

Vermilion Family YMCA February Schedule

Spirit, Body, & Mind Studio (Room 117)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45am	Fitness after 50 (Mary)		Fitness after 50 (Mary)		Fitness after 50 (Mary)	
9:45am						
6:00pm		Highland Dance (8+) (Allison)				
7:00pm						

Cycle Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am						
9:00am						
6:00pm			Cycle/Strength (Sherri)			
6:30pm	Cycle/Pilates (Debbie)					
7:00pm						
7:30pm						

Community Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am		Bootcamp (Michelle)		Sculpt/Core (Debbie)	Glide Fit (Michelle)	
9:00am						
10:00am	Silver Sneakers (Mary)		Silver Sneakers (Mary)	NIA (Kathy)	Silver Sneakers (Mary)	Zumba (Saida)
11:00am				SS Chair Yoga (Kathy)		
5:15pm						
5:30pm		Barre (Renee)				
6:15pm						
6:30pm	Zumba (Saida)	Pilates (Debbie)				
7:00pm						
7:30pm						
8:00pm						
8:30pm						

Active Youth Studio (Room 119)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30pm	Martial Arts (Kim)		Martial Arts (Kim)			
6:00pm						
6:30pm		Cheer (Jackie)				
6:40pm						
7:30pm						

Gymnastics Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00pm				Pre-School (3-4) (Deleen)		
4:45pm						
5:00pm	Beginner 1 (Deleen)			Beginner 1 (Deleen)		
5:45pm	Beginner 2 (Deleen)			Beginner 2 (Deleen)		
6:30pm	Competitive Gymnastics (Deleen)		"Pre-Team" (Deleen)	Competitive Gymnastics (Deleen)		
7:15pm						
8:00pm						

Gymnasium

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am						
10:00am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Jr. Cavs Games
11:00am						
12:00pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
1:00pm						OPEN GYM
2:00pm						
3:00pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
4:00pm						
5:00pm						
5:30pm						
6:00pm	Volleyball & Jr. Cavs	Volleyball & Jr. Cavs	Volleyball & Jr. Cavs	Volleyball & Jr. Cavs	Volleyball & Jr. Cavs	
7:00pm						
7:30pm					OPEN GYM	
8:00pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
9:00pm						

Vermilion Elementary School

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00am						
12:00pm						Volleyball & Jr. Cavs Games
1:00pm						
2:00pm						
3:00pm						

Pathways Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am-11:00am	OPEN	OPEN	OPEN	OPEN	OPEN	CLOSED
5:30pm-7:30pm	OPEN	OPEN (opens at 5:15)	OPEN	OPEN	CLOSED	

Sail Loft

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am		Meeting		Available		
5:30pm	Available		Available	Meeting	Available	Available
7:00pm		Available		Available		

Before/After School Care

	Monday-Friday
6:00am-8:00am	OPEN
2:45pm-6:00pm	OPEN

Bus Departs YMCA for:

Sailorway at 6:40am

VES at 8:04am

Key:

Group Exercise

Youth Sports

Youth Development

Open/Available

Closed/Unavailable

Special Events This Month:

February 18

Youth Football Fundraiser at German's Villa

February 25

Fill the Truck for Easter Seals. We're collecting donations of clothes & household goods

Group Exercise Class

Pricing:

PLUS Member: Included

Member: \$8/month/class

Program Member:

\$16/month/class