



# SPECIALTY TRAINING, BOOT CAMPS & OPEN TRAINING CENTER HOURS

January - March 2022

Jerry Long Family YMCA

## Open Hours for Members available between paid training programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:00am-6:00am 1:7 Fit		5:00am-6:00am 1:7 Fit	5:15am-6:00am 1:7 Fit	
	5:30am-6:00am Les Mills GRIT		5:30am-6:00am Les Mills GRIT			
	<b>MEMBERS</b> 6:05am-6:50am <b>NEW! AFTERBURN AIR</b>	6:00am-6:30am Les Mills GRIT	<b>MEMBERS</b> 6:05am-6:50am <b>NEW! AFTERBURN AIR</b>	6:00am-6:30am Les Mills GRIT		
						8:15am-9:15am Boxing for Fitness & Self Defense
	8:00am-9:00am Beginner Boot Camp	8:30am-9:15am <b>NEW! AFTERBURN AIR</b>	8:00am-9:00am Beginner Boot Camp	8:30am-9:15am <b>NEW! AFTERBURN AIR</b>		
	8:30am-9:00am Les Mills GRIT		8:30am-9:00am Les Mills GRIT			
	9:15am-10:15am Sticking With It Intermediate Boot Camp	9:30am-10:00am Trim & Tone Express	9:15am-10:15am Sticking With It Intermediate Boot Camp	9:30am-10:00am Trim & Tone Express	9:30am-10:30am <b>OVERDRIVE</b>	9:30am-10:00am Les Mills GRIT
			10:15am-10:45am Les Mills GRIT		10:15am-10:45am Les Mills GRIT	
		5:45pm-6:15pm Youth Fitness for Swimmers		5:45pm-6:15pm Youth Fitness for Swimmers		
		6:00pm-6:45pm <b>CROSSTRAIN FOR YOUTH (ages 7-11)</b> 6:00pm-6:45pm Trim & Tone		6:00pm-6:45pm <b>CROSSTRAIN FOR YOUTH (ages 7-11)</b> 6:00pm-6:45pm Trim & Tone		
	6:45pm-7:15pm Les Mills GRIT	6:30pm-7:30pm Boxing for Fitness & Self Defense	6:45pm-7:15pm Les Mills GRIT	6:30pm-7:30pm Boxing for Fitness & Self Defense		
		7:00pm-8:00pm Changing Lives Boot Camp		7:00pm-8:00pm Changing Lives Boot Camp		

\*The Training Center Schedule/Hours are subject to change.

\*All other Specialty Training /Boot Camps are month-to-month. If a program does not meet, we will open up the Training Center during that time frame.

\*The Training Center is closed to all members & guests during all scheduled YMCA programs. (Specialty Training/Boot Camps)