



Long Branch Area YMCA

We build strong kids, strong families, strong communities.

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 a.m.-6:45 a.m.	*Aerobics Multipurpose Room		*Aerobics Multipurpose Room		*Aerobics Multipurpose Room
6:00 a.m.-7:00 a.m.	*Adult Basketball Gymnasium	*Adult Basketball Gymnasium	*Adult Basketball Gymnasium	*Adult Basketball Gymnasium	*Adult Basketball Gymnasium
9:00 a.m.-10:00 a.m.	*Stretch & Flex Multipurpose Room		*Stretch & Flex Multipurpose Room		*Stretch & Flex Multipurpose Room
9:30 a.m.-10:30 a.m.		WOW Fitness/Multi rooms		WOW Fitness/Multi rooms	
				Preschool Gymnastics	
10:30 a.m.-11:30 a.m.		WOW Fitness/Multi rooms		WOW Fitness/Multi rooms	
11:00 a.m.-12:00 p.m.	WOW-Fitness/Multi rooms		WOW-Fitness/Multi rooms		
12:15 p.m.-12:45 p.m.		WOW-Fitness/Multi rooms		WOW-Fitness/Multi rooms	
12:00 p.m.-1:00 p.m.	*Adult Basketball Gymnasium	*Adult Basketball Gymnasium	*Adult Basketball Gymnasium	*Adult Basketball Gymnasium	*Adult Basketball Gymnasium
4:00 p.m.-5:00 p.m.	Kids Club		Kids Club		
5:00 p.m.-6:00 p.m.	Gymnastics	WOW Meeting/Fitness rooms	Gymnastics	WOW Fitness/Multi rooms	
5:30 p.m.-6:30 p.m.		*STAR Multipurpose Room		*STAR Multipurpose Room	
				Gymnastics	
6:00 p.m.-8:00 p.m.	Gymnastics		Gymnastics	TKD-Meeting Room/Multipurpose Room	
6:00 p.m.-7:00 p.m.		Gymnastics			
6:30 p.m.-7:30 p.m.	WOW Meeting Room/Fitness Room		WOW Fitness/Multi	Gymnastics	
6:00 p.m.-9:30 p.m.	Volleyball-1/2 Gym	Volleyball-1/2 Gym			
7:00 p.m.-8:00 p.m.		Gymnastics		WOW Meeting Room/Fitness Room	
		WOW Fitness/Multi rooms			
7:30- p.m.-9:30p.m.			*Adult Basketball Gymnasium	*Adult Basketball Gymnasium	

*Free to YMCA Members