



Week at a Glance

May 14 - May 20

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball Gym							
Soccer Field	Practice 5:30p - 7:00p	Youth Fitness 6:00p - 7:00p	Practice 5:30p - 7:00p	Youth Fitness 6:00p - 7:00p		Yth Fitness 11:00a - 12:00p	
Fitness Studio 1		Yoga 7:00p - 8:00p	Yoga 9:00a - 10:00a Gentle Yoga 10:00a - 11:00a Yoga 6:00p - 7:00p	Yoga 7:00p - 8:00p	Yoga 8:30a - 9:30a		
Fitness Studio 2	Cardio Step 8:00a - 9:00a Body Sculpt 9:00a - 10:00a Walk Pilates 10:00a - 11:00a Zumba 6:00p - 7:00p	Body Sculpt 8:00a - 9:00a Step 9:00a - 10:00a Pilates 10:00a - 11:00a Zumba 5:30p - 6:30p Cardio Step 6:30p - 7:30p	Cardio & Body 8:00a - 9:00a Cardio Surprise 5:00p - 6:00p	Body Sculpt 8:00a - 9:00a Step & Tone 9:00a - 10:00a Pilates 10:00a - 11:00a Step & Pump 6:30p - 7:30p		Kids Dance 5:30p - 7:30p	Cardio Step 7:15a - 8:15a Kickboxing 8:30p - 9:30p Power Pump 9:30p - 10:30p Zumba 11:30a - 12:30p
Fitness/Spin Studio 3			Spin 6:00a - 7:00a Spin 4:00p - 5:00p	Spin 6:00a - 7:00a	Spin 9:30a - 10:30a	Spin 7:30a - 8:30a	
Conference Room							
Multipurpose Room							

Scheu Family YMCA of Upland
1150 E Foothill Blvd.
Upland, CA 91786
(909) 946-6120
(909) 895-3003 Member Hotline

Location Hours	
Monday - Friday	5:30 am - 10:30 pm
Saturday	7:00 am - 5:00 pm
Sunday	7:00 am - 4:00 pm

Child Watch Hours	
Monday - Friday	8:00a - 12:00p & 4:00p - 8:00p
Saturday	7:30 am - 12:30 pm
Sunday	closed

upland@weymca.org
www.weymca.org/upland



Week at a Glance

May 21 - May 27

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball Gym							
Soccer Field	Practice 5:30p - 7:00p	Youth Fitness 6:00p - 7:00p	Practice 5:30p - 7:00p	Youth Fitness 6:00p - 7:00p		Yth Fitness 11:00a - 12:00p	
Fitness Studio 1		Yoga 7:00p - 8:00p	Yoga 9:00a - 10:00a Gentle Yoga 10:00a - 11:00a Yoga 6:00p - 7:00p	Yoga 7:00p - 8:00p		Yoga 8:30a - 9:30a	
Fitness Studio 2	Cardio Step 8:00a - 9:00a Body Sculpt 9:00a - 10:00a Walk Pilates 10:00a - 11:00a Zumba 6:00p - 7:00p	Body Sculpt 8:00a - 9:00a Step 9:00a - 10:00a Pilates 10:00a - 11:00a Zumba 5:30p - 6:30p Cardio Step 6:30p - 7:30p	Cardio & Body 8:00a - 9:00a Cardio Surprise 5:00p - 6:00p	Body Sculpt 8:00a - 9:00a Step & Tone 9:00a - 10:00a Pilates 10:00a - 11:00a Step & Pump 6:30p - 7:30p		Kids Dance 5:30p - 7:30p	Cardio Step 7:15a - 8:15a Kickboxing 8:30p - 9:30p Power Pump 9:30p - 10:30p Zumba 11:30a - 12:30p
Fitness/Spin Studio 3			Spin 6:00a - 7:00a Spin 4:00p - 5:00p	Spin 6:00a - 7:00a	Spin 9:30a - 10:30a	Spin 7:30a - 8:30a	
Conference Room							
Multipurpose Room							

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Child Watch Hours	
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