



**Community Room 248
Winter 2 February 22-April 18th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00						YMCA OPENS at 7 AM		6:00	
6:30								6:30	
7:00								7:00	
7:30	7:30-8:30	7:30-8:45	7:30-8:30	7:00-8:45	7:30-8:45				7:30
8:00	Rise & Shine Yoga	Greet the Day Yoga	Rise & Shine Yoga	West Bay Rotary Club	Greet the Day Yoga				8:00
8:15									8:15
8:30									8:30
8:45			8:35-9:35				8:45		
9:00		9:00-10:00	Pilates begins 3/5	9:00-10:00	9:00-10:30	9:00-10:00	9:00		
9:15					Yoga for Every Body	Youth Karate	9:15		
9:30	9:30-10:30		9:40-10:40				9:30		
9:45	Silver Sneakers		Silver Sneakers				9:45		
10:00							10:00		
10:15							10:15		
10:30				10:30 - 11:15			10:30		
10:45	10:45-11:45			Youth Ballet	10:45-11:45		10:45		
11:00	Healthy Seniors				Tai Chi		11:00		
11:30							11:30		
12:00		12:00-12:45		12-12:45			12:00		
12:30		Lunch break		Lunch break			12:30		
1:00		Yoga		Yoga			1:00		
1:30							1:30		
2:00							2:00		
3:00	3:15 - 4:00						3:00		
3:30	Creative				3:30 - 5:30		3:30		
4:00	3 year	4:00-5:00	4:00-5:30	4:00-5:00			4:00		
4:30	4:00 - 5:00	Fun & Fit	After	Fun & Fit	<i>Voyager's Club</i>		4:30		
5:00	Creative	until 3/9	School	until 3/9		YMCA	5:00		
5:15	4 year	begins	Karate	begins		Closed	5:15		
5:30		again 4/6		again 4/6			5:30		
5:45	5:45-6:45		5:45-6:45	5:30-6:30			5:45		
7:00	Yoga		Yoga	Beginning Guitar			7:00		
7:30							7:30		
8:00	7:00-9:00		7:00-9:00				8:00		
8:30	Tae Kwon Do		Tae Kwon Do				8:30		
8:45							8:45		
9:00							9:00		

Visit Our Website: Penbayymca.org for current Program/Facility Schedules