



San Angelo YMCA Community Room Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM Silver Sneakers	8:30 AM Chair Yoga	8:30 AM Silver Sneakers		8:30 AM Chair Yoga 9:30 AM Gentle Yoga	
12:00 PM Lunch Crunch	12:00 PM HIIT	12:00 PM Lunch Crunch	12:00 PM HIIT	12:00 PM Lunch Crunch	
5:30 PM Build N' Burn		5:30 PM All level Yoga			

Community Room Policies

- Be RESPONSIBLE, dispose of all trash appropriately.
- Appropriate clothing and shoes must be worn at all times. (No cleats, dress shoes, or boots)
- RESPECT our facility. Mishandling of equipment is prohibited. Please return the equipment to its proper area.
- Areas are equipped with cameras for monitoring. Exit gates are to be opened in building emergencies only or by Y staff.
- Disagreements, disputes, and arguments will be settled in a polite, timely, and nonviolent manner.
- Members, guests, and participants are responsible for any damages resulting from misconduct or misuse of equipment and facilities.
- Members, guests, and participants will conduct themselves in a sportsmanlike manner; profanity, spitting, unsportsmanlike conduct, provocative language and actions are prohibited.
- The Y is not responsible for lost or stolen articles. Please keep valuables at home or in a locked locker.