



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

GEAUGA FAMILY YMCA

January 1st – January 12th 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM SCHEDULE						
5:30-8:45am Pick Up Basketball (Closed)	5:30-8:45am Open Gym	5:30-8:45am Pick Up Basketball (Closed)	5:30-8:45am Open Gym	5:30-8:45am Pick Up Basketball (Closed)	7:00-8:45pm Open Gym	8:00-12:00am Open Gym
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 Jr. Cavs (Closed)	
10:00-11:00am Silver Sneakers Yoga (Closed)		10:00-11:00am Boom Muscle (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.



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

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