



YMCA OF MCHENRY COUNTY GYM SCHEDULE
Winter/Spring 2009



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:00 am Adult Walking (Members)	5:30-8:00 am Adult Walking (Members)	5:30-8:00 am Adult Walking (Members)	5:30-8:00 am Adult Walking (Members)	5:30-8:00 am Adult Walking (Members)	6:00-8:00 am Adult Walking (Members)	1:00-5:00 pm ½ Family ½ Open Members/Daily Pass Members
8:00-11:00 am Adult Open (Members)	8:00-9:30 am Adult Open 9:30-10:30 Closed	8:00-11:00 am Adult Open (Members)	8:00-9:30 am Adult Open 9:30-10:30 Closed	8:00-11:00 am Adult Open (Members)	8:00-11:00 am Adult Open (Members)	
11:00-1:00 am ½ Open Adult (Members Only)	11:00-1:00 pm ½ Open Adult (Members Only)	11:00-1:00 pm ½ Open Adult (Members Only)	11:00-1:00 pm ½ Open Adults (Members Only)	11:00-1:00 pm ½ Open Adults (Members Only)	11:00-5:00 pm Open Members/Daily Members	
1:30-2:45 pm Adult (Members only)	1:30-2:45 pm Adult (Members Only)	1:30-2:45 pm Adult (Members Only)	1:30-2:00 pm Adult (Members Only)	1:30-2:45 pm Adult (Members Only)		
2:45-4:00 pm Grade School (Members Only) *4:00-5:00 ½ CLOSED ½ Grade School Members/Daily	2:45-5:00 pm Grade School ½ Grade School Members/Daily	2:45-4:00 pm Grade School (Member Only) *4:00-5:00 ½ CLOSED ½ Grade School Members/Daily	2:00-3:30 pm Closed Home School 3:30-5:00 pm Grade School Members/Daily	2:45-5:00 pm Grade School (Members Only) *4:00-5:00 ½ CLOSED ½ Grade School Members/Daily		*ONE GUEST PER MEMBER
6:30-7:45 pm Aerobic Class If the aerobic class does not use the gym, go by normal schedule. 7:00-9:45 pm ½ High School ½ Adult/Daily	5:00-7:00 pm Members only Family 7:00-9:45 pm ½ High School ½ Adult/Daily Member Pass	5:00-7:00 pm Members only Family 7:00-9:45 pm ½ High School ½ Adult/Daily Member Pass	5:00-7:00 pm Members only Family 7:00-9:45 pm ½ High School ½ Adult/Daily Member Pass	5:00-7:00 pm Members only Family 7:00-9:45 pm Limited Members½ High School Daily/Adult	*SCHEDULE SUBJECT TO CHANGE	School Days Off 1-3 pm K-8 th 3-5 High School School Days off only applies to breaks not days off school