



**Mesabi Family YMCA  
Gym Schedule  
Summer II Session  
July 19 – August 27, 2010**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult 5:00-5:30am	Adult 5:00-5:30am	Adult 5:00-5:30am	Adult 5:00-5:30am	Adult 5:00-5:30am		
Wake Up Workout 5:35-6:25am	Group Cycling 5:35-6:20am	Wake Up Workout 5:35-6:25am	Group Cycling 5:35-6:20am	Wake Up Workout 5:35-6:25am		
Adult 6:30-9:00am	Adult 6:30-9:30am	Adult 6:30-9:00am	Adult 6:30-9:30am	Adult 6:30-9:00am	Open 7:00am-12:00pm	
Cardio Strength 9:00-9:45am	Camp S'more 9:30-10:30am	Body & Core 9:00-9:45am	Camp S'more 9:30-10:30am	Camp S'more 9:30-10:30am		
Adult/Family/Teen 10:00-11:15am	SilverSneakers MSROM 10:30-11:15am	Adult/Family/Teen 10:00-11:15am	SilverSneakers MSROM 10:30-11:15am	Adult/Family/Teen 10:30am-12:00pm		
Camp S'more 11:15am-12:00pm	Adult/Family/Teen 11:15am-12:00pm	Camp S'more 11:15am-12:00pm	Adult/Family/Teen 11:15am-12:00pm			
Noon Workout 12:15-12:45pm	Noon Workout 12:15-12:45pm	Noon Workout 12:15-12:45pm	Noon Workout 12:15-12:45pm	Noon Workout 12:15-12:45pm		
Adult/Family/Teen 12:45-3:30pm	Adult/Family/Teen 12:45-3:30pm	Adult/Family/Teen 12:45-3:30pm	Adult/Family/Teen 12:45-3:30pm	Adult/Family/Teen 12:45-3:30pm	Open 4:00-7:00pm	
Camp S'more 3:30-4:30pm	Camp S'more 3:30-4:30pm	Camp S'more 3:30-4:30pm	Camp S'more 3:30-4:30pm	Camp S'more 3:30-4:30pm		
Adult/Family/Teen 4:30-5:15pm	Adult/Family/Teen 4:30-5:15pm	Adult/Family/Teen 4:30-5:15pm	Adult/Family/Teen 4:30-5:15pm	Toddler Time 4:30-5:30pm		
Group Cycling 5:15-6:00pm	Boot Camp 5:15-6:00pm	Group Cycling 5:15-6:00pm	Cardio Strength 5:15-6:00pm			
Open 6:00-9:00pm	Open 6:00-9:00pm	Open 6:00-9:00pm	Open 6:00-9:00pm	Open 5:30-9:00pm		

**Schedule subject to change based on enrollment, usage and special events.**

Any schedule changes will be noted at our Member Services Desk.

**Adult:** 18 years & older

**Adult/Family/Teen:** Families, adults, and teens 13 years & older

**Open:** All ages (youth 8 years & under must be accompanied by an adult)

**Toddler Time:** 0 – 5 years accompanied by a parent or guardian



YMCA

We build strong kids,  
strong families, strong communities.