



SUMTER FAMILY YMCA LOWER GYM

SEPTEMBER 2023

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Functional Fitness 5:45 - 6:30 am	Open Gym 5:30 - 9:15 am	Open Gym 5:30 - 9:15 am	Open Gym 6:30 am - 4:45 pm	
Open Gym 6:30 - 9:00 am				
Functional Fitness 9:15 - 10:00 am	Functional Fitness 9:15 - 10:00 am	Functional Fitness 9:15 - 10:00 am		
Open Gym 10:00 am - 6:15 pm	Open Gym 10:00 am - 8:45 pm	Open Gym 10:00 am - 5:30 pm		
Boot Camp 6:15 - 7:15 pm (3/4 court)		Boot Camp 5:30 - 6:15 pm		
Open Gym 7:30 - 8:45 pm		Open Gym 6:30 - 7:45 pm	<div style="background-color: #ff0000; color: white; padding: 5px; text-align: center;"> Times are subject to change based on program needs. General use of the area is permitted during down times. </div>	

Gym Hours: The upper and lower gyms close 15 minutes prior to the building closing

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.