



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Happy New Year!

Facility Hours on Sunday January 1st
1:00 pm to 4:30 pm (Locker Rooms close at 5:00 pm)

Group Exercise Schedule

Y Studio:

1:00 pm - Cycle with Molly

2:00 pm - Cycle with Tabatha

APR:

1:30- 3:00 pm- Zumba with Tara and Fatima

3:00 - 4:00 pm - Interval with Tabatha

POOL SCHEDULE

1:00-4:30 pm 2 Lap Lanes and 4 Family Swim Lanes

Gymnasium

1:00-4:30 pm Open Court

Kids Care

1:00-4:00 pm

Build More Than Muscle At The Y

The mission of the YMCA of Greater Providence is to build healthy spirit, mind, and body for all through programs, services, and relationships that are based upon our core values of caring, honesty, respect, and responsibility.