pickleball 9:00-12:30	
9:30 AM														
10:00 AM														
10:30 AM	CCDC		CCDC	HIIT	CCDC		CCDC	HIIT	CCDC					
11:00 AM	10:30-12:00		10:30-12:00	10:15-11:05	10:30-12:00		10:30-12:00	10:15-11:05	10:30-12:00					
2:30 PM	Pickleball				Pickleball				Pickleball					
3:00 PM	12:15-2:45				12:15-2:45				12:15-2:45					
3:30 PM														**Open Basketball is available daily when the gymnasium is not in use by another program.
4:00 PM														
4:30 PM														
5:00 PM	CCDC	Boot Camp 5:15-6:05	CCDC		CCDC	Boot Camp 5:15-6:05	CCDC		CCDC	CCDC				
5:30 PM	3:30-5:00		3:30-5:00	Total Body Tabata 5:15-6:05	3:30-5:00		3:30-5:00	Total Body Tabata 5:15-5:45	3:30-5:00					
6:00 PM														
6:30 PM														
7:00 PM														
7:30 PM														
8:00 PM							Open Volleyball 6:35-8:30	Open Volleyball 6:00-8:30						
8:30 PM														
9:00 PM														

Gym Schedule is tentative and subject to change without notice.

For additional information check us out on Facebook at www.facebook.com/PortageYMCA or at our website at www.ymcaofportage.org