



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OUTDOOR FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6:00AM</b> Boot Camp w/ Chris M. Nir Family YMCA Track Behind YMCA		<b>6:00AM</b> Boot Camp w/ Chris M. Nir Family YMCA Track Behind YMCA		<b>6:00AM-9:00AM</b> <b>Outdoor Gym</b> Nir Family YMCA Front Parking Lot
<b>7:00AM-10:00AM</b> <b>Outdoor Gym</b> Nir Family YMCA Front Parking Lot	<b>8:00AM</b> Cycling w/ Naydi & Amy Nir Family YMCA Front Parking Lot	<b>7:00AM-10:00AM</b> <b>Outdoor Gym</b> Nir Family YMCA Front Parking Lot	<b>8:00AM</b> Cycling w/ Naydi & Amy Front Parking Lot	
<b>8:00AM</b> Vinyasa Flow w/ Andie Nir Family YMCA 29th Street by Soccer Field		<b>8:00AM</b> Alignment Yoga w/ Lorrie W. 29th Street by Soccer Field		<b>8:30AM</b> Boot Camp w/ Mary Helen Midtown YMCA
<b>8:45AM</b> Boot Camp w/ Mary Helen Midtown YMCA	<b>4:00PM-6:15PM</b> <b>Outdoor Gym</b> Nir Family YMCA Front Parking Lot		<b>4:00PM-6:15PM</b> <b>Outdoor Gym</b> Nir Family YMCA Front Parking Lot	
<b>5:30PM</b> Vinyasa Flow w/ Rachel Nir Family YMCA Front Parking Lot		<b>5:30PM</b> Zumba w/Alicia Nir Family YMCA Front Parking Lot	<b>5:15PM</b> Yoga w/ Wendi Midtown YMCA	

## OUTDOOR GYM

Includes use of dumbbells, barbells, bench press, and various other equipment provided. All equipment will be set up in stations and will be cleaned after each use by staff. Equipment provided is subject to change due to usage and availability.

## CLASS / OUTDOOR GYM RESERVATION SIZE

All classes are limited to 25 individuals including the instructor at this time. Outdoor fitness areas are limited to 12 individuals at this time. Social distancing must be maintained. Please do not congregate before or after class.

## CLASS / OUTDOOR GYM RESERVATION TIMES

All segments are 45 minutes in length.

## RESERVATION REQUIRED

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

## REMEMBER TO BRING WITH YOU

- Towel
- Mat
- Water

## 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 on our 2nd floor for participants.

## INCLEMENT WEATHER

In the event of inclement weather, classes will be canceled. Please check the schedules page on our website or mobile app for class cancellations.