



# March Gym Schedule Hendersonville Family YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Open Gym</b> 5:30-8:00a	<b>Open Gym</b> 5:30-8:30a	<b>Open Gym</b> 5:30-6:00a	<b>Open Gym</b> 5:30-8:30a	<b>Open Gym</b> 5:30-6:00a	<b>Open Gym</b> 7:00-10:00a
	<b>TRX/Core</b> 8:00-8:45a	<b>WOD</b> 8:30-9:30a	<b>Daily Grind</b> 6:00-7:00a	<b>WOD</b> 8:30-9:30a	<b>Daily Grind</b> 6:00-7:00a	<b>WOD</b> 10:00-11:00a
	<b>Yoga</b> 9:00-10:00a	<b>Special Pops</b> 10:30a-12:00p	<b>Open Gym</b> 7:00-9:00a	<b>Stretch &amp; Flex</b> 9:30-9:50a	<b>Open Gym</b> 7:00-8:00a	<b>Open Gym</b> 11:00a-6:00p
<b>Open Gym</b> 11:00a-6:00p	<b>Open Gym</b> 10:00a-1:00p		<b>Yoga</b> 9:00-10:00a	<b>Open Gym</b> 10:00a-9:00p	<b>TRX</b> 8:00-8:45a	
	<b>TRX Workshop (3/18)</b> 11:00a-12:00p		<b>TRX Workshop (3/20)</b> 11:00a-12:00p		<b>Open Gym</b> 8:45-9:45a	
	<b>Pickleball</b> 1:00-3:00p		<b>TRX/Core</b> 10:15-11:00a		<b>Box n' HITT</b> 9:45-10:30a	
	<b>Open Gym</b> 3:00-5:00p	<b>Pickleball</b> 1:00-3:00p	<b>Open Gym</b> 11:00a-12:15p			
	<b>Adult Pick-Up Basketball</b> (16 years and up) 5:00-7:00p	<b>Open Gym</b> 12:00-9:00p	<b>Open Gym</b> 3:00-5:00p		<b>Pickleball</b> 1:00-3:00p	
	<b>Adult Futsal Soccer</b> (16 years and up) 7:30-9:00p		<b>Adult Pick-Up Basketball</b> (16 years and up) 5:00-7:00p		<b>Open Gym</b> 3:00-8:00p	
			<b>Open Gym</b> 7:00-9:00p			

## AGE GUIDELINES:

Ages 9 and under: Must be under direct supervision.

10-12 years: Must have a guardian in the building

13-15 years: May be in the building without supervision, after completing an orientation.

**OPEN GYM:** Basketballs are available for check-out during OPEN GYM and FULL COURT PICK-UP at the front desk.

**GROUP EXERCISE:** Instructors may begin setting up for classes 15 minutes prior to starting. Please share the gym during this time.

**PARENTS NIGHT OUT:** Will be held in the gym on the first and third Friday of each month from 7:00-9:00pm.

**PLEASE REMEMBER THAT OUR GYM ARE SHARED BY PROGRAMS. CLASSES, FAMILIES AND ALL OUR MEMBERS.  
THE GYM SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE DUE TO WEATHER AND/OR SPECIAL EVENTS.**

### FACILITY HOURS:

Monday-Thursday 5:30am - 9pm  
Friday 5:30am - 8pm  
Saturday 7am - 6pm  
Sunday 11am - 6pm

### YOUTH DEVELOPMENT CENTER HOURS:

Monday-Thursday 8am - 1pm & 4 - 8pm  
Friday 8am - 1pm  
Saturday 8am - 1pm  
Sunday 1 - 4pm

### KIDZONE HOURS:

Monday-Thursday 8am - 1pm & 4 - 8pm  
Friday 8am - 1pm  
Saturday 8am - 1pm