



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## FREEHOLD FAMILY YMCA GYMNASIUM SCHEDULE APRIL 25 - JUNE 19

**KEY:**  
 (F) Full Gym  
 (A) Side A - left side of gym  
 (B) Side B - right side of gym

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<b>FULL OPEN GYM</b>	5:00-11:00am 12:00-6:45pm 7:15-9:00pm	5:00-9:00am 12:30-6:00pm 7:00-9:00pm	5:00-11:00am 12:00-9:00pm	5:00-9:00am 12:30-6:00pm 7:00-9:00pm	5:00-11:00am 12:00-6:00pm	8:00-3:00pm	8:00-3:00pm
<b>HALF (A) OPEN GYM</b>	11:00-12:00pm (A)	9:00-10:30am (A) 6:00-7:00pm (A)	11:00-12:00pm (A)	9:00-10:30am (A)	11:00-12:00pm (A)		
<b>HALF (B) OPEN GYM</b>	6:45-7:15pm (B)			5:15pm-7:15pm (B)			
<b>PICKLEBALL</b>		10:30am-12:30pm (Whole Gym)		10:30am-12:30pm (Whole Gym)			
<b>PROGRAM</b>	Senior Fitness (B) 11:00-12:00pm	Boxing (B) 6:00-7:00pm  Child Care Gym Class (B) 9:00-10:30am	Senior Fitness (B) 11:00-12:00pm	Child Care Gym Time (B) 9:00-10:30am  Basketball Clinic (A) 5:15-7:15pm	Senior Fitness (B) 11:00-12:00pm		