





EAST GYM SCHEDULE

JULY 2010

EAST SHORE YMCA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 7:00-9:00 Members BB 10:00-11:00 Child Care 11:00-1:30 Sign-in BB 5:30-6:30 Kickboxing	2 7:00-9:00 Members BB 10:00-11:00 Child Care 12:00-1:00 Circuit Class 5:00-7:00 Sign-in BB 7:00-8:30 p/u VB	3 9:30-10:30 Zumba 6:00 pm Y closes
 <p>JULY 4</p>	5 7:00-9:00 Members BB 10:00-11:00 Child Care 12:00-1:00 Circuit Class 5:30-6:30 Zumba	6 7:00-9:00 Members BB 10:00-11:00 Child Care 11:00-1:30 Sign in BB 5:00-5:45 Roperobics	7 7:00-9:00 Members BB 10:00-11:00 Child Care 12:00-1:00 Circuit Class 5:30-6:30 Boot Camp 7:30-8:30 Zumba	8 7:00-9:00 Members BB 10:00-11:00 Child Care 11:00-1:30 Sign-in BB 5:30-6:30 Kickboxing	9 7:00-9:00 Members BB 10:00-11:00 Child Care 12:00-1:00 Circuit Class 5:00-7:00 Sign-in BB 7:00-8:30 p/u VB	10 9:30-10:30 Zumba 6:00 pm Y closes
<p>CLOSED</p>						
11 Open Gym 8:00 am Y opens 2:00-3:00 Zumba 6:00 pm Y closes	12 7:00-9:00 Members BB 10:00-11:00 Child Care 12:00-1:00 Circuit Class 5:30-6:30 Zumba	13 7:00-9:00 Members BB 10:00-11:00 Child Care 11:00-1:30 Sign in BB 5:00-5:45 Roperobics	14 7:00-9:00 Members BB 10:00-11:00 Child Care 12:00-1:00 Circuit Class 5:30-6:30 Boot Camp 7:30-8:30 Zumba	15 7:00-9:00 Members BB 10:00-11:00 Child Care 11:00-1:30 Sign-in BB 5:30-6:30 Kickboxing	16 7:00-9:00 Members BB 10:00-11:00 Child Care 12:00-1:00 Circuit Class 5:00-7:00 Sign-in BB 7:00-8:30 p/u VB	17 9:30-10:30 Zumba 6:00 pm Y closes
18 Open Gym 8:00 am Y opens 2:00-3:00 Zumba 6:00 pm Y closes	19 7:00-9:00 Members BB 10:00-11:00 Child Care 12:00-1:00 Circuit Class 5:30-6:30 Zumba	20 7:00-9:00 Members BB 10:00-11:00 Child Care 11:00-1:30 Sign in BB 5:00-5:45 Roperobics	21 7:00-9:00 Members BB 10:00-11:00 Child Care 12:00-1:00 Circuit Class 4:00-9:00 	22 7:00-9:00 Members BB 10:00-11:00 Child Care 11:00-1:30 Sign-in BB 5:30-6:30 Kickboxing	23 7:00-9:00 Members BB 10:00-11:00 Child Care 12:00-1:00 Circuit Class 5:00-7:00 Sign-in BB 7:00-8:30 p/u VB	24 9:30-10:30 Zumba 6:00 pm Y closes
25 Open Gym 8:00 am Y opens 2:00-3:00 Zumba 6:00 pm Y closes	26 7:00-9:00 Members BB 10:00-11:00 Child Care 12:00-1:00 Circuit Class 5:30-6:30 Zumba	27 7:00-9:00 Members BB 10:00-11:00 Child Care 11:00-1:30 Sign in BB 5:00-5:45 Roperobics	28 7:00-9:00 Members BB 10:00-11:00 Child Care 12:00-1:00 Circuit Class 5:30-6:30 Boot Camp 7:30-8:30 Zumba	29 7:00-9:00 Members BB 10:00-11:00 Child Care 11:00-1:30 Sign-in BB 5:30-6:30 Kickboxing	30 7:00-9:00 Members BB 10:00-11:00 Child Care 12:00-1:00 Circuit Class 5:00-7:00 Sign-in BB 7:00-8:30 p/u VB	31 9:30-10:30 Zumba 6:00 pm Y closes