



Long Branch Area YMCA

We build strong kids, strong families, strong communities.

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 a.m.-6:45 a.m.	*Aerobics		*Aerobics		*Aerobics
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.-10:00 a.m.	*Stretch & Flex Multipurpose Room		*Stretch & Flex Multipurpose Room		*Stretch & Flex Multipurpose Room
9:30 a.m.-10:30 a.m.		WOW Fitness/Multi rooms		WOW Fitness/Multi rooms	
				Preschool Gymnastics	
10:30 a.m.-11:30 a.m.		WOW Fitness/Multi rooms		WOW Fitness/Multi rooms	
11:00 a.m.-12:00 p.m.	WOW-Fitness/Multi rooms		WOW-Fitness/Multi rooms		
12:15 p.m.-12:45 p.m.		WOW-Fitness/Multi rooms		WOW-Fitness/Multi rooms	
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.	Gymnastics				
4:00 p.m.-5:00 p.m.	Kids Club		Kids Club	Gymnastics	
4:30 p.m.-5:30 p.m.		WOW Meeting/Fitness rooms		WOW Fitness/Multi rooms	
5:00 p.m.-8:00 p.m.	Kids Zone-Meeting Room	Gymnastics/Kids Zone	Gymnastics/ Kids Zone	Gymnastics/ Kids Zone	
5:30 p.m.-6:30 p.m.	WOW Meeting Room/Fitness Room	*STAR Multipurpose Room	WOW Fitness/Multi	*STAR Multipurpose Room	
6:30 p.m.-7:30 p.m.		WOW Fitness/Multi rooms		WOW Fitness/Multi rooms	
6:00 p.m.-9:30 p.m.		Volleyball-gym		Volleyball-gym	
7:30 p.m.-9:30p.m.	*Adult Basketball Gymnasium		*Adult Basketball Gymnasium		

*Free to YMCA Members