



# ARMSTRONG COUNTY YMCA BUILDING SCHEDULE GYMNASIUM



**January 1 to February 27**

| MONDAY                                | TUESDAY                                | WEDNESDAY                             | THURSDAY                                    | FRIDAY                              | SATURDAY                                 |
|---------------------------------------|--|---------------------------------------|---|-------------------------------------|--|
| Cardio Mix<br>8:30am - 9:30am         | Cardio Mix<br>8:30am - 9:30am          | Cardio Mix<br>8:30am - 9:30am         | Cardio Mix<br>8:30am - 9:30am               | Cardio Mix<br>8:30am - 9:30am       |  |
| Intro to Exercise<br>9:30am - 10:15am |  | Intro to Exercise<br>9:30am - 10:15am |   |                                     |  |
| Y-Tots<br>10:30am - 11:00am           | Y-Tots<br>10:30am - 11:00am            | Y-Tots<br>10:30am - 11:00am           | Y-Tots<br>10:30am - 11:00am                 |                                     |  |
|                                       |  |                                       |   |                                     |  |
| Noon Basketball<br>12:00pm - 1:30pm   | Noon Basketball<br>12:00pm - 1:30pm    | Noon Basketball<br>12:00pm - 1:30pm   | Noon Basketball<br>12:00pm - 1:30pm         | Noon Basketball<br>12:00pm - 1:30pm |  |
| Y-Tots<br>2:00pm - 2:30pm             |  | Y-Tots<br>2:00pm - 2:30pm             |   |                                     |  |
|                                       |  |                                       |   |                                     |  |
| Youth Deck Hockey<br>6:00pm - 8:00pm  | Latin Jam      6:00pm<br>- 7:00pm      | Youth Deck Hockey<br>6:00pm - 8:00pm  | Latin Jam      6:00pm<br>- 7:00pm           |                                     |  |
|                                       | 7:00pm - 7:30pm<br>Total Body Strength |                                       | Adult Pick-Up Basketball<br>7:00pm - 8:30pm |                                     |  |
|                                       |  |                                       |   |                                     |  |
|                                       |  |                                       |   |                                     | Available for Rentals<br>4:00pm - 6:00pm |