



ARMSTRONG COUNTY YMCA BUILDING SCHEDULE GYMNASIUM

August 23 to October 31



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cardio Mix 9:00am - 10:00am		Cardio Mix 9:00am - 10:00am		Cardio Mix 9:00am - 10:00am	
Y-Tots 10:30am - 11:00am	Y-Tots 10:30am - 11:00am	Y-Tots 10:30am - 11:00am	Y-Tots 10:30am - 11:00am	Preschool 10:30am - 11:30am	
Noon Basketball 12:00pm - 1:30pm	Noon Basketball 12:00pm - 1:30pm	Noon Basketball 12:00pm - 1:30pm	Noon Basketball 12:00pm - 1:30pm	Noon Basketball 12:00pm - 1:30pm	
Latin Jam 6:00pm - 7:00pm		Latin Jam 6:00pm - 7:00pm			
BODYCOMBAT 7:00pm - 8:00pm		BODYCOMBAT 7:00pm - 8:00pm	Adult Pick-Up Basketball 7:00pm - 8:30pm		

