



Rye YMCA ExerZone Schedule

(updated Nov. 2, 2015)

The ExerZone is open to all Members ages 5 and up.

Children ages 5 to 10 must be accompanied by an adult AT ALL TIMES.

Sneakers & other rubber sole shoes MUST be worn. (See the reverse side for other important rules.)

Hours of Operation	
Monday - Thursday 8:30 AM - 8:30 PM	Friday 8:30 AM - 7:00 PM Saturday/Sunday 10:00 - 5:00 PM

OPEN TIMES - during these times, the ExerZone is open to all for general use.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:30 AM	8:30-9:30 AM	8:30-10:30 AM	8:30-9:30 AM	8:30-6:15 PM	10:00AM-5:00 PM	10:00AM-5:00 PM
11:30-4:30pm	10:30 AM-4:30 PM	11:30-4:30 PM	10:30 AM-4:30 PM			
5:15-7:30 PM	6:15-8:30 PM	5:15-7:30 PM	6:15-8:30 PM			

PARENT / CHILD for ages 5 to 10 - Free to Members

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Family ExerCore 3:45-4:15 PM	Family ExerCore 3:45-4:15 PM	Family ExerCore 3:45-4:15 PM	Family ExerCore 3:45-4:15 PM	Family ExerFun 6:15-7:00 PM		

TEEN Workout for ages 11 to 14 - Free to Members

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Teen ExerSport 4:30-5:15 PM		Teen ExerSport 4:30-5:15 PM	Teen ExerSport 4:30-5:15 PM			

ADULT & SENIOR classes - Free to Members

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Senior Circuit 1:00-1:30 PM		ExerCore 9:00-9:30 PM		Senior Circuit 1:00-1:30 PM		

Descriptions - Free to Members

Teen ExerSport: High intensity interval training for all levels of fitness.

Family ExerCore: Family workouts are for children 5 years to 10 with parent(s) and/or guardian(s).

Senior Circuit: A series of exercises to help older adults feel more active, empowered and energized.

Family ExerFun: Join us for exercise fun for the whole family.

Adult ExerCore: Circuit of core building exercises with bursts of cardio.

Rye YMCA ExerZone Rules

Thank you for following these rules, which help to ensure the safety and well-being of all.

GENERAL

Only Members can use the ExerZone.

Members are expected to adhere to the code of conduct.

Children between the ages of 5 and 10 MUST be accompanied by a parent or guardian at all times.

Proper footwear (sneakers) is required. No sandals or bare feet are allowed.

Proper clothing is required. No swimsuits.

No food or drink.

XBOX / RECUMBENT BIKES

Since fitness is the goal of this configuration, a child must be able to pedal on their own from a proper seated position to use the XBox.

If there are others waiting to use the XBox, please allow them to rotate every 15 minutes or round of a racing course.

CLASSES

Those classes listed on the schedule are all drop-in. No registration is required.

With the exception of the TEEN classes, the classes we offer are for **members only**.

Non-member teens may take these classes if they pay the drop-in fee of \$5.

There are other classes that are not on the schedule. These are registered classes which are found in the program guide.

