



Long Branch Area YMCA

We build strong kids, strong families, strong communities.

	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 a.m.-6:30 a.m.		Cardio FIT (Gabriel)		Cardio FIT (Gabriel)	
6:00 a.m.-6:45 a.m.	*Aerobics (Rash/Vansickle)		*Aerobics (Rash/Vansickle)		*Aerobics (Rash/Vansickle)
6:00 a.m.-7:00 a.m.	*Adult Basketball Gymnasium	*Adult Basketball Gymnasium	*Adult Basketball Gymnasium	*Adult Basketball Gymnasium	*Adult Basketball Gymnasium
9:00 a.m.-9:45 a.m.		Cardio FIT (Gabriel)		Cardio FIT (Gabriel)	
9:00 a.m.-10:00 a.m.	*Stretch & Flex Multipurpose Room (Taylor)		*Stretch & Flex Multipurpose Room		*Stretch & Flex Multipurpose Room
9:30 a.m.-10:15 a.m.		Age 4-Pre-k Gymnastics (Young)			
10:00 a.m.-10:50 a.m.	FIT-Multipurpose Rm (Stephenson)	FIT-Multip. Room (Stephenson)	FIT-Multip. Room (Stephenson)	FIT-Multipurpose Rm (Stephenson)	
11:00 a.m.-11:50 a.m.	FIT-50+ Multipurpose Room (Stephenson)	FIT- Multipurpose Rm (Stephenson)	FIT-50+ Multipurpose Rm (Stephenson)	FIT- Multipurpose Room (Stephenson)	
12:15 p.m.-12:45 p.m.		FIT Express- Multipurpose Rm (S.Smith)		FIT Express- Multipurpose Room (S.Smith)	
12:00 p.m.-1:00 p.m.	*Adult Basketball Gymnasium	*Adult Basketball Gymnasium	*Adult Basketball Gymnasium	*Adult Basketball Gymnasium	*Adult Basketball Gymnasium
3:30 p.m.-8:30 p.m.	*Get Fit Kids Club (Kohl/Stephenson)	*Get Fit Kids Club (Kohl/Stephenson)	*Get Fit Kids Club (Kohl/Stephenson)	*Get Fit Kids Club (Kohl/Stephenson)	
4:00 p.m.-4:55 p.m.		Level 1 Gymnastic (B. Smith)		Level 3 Gymnastics (B.Smith)	
4:30 p.m.-5:20 p.m.	FIT-Multipurpose Room (Stephenson)		FIT-Multipurpose Room (Stephenson)		
5:00 p.m.-5:45 p.m.	Age 4-Pre-K Gymnastics (Young)				
5:00 p.m.-5:55 p.m.		Level 2 Gymnastic (B. Smith)	Level 3- Gymnastics (Hamilton)	Level 1 Gymnastics (Elliott)	
6:00 p.m.-6:55 p.m.		Level 1 Gymnastic (Young)		Level 2 Gymnastics (Elliott)	
6:00 p.m.-8:00 p.m.	Team Gymnastics (B. Smith/Young)		Team Gymnastics (Hamilton/Young)		
6:00 p.m.-9:30 p.m.		Volleyball-gym		Volleyball-gym	
6:40 p.m.-7:30 p.m.		FIT-Multipurpose Room (S.Smith)		FIT-Multipurpose Room (S.Smith)	
7:00 p.m.-7:55 p.m.	Boot Camp (McVickers)		Boot Camp (McVickers)	Level 2 Gymnastics (Elliott)	
7:30- p.m.-9:30p.m.	*Adult Basketball Gymnasium		*Adult Basketball Gymnasium		

*Free to YMCA Members