



Tampa Metropolitan Area YMCA

Find Your Y

Bob Gilbertson Central City Family YMCA

Big Bend Family YMCA

Bob Sierra Family YMCA

Bob Sierra North Tampa Family YMCA

North Brandon Family YMCA

Campo Family YMCA

Go



Membership Cards

Name

Alex

Simmons

Member Card #

543942

Save

Jessie Simmons



Marvin Simmons



Add New





Bob Sierra North Tampa Family YMCA

Messages

Branch

Association

-  Blood Drive - Let's save some lives today!
7:32am

-  All outdoor pools close on 09/12/16
Aug 01

Fun fair at Big Bend Family YMCA, welcome...
Aug 08





Blood Drive

Let's save some lives today!

One whole blood donation can save up to 3 lives! Someone needs a blood transfusion every two seconds, and one in ten patients entering a hospital will need blood. Over 500 people need to donate every day to meet the daily needs of the hospitals we serve and be prepared for emergencies.

Location: Front parking lot of every branch

Date: August 12th, Saturday

Time: 12:00pm



Bob Sierra North Tampa Family YMCA

Contact

Bob Sierra North Tampa Family YMCA



4029 Northdale Blvd.,
Tampa, FL 33624



(813) 962-3220



Adam.Klutts@tampaymca.org

Tampa Metro YMCA



110 E. Oak Ave.
Tampa, FL 33602



(813) 223-2895



Programs



Donate



Hours



Contact



Schedules





Branch Location

Branch Location

Would you like to switch to a different branch for the time being?



Bob Gilbertson Central City Family YMCA

Big Bend Family YMCA

Bob Sierra North Tampa Family YMCA

North Brandon Family YMCA

Campo Family YMCA

Dade City Family YMCA

Downtown YMCA Fort Brooke





Schedules



S
31

M
1

T
2

W
3

Aug
T
4

F
5

S
6

Thursday / August 18th

05:15am
55 Minutes

R.I.P.P.E.D
Theresa



08:00am
30 Minutes

CXWORX
Rick



01:30pm
55 Minutes

Senior Dance
Wilda



06:00pm
30 Minutes

Bodyattack
Whitney



Friday / August 19th

05:15am
55 Minutes

Body Combat
Jim



Filters

Instructor

Aly



Class

All

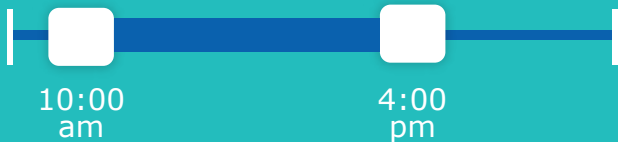


Type

Group Exercise



Time



Apply





Body Combat

August 18th



Jim Davis



05:15am - 06:10am



Activity Room, 101



A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.



Bob Sierra North Tampa Family YMCA

Hours

Daily Hours

Day Hours	Day Hours	Day Hours
Day Hours	Day Hours	Day Hours
Day Hours		

Pool Hours

Day Hours	Day Hours	Day Hours
Day Hours	Day Hours	Day Hours
Day Hours		

Child Care Hours

Day Hours, Hours	Day Hours, Hours	Day Hours Hours
Day Hours, Hours	Day Hours, Hours	Day Hours
Day Hours		

Other Hours

Day Hours	Day Hours	Day Hours
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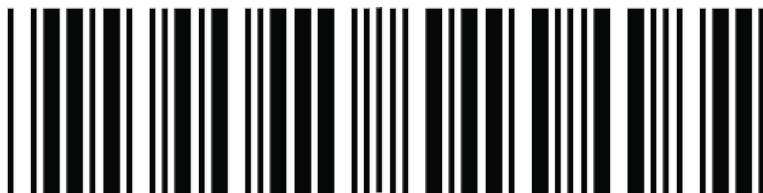




Membership Cards



Jessie Simmons



250937

Alex Simmons



Marvin Simmons



Add New



Bob Sierra North Tampa Family YMCA



Sports Banquet Date Change
12:30pm - Branch



Blood Drive - Let's save some lives
7:32am - Association



All outdoor pools close on 09/12/16
6:32am - Association

Fall Festival
Aug 29th - Branch

Funday Monday
Aug 27th - Branch

Jessie



250937





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