

San Bernardino Family YMCA Fitness Room Schedule

Monday	Tuesday	Wenesday	Thursday	Friday
Yoga/ Tai 8:00- 10:00		Yoga/ Tai 8:00- 10:00		
Work-Out 10:00-12:00	Work-Out 9:00-12:00	Work-Out 10:00-12:00	Work-Out 9:00-12:00	Work-Out 9:00-12:00
SilverSneakers1 11:00-12:00	SilverSneakers1 11:00-12:00	SilverSneakers 2 11:00-12:00	SilverSneakers1 11:00-12:00	SilverSneakers 2 11:00-12:00
Yoga Stretch 12:00-1:00		Yoga Stretch 12:00-1:00		
<i>Kinder Gym</i> 5:00-5:30	<i>Itty Bitty Martial Arts</i> 5:00-5:30	<i>Kinder Gym</i> 5:00-5:30	<i>Itty Bitty Martial Arts</i> 5:00-5:30	
<i>Gymnastics Level 1</i> 5:30-6:30	<i>Martial Arts</i> 5:30-6:30	<i>Gymnastics Level 1</i> 5:30-6:30	<i>Martial Arts</i> 5:30-6:30	
<i>Gymnastics Level 2/3</i> 6:30-7:30	<i>Martial Arts</i> 6:30-7:30	<i>Gymnastics Level 2/3</i> 6:30-7:30	<i>Martial Arts</i> 6:30-7:30	
	<i>Martial Arts</i> 7:30-8:30		<i>Martial Arts</i> 7:30-8:30	

*Schedule is Subject to changed

YMCA of the East Valley, San Bernardino Family YMCA 808 East 21 Street San Bernardino, CA 92404 (909)881-9622

Effective as of August 31, 2009

