



Gym Schedule West Shore Family YMCA - July 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|----------------------------------|--|--------------------------------------|------------------------|------------------------|
| Open Gym 5:30-8:30 am | Open Gym 5:30-10 | Open Gym 5:30-9:30 | Open Gym 5:30-8:30 am | Open Gym 5:30-10 | Open Basketball 8-2 | Open Basketball 9-2 |
| Zumba 8:30-9:20 Full Court | | | Zumba 8:30-9:20 Full Court | | | |
| Fitness After 50 10-10:50 Full Court | Silver Sneakers 10-10:50 Full Court | Camp 9:30-1:00 | Silver Sneakers 10-10:50 Full Court | Boom Combo 10-10:50 Full Court | | |
| Camp 11-1 | Pickleball 11-1 Full Court | | Pickleball 11-1 Full Court | Camp 11-1 | | |
| Pickleball 1-3 | Open Basketball 1-5 | Open Basketball 1-6 | Open Basketball 1-5 | Pickleball 1-3 | | |
| Open Gym 3-7 am | Martial Art 5:00-5:45 5:45-6:45 | | Martial Art 5:00-5:45 5:45-6:45 | Open Gym 3-7 pm | | |
| Adult Basketball 7PM | Adult Basketball 7PM | Zumba 6:00-6:50 Full Court | Adult Basketball 7PM | Archery Tag 5:30-8p | | |
| Adult Basketball 7PM | Adult Basketball 7PM | Adult Basketball 7PM | Adult Basketball 7PM | Archery Tag 5:30-8p | | |

Schedule may change due to special events.

All changes are announced on the West Shore Page of our website: clevelandymca.org

Branch Hours:
M-F: 5:30am-8pm
Sat: 8am-2pm
Sun.: 9am-2pm