

2005 FALL SESSION

September 13th to November 6th

GREENKNOLL GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open	Open	Open	Open	Open	Open	Aerobics
5:30-6:20	5:30-9:05	5:30-6:20	5:30-9:05	5:30-7:35	6:30-7:50	8:00-9:30
Aerobics	Aerobics/ Program	Aerobics/ Program	Aerobics/ Program	Aerobics	Aerobics	Adult Basketball
6:20-11:30	9:05-12:00	6:20-12:00	9:05-11:30	7:35-11:00	7:50-9:15	9:30-12:00
Open	Open	Open	Open	Open	Program	Open
11:30-4:20	12:00-3:15	12:00-3:15	11:30-3:15	11:00-5:20	9:15-12:15	12:00-8:00
Open/ Program	Open/ Program	Open/ Program	Open/ Program	Aerobics/ Program	Open/ Program	
4:20-5:20	3:15-5:30	3:15-5:20	3:15-5:15	5:20-7:45	12:15-2:30	
Aerobics/ Program	Open	Aerobics/ Program	Open	Open	Open	
5:20-7:45	5:30-6:35	5:20-7:45	5:15-6:35	7:45-10:00	2:30-8:30	
Open	Aerobics	Open	Aerobics			
7:45-10:00	6:35-7:55	7:45-10:00	6:35-7:55			
	Open		Open			
	7:55-10:00		7:55-10:00			

NOTES:

**Please change your sneakers before entering the gym.
No food or drink allowed in gym. Water only.**

**Regional YMCA of Western Connecticut
Greenknoll Branch
(203) 775-4444**