



RYE YMCA ExerZone Schedule 11/12/18

The ExerZone is open to all Members ages 5 and up.
 Children ages 5 to 10 must be accompanied by an adult AT ALL TIMES.
 Sneakers & other rubber soles shoes MUST be worn.
 See reverse side for other important rules.

Paid for and register class* in orange; Open use in light blue; Drop in classes in yellow;
 ASA & Gymnastics use in green; Birthday parties in dark blue.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|----------------------------|----------------------------------|----------------------------|----------------------------------|---|---|
| OPEN USE 5:30-9:30AM | OPEN USE 5:30-1:30PM | OPEN USE 5:30-10:30AM | OPEN USE 5:30-9:30AM | OPEN USE 5:30-10:30AM | OPEN USE 7:00-8:30AM | OPEN USE 8:00-6:15PM |
| HIIT* 9:30-10:30AM | | | HIIT* 9:30-10:30AM | | | |
| BASIC TRAINING* 10:30-11:15AM | | BASIC TRAINING* 10:30-11:15AM | OPEN USE 10:30-1:30PM | BASIC TRAINING* 10:30-11:15AM | OPEN USE 9:30-6:15PM | |
| PEDALS & KETTLES* 11:30-12:00pm | LIVESTRONG* 1:30-2:30PM | OPEN USE 11:15-12:30PM | LIVESTRONG* 1:30-2:30PM | OPEN USE 11:15-4:00PM | | |
| BASIC TRAINING* 12:30-1:15PM | OPEN USE 2:30-4:00PM | BASIC TRAINING* 12:30-1:15PM | OPEN USE 2:30-4:00PM | | | |
| LIVESTRONG* 1:30-2:30PM | | LIVESTRONG* 1:30-2:30PM | | | | |
| OPEN USE 2:30-3:45PM | | OPEN USE 2:30-3:30PM | | | | |
| TWEEN/TEEN YOGA & PILATES* 3:45-4:25PM | | TEEN TRX* 3:30-4:15PM | | | RESERVED AHEAD OF TIME FOR BIRTHDAY PARTIES 3:00-5:00PM | RESERVED AHEAD OF TIME FOR BIRTHDAY PARTIES 3:00-5:00PM |
| NINJA ZONE 4:30-5:15PM 11+ only | ASA* 4:00-5:30PM | EXERDROP 4:30-6:30PM | ASA* 4:00-5:30PM | ASA* 4:00-5:30PM | | |
| GYMNASTICS 5:30-6:30PM | DRYLAND* 5:30-6:15PM | LIVESTRONG* 6:45-7:30PM | DRYLAND* 5:30-6:15PM | OPEN USE 5:30-6:30PM | | |
| | OPEN USE 6:15-6:45PM | | OPEN USE 6:15-6:45PM | | | |
| LIVESTRONG* 6:45-7:30PM | LIVESTRONG* 6:45-7:30PM | OPEN USE 7:30PM-8:00PM | LIVESTRONG* 6:45-7:30PM | | | |
| HIIT* 7:30-8:30PM | OPEN USE 7:30-9:45PM | HIIT* 8:00-8:45PM | OPEN USE 7:30-9:45PM | GYMNASTICS 6:30-7:00PM | | |
| OPEN USE 8:30-9:45PM | | OPEN USE 8:45-9:45PM | | OPEN USE 7:00-9:45PM | | |

RYE YMCA EXERZONE RULES & DESCRIPTIONS

Thank you for following these rules, which help to ensure the safety and well-being of all.

GENERAL

Only members can use the ExerZone.

Members are expected to adhere to the code of conduct.

A child must be at least 5 years of age to use the ExerZone.

Children between the ages of 5 and 10 **MUST** be accompanied by a parent or guardian.

Proper footwear (sneakers) required. No sandals or bare feet allowed.

No food or drink allowed.

No photos allowed.

EXERDROP INFORMATION

Children ages 5 to 10 may be dropped off for one hour on Wednesdays between 4:30 and 6:30 p.m.

Rye Y Family and Youth Members only

No reservations necessary...first come to max number of 16.

1 hour max time limit - \$5/hour

Must purchase \$5 wristband at Membership Desk

Supervised by 2 trained and qualified Rye Y staff

Children under the age of 5 can enjoy playtime in Child Watch.

Please note that during EXERDROP, no adults age 18+ will be permitted into the ExerZone. This is for the safety and security of the youth in our care.

XBOX / RECUMBENT BIKES

Since fitness is our goal, a child must be able to pedal on their own, from a proper seated position to use the Xbox.

If there are others waiting to use the Xbox, please allow them to rotate every 15 minutes or one round of a race course.

DROP IN CLASS DESCRIPTIONS

NINJA ZONE: Classes are for members 11+. The class will focus on balance, speed, agility, coordination all while having fun. No fee or registration required.

EXERDROP: Children ages 5 to 10 can be dropped off for one hour on Wednesdays between 4:30 and 6:30 p.m. This is a great opportunity for your child/children to have FUN in the ExerZone, under the supervision of our Family Activity Leaders, while you get in some of your own physical activity, or watch your other children taking swim lessons or a sports class. (Children under the age of 5 can enjoy playtime in Child Watch.)

Classes with an asterisk * are register and/or paid for classes.

Please see program guide for more information