



GYM SCHEDULE

January 2 - March 30, 2018

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 - 11:30 am Birthday Parties* *Call for possible open times.	9:00 am - 8:30 pm Gym CLOSED for Classes (Open 2:30-3:00 pm)* *Half Court Basketball	9:00 am - 8:30 pm Gym CLOSED for Classes (Open 2:30-3:00 pm)* *Half Court Basketball	9:00 am - 8:00 pm Gym CLOSED for Classes	9:00 am - 1:00 pm Gym CLOSED for Classes	9:00 am - 1:00 pm Gym CLOSED For Classes
11:30 am - 10:00 pm Gym CLOSED* For Leagues *Please call for possible openings.	8:30 pm - 9:45 pm Adult/Teen (16+) Half Court Basketball	8:30 pm - 9:45 pm Co-Ed Teen Priority Basketball	8:00 - 9:45 pm Adult (18+) Full Court Basketball	1:00 pm - 1:45 pm Half Gym Open	1:00 pm - 3:45 pm Open Co-ed All Ages
				1:45 pm - 8:30 pm Gym CLOSED for Classes	3:45 pm - 4:45 pm Gym CLOSED for Afterschool Program

GYM NOTES
No street clothes, street shoes or black soled athletic 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. See posted schedule. Children 10 years and younger must be accompanied by an adult. NO exceptions. Morning aerobics classes and nursery school may use the gym during open time. Basketball playing procedures and rules are posted in the gym. Please refer to posted schedule changes for closings to do special programs.

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.



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 +)					

BODY SHOP NOTES
No one under 16 is permitted in the exercise room. No street clothes or street 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.