



Gym Schedule

Somerset Hills YMCA-Mt. Airy

Created: 10/17/2017

Scheduled Closures:

The Gym will be closed from **3:30pm to 5:30pm** on the following dates for our Saturdays in Motion program:

October 7 & 28
November 11 & 25
December 2 & 23
January 6 & 27
February 10 & 24
March 17 & 24 & 31

Schedule is subject to change.

For more information about the gym schedule or sports activities, please contact Bryan Elsasser, Sports Director via [webmail](mailto:bryan@shymca.org) or at [908.766.7898 x501](tel:9087667898).

KEY:

MONDAY	CLASS	INSTRUCTOR	LOCATION
5:00 AM-8:30 AM	Open Gym		Gym (Full)
6:15 PM-8:00 PM	Open Gym		Gym (Full)
8:00 PM-10:00 PM	Adult Basketball		Gym (Full)
TUESDAY	CLASS	INSTRUCTOR	LOCATION
5:00 AM-9:00 AM	Open Gym		Gym (Full)
8:15 PM-10:00 PM	Open Gym		Dance Studio
WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
5:00 AM-8:30 AM	Open Gym		Gym (Full)
7:00 PM-7:45 PM	Open Gym		Gym (Full)
7:45 PM-10:00 PM	Adult Basketball		Gym (Full)
THURSDAY	CLASS	INSTRUCTOR	LOCATION
5:00 AM-8:30 AM	Open Gym		Gym (Full)
8:15 PM-10:00 PM	Open Gym		Gym (Full)
FRIDAY	CLASS	INSTRUCTOR	LOCATION
5:00 AM-8:30 AM	Open Gym		Gym (Full)
5:00 PM-6:30 PM	Open Gym		Gym (Half)
6:30 PM-8:30 PM	Open Gym		Gym (Half)
6:30 PM-8:30 PM	Climbing Wall		Gym (Half)
8:30 PM-10:00 PM	Open Gym		Gym (Full)
SATURDAY	CLASS	INSTRUCTOR	LOCATION
6:00 AM-10:00 AM	Adult Basketball		Gym (Full)
2:00 PM-8:00 PM	Open Gym		Gym (Full)
SUNDAY	CLASS	INSTRUCTOR	LOCATION
7:00 AM-10:00 AM	Adult Basketball		Gym (Full)
12:30 PM-6:00 PM	Open Gym		Gym (Full)

CLASS DESCRIPTIONS

ADULT BASKETBALL

CLIMBING WALL

OPEN GYM