



SUMTER FAMILY YMCA UPPER GYM

January 2021

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Functional Fitness 5:45 am - 6:30 am	Functional Fitness 5:45 am - 6:30 am	Functional Fitness 5:45 am - 6:30 am	Functional Fitness 5:45 am - 6:30 am			
Open 6:30 am - 1:00 pm	Open 6:30 am - 1:00 pm	Open 6:30 am - 1:00 pm	Open 6:30 am - 1:00 pm	Open 4:00 am - 1:00 pm	Open	
Youth Department 1:00 pm - 2:00 pm	Pickle Ball 1:00 pm - 3:00 pm	Youth Department 1:00 pm - 2:00 pm	Pickle Ball 1:00 pm - 3:00 pm	Youth Department 1:00 pm - 2:00 pm		Open
Open 2:00pm - 6:30pm	Open 2:00pm - 6:30pm	Open 2:00 pm - 8:00 pm	Open 2:00 pm - 8:00 pm	Open 2:00 pm - 8:00 pm		
Boot Camp 6:15 pm - 7:45 pm	Boot Camp 6:15 pm - 7:45 pm					

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

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