



# FIVE POINTS BRANCH GYMNASIUM SCHEDULE

REGISTRATION NOT REQUIRED UNLESS INDICATED | [TGfYMCA.ORG](http://TGfYMCA.ORG) | THE GATEWAY FAMILY YMCA  
 YMCA GROUP EXERCISE CLASS ENTRY IS FIRST COME, FIRST SERVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FIVE POINTS BRANCH</b> 201 Tucker Avenue, Union					
<b>ACTIVE OLDER ADULTS</b> 9:00-10:00am   Linda  <b>ACTIVE OLDER ADULTS</b> 10:15-11:15am   Linda  <b>ENHANCE FITNESS</b> 10:15-11:15am   Linda  <b>CHILD CARE</b> 11:15am-12:15pm  <b>Open Gym</b> 1pm-3pm  <b>CHILD CARE</b> 3pm-5pm  <b>ZUMBA</b> 6:30-7:15pm   Kim	<b>ACTION AGAINST ARTHRITIS</b> 8:00-9:00am   Linda 9:15-10:15am   Linda  <b>TAI CHI</b> 10:30-11:30am   Linda  <b>CHILD CARE</b> 11:30am-12:15pm  <b>Open Gym</b> 1pm-3pm  <b>CHILD CARE</b> 3pm-5pm  <b>YOGA</b> 5:15-6:15pm   Lisa  <b>Tae Kwon Do</b> (ages 5-12 yellow stripe and above) 6:30pm-7:15pm   George  <b>Tae Kwon Do Beginner</b> (Age 5+) 7:30pm-8:15pm   George	<b>ACTIVE OLDER ADULTS</b> 9:00-10:00am   Linda  <b>ACTIVE OLDER ADULTS</b> 10:15-11:15am   Linda  <b>ENHANCE FITNESS</b> 10:15-11:15am   Linda  <b>CHILD CARE</b> 11:30am-12:15pm  <b>Open Gym</b> 1pm-3pm  <b>CHILD CARE</b> 3pm-5:30pm  <b>Tae Kwon Do</b> (Age 5_ white, blue and red stripe belts) 5:45pm-6:30pm  <b>Tae Kwon Do</b> (Age 5-12 Yellow stripe and above) 6:30pm-7:15pm   George  <b>Tae Kwon Do</b> (Age 12+) 7:30pm-8:15pm   George	<b>ACTION AGAINST ARTHRITIS</b> 8:00-9:00am   Linda 9:15-10:15am   Linda  <b>TAI CHI</b> 10:30-11:30am   Linda  <b>CHILD CARE</b> 11:30am-12:15pm  <b>Open Gym</b> 1pm-3pm  <b>CHILD CARE</b> 3pm-5pm  <b>Teen Skills and Drills Basketball Class</b> 5pm-6pm  <b>ZUMBA</b> 6:30-7:15pm   Kimberly	<b>ZUMBA GOLD</b> 9:15-10:00am   Joanna  <b>ENHANCE FITNESS</b> 10:15-11:15am   Linda  <b>CHILD CARE</b> 11:15am-12:15pm  <b>Open Gym/ Basketball</b> 2:30pm-4:30pm  <b>Child Care</b> 4:30-6pm  <b>ZUMBA</b> 6:30-7:15pm   Briana	<b>ZUMBA</b> 8:00-8:45am   Briana  <b>Pee Wee Basketball</b> (Age 5-7) 9am-9:45pm  <b>Youth Basketball</b> (Age 8-12) 10am-10:45am  <b>Youth Soccer</b> (Age 8-12) 11am-11:45am  <b>Pee Wee Soccer</b> (Age 5-7) 12pm-12:45pm  <b>Gymnastics</b> (Age 4-5) 1pm-2pm  <b>Gymnastics</b> (6-12) 2pm-3pm

Please Note: Classes taught by Linda will begin on September 7th.

VIRTUAL PROGRAMS AND ON-DEMAND VIRTUAL Y ALSO AVAILABLE

\*Online Registration Required

Register at [www.tgfymca.org](http://www.tgfymca.org) |

SEPTEMBER 2021