



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

GEAUGA FAMILY YMCA

July 1st – July 31st 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM SCHEDULE						
5:30-8:45am Pick Up Basketball	5:30-8:45am Open Gym	5:30-8:45am Pick Up Basketball	5:30-8:45am Open Gym	5:30-8:45am Pick Up Basketball	7:00-12:00pm Open Gym	8:00-12:00am Open Gym
9:00-10:00am Strength & Core	9:00-10:00am Pure Strength	9:00-10:00am Cardio & Strength Blast		Strength & Core (30m) Melanie – Gym 9:30am		
10:00-11:00am Silver Sneakers Yoga		10:00-11:00am Boom Muscle	10:00-11:00am Silver Sneakers Yoga	10:00-11:00am Cardio Blast (Melanie)	10:00-11:00am Basketball skills	
11:00-12:00pm Senior Strength & Balance	11:00-12:00pm Silver Sneakers Classic	11:00-12:00pm Silver Sneakers Circuit	11:00-12:00pm Silver Sneakers Classic	11:00-12:00pm AOA Fitness	11:00-12:00pm Basketball skills	
	12:00-1:30pm Chair Volleyball					
PM SCHEDULE						
1pm - 3:30pm* Pickle ball All Courts	1:30-3:30pm Summer Camp	1pm - 3:30pm* Pickle ball All Courts	1:00-3:30pm Pickle Ball ½ Court	1pm - 3:30pm* Pickle ball All Courts	12:00-4:00pm Open Gym	12:00-1:45pm Open Gym
			1:00-3:30pm Summer Camp			
4:00-6:00pm Open Gym	6:00-8:45pm Open Gym	4:00-6:00pm Open Gym	4:00-6:00pm Open Gym	4:00-8:45pm Open Gym		
6:00-7:00pm Volleyball			6:00-7:00pm Volleyball			
7:00-8:45pm Open Gym		7:00-8:45pm Open Gym	6:00-8:45pm Open Gym			

- *From 3pm to 3:30, Pickleball will only be on the back court. The front court will be available for basketball.