Hoover YMCA Cross Train Room Schedule
September 14 - December 31, 2026

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time\Days		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
From	To							
5:00 AM	5:30 AM	YGT	YGT	YGT	YGT	Open		
5:30 AM	6:00 AM							
6:00 AM	6:30 AM							
6:30 AM	7:00 AM							
7:00 AM	7:30 AM						Open	
7:30 AM	8:00 AM							
8:00 AM	8:30 AM		Y Cross Circuit		Y Cross Circuit		YGT	
8:30 AM	9:00 AM							
9:00 AM	9:30 AM		Mujeres y Pesas			Mujeres y Pesas		
9:30 AM	10:00 AM				Open			
10:00 AM	10:30 AM	Open	YGT Silver	YGT Silver	YGT Silver	Women on Weights	Open	
10:30 AM	11:00 AM							
11:00 AM	11:30 AM		YGT	Open	YGT	Homeschool PE		
11:30 AM	12:00 PM							
12:00 PM	12:30 PM		Open		Open	Open		Open
12:30 PM	1:00 PM							
1:00 PM	1:30 PM							
1:30 PM	2:00 PM							
2:00 PM	2:30 PM							
2:30 PM	3:00 PM							
3:00 PM	3:30 PM							
3:30 PM	4:00 PM							
4:00 PM	4:30 PM							YGT
4:30 PM	5:00 PM	YGT	YGT	YGT	YGT	Y Cross Circuit		Open
5:00 PM	5:30 PM							
5:30 PM	6:00 PM		YGTeens		YGTeens	Open		
6:00 PM	6:30 PM							
6:30 PM	7:00 PM	Strength Training (9-12)	YGT	Speed & Agility (9-12)	YGT			
7:00 PM	7:30 PM							
7:30 PM	8:00 PM	Open	Open	Open	Open			
8:00 PM	8:30 PM							
8:30 PM	9:00 PM							

Cross Train Room Etiquette:

- The Cross Train Room is unavailable for open recreation during the scheduled programs.

- Members can use the Cross Train Room during the designated "Open" time frames.

- You must be 14 years + to access the Cross Training Room.

- Please help us keep this room clean. Use chalk sparingly.