



# GYM SCHEDULE—Winter 1

YMCA OF THE NORTHWOODS: January 7 – February 24

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GYM SCHEDULE

Begins January 7  
Ends February 24

Updated 1/9/2019

This schedule is subject to change. If there is no scheduled program or reservation the gym is open to use.

The Y has the right to make changes to the schedule at anytime and move any program into the Gym at anytime.

### School Out Days:

January: 2 & 18  
February: 22 & 25

During these days the WEST Gym will be closed from 9:30AM-10:30AM.

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST
5:30AM Open Pickleball		5:30AM Open Pickleball	5:30AM Open Pickleball	5:30AM Open Pickleball		5:30AM Open Pickleball	5:30AM Open Pickleball						
7:30 AM		7:30 AM	7:30 AM			7:30 AM	7:30 AM			7:00AM Indoor Golf Net			
	8:30AM Glutes & Guts 9:25AM	8:00AM Co-ed Open Basketball	8:30AM Functional HIIT 9:25AM		9:00AM Open Pickleball		8:30AM Functional HIIT 9:25AM 9:30AM Headwaters Inc. 10:30AM		8:00AM Co-ed Open Basketball	9:00AM Youth Soccer	9:00 AM Youth Soccer	9:00AM Open Pickleball	9:00AM Open Pickleball
			10:30AM Home School Sports 11:15AM				10:30AM Indoor Golf Net			11:00AM	11:00AM	11:00AM	11:00AM
	11:00AM Adult Archery 12:00 PM			12:00PM	12:00PM	12:00PM	12:00PM		11:00AM Open Pickleball				
12:00PM Open Pickleball	12:00PM Open Pickleball	12:30PM Three Lakes School Program 2:30PM	12:30PM Three Lakes School Program 2:30PM				12:00PM Open Pickleball	12:00PM Open Pickleball	1:00PM	1:00PM		2:00PM	2:00PM
3:00PM	3:00PM						3:00PM	3:00PM				2:00PM Family Zone	
3:00PM After School Weather Permitting 4:00PM		3:00PM After School Weather Permitting 4:00PM	3:15PM Power Zone	3:00PM After School Weather Permitting 4:00PM			3:00PM After School Weather Permitting 4:00PM		3:00PM After School Weather Permitting 4:00PM				
	4:00PM Youth Archery 5:00PM				4:00PM Youth Basketball			4:00PM Youth Archery 5:00PM			5:00PM	5:00PM	
	5:15PM Preschool Sports 5:45 PM		5:25PM					5:00PM Tabata T.T. 5:30PM					
			5:30PM Zumba@ Fitness 6:25PM		6:00PM			5:30PM Zumba@ Fitness 6:25PM				6:00PM Y Zone	
6:00PM Co-ed Volleyball A-League	6:00PM Co-ed Volleyball B-League		6:45PM Women's Open Volleyball League				6:45PM Adult Basketball League	6:45PM Adult Basketball League		6:00 to 9:00PM Dates: Jan. 11 Feb. 2			
9:00PM	9:00PM		9:00PM	9:00PM	9:00PM	9:00PM	9:00PM	9:00PM	8:00PM	8:00PM			

### Special Events

**HOT CHOCOLATE SNOW BASH**  
Friday, January 25  
5:30-7:30PM

**FATHER DAUGHTER DANCE**  
Saturday, February 16  
5:30PM Arrival, 6:00PM Dinner



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## SPECIAL EVENTS:

### **HOT CHOCOLATE SNOW BASH**

Friday, January 25

5:30-7:30PM

Enjoy a night filled with hot chocolate, cookie social, live entertainment from the TuneSmith Academy, raffle prizes, crafts, and games. All money raised will benefit Youth and Family Programs at the Y.

### **FATHER DAUGHTER DANCE**

Saturday, February 16

5:30PM Arrival, 6:00PM Dinner

The 2019 Father Daughter Dance, "To the Moon and Back" will be a night to remember. Dinner, DJ, photo booth, and memories that will last a lifetime at the Hodag Banquet Center.

