

Richmond Family YMCA - Reid Rehab 2011 Gym Schedule

TIME	MON		TUE		WED		THU		FRI		SAT	SUN
	OPEN 5:30 AM		OPEN 5:30 AM		OPEN 5:30 AM		OPEN 5:30 AM		OPEN 5:30 AM		OPEN 9:00 AM	CLOSED
	North Side	South Side	North Side	South Side	North Side	South Side	North Side	South Side	North Side	South Side	North / South	North / South
5:30 AM												
6:00 AM												
7:00 AM	YMCA OPEN GYM 5:30 - 11:00A	REID REHAB USAGE 5:30 - 11:00 A	YMCA OPEN GYM 5:30 - 11:00A	REID REHAB USAGE 5:30 - 11:00A	YMCA OPEN GYM 5:30 - 11:00A	REID REHAB USAGE 5:30 - 11:00A	YMCA OPEN GYM 5:30 - 11:00A	REID REHAB USAGE 5:30 - 11:00A	YMCA OPEN GYM 5:30 - 10:30A	REID REHAB USAGE 5:30 - 11:00A		
8:00 AM												
9:00 AM												
10:00 AM									Birth-to-Five Playgroup 10:30 - 11:30 AM			
11:00 AM	YMCA OPEN GYM 11:00 - 1:00PM		YMCA Lunch Bunch Basketball 11:00 - 1:00PM		REID REHAB USAGE 11:00 - 1:00 PM		YMCA Lunch Bunch Basketball 11:00 - 1:00PM		YMCA OPEN GYM 11:30 - 1:00PM		YMCA Open Gym 8AM-9:15AM Zumba 9:15 - 10:00AM Open Gym 10AM - 4PM	
12:00 PM												
1:00 PM												
2:00 PM									REID REHAB USAGE 1:00 - 3:00 PM			
3:00 PM	YMCA OPEN GYM 1:00-5:00 PM	REID REHAB USAGE 1:00 - 6:00 PM	YMCA OPEN GYM 1:00 - 5:00 PM	REID REHAB USAGE 1:00 - 5:00 PM	YMCA OPEN GYM 1:00-5:00 PM	REID REHAB USAGE 1:00 - 6:00 PM	YMCA OPEN GYM 1:00 - 6:00 PM	REID REHAB USAGE 1:00 - 6:00 PM				
4:00 PM									YMCA OPEN GYM 3:00 - 6:00 PM			
5:00 PM												
6:00 PM			REID REHAB USAGE Stop Program 5:00 - 7:00 PM									
7:00 PM	YMCA Martial Arts 5:00-8:00 PM Self Protection 6:15 PM Open Gym 8:00 - 9:00 PM		YMCA Adult Basketball 7:00 - 9:00 PM		YMCA Martial Arts 5:00-8:00 PM Open Gym 8:00 - 9:00 PM		YMCA Adult Volleyball League 6:00 - 9:00 PM					
8:00 PM												
9:00 PM												
	CLOSE 9:00 PM		CLOSE 9:00 PM		CLOSE 9:00 PM		CLOSE 9:00 PM		CLOSE 6:00 PM		CLOSE 4:00 PM	CLOSED

Richmond Family YMCA / Reid Rehab Center reserves the right to adjust schedule at any time.
Please refer to www.richmondfamilyymca.org for gym schedule and/or sudden changes to gym schedule