



SPECIALTY TRAINING, BOOT CAMPS & OPEN TRAINING CENTER HOURS

October – December 2021

Jerry Long Family YMCA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					OPEN HOURS FOR MEMBERS 5:00am–9:15am	
	5:30am–6:00am Les Mills GRIT	6:00am–6:30am Les Mills GRIT	5:30am–6:00am Les Mills GRIT	6:00am–6:30am Les Mills GRIT	OPEN HOURS FOR MEMBERS	
	MEMBERS 6:05am–6:50am NEW! AFTERBURN AIR		MEMBERS 6:05am–6:50am NEW! AFTERBURN AIR		OPEN HOURS FOR MEMBERS	
					OPEN HOURS FOR MEMBERS	8:15am–9:15am Boxing for Fitness & Self Defense
	8:00am–9:00am Beginner Boot Camp	8:30am–9:15am NEW! AFTERBURN AIR	8:00am–9:00am Beginner Boot Camp	8:30am–9:15am NEW! AFTERBURN AIR	OPEN HOURS FOR MEMBERS	
	8:30am–9:00am Les Mills GRIT	OPEN HOURS FOR MEMBERS 9:45am–4:30pm	8:30am–9:00am Les Mills GRIT	OPEN HOURS FOR MEMBERS 9:45am–4:30pm	OPEN HOURS FOR MEMBERS	
	9:15am–10:15am Sticking With It Intermediate Boot Camp	OPEN HOURS FOR MEMBERS	9:15am–10:15am Sticking With It Intermediate Boot Camp	OPEN HOURS FOR MEMBERS	9:30am–10:30am OVERDRIVE	9:30am–10:00am Les Mills GRIT
		OPEN HOURS FOR MEMBERS		OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS 10:15am–3:30pm
OPEN HOURS FOR MEMBERS 12:15pm–3:45pm	10:15am–10:45am Les Mills GRIT	OPEN HOURS FOR MEMBERS		OPEN HOURS FOR MEMBERS	10:15am–10:45am Les Mills GRIT OPEN HOURS FOR MEMBERS 11:45am–7:30pm	
	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS 11:45am–5:45pm	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	
		OPEN HOURS FOR MEMBERS		OPEN HOURS FOR MEMBERS		
		5:00pm–5:45pm NEW! AFTERBURN AIR		5:00pm–5:45pm NEW! AFTERBURN AIR	OPEN HOURS FOR MEMBERS	
	5:30pm–6:15pm CROSSTRAIN FOR YOUTH (ages 7–16)		5:30pm–6:15pm CROSSTRAIN FOR YOUTH (ages 7–16)		OPEN HOURS FOR MEMBERS	
		6:00pm–6:45pm CROSSTRAIN FOR YOUTH (ages 7–11) 6:00pm–7:00pm Trim & Tone		6:00pm–6:45pm CROSSTRAIN FOR YOUTH (ages 7–11) 6:00pm–7:00pm Trim & Tone	OPEN HOURS FOR MEMBERS	
	6:45pm–7:15pm Les Mills GRIT	6:30pm–7:30pm Boxing for Fitness & Self Defense	6:45pm–7:15pm Les Mills GRIT	6:30pm–7:30pm Boxing for Fitness & Self Defense	OPEN HOURS FOR MEMBERS	
	OPEN HOURS FOR MEMBERS	7:00pm–8:00pm Changing Lives Boot Camp	OPEN HOURS FOR MEMBERS	7:00pm–8:00pm Changing Lives Boot Camp	OPEN HOURS FOR MEMBERS	
	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	OPEN HOURS FOR MEMBERS	

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

*All other 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)