



Gymnasium Schedule

Gymnasium @ Naik Family Branch YMCA

July 5th - August 20th

1 Harry Austin Drive
Mystic, CT 06355
(860) 536-3575

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Gym N/A . 5am - 6:30am	Open Gym N/A . 5am - 8am	Open Gym N/A . 5am - 6:30am	Open Gym N/A . 5am - 8am	Open Gym N/A . 5am - 6:30am		
6am	Pickleball N/A . 6:30am - 8am		Pickleball N/A . 6:30am - 8am		Pickleball N/A . 6:30am - 8am	Open Gym N/A . 6am - 10am	Open Gym N/A . 6am - 5pm
	Open Gym N/A . 6:30am - 8am		Open Gym N/A . 6:30am - 8am		Open Gym N/A . 6:30am - 8am		
8am	Senior Wellness Marion D 8:15am - 9am	Total Body Conditioning Stacey O 8:15am - 9am	Senior Wellness Marion D 8:15am - 9am	Total Body Conditioning Anna G 8:15am - 9am	Senior Wellness Yvonne B 8:15am - 9am		
9am	Open Gym N/A . 9am - 11:30am	Open Gym N/A . 9am - 1:30pm	Camp Cove N/A . 9am - 2:30pm	Open Gym N/A . 9am - 11:30am	Zumba Yvonne B 9:15am - 10:15am		
		Camp Cove N/A . 9am - 1:30pm	Open Gym N/A . 9am - 2:30pm				
10am	race4chase Yolla E 10am - 11am	race4chase Yolla E 10am - 11am	race4chase Yolla E 10am - 11am	race4chase Yolla E 10am - 11am	race4chase Yolla E 10:30am - 11am	Zumba Josh . 10am - 11am	
11am	Open Gym N/A . 11:30am - 12:30pm			Open Gym N/A . 11:30am - 12:30pm	Open Gym N/A . 11:30am - 12:30pm	Open Gym N/A . 11am - 5pm	
	Camp Cove N/A . 11:30am - 12:30pm			Camp Cove N/A . 11:30am - 12:30pm	Camp Cove N/A . 11:30am - 12:30pm		
12pm	Open Gym N/A . 12:30pm - 8pm			Open Gym N/A . 12:30pm - 8pm	Open Gym N/A . 12:30pm - 8pm		
1pm		Open Gym N/A . 1:30pm - 4:30pm					
2pm			Open Gym N/A . 2:30pm - 5:30pm				
4pm		Boot Camp Billi-Jean K 4:30pm - 5:30pm					
5pm		Open Gym N/A . 5:30pm - 8pm	Zumba Kelly D 5:30pm - 6:30pm				
6pm			Open Gym N/A . 6:30pm - 8pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.