



SPECIALTY TRAINING, BOOT CAMPS & OPEN TRAINING CENTER HOURS

April – June 2022

William G. White, Jr. Family YMCA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OPEN HOURS FOR MEMBERS 5:00am-8:30pm	OPEN HOURS FOR MEMBERS 5:00am-11:45am	OPEN HOURS FOR MEMBERS 5:00am-8:30pm	OPEN HOURS FOR MEMBERS 5:00am-11:45am	OPEN HOURS FOR MEMBERS 5:00am-7:30pm	
	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	
	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	
	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS 7:00am-8:45am
	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS
	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	8:45am-10:00am AFTERBURN AIR
	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS 10:00am-4:30pm
	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS
OPEN HOURS FOR MEMBERS 12:00pm-4:30pm	OPEN HOURS FOR MEMBERS	11:45am-1:00pm CROSS-TRAIN BOOT CAMP	OPEN HOURS FOR MEMBERS	11:45am-1:00pm CROSS-TRAIN BOOT CAMP	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS
OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS 1:15pm-5:15pm	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS 1:15pm-5:15pm	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS
OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS
	OPEN HOURS FOR MEMBERS	4:15pm-5:20pm AFTERBURN AIR	OPEN HOURS FOR MEMBERS	4:15pm-5:20pm AFTERBURN AIR	OPEN HOURS FOR MEMBERS	
	OPEN HOURS FOR MEMBERS	5:15pm-6:15pm CROSSTRAIN FOR YOUTH	OPEN HOURS FOR MEMBERS	5:15pm-6:15pm CROSSTRAIN FOR YOUTH	OPEN HOURS FOR MEMBERS	
	5:30pm-7:00pm LIFESTYLE 360	6:30pm-7:30pm ATHLETIC CONDITIONING	5:30pm-7:00pm LIFESTYLE 360	6:30pm-7:30pm ATHLETIC CONDITIONING	OPEN HOURS FOR MEMBERS	
	5:30pm-7:00pm LIFESTYLE 360	OPEN HOURS FOR MEMBERS 7:45pm-8:30pm	5:30pm-7:00pm LIFESTYLE 360	OPEN HOURS FOR MEMBERS 7:45pm-8:30pm	5:30pm-7:00pm LIFESTYLE 360	
	OPEN HOURS FOR MEMBERS 7:00pm-8:30pm	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS 7:00pm-8:30pm	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS 7:00pm-7:30pm	

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

*All 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)