



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# FUNCTIONAL FITNESS

## FALL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30A - 6:00A OPEN	5:45A CIRCUIT	5:30A - 7:25A <b>OPEN</b>	5:45A CIRCUIT	5:30A - 10:35A <b>OPEN</b>	7:00A - 5:00P <b>OPEN</b>	1:00P - 5:00P <b>OPEN</b>
6:00A BOOT CAMP	6:45A - 7:35A OPEN		6:45A - 7:35A OPEN			
6:30A - 7:30A OPEN	7:45A ULT WORKOUT		7:45A ULT WORKOUT			
7:30A PILATES	8:45A - 10:35A <b>OPEN</b>	7:30A PILATES	8:45A - 10:35A <b>OPEN</b>			
8:30A - 10:35A <b>OPEN</b>		8:30A - 10:35A <b>OPEN</b>				
10:45A CIRCUIT	10:45A CIRCUIT	10:45A CIRCUIT	10:45A CIRCUIT	10:45A CIRCUIT	ASK US ABOUT OUR FITNESS ORIENTATIONS	
11:30A - 4:20P <b>OPEN</b>	11:30A - 5:00P <b>OPEN</b>	11:30A - 6:30P <b>OPEN</b>	11:30A - 5:00P <b>OPEN</b>	11:30A - 8:00P <b>OPEN</b>		
4:30P BOOT CAMP						
5:30P H.I.I.T.						5P-6P YBAC DRYLAND
6:00P - 8:00P <b>OPEN</b>	6:30P CIRCUIT	6:30P KETTLE CIRCUIT	6:30P CIRCUIT		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*	
	7:05P - 8:00P <b>OPEN</b>	7:30P - 8:00P <b>OPEN</b>	7:05P - 8:00P <b>OPEN</b>	OUR MISSION  To put Christian principles into practice through programs that build healthy spirit, mind, and body  <b>FOR ALL</b>		
<b>IMPORTANT DATES, RESERVATIONS, OR CLOSURES:</b> ROOM IS CLOSED DURING CLASSES OR PROGRAMS UNLESS NOTIFIED BY INSTRUCTOR HOURS AND AVAILABILITY SUBJECT TO CHANGE						



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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.**