



SUMTER FAMILY YMCA LOWER GYM

December 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday & Wednesday			Tuesday & Thursday			Friday			Saturday			Sunday		
Red	Yellow	Green	Red	Yellow	Green	Red	Yellow	Green	Red	Yellow	Green	Red	Yellow	Green
4:00 am - 9:15 am Open Gym			4:00 am - 8:15 am Open Gym			4:00 am - 9:15 am Open Gym			6:30 am - 9:00 am Open Gym					
9:15 am - 10:00 am Functionoal Fitness			8:15 am - 9:15 am Solida Core Stability			9:15 am - 10:00 am Fat Burn Challenge			9:00 am - 2:00 pm Basketball Games					
10:00 am - 3:30 am Open Gym			9:30 am - 3:30 am Open Gym			10:00 am - 3:30 am Open Gym			2:00 pm - 5:00 pm Open Gym			1:00 pm - 5:00 pm Open Gym		
3:30 pm - 5:30 pm After School			3:30 pm - 5:30 pm After School			3:30 pm - 5:30 pm After School								
5:30 pm - 9:00 pm Basketball Practice			5:30 pm - 9:00 pm Basketball Practice			5:30 pm - 8:00 pm Basketball Games								

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.