



Birmingham Family YMCA GYM Summer Session 2010 (6/21- 9/5)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00 AM	Camp Before Care	Camp Before Care	Camp Before Care	Camp Before Care	Camp Before Care	Gymnastics Classes & Team 8:00 a.m.-2:30 gymnastics team until 2:30 every other weekend (ask the desk for details)		
9:00 AM	Camp Before Care	Camp Before Care	Camp Before Care	Camp Before Care	Camp Before Care			
10:00 AM	CrossFit w/ Personal Trainers	Silver Sneakers 10:15-11:00 a.m.	CrossFit w/ Personal Trainers	Silver Sneakers 10:15-11:00 a.m.	CrossFit w/ Personal Trainers			
11:00 AM								
12:00 PM	Adult Men's Drop in Basketball 11:30-2:00 p.m.	Adult Men's Drop in Basketball 11:30-2:00 p.m.	Adult Men's Drop in Basketball 11:30-2:00 p.m.	Adult Men's Drop in Basketball 11:30-2:00 p.m.	Adult Men's Drop in Basketball 11:30-2:00 p.m.			
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2:00 PM								
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4:00 PM		Gymnastics Classes & Team 4:00-8:00 p.m.		Gymnastics Classes & Team 4:00-8:00 p.m.				
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6:00 PM	CrossFit w/ Personal Trainers				CrossFit w/ Personal Trainers		CrossFit w/ Personal Trainers	
7:00 PM							Winners B-ball Practice 7:00-8:45 p.m.	
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9:00 PM				Winners B-ball Practice 8:00-9:30 p.m.				
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