



SUMTER FAMILY YMCA UPPER GYM

December 2020

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Functional Fitness 5:45 am - 6:30 am	Functional Fitness 5:45 am - 6:30 am	Open		
Cycle Class (only Monday) 8:15 am - 9:15 am	Cycle Class 8:15 am - 9:15 am		Open	
Functional Fitness 9:30 am - 10:15 am	Open Shootaround 11:00 am - 1:00 pm	Functional Fitness 9:30 am - 10:15 am	Open Shootaround 11:00 am - 1:00 pm	
Open Shootaround 11:00 am - 1:00 pm		Open Shootaround 11:00 am - 1:00 pm		
Virtual Learning Academy 1:00 pm - 2:00 pm	Pickle Ball 1:00 pm - 3:00 pm	Virtual Learning Academy 1:00 pm - 2:00 pm		
Open Shootaround 2:30 pm - 5:00 pm	Open	Open Shootaround 2:30 pm - 5:00 pm		
Cycle Class 5:30 pm - 6:30 pm	HIIT Target 5:30 pm - 6:30 pm	Boot Camp 5:30 pm - 6:30 pm		
Boot Camp 6:30 pm - 7:30 pm	Boot Camp (Only Tuesday) 6:30 pm - 7:30 pm	Open		

Times are subject to change based on program/class needs.
General use of the area is permitted during down times.

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