




FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY START ROOM JANUARY

LEEWARD YMCA

Announcements	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>Body Measurement Appointments 1/2 9-10am 1/5 5-6pm Sign up in Fitness Center</p> <p>January 2nd Facility hours 8a-2p No evening classes</p> <p>January 14th LEEWARD YMCA Fitness Center 5th Birthday Celebration!</p> 	6:00 - 8:00am OPEN No attendant	6:00 - 8:00am OPEN No attendant	6:00 - 8:00am OPEN No attendant	6:00 - 8:00am OPEN No attendant	6:00 - 8:00am OPEN No attendant	7:00 - 8:00am OPEN No attendant	
	8:00-9:00 SENIORS ONLY No attendant	8:00-9:00 SENIORS ONLY No attendant	8:00-9:00 SENIORS ONLY No attendant	8:00-9:00 SENIORS ONLY No attendant	8:00-9:00 SENIORS ONLY No attendant	8:00-9:00 SENIORS ONLY No attendant	8:00-9:00 SENIORS ONLY No attendant
	9:00 - 10:00 WOMEN ONLY No attendant	9:00 - 10:00 WOMEN ONLY No attendant	9:00 - 10:00 WOMEN ONLY No attendant	9:00 - 10:00 WOMEN ONLY No attendant	9:00 - 10:00 WOMEN ONLY No attendant	9:00 - 10:00 WOMEN ONLY No attendant	9:00 - 10:00 WOMEN ONLY No attendant
	10:00 - 12:00 OPEN No attendant	10:00 - 11:00 am OPEN No attendant	10:00 - 12:00 OPEN No attendant	10:00 - 11:00 am OPEN No attendant	10:00 - 12:00 OPEN No attendant	10:30- 11:30 OPEN No attendant	10:30- 11:30 OPEN No attendant
	12:00-4:00 OPEN	11:00 - 12:00 CIRCUIT CLASS Jenny	12:00-4:00 OPEN	11:00 - 12:00 CIRCUIT CLASS Jenny	12:00-4:00 OPEN	11:30- 6:00 PM FAMILY WORKOUT (Ages 6 and up)	NO ATTENDANT <i>Children under the age of 13 must be supervised by a parent or guardian.</i>
	NO ATTENDANT	12:00-4:00 OPEN	NO ATTENDANT	12:00-4:00 OPEN	NO ATTENDANT		
	4:00 - 5:00PM CIRCUIT CLASS Jocelyn	4:00 - 5:00PM CIRCUIT CLASS Jo	4:00 - 5:00PM CIRCUIT CLASS Terry	4:00 - 5:00PM CIRCUIT CLASS Jo	4:00 - 5:00PM CIRCUIT CLASS Jocelyn		
	5:00- 9:30 PM FAMILY WORKOUT (Ages 6 and up) Ask for Attendant <i>Children under the age of 13 must be supervised by a parent or guardian.</i>	5:00- 9:30 PM FAMILY WORKOUT (Ages 6 and up) Ask for Attendant <i>Children under the age of 13 must be supervised by a parent or guardian.</i>	5:00- 9:30 PM FAMILY WORKOUT (Ages 6 and up) Ask for Attendant <i>Children under the age of 13 must be supervised by a parent or guardian.</i>	5:00- 9:30 PM FAMILY WORKOUT (Ages 6 and up) Ask for Attendant <i>Children under the age of 13 must be supervised by a parent or guardian.</i>	5:00- 9:30 PM FAMILY WORKOUT (Ages 6 and up) Ask for Attendant <i>Children under the age of 13 must be supervised by a parent or guardian.</i>		
	*Circuit Training is held in the Healthy Start Room					Children under the age of 13 are only allowed to workout during Family Workout timeslots and <u>must</u> be supervised by a parent or guardian.	
	SUNDAY	9:00 - 4:00 FAMILY WORKOUT (Ages 6 and up) No attendant	<i>Children under the age of 13 must be supervised by a parent or guardian.</i>				