



SUMTER FAMILY YMCA LOWER GYM

JUNE 2022

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Functional Fitness 5:45 - 6:30 am	Open Gym 5:30 - 9:15 am	Open Gym 5:30 - 9:15 am	Open Gym 6:30 am - 4:45 pm	
Open Gym 6:30 - 9:00 am				
Functional Fitness 9:15 - 10:00 am	Functional Fitness 9:15 - 10:00 am	Functional Fitness 9:15 - 10:00 am		
Open Gym 10:00 am - 6:15 pm	Open Gym 10:00 am - 8:45 pm	Open Gym 10:00 am - 7:45 pm		
Boot Camp 6:15 - 7:15 pm (3/4 court)				Open Gym 1:00 - 4:45 pm
Open Gym 7:30 - 8:45 pm				

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