



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR FITNESS

NIR FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM-6:15AM Indoor Fitness Nir Family YMCA	5:30AM-12:30PM Indoor Fitness Nir Family YMCA	5:15AM-6:15AM Indoor Fitness Nir Family YMCA	5:30AM-12:30PM Indoor Fitness Nir Family YMCA	5:15AM-6:15AM Indoor Fitness Nir Family YMCA	
8:00AM-12:00PM Indoor Fitness Nir Family YMCA		8:00AM-12:00PM Indoor Fitness Nir Family YMCA		9:30AM-12:00PM Indoor Fitness Nir Family YMCA	8:15AM-12:15PM Indoor Fitness Nir Family YMCA
4:00PM-8:00PM Indoor Fitness Nir Family YMCA	4:30PM-7:00PM Indoor Fitness Nir Family YMCA	4:00PM-8:00PM Indoor Fitness Nir Family YMCA	4:30PM-7:00PM Indoor Fitness Nir Family YMCA		

NIR FAMILY YMCA SEGMENT TIMES

Mondays & Wednesdays

5:15am	8:00am	9:30am	11:00am
4:00pm	5:30pm	7:00pm	

Tuesdays & Thursdays

5:30am	7:00am	8:30am	10:00am
11:30am	4:30pm	6:00pm	

Fridays

5:15am	9:30am	11:00am
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Saturdays

8:15am	9:45am	11:15am
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RESERVATION REQUIRED

Reservation is required. You can reserve a space on our website or mobile app.

SEGMENT SIZE

Following all the guidelines provided by the NCDHHS, access to facilities is limited. Social distancing must be maintained.

RESERVATION TIMES

All wellness reservations are 1 hour in length.

LOCKER ROOMS

Locker rooms will not be available for use at this time. Please come in your workout attire.

RESTROOMS

Restrooms will be open for use.

MASKS REQUIRED

Masks are required except during exercise.

REMEMBER TO BRING WITH YOU

- Mask
- Towel
- Water