



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

April Gym Schedule

King George Family YMCA

April 1st - April 30th

10545 Kings Highway
King George, VA 22485
540-775-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am		TRX/Bootcamp Gymnasium (Court 2) 5:45am - 6:30am					
6am					Reserved Gymnasium (Court 2) 6am - 7am		
8am		Pickle Ball Gymnasium (Court 2) 8:30am - 10:30am	Gym Walking Gymnasium (Court 2) 8:30am - 8:55am	Pickle Ball Gymnasium (Court 2) 8:30am - 10:30am		Body Rock Bootcamp Gymnasium (Court 2) 8:05am - 9am	
9am	Kids Gym Gymnasium (Court 1) 9am - 12:30pm	Kids Gym Gymnasium (Court 1) 9am - 12:30pm	Kids Gym Gymnasium (Court 1) 9am - 12:30pm	Kids Gym Gymnasium (Court 1) 9am - 12:30pm	Kids Gym Gymnasium (Court 1) 9am - 12:30pm	Zumba Gymnasium (Court 2) 9:05am - 10am	
	Body Rock Bootcamp Gymnasium (Court 2) 9:05am - 10am		Body Rock Bootcamp Gymnasium (Court 2) 9:05am - 10am		Hooverball Gymnasium (Court 2) 9:15am - 10:15am		
10am	Zumba Gymnasium (Court 2) 10:15am - 11:15am		R.E.D. Warrior Gymnasium (Court 2) 10:15am - 11:15am	Adapted PE Gymnasium (Court 2) 10:30am - 11:30am	Zumba Gymnasium (Court 2) 10:15am - 11:15am		
11am		Gymnastics Gymnasium (Court 2) 11:30am - 2pm		Fun Fitness Gymnasium (Court 2) 11am - 1pm	Fun Fitness Gymnasium (Court 2) 11am - 1pm		
12pm	Homeschool PE Gymnasium (Court 1) 12:30pm - 2pm			Homeschool PE Gymnasium (Court 1) 12:30pm - 2pm			
	Homeschool PE Gymnasium (Court 1) 12:30pm - 2pm			Homeschool PE Gymnasium (Court 1) 12:30pm - 2pm			
1pm							Basketball - open court Gymnasium (Court 1) 1pm - 3pm
							Pickleball Gymnasium (Court 2) 1pm - 3pm
3pm							Pick-Up Basketball Gymnasium (Court 1) 3pm - 5pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	MON	TUE	WED	THU	FRI	SAT	SUN
4pm	Fun Club Gymnasium (Court 2) 4pm - 5:30pm	Fun Club Gymnasium (Court 2) 4pm - 5:30pm	Fun Club Gymnasium (Court 2) 4pm - 5:30pm	Fun Club Gymnasium (Court 2) 4pm - 5:30pm	Fun Club Gymnasium (Court 2) 4pm - 5:30pm		
5pm	TRX/Bootcamp Gymnasium (Court 2) 5:45pm - 6:45pm	Kids Club Gymnasium (Court 2) 5:30pm - 7pm	Body Rock Bootcamp Gymnasium (Court 2) 5:45pm - 6:40pm	Basketball - open court Gymnasium (Court 1) 5:30pm - 8:30pm			
		Basketball - open court Gymnasium (Court 1) 5:30pm - 8:30pm		Kids Club Gymnasium (Court 2) 5:30pm - 8pm			
6pm					Pickle Ball Gymnasium (Court 2) 6pm - 7pm		
7pm	Mixed Fit Gymnasium (Court 2) 7pm - 8pm	Zumba Gymnasium (Court 2) 7pm - 8pm					
8pm	Reserved Gymnasium (Court 2) 8pm - 10pm		Reserved Gymnasium (Court 2) 8pm - 10pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.