



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR EXERCISE MIDTOWN YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM-12:00PM Indoor Wellness Midtown YMCA	8:00AM-12:00PM Indoor Wellness Midtown YMCA	8:00AM-12:00PM Indoor Wellness Midtown YMCA	8:00AM-12:00PM Indoor Wellness Midtown YMCA	8:00AM-12:00PM Indoor Wellness Midtown YMCA	8:00AM-12:00PM Indoor Wellness Midtown YMCA
5:00PM-8:00PM Indoor Wellness Midtown YMCA	5:00PM-8:00PM Indoor Wellness Midtown YMCA	5:00PM-8:00PM Indoor Wellness Midtown YMCA	5:00PM-8:00PM Indoor Wellness Midtown YMCA		

MIDTOWN YMCA SEGMENT TIMES

Mondays

8:00am	9:00am	10:00am	11:00am
5:00pm	6:00pm	7:00pm	

Tuesdays

8:00am	9:00am	10:00am	11:00am
5:00pm	6:00pm	7:00pm	

Wednesdays

8:00am	9:00am	10:00am	11:00am
5:00pm	6:00pm	7:00pm	

Thursdays

8:00am	9:00am	10:00am	11:00am
5:00pm	6:00pm	7:00pm	

Fridays

8:00am	9:00am	10:00am	11:00am
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Saturdays

8:00am	9:00am	10:00am	11:00am
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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 to 12 persons indoors. Social distancing must be maintained.

RESERVATION TIMES

All wellness reservations are 45 minutes 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