

# YMCA of Burlington County Mt. Laurel GYM SCHEDULE (Right)

## Summer 2010

While we hope that everyone will abide by the rules, there may be times when members will have to share their gym space.

Please practice our core values of Caring, Honesty, Respect and Responsibility

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:30	Adult Open (5:30a - 7:00a)									
6:00										
6:30										
7:00	Camp		9:00)		(7:00-	Adult Open (7:00a - 9:30a)				
7:30										
8:00										
8:30										
9:00	Camp / Babysitting (9:00a - 10:30a)					ABS- Ed (9:30a - 10:30a)	Open			
9:30										
10:00	Camp / Childcare (10:30a - 12:00p)					Adult Open (10:30a - 4:50p)	Family Bootcamp when necessary			
10:30										
11:00										
11:30										
12:00	Adult Open (12:00p - 2:00p)						Adult Open (10:30a - 4:50p)	Adult Open (12:00p - 4:50p)		
12:30										
1:00										
1:30	Camp		6:00p)		(2:00-	Adult Open (10:30a - 4:50p)			Adult Open (12:00p - 4:50p)	
2:00										
2:30										
3:00										
3:30										
4:00										
4:30	Adult Open 6-7pm									
5:00										
5:30										
6:00	Adult Open 7:00-close	Adult Open	Aikido/Self Defense 7:00pm-8:15pm	Zumba (7:00-8:00) Christina	Adult Open til 7:50p					
7:30										
8:00			Adult Open	Adult Open	Adult Open					
8:30										
9:00										

Gym closes 10 minutes before Y closes



The YMCA of Burlington County is the not-for-profit 501(c)(3) charitable corporation that is building strong kids, families and communities through programs designed to improve an individual's spirit, mind and body.

MT. LAUREL 59 Centerton Rd \* (856) 234-6200 | RIVERFRONT 302 Commerce Sq Blvd Burlington \* (609) 543-6200

# YMCA of Burlington County Mt. Laurel GYM SCHEDULE (Left)

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TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30								
6:00								
6:30								
7:00		<b>Adult Open</b> (5:30a - 9:30a)		<b>Adult Open</b> (5:30a - 9:30a)	<b>Adult Open</b> (5:30a - 9:45a)			
7:30						<b>Family Open</b> (7:00a - 10:00a)		
8:00								
8:30								
9:00								
9:30		<b>Kids in Motion</b> (9:30a - 10:15a)		<b>Kids in Motion</b> (9:30a - 10:15a)	<b>Gym/Swim</b> (9:45am-10:30a)			
10:00	<b>Adult Open</b> (5:30a - 4:00p)		<b>Adult Open</b> (5:30a - 4:00p)	<b>Shake, Rattle &amp; Roll</b> (10:30a - 11:15a)				
10:30						<b>Super Sports</b> ( 10:00a-11:00a)		
11:00								
11:30								
12:00								
12:30								
1:00					<b>Adult Open</b> (10:30a - 3:30p)		<b>Family Open</b> (10:00a - 4:50p)	
1:30								
2:00				<b>Adult Open</b> (11:15a - 5:00p)				
2:30		<b>Adult Open</b> (10:30a - 8:00p)				<b>Family Open</b> (11:00a - 5:50p)		
3:00								
3:30								
4:00	<b>Family Open</b> (4:00p - 9:50p)		<b>Preschool Soccer</b> (4:00p - 4:45p)					
4:30								
5:00				<b>T-Ball</b> (4:45-5:30p)	<b>Soccer</b> (5:00p - 5:45p)	<b>Family Open</b> (4:00p - 6:00p)		
5:30								
6:00					<b>Recess</b> (6:00-6:45p)			
6:30					<b>Family Fun Night</b> (6:00p - 7:50p)			
7:00			<b>Family Open</b> (5:30p - 9:50p)	<b>Zumba -Christina</b> (7:00p - 8:00p)				
7:30								
8:00								
8:30		<b>Adult Open</b> (8:00p - 10:00p)		<b>Adult Open</b> (8:00p - 10:00p)				
9:00								

**Gym closes 10 minutes before Y closes**



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