



# SUMTER FAMILY YMCA LOWER GYM

## March 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 Gym Open			4:00 am - 8:15 am Gym Open			4:00 am - 9:15 am Gym Open			6:30 am - 5:00 pm Open Gym					
9:30 am - 10:30 am Functional Fitness			8:30 am - 9:30 am Solid Core Stability			9:30 am - 10:00 am Functional Fitness								
10:30 am - 3:30 am Open Gym			9:45 am - 3:30 am Open Gym			10:00 am - 3:30 am 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 Open Gym			5:30 pm - 9:00 pm Open Gym			5:30 pm - 9:00 pm Open Gym								

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