



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FUNCTIONAL FITNESS SUMMER 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 – 5:00P OPEN	1:00P – 5:00P OPEN
6:00A BOOT CAMP	6:45A – 7:35A OPEN		6:45A – 7:35A OPEN			
6:30A – 7:30A WOW	7:45A ULT WORKOUT		7:45A ULT WORKOUT			
7:30A PILATES	8:45A – 10:35A OPEN	7:30A PILATES	8:45A – 10:35A OPEN			
8:30A – 10:35A OPEN		8:30A – 10:35A OPEN				
10:45A CIRCUIT	10:45A CIRCUIT	10:45A CIRCUIT	10:45A CIRCUIT	10:45A CIRCUIT		ASK US ABOUT FITNESS ORIENTATIONS
11:30A – 5:30P OPEN	11:30A – 4:30P OPEN	11:30A – 5:30P OPEN	11:30A – 4:30P OPEN	11:30A – 8:00P OPEN		
	430-5P CLOSED		430-5P CLOSED			
	5-5:30P OPEN		5-5:30P OPEN			
5:30P H.I.I.T.	530-6P CLOSED	5:30P H.I.I.T.	530-6P CLOSED			
6:30P – 7:30P WOW	6:00P – 8:00P OPEN	6:30P KETTLE CIRCUIT	6:00P – 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 UNLESS NOTIFIED BY INSTRUCTOR CLASSES HIGHLIGHTED IN RED ARE CLOSED 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



# **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.**