



Danvers YMCA

Danvers Community YMCA
34 Pickering Street
Danvers, MA 01923

Hours:
Mon-Fri- 5:30 AM to 10:00 PM
Saturday- 7:00 AM to 8:00 PM
Sunday- 9:00 AM to 4:00 PM

***Please No Food or Drinks in the Auditorium**

Birthday Parties
*** Check out our Gym Parties and Pool Parties @ The Y! Parties can include gym games, swimming, moon bounces and more!! For more info. Check out our brochures!**

Phone: 978-774-2055
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*Danvers YMCA
Where Everyone Belongs!!*

Session 3 1/23/12 to 3/25/12 Auditorium Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
9:00-11:00 AM Open	5:30-9:00 AM Open 9:00-9:45AM Cardio Combo	5:30-8:15 AM Open 8:15-9:00 AM Pilates on Ball	5:30-9:00 AM Open 9:00-9:45 AM Cardio Combo	5:30-8:15 AM Open 8:15-9:00 AM Pilates on Ball	5:30-9:00 PM Open 9:00-9:30 AM Cardio Mix	5:30-8:30 AM Open
11:00-3:00 PM Reserved for Birthday Parties	9:45-10:15 AM Muscle/Core	9:00-10:00 AM Adult Fitness	9:45-10:15 AM Muscle/Core	9:00-10:00 AM Adult Fitness	9:30-10:00 AM Muscle/Core 10:00-12:45 PM Open	8:30-9:15 AM Step Aerobics
3:00-4:00 PM Open	10:15-12:30 PM Open 12:30-1:15 PM Foxhill Gym Class	10:00-2:00 PM Open 2:00-5:45 PM SOKC	10:00-12:00 PM Open 12:00-12:45 PM Pre School Moon Bounce	<u>10:30-11:15 PM</u> Pre School Gym Class 1 <u>12:45-1:30</u> Pre School Gym Class 2	12:45-1:30 PM Pre School Soccer Class	9:15-10:00 AM Advanced Pilates
	1:15-2:00 PM Open 2:00-3:30 SOKC	5:45-6:30 PM Pilates	12:45-2:00 PM Open 2:00-6:00 PM SOKC	1:30-5:45 PM SOKC 5:45-6:30 PM Pilates	1:30-3:30PM SOKC 3:30-4:15- Floor Hockey K-2	10:00-3:00 PM Reserved for Birthday Parties
	3:30-4:15 Wacky Games K-2 Class 4:15-6:00 SOKC	6:30-7:30 PM Zumba	6:00-7:00 PM Cardio Kickboxing	6:30-7:15 PM Aerobics Step	4:15-5:00 PM Floor Hockey 3-5 5:00-5:45 PM SOKC	3:00-8:00 PM Open
	6:00-7:00 PM Cardio Kickboxing	7:30-8:30 PM Ballroom 2	7:00-8:15 PM Yoga	7:15-8:15 PM Boot Camp	6:00-8:30 PM Reserved for Kids Night Out	
	7:15-8:15 PM Boot Camp 8:15-10:00 PM Open	8:30-10:00 PM Open	8:15-10:00 PM Open	8:15-10:00 PM Open	8:30-10:00 PM Open	