



GYM SCHEDULE

January 7-March 31, 2017

CENTRAL QUEENS YM & YWHA

Another Quality Community Center of the Samuel Field Y

67-09 108th Street, Forest Hills NY, 11375 (718)268-5011, www.cqy.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 10:00 am Adult Full Court Basketball	6:15 am - 9:00 am Half Court Basketball	6:15 am - 9:00 am Half Court Basketball	6:15 am - 9:00 am Half Court Basketball	6:15 am - 9:00 am Half Court Basketball	6:15 am - 9:00 am Half Court Basketball
10:00 am - 11:00 am CLOSED for Birthday Parties* *Call for possible open times.	9:00 am - 8:30 pm Gym CLOSED for Classes (Open 2:30 pm-3:00 pm) Half Court Basketball	9:00 am - 6:00 pm Gym CLOSED for Classes (Open 2:30 pm-3:00 pm) Half Court Basketball	9:00 am - 6:00 pm Gym CLOSED for Classes	9:00 am - 6:00 pm Gym CLOSED for Classes (Open 2:30 pm-3:00 pm) Half Court Basketball	9:00 am - 1:00 pm Gym CLOSED for Classes
11:00 am - 9:45 pm Closed For Leagues* *Call for possible open times.	8:30 pm - 9:45 pm Adult/Teen (16+) Full Court Basketball	6:00 pm - 8:00 pm Gym CLOSED For Jr. NBA Basketball League	6:00 pm - 8:00 pm Gym CLOSED for Classes and SONYC	6:00 pm - 8:30 pm Gym CLOSED For Jr. NBA Basketball League	1:00 pm - 3:30 pm Open Co-ed All Ages
		8:00 pm - 9:45 pm Co-ed Teen Priority Basketball	8:00 pm - 9:45 pm Adult/Teen (16+) Full Court Basketball	8:30 pm - 9:45 pm Co-ed Teen Priority Basketball	3:30 pm - 4:45 pm Gym CLOSED for After School Program

GYM NOTES
No street clothes or street shoes are permitted in the gym. Games may be limited per our policies if people are waiting. Classes, leagues and birthday parties take precedence over open gym time. Call or see posted schedule for changes at www.cqy.org . Children 10 years and younger must be accompanied by an adult. NO exceptions. Morning classes and nursery school may use the gym during open time. Please refer to posted schedule changes for closings to do special programs.

BODY SHOP SCHEDULE for SATURDAY NIGHTS January 7- March 13, 2017	
7:00 - 8:20 pm	Co-ed Teens & Adults (16 & up)
8:25 - 9:25 pm	Men Only
9:30 - 10:40 pm	Women Only

GYM SCHEDULE for SATURDAY NIGHTS January 7- March 13, 2017	
7:00 - 8:00 pm	½ Gym Male / ½ Gym Female
8:00 - 9:00 pm	Open All Ages - Co-ed
9:00 - 10:40 pm	Men & Boys Only

Become a fan of the CQY on Facebook! www.centralqueensy.org/facebook



BODY SHOP SCHEDULE

Please Note
The Men's Shower and Steam Room
will be closed
from 5:20 - 5:50 pm.

UJA Federation
of New York
Good together.™

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am - 11:00 am Co-ed Adult	6:15 am - 9:45 pm Co-ed Teen & Adult (16 +)	6:15 am - 8:55 am Co-ed Teen & Adult (16 +)	6:15 am - 9:45 pm Co-ed Teen & Adult (16 +)	6:15 am - 8:55 am Co-ed Teen & Adult (16 +)	6:15 am - 12:55 pm Co-ed Teen & Adult (16 +)
11:00 am - 4:55 pm Co-ed Teen/Adult (16 +)		9:00 am - 10:25 am Women Only		9:00 am - 10:25 am Women Only	1:00 pm - 1:55 pm Men Only
5:00 pm - 5:55 pm Men Only		10:30 am - 9:45 pm Co-ed Teen & Adult (16 +)		10:30 am - 9:45 pm Co-ed Teen & Adult (16 +)	2:00 pm - 4:45 pm Co-ed Teen & Adult (16 +)
6:00 pm - 6:55 pm Women Only					
7:00 pm - 9:45 pm Co-ed Teen/Adult (16 +)					

PURIM CARNIVAL
SUNDAY, March. 12th, 2017
1:00 - 3:30 p.m.

BODY SHOP NOTES
No one under 16 is permitted in the exercise room. No street clothes or shoes permitted in the room; only proper gym attire and sneakers. Please observe fitness room etiquette. See an instructor or Body Shop attendant before using the machinery. Consult with your personal physician prior to beginning an exercise program. Special programs and fitness orientations take precedence for the use of the Body Shop equipment.