## !!NEW!! ZONES:

### Family Zone

**WHY:** Strengthening Family Bonds Creating Lasting Memories

**WHEN:** Saturdays: 2:00-5:00PM

**WHAT:** January Special Activities Include

12th-Arts & Crafts

19th-Snowshoeing/Gym Fitness

26th-Family Movies

**FEE:** Free for members/\$10 for non-members

### Power Zone

**WHY:** Creating a Fun, Safe Energy-Burning Recreational Time

**WHEN:** Tuesdays & Thursdays: 3:15-5:25PM

**AGES:** Children ages 8 to 12 years old

**FEE:** Included in a Family Membership

### Y Zone

**WHY:** Variety of Youth Activities in a Supervised Safe & Fun Environment

**WHEN:** 1 Friday per Month: 6:00-9:00PM

**WHAT:** January 11th Activity: Gym Madness

**FEE:** Free for members/\$10 for non-members

**AGES:** 4th - 7th grades

### **ADULT ARCHERY**

This adult indoor Target Archery class consists of shooting at stationary bulls-eye targets. It is a great way to learn and practice the skill of archery. All equipment is provided. The bows are adjustable for all to be successful no matter their size or ability. *\$15 Member per 7 Week Session - \$35 General Public per 7 Week Session.*

### **ADULT BASKETBALL LEAGUE**

A "call your own" foul league that consists of a league on Thursdays only The league will run as a round robin and feature a double elimination tournament with the champions bringing home coveted Y t-shirts. The league entry fee is \$150 per team. 60 minutes slotted per game. Please contact the Y for season information.

### **CO-ED OPEN BASKETBALL**

Hit the hardwoods with the people who invented the game—the YMCA! Stay in shape through the season by playing YMCA basketball. These classes are for recreation, but Y players can get competitive. Bring a group of players or come individually. Play is on Tuesdays and Fridays from 8:00-9:30AM. *Free for members. Day Pass for general public.*

### **CO-ED VOLLEYBALL LEAGUE**

Co-ed Volleyball is a "call your own league" that consists of an A and B League. The A League is designed for the more advanced player, hard hitting is expected, and jump serving is allowed. The B League is designed for the intermediate player and those looking to simply enjoy a night of volleyball. Both leagues will feature round robin play and a double elimination tournament with the champions bringing home coveted Y t-shirts. The league will have an entry fee of \$150 per team. 60 minutes slotted per game. Please contact the Y for season information.

### **FUNCTIONAL HIIT**

HIIT (High Intensity Interval Training) is a course designed to challenge and improve aerobic capacity and muscular endurance. It features a wide variety of rapid paced burst exercises and bodyweight isometrics to burn fat and build lean muscle. Our Certified Personal Trainer Steve Augustyn will deliver this program! 55 Minutes.

### **GLUTES AND GUTS**

This is an 'express class' that will focus on the glutes, abs and inner thighs using various equipment and exercises, other than squats and crunches.

### **INDOOR GOLF NET**

Practice your golf swing year round with our indoor golf net.

### **OPEN PICKLEBALL**

Pickleball is a fun sport that combines elements of tennis, badminton and ping-pong while contributing to an active, healthy lifestyle. Perfect for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Come out and enjoy the social and physical benefits of playing one of the fastest growing recreational sports in the country. *Free for members. Day Pass for general public.*

### **TABATA TRIPLE THREAT**

Tabata is a high intensity interval training workout featuring exercises that last 4 minutes. You will get more impact on both the aerobic and anaerobic systems while using all available equipment. Tabata Triple Threat is a combination of cardio, strength and core exercises. Designed to work up a sweat, challenging yourself to your limits and beyond!

### **ZUMBA® FITNESS**

Zumba® is an exhilarating, effective, easy to follow, Latin-inspired, calorie-burning dance fitness party. It blends red-hot international music and contagious steps to form a "fitness party" that is downright addictive. Fun and challenging for any fitness level!

**PLEASE SEE THE YOUTH SCHEDULE YOUTH CLASS DESCRIPTIONS.**