



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BROADVIEW GYM

NORTH GYM WINTER 2012

January 2 – February 19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-5:30 Open	5:00-5:45 Open	5:00-5:30 Open	5:00-5:45 Open	5:00-5:30 Open	Open at 6am	
5:30-6:30 <i>Fit For Life</i>	5:45-6:30 Body Fit	5:30-6:30 <i>Fit For Life</i>	5:45-6:30 Body Fit	5:30-6:30 <i>Fit For Life</i>	6:00-6:30 Open	
7:00-8:00 <i>Cardio Sculpt</i>	6:45-7:30 <i>Cycling</i>	7:05-7:50 <i>Core Conditioning</i>	6:45-7:30 <i>Cycling</i>	7:05-7:45 <i>Cycling</i>	6:30-7:15 Body Fit	
8:15-9:00 <i>Silver Sneakers MSROM</i>	7:30-8:00 Open	8:15-9:00 <i>Silver Sneakers MSROM</i>	7:30-8:00 Open	8:00-9:00 <i>Cardio Sculpt</i>	7:30-8:30 <i>Fit For Life</i>	Open at 9am
9:15-10:15 <i>Cardio Sculpt</i>	8:00-9:00 <i>Kickboxing</i>	9:15-10:15 <i>Cardio Sculpt</i>	8:00-9:00 <i>Kickboxing</i>	9:15-10:15 <i>Cardio Sculpt</i>	8:35-9:35 <i>Cardio Sculpt</i>	9:00-9:15 Open
10:20-11:05 Body Fit	9:15-10:00 TRX	10:20-11:05 Body Fit	9:10-9:55 <i>Cycling</i>	10:20-11:05 Body Fit	9:45-6:00 Open	9:15-10:00 <i>Cycling</i>
11:15-12:00 TRX	10:30-11:15 Kettlebells	11:15-12:00 Open	10:10-11:15 Open	12:10-12:55 <i>Cardio Sculpt</i>		10:00-4:00 Open
12:10-12:55 <i>Cardio Sculpt</i>	11:15-1:15 Adult 19+ Full Court BB	12:10-12:55 <i>Cardio Sculpt</i>	11:15-2:15 Adult 19+ Full Court BB	1:00-2:00 Adult 19+ Full Court BB		
1:00-2:00 Adult 19+ Full Court BB	1:15-2:15 West DePere School	1:00-2:00 Adult 19+ Full Court BB				
2:00-4:15 Open	2:15-4:15 Open	2:00-4:15 Open	2:15-4:15 Open	2:00-4:30 Open		Closed at 4pm
	4:30-5:15 <i>Core Conditioning</i>		4:30-5:15 TRX	4:30-5:15 <i>Zumba</i>		
4:30-5:15 <i>Kickboxing</i>	5:30-6:15 Body Fit	4:30-5:15 <i>Kickboxing</i>	5:30-6:15 Body Fit	5:30-6:30 <i>Cardio Sculpt</i>		
5:30-6:30 <i>Fit For Life</i>	6:30-7:15 <i>Cycling</i>	5:30-6:30 <i>Fit For Life</i>	6:30-7:15 <i>Cycling</i>	6:30-7:00 Open	6:00-8:00 Family Night	
6:30-7:30 <i>Piloxing</i>	7:30-8:15 <i>Zumba</i>	6:30-7:30 <i>Piloxing</i>	7:30-8:15 <i>Zumba</i>	7:00-10:00 Y-Night		
7:35-8:20 <i>Core Conditioning</i>	8:30-10:00 Open	7:30-10:00 Open	8:30-10:00 Open		Closed at 8pm	
8:30 – 10:00 Full Court BBall						

(Revised 1/23/12)

Greater Green Bay YMCA – Broadview Center
380 Broadview Dr, Green Bay, WI 54301
P 920 436 9622 F 920 336 4695 www.greenbayymca.org

“Membership for All” helps to ensure that everyone belongs at the YMCA, regardless of income level. For more information, call us at (920) 436-9622.



FOR YOUTH DEVELOPMENT
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BROADVIEW GYM (CONTINUED)

SOUTH GYM WINTER 2012

January 2 – February 19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00-5:30 Open	5:00-9:00 Open	5:00-5:30 Open	5:00-10:15 Open	5:00-5:30 Open	Open at 6am	Open at 9am	
5:30-6:30 <i>Fit For Life</i>		5:30-6:30 <i>Fit For Life</i>		5:30-6:30 <i>Fit For Life</i>	6:00-7:30 Open		
6:30-11:15 Open		6:50-9:15 Open		6:30-11:30 Open	7:30-8:30 <i>Fit For Life</i>		8:45-12:30 Youth Sports
		9:00-10:15 Preschool		9:15-10:15 <i>Cardio Sculpt</i>	10:15-11:30 Rainbow Rompers		
11:15-2:00 Adult 19+ Full Court BB	11:30-2:00 Adult 19+ Full Court BB	11:30-2:00 Adult 19+ Full Court BB	11:30-2:00 Adult 19+ Full Court BB	11:30-2:00 Adult 19+ Full Court BB	12:30-8:00 Open	Closed at 4pm	
2:00-5:30 Open	2:00-3:30 Open	2:00-4:30 Open	2:00-3:30 Open	2:00-4:30 Open			
	3:30 – 4:45 <i>Power Zone</i>	4:30-5:15 <i>Kickboxing</i>	3:30 – 4:45 <i>Power Zone</i>	4:30-5:15 <i>Zumba</i>			
5:30-6:30 <i>Fit For Life</i>	4:45 – 10:00 Open	5:30-6:30 <i>Fit For Life</i>	4:45 – 7:40 Open	5:30-6:30 <i>Cardio Sculpt</i>	Closed at 8pm		
6:30-8:00 17 & Younger		6:30-10:00 Open		6:30-7:00 Open			
8:00-10:00 Open				7:40-10:00 Wheel Chair B-ball		7:00-10:00 Y-Night	

Gym Usage Guidelines: Membership Cards or Photo ID are Required to use all YMCA Facilities.

Supervision of Children: Children 13 and younger are welcome in the facilities weekdays before 1:30pm with direct adult supervision. Children age 8 and older may use the facility independently weekdays after 1:30pm and anytime on the weekends. Consult the gym and pool schedules for appropriate activities and times.

Basketball: "Full Court" games are to be played during designated times only.

Open Gym: Ages 7 and under must be directly accompanied by an adult in the gym.

Track: For you and your child's protection, please NO STROLLERS on the track. Ages 7 and under must be accompanied by an adult.

Lifestyle Center & Free Weight Room: Ages 14 and up may use anytime. Ages 11-13 may use after 1:30pm independently after completion of Youth Lifestyle Orientation and have a card as proof. Before 1:30pm they must be accompanied by an adult.

Fitness Classes: Ages 14+ may attend any class. Free classes are italicized.

Racquetball: Protective eyewear highly recommended. Ages 7 & under must be accompanied by an adult. Ages 8+ may use anytime. Please sign up at the front desk for a court time.

Informed Consent for Program Participation: All forms of physical activity involve a risk of injury. By voluntary participation in YMCA programs and activities, you assume and accept any and all risk of injury related to that activity.