

2008 Fall Session

September 2nd - November 2nd

GREENKNOLL GYM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN 5:30-6:30	OPEN 5:30 - 9:00	OPEN 5:30 - 7:45	OPEN 5:30-6:30	OPEN 5:30-6:30	OPEN 6:30 - 8:00 Aerobics 8:00 - 9:00	OPEN 7:00 - 8:00
Aerobics/ Programs 6:30 - 11:30		Aerobics 7:45 - 11:30	Open 8:30 - 9:15 Aerobics 9:15 - 11:30	Open 8:30 - 9:15 Aerobics 9:15 - 11:30		Programs 9:00 - 11:00
OPEN 11:30 - 4:00	OPEN 11:30 - 4:00	OPEN 11:30 - 5:15	OPEN 11:30 - 6:30	OPEN 11:30 - 5:30	OPEN** 12:00 - 8:30	Member Bball 16+ ONLY!! 9:00 - 12:00
Program 4:00 - 5:00	Program 4:00 - 5:00	Aerobics/ Program 5:15 - 8:00	Aerobics 6:30 - 8:00	Aerobics/ Program 5:15 - 8:00		Closed 8:30
Aerobics/ Program 5:15 - 8:00	OPEN 5:00 - 6:45 Aerobics 6:45 - 8:00				OPEN 8:00 - 10:00	
OPEN 8:00 - 10:00	Member Bball 16+ ONLY!! 8:00 - 10:00	OPEN 8:00 - 10:00	Member Bball 16+ ONLY!! 8:00 - 10:00	OPEN 8:00 - 10:00		

Please change your sneakers before entering the gym.

No food or drink allowed in gym. Water only.

Regional YMCA of Western Connecticut

Greenknoll Branch

(203) 775-4444

**From 1:00pm - 2:00pm on Saturdays and Sundays half of the gym is subject to close due to Birthday Parties. Thank you for your cooperation.

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