



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUNCTIONAL FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30A – 6:00A OPEN	5:45A CIRCUIT	5:30A – 7:25A OPEN	5:45A CIRCUIT	5:30A – 10:35A OPEN	7:00A–8:50A Open	1:00P – 5:00P OPEN
6:00A BOOT CAMP	6:45A – 7:35A OPEN		6:30A – 7:30A WOW		9:00A BOOT CAMP	
6:30A – 7:30A WOW	7:45A ULT WORKOUT		7:45A ULT WORKOUT			
7:30A PILATES	8:45A – 12:45P OPEN	7:30A PILATES	8:45A – 12:45P OPEN		10:00A–5:00P OPEN	
8:30A – 10:35A OPEN		8:30A – 10:35A OPEN				
10:45A CIRCUIT	1:00P FULL BODY BLAST (Starting Sept.15th)	10:45A CIRCUIT	1:00P FULL BODY BLAST (Starting Sept.15th)	10:45A CIRCUIT		
11:30A – 5:30P OPEN	2:00P – 8:00P OPEN	11:30A – 5:30P OPEN	2:00P – 6:30P OPEN	11:30A – 8:00P OPEN		ASK US ABOUT FITNESS ORIENTATIONS
5:30P H.I.I.T.		5:30P H.I.I.T.				
6:30P – 7:30P WOW		6:30P KETTLE CIRCUIT			6:30P – 7:30P WOW	
7:30P – 8:00P OPEN		7:30P – 8:00P OPEN	7:30P – 8:00P OPEN			
IMPORTANT DATES, RESERVATIONS, OR CLOSURES: ROOM IS CLOSED DURING CLASSES OR PROGRAMS HOURS AND AVAILABILITY SUBJECT TO CHANGE					CHILD WATCH HOURS Monday – Friday 8:30AM – 12:00PM Monday – Thurs 4:00PM – 7:30PM Members may utilize Child Watch up to 2 hours per day *Hours subject to change*	OUR MISSION To put Christian principles into practice through programs that build healthy spirit, mind, and body FOR ALL



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FUNCTIONAL FITNESS **RULES & ETIQUETTE**

Age Use Guidelines:

Must be 16 years of age to use the Functional Fitness Center and to participate in classes.

Youth between the ages of 12-15 may workout in this area and participate in classes with direct adult supervision.

Proper workout attire required at all times (shirt, shorts/pants, close-toed shoes, etc.).

No food allowed; water and sports drinks are permitted.

No cellphone use in this area, be courteous and respectful to others while using the Functional Fitness Center.

Profanity, inappropriate language, and dangerous behaviors will not be tolerated.

No personal speakers allowed.

Outside personal trainers are not permitted to train clients within the Y. The Y has personal trainers available. Please see Member Services for more information.

No loitering, lounging, or horseplay is allowed. Members must be actively training when using the Functional Fitness Center.

Please be courteous to other members and staff by cleaning up after your workout.

Immediately notify staff of any emergencies or faulty equipment.