



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE

GEAUGA FAMILY YMCA

October 1<sup>st</sup> – October 30<sup>th</sup> 2024

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

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



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## GEAUGA FAMILY YMCA

September 1<sup>st</sup> – September 30<sup>th</sup> 2024

### PM SCHEDULE

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

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

#### YMCA Name

123 Anystreet, Anytown, US 99999

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