

GYMNASIUM

SEASON: January - April

Roper YMCA Family Center

Our Mission: The purpose of this Association is to improve lives of all in Central Florida by connecting individuals, families and communities with opportunities based on Christian values that strengthen spirit, mind and body.



Activity Time	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2
5:00am														
6:00am	Pick-Up Basketball		Pick-Up Basketball		Pick-Up Basketball		Pick-Up Basketball		Pick-Up Basketball		Pick-Up Basketball			
7:00am														
8:00am		Yoga				Yoga				Yoga	Pick-Up Basketball			
9:15am		Cardio Conditioning		Abs/ Core		Cardio Conditioning		Abs/ Core		Cardio Conditioning				
9:45am		Boot Camp		Kid's Fitness		Parent/Child Fitness		Kid's Fitness		Cardio Kickboxing				
10:30am		Zumba		Cardio Kickboxing		Cardio Step		Cardio Dance		Zumba				
11:30am		Silver Sneakers	Family Play		Pick-Up Basketball (16 + Up)		Silver Sneakers	Family Play		Silver Sneakers	Youth Basketball Games 10:00am-5:00pm (Jan.-April.)			
1:00pm	Family Play						Family Play							
2:00pm							Family Play							
3:00pm							Family Play							
4:30pm	Pick-Up Basketball	Kid's Fitness	Pick-Up B-ball	Family Play		Kid's Fitness	Youth B-Ball Practices		Pick-Up B-ball	Youth Basketball Practices 5:00pm-8:30pm (Jan. - April.)				
5:00pm						Youth B-Ball Practice								
6:00pm						Family Play								
7:00pm	Pick-Up Basketball (16 + Up)	Family Play	Pick-Up Basketball (16 + Up)											
8:00pm				Adult Basketball 30+up League		Adult Basketball 18+up League						Schedule Key BLUE Adult (ages 18 & up) GREEN Teen (ages 12-17yrs) RED Kids (ages 3-12yrs) PURPLE Family		
9:00pm														