



Gym Schedule West Shore Family YMCA - November 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 5:30-8:30 am	Open Gym 5:30-10 am	Open Gym 5:30-9:30 am	Open Gym 5:30-8:30 am	Open Gym 5:30-10 am	Open Basketball 8 am-2 pm	Open Basketball 9 am-2pm
Zumba 8:30-9:20 am Full Court			Zumba 8:30-9:20 am Full Court			
Fitness After 50 10-10:50 am Full Court	Silver Sneakers 10-10:50 am Full Court	Fitness After 50 10-10:50 am Full Court	Silver Sneakers 10-10:50 am Full Court	Boom Combo 10-10:50 am Full Court		
Pickleball 11 am-1pm Full Court	Pickleball 11 am-1pm Full Court	Pickleball 11 am-1pm Full Court	Pickleball 11 am-1pm Full Court	Pickleball 11 am-1pm Full Court		
Open Gym 1-4 pm	Open Gym 1-5PM	Open Gym 1-6pm	Open Gym 1-5PM	Open Gym 1-8PM		
	Martial Art 5:00-5:45 pm 5:45-6:45pm		Martial Art 5:00-5:45 pm 5:45-6:45PM			
Gym Rental 4-7 pm	Zumba 6:00-6:50 pm Full Court					
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