



# 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**