

Tentative Fitness Orientation Schedule at the New Downtown Y

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am	Orientation		Orientation		Orientation		
10:00am	Orientation		Orientation		Orientation	Orientation	
10:30am	Floor Attendant		Floor Attendant		Floor Attendant	Orientation	Floor Attendant
11:00am	Floor Attendant	Orientation	Floor Attendant	Orientation	Floor Attendant		Floor Attendant
11:30am		Orientation		Orientation			Floor Attendant
12:00pm		Floor Attendant				Floor Attendant	Floor Attendant
12:30pm		Floor Attendant				Floor Attendant	
1:00pm					Orientation	Floor Attendant	
1:30pm		Orientation		Orientation		Floor Attendant	
2:00pm							
2:30pm							
3:00pm							
3:30pm		Floor Attendant					
4:00pm			Orientation				
4:30pm							
5:00pm	Floor Attendant	Orientation	Floor Attendant	Orientation			
5:30pm	Floor Attendant	Orientation	Orientation	Orientation			
6:00pm	Floor Attendant	Orientation	Floor Attendant	Orientation			
6:30pm	Floor Attendant	Orientation	Floor Attendant	Orientation			
7:00pm							

NOTE: This is a DRAFT schedule and is subject to change.

Orientations – Advance registration is required, three members maximum per session.

Floor Attendant – a Fitness Staff member is available to assist with equipment and questions.

Note: Playcare (childminding) services are available Monday, Wednesday and Saturday from 9:00-11:30am.