



FIVE POINTS BRANCH GYMNASIUM SCHEDULE

REGISTRATION NOT REQUIRED UNLESS INDICATED | TGfYMCA.ORG | THE GATEWAY FAMILY YMCA
 YMCA GROUP EXERCISE CLASS ENTRY IS FIRST COME, FIRST SERVE

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

VIRTUAL PROGRAMS AND ON-DEMAND VIRTUAL Y ALSO AVAILABLE

*Online Registration Required

Register at www.tgfymca.org |

OCTOBER 2021