



SUMTER FAMILY YMCA LOWER GYM

NOVEMBER 2023

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
<p>Functional Fitness 5:45 am - 6:30 am</p>	<p>Open Gym 5:30 am - 9:15 am</p>	<p>Open Gym 5:30 am - 9:15 am</p>	<p>Open Gym 6:30 am - 4:45 pm</p>	
<p>Open Gym 6:30 am - 9:00 am</p>				
<p>Functional Fitness 9:15 am - 10:00 am</p>	<p>Functional Fitness 9:15 am - 10:00 am</p>	<p>Functional Fitness 9:15 am - 10:00 am</p>		
<p>Open Gym 10:00 am - 6:15 pm</p>	<p>Open Gym 10:00 am - 8:45 pm</p>	<p>Open Gym 10:00 am - 5:30 pm</p>		
<p>Boot Camp 6:15 pm - 7:15 pm (3/4 court)</p>		<p>Boot Camp 5:30 pm - 6:15 pm</p>		
<p>Open Gym 7:30 pm - 8:45 pm</p>		<p>Open Gym 6:30 pm - 7:45 pm</p>		

Times are subject to change based on program needs.
General use of the area is permitted during down times.

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.