

SUMMERVILLE FAMILY YMCA – December 2 - January 27 Ponds Gymnasium Schedule												
Fitness classes are available for reservation online through our "Community Connect" App. Our code is: summervilleymca												
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Member				
5:00AM	5AM-10:15AM	5AM-10AM	5AM-10AM	5AM-10AM	5AM-9AM			Aerobics				
7:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7AM -7:45AM		Programming				
8:00AM						Open Gym						
9:00AM						8AM -5PM						
						9AM -10AM						
						SHRED Lucinda		Open Gym				
10:00AM	10:15AM - 11AM	10AM - 11AM	10AM - 11AM	10AM - 11AM	10AM - 11AM	Youth Sports						
	Open Gym	Intro to Pickleball	Zumba Toning Heidi	Open Gym	Zumba Heidi			Open Gym	Zumba Toning Brae	Open Gym	Zumba Kirk	Open Gym
11:00AM	11AM - 2PM	11AM - 2PM	11AM - 2PM	11AM - 2PM	11AM - 2PM							
12:00PM	Pickleball	Open Gym	Pickleball	Pickleball	Pickleball			12PM - 1PM				
1:00PM								1PM - 2PM	1PM - 2PM	Family Only Open Gym		
								Beyond Basics	Pickleball	Beyond Basics	Pickleball	Open Gym
2:00PM	2PM - 4:45PM	2PM - 4:15PM	2PM - 4:45PM	2PM - 4:15PM	2PM - 4:45PM			2PM - 3PM				
3:00PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym			Open Gym	Youth Sports			
4:00PM								4:15PM - 4:45PM	4:15PM - 4:45PM	3PM - 4PM		
		Open Gym		Fit-Tastic Kids				Open Gym	Fit-Tastic Kids	Open Gym	Youth Sports	
5:00PM		4:45PM-8PM		4:45PM-8PM		4:45PM-8PM	4:45PM-8PM	4:45PM-8PM				
6:00PM	Youth Sports	Youth Sports	Youth Sports	Youth Sports	Youth Sports							
7:00PM												
8:00PM												
9:00PM												
	FACILITY CLOSES AT 9PM M-F. 5PM SAT & SUN											

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\*Schedule is subject to change due to events and inclement weather\*