



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ARLINGTON YMCA PROGRAM SCHEDULE

Atlantic Boulevard Hours of Operation

Monday – Thursday 8:30am-12:30pm 5:30pm-8:00pm
 Friday 8:30am-12:30pm
 Saturday 9:00am-12:00pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Cycle Express 9:00am-9:30am	Gentle Yoga 9:00am-10:00am	Tai Chi 9:00am-10:00am	Gentle Yoga 9:00am-10:00am	Kids Yoga (Ages 2-5) 9:30am-10:00am	Gymnastics 9:00am-11:00am
Line Dance 9:00am-10:00am	Homeschool P.E. (Elementary) 10:00am-11:00am	Kids Yoga (Ages 2-5) 9:30am-10:00am	Senior Cycle Express 9:00am-9:30am	SilverSneakers Yoga 11:00am-11:45am	SilverSneakers 10:30am-11:15am
Zumba Gold 10:00am-11:00am	Homeschool P.E. (Middle) 11:00am-12:00pm	BPSM Office Hours (weekly) 10:00am-12:00pm	Homeschool P.E. (Elementary) 10:00am-11:00am		
SilverSneakers 11:30am-12:15pm	SilverSneakers 10:30am-11:15am	Zumba Gold 10:00am-11:00pm	Homeschool P.E. (Middle) 11:00am-12:00pm		
Youth Fitness 5:45pm-6:45pm	SilverSneakers 11:30am-12:15pm	SilverSneakers 11:00am-11:45pm	Line Dance 10:00am-11:00am		
Yoga 7:00pm-8:00pm	Adaptive Yoga 12:00pm-1:00pm	BPSM lecture series (monthly) 12:00pm-1:00pm	SilverSneakers 10:30am-11:15am		
	Adaptive Yoga (until 12/20) 1:30pm-2:30pm	Youth Fitness 5:45pm-6:45pm	Ballroom Dance Lesson 11:00am-12:00pm		
	Youth Fitness (Fort Caroline) 5:45pm-6:45pm		SilverSneakers 11:30am-12:15pm		
	Gymnastics (Beginner) 6:00pm-7:00pm		Youth Fitness (Fort Caroline) 5:45pm-6:45pm		
	Tae Kwon Do (Beginner) 6:00pm-6:30pm		Gymnastics (Intermediate) 6:00pm-7:00pm		
	Tae Kwon Do (Intermediate) 6:30pm-7:15pm		Tae Kwon Do (Beginner) 6:00pm-6:30pm		
	Tae Kwon Do (Advanced) 7:15pm-8:00pm		Tae Kwon Do (Intermediate) 6:30pm-7:15pm		
	Yoga 7:00pm-8:00pm		Tae Kwon Do (Advanced) 7:15pm-8:00pm		
			Yoga 7:00pm-8:00pm		