



RYE YMCA ExerZone Schedule 11/9/2019

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 5:30-9:30PM	OPEN USE 5:30-10:30AM	OPEN USE 7:00-8:30AM	OPEN USE 8:00-6:15PM
	BOXING SKILLS & DRILLS* 9:30-10:15AM	DYNAMIC KICK & COMBAT* 9:30-10:15AM		DYNAMIC KICK & COMBAT* 9:30-10:15AM		
HIIT* 9:30 - 10:30AM	OPEN USE 10:15-1:30PM		HIIT* 9:30-10:30AM		HIIT* 8:30-9:30AM	
BASIC TRAINING* 10:30-11:15AM	BALL & CHAIR CLASS* 11:15-11:55AM	BASIC TRAINING* 10:30-11:15AM	OPEN USE 10:30-1:30PM	BASIC TRAINING* 10:30-11:15AM	OPEN USE 9:30-11:00AM	
					FAMILY FITNESS CIRCUIT* 11:00-11:45am	
OPEN USE 11:15-12:30PM	LIVESTRONG* 1:30 - 2:30PM	OPEN USE 11:15-12:30PM	LIVESTRONG* 1:30 - 2:30PM	OPEN USE 11:15-12:00PM	OPEN USE 11:45-6:15PM	
BASIC TRAINING* 12:30 - 1:15PM	OPEN USE 2:30 - 4:00PM	BASIC TRAINING* 12:30-1:15PM	OPEN USE 2:30 - 4:00PM	MELT METHOD* 12:00-1:00PM		
LIVESTRONG* 1:30-2:30PM		LIVESTRONG* 1:30-2:30PM				
OPEN USE 2:30-3:45PM		OPEN USE 2:30-3:45PM		OPEN USE 2:00-4:00PM		
TEEN YOGA* 3:45-4:25PM		TEEN TRX* 3:45-4:30PM			RESERVED AHEAD OF TIME FOR BIRTHDAY PARTIES 3:00-5:00PM	
NINJA ZONE 4:30-5:15PM 11+ only	ASA* 4:00-5:30PM	TEEN KICKBOXING* 4:30-5:30PM	ASA* 4:00-5:30PM	ASA* 4:00-4:30PM	RESERVED AHEAD OF TIME FOR BIRTHDAY PARTIES 3:00-5:00PM	
GYMNASTICS* 5:15-6:45PM	DRYLAND* 5:30-6:15PM	LIVESTRONG* 6:30 - 7:30PM	DRYLAND* 5:30 - 6:15PM	DANCE* 4:30-5:30PM		
	BASIC TRAINING* 6:15-6:45PM		BASIC TRAINING* 6:15-6:45PM			
LIVESTRONG* 6:45 - 7:30PM	LIVESTRONG* 6:45-7:30PM	OPEN USE 7:30 - 8:00PM	LIVESTRONG* 6:30-7:30PM			
HIIT* 7:30-8:30PM	OPEN USE 7:30-9:45PM	HIIT* 8:00-9:00PM	OPEN USE 7:30-9:45PM	OPEN USE 5:30-9:45PM		
OPEN USE 8:30-9:45PM		OPEN USE 9:00 - 9:45PM				

RYE YMCA EXERZONE RULES & DESCRIPTIONS

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.

Avoid forceful strikes & kicks to the equipment.

Children between the ages of 5 and 10 **MUST** be accompanied by a parent or guardian 21+

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

No food or drink allowed.

No photos allowed.

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.

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**.
Please see program guide for more information.