



Greater Pittston YMCA - Gym Schedule Nov. 16 - Dec. 31 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-8am						CLOSED	CLOSED Bday Party and Rentals Available upon Reservation
8-8:30a						Rental 8-10a	
8:30-9a							
9-9:30a	Cardio Blast 8:45-9:45a		Y-Pump 8:45-9:45a	RIPPED 9-10am			
9:30-10a							
10-10:30a	Silver Sneakers 10-11am		Silver Sneakers 10-11am		Silver Sneakers 10-11am	Yoga 10-11am	
10:30-11a							
11-11:30a	OPEN GYM 11:15-12p	OPEN GYM 11:15-12p	OPEN GYM 11:15-12p	OPEN GYM 11:15-12p	OPEN GYM 11:15-12p		
11:30a-12p						OPEN GYM 11:30-1:30p	
12-12:30p							
12:30-1p							
1-1:30p							
1:30-2p							
2-2:30p	Childcare 12-4:45pm	Childcare 12-4:45pm	Childcare 12-4:45pm	Childcare 12-4:45pm	Childcare 12-4:45pm		
2:30-3p							
3-3:30p							
3:30-4p							
4-4:30p							
4:30-5p							
5-5:30p	Yoga 5:15-6:15p	Insanity 5-6p	Zumba 5-6p		OPEN GYM 5-7p	CLOSED Bday Party and rentals available upon reservations	
5:30-6p			Power Walk 5:30-6:30p				
6-6:30p	6:30-8pm Rental	Kickboxing 6:15-7:15p	6:15-8:15pm Rental	6:45-8p OPEN GYM			
6:30-7p							
7-7:30p							
7:30-8p		7:30-8:30p Rental					
8-8:30p	CLOSED		CLOSED	CLOSED			

OPEN GYM RESERVATION This indicates you may use the gym BY RESERVATION only. Limited equipment will be allowed for use, members may bring in their own equipment.

Participants will be asked to maintain distance and keep masks on during reservation time.

Call the Front Desk to reserve space for the gym 570.655.2255