GYM SCHEDULE

GEAUGA FAMILY YMCA

December 1st – December 30th 2024

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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December 1st – December 30th 2024

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**	4:00-5:00pm **Open Gym**	4:00-5:00pm **Open Gym**	4:00-5:00pm **Open Gym**	4:00-6:45pm **Open Gym**	2:00-4:00pm **Open Gym**	
6:00-7:15 pm Empower Sports (**Closed**) **7:30-8:30 pm Archery** (**half gym closed**)	5:00-8:00pm **Jr. Cavs** (**Closed**)	5:00-8:00pm **Jr. Cavs** (**Closed**)	5:00-8:00pm **Jr. Cavs** (**Closed**)	6:00-8:00pm **Jr. Cavs** (**Closed**)		
8:30-8:45pm **Open Gym**	8:00-8:45pm **Open Gym**	8:00-8:45pm **Open Gym**	8:00-8:45pm **Open Gym**			

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