

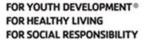
## **GYM SCHEDULE**

## **GEAUGA FAMILY YMCA**

October 1st - October 30th 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
AM SCHEDULE										
5:30-8:45am Pick Up Basketball (Closed)	5:30-8:45am <b>Open Gym</b>	5:30-8:45am Pick Up Basketball (Closed)	5:30-8:45am <b>Open</b> <b>Gym</b>	5:30-8:45am Pick Up Basketball (Closed)	7:00-8:45pm <b>Open Gym</b>	8:00- 12:00am <b>Open Gym</b>				
9:00-10:00am Strength & Core (Closed)	9:00-10:00am Pure Strength (Closed)	9:00-10:00am Cardio & Strength Blast (Closed)		Strength & Core (30m) Melanie 9:30am (Closed)	9:00-12:00pm <b>Jr. Cavs</b> (Closed)					
10:00-11:00am Silver Sneakers Yoga (Closed)		10:00-11:00am <b>Boom</b> <b>Muscle</b> (Closed)	10:00- 11:00am Silver Sneakers Yoga (Closed)	10:00-11:00am Cardio Blast (Melanie) (Closed)						
11:00-12:00pm Senior Strength & Balance (Closed)	11:00-12:00pm Silver Sneakers Classic (Closed)	11:00-12:00pm Silver Sneakers Circuit (Closed)	11:00- 12:00pm Silver Sneakers Classic (Closed)	11:00-12:00pm AOA Fitness (Closed)						
	12:00-1:30pm Chair Volleyball (Half Gym)									

• When a class or activity is in the gym, the gym is closed.





## **GEAUGA FAMILY YMCA**

September 1st - September 30th 2024

PM SCHEDULE										
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
1pm - 3:30pm* Pickle ball All Courts (Closed)	1:30-3:30pm <b>Open Gym</b>	1pm - 3:30pm* Pickle ball All Courts (Closed)	1:00-3:30pm Pickle Ball ½ Court (Closed)	1pm - 3:30pm* <b>Pickle ball</b> All Courts  (Closed)	12:00-2:00pm Jr. Cavs (Closed)	12:00- 3:45pm <b>Open Gym</b>				
4:00-6:00pm <b>Open Gym</b>	4:00-5:00pm <b>Open Gym</b>	4:00-5:00pm <b>Open Gym</b>	4:00-5:00pm <b>Open</b> <b>Gym</b>	4:00-6:45pm <b>Open Gym</b>	2:00-4:00pm <b>Open Gym</b>					
	5:00-8:00pm <b>Jr. Cavs</b> (Closed)	5:00-8:00pm <b>Jr. Cavs</b> (Closed)	5:00-8:00pm Jr. Cavs (Closed)	6:00-8:00pm <b>Jr. Cavs</b> (Closed)						
7:00-8:45pm <b>Open Gym</b>	8:00-8:45pm <b>Open Gym</b>	8:00-8:45pm <b>Open Gym</b>	8:00-8:45pm <b>Open</b> <b>Gym</b>							

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