

HILLCREST FAMILY YMCA GYM SCHEDULE

JANUARY 2025

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6 AM	ADULT OPEN GYM 6AM-9:50AM	ADULT OPEN GYM 6AM-7:45AM	ADULT OPEN GYM 6AM - 9:50AM	ADULT OPEN GYM 6AM -7:45AM	OPEN GYM 6AM TO 1PM		
	7 AM		Fitness After 50 Ester 8:15AM TO 9:05AM		Fitness After 50 Ester 8:15AM TO 9:05AM		ADULT OPEN GYM 7AM -10AM	
	8 AM		OPEN GYM 9:10AM to 10AM	OPEN GYM 9:10 TO 10AM				
	9 AM	SILVER SNEAKERS CLASSIC Kathryn 10:10-11AM	MOBILITY AND FLEXIBILITY Sarah 10-10:50AM	SILVER SNEAKERS CLASSIC LEO 10-10:50AM	MOBILITY AND FLEXIBILITY Sarah 10-10:50AM		SILVER SNEAKERS	FAMILY
	10 AM	OPEN GYM 11:15-12:55PM	GIGI LINE	SILVER SNEAKERS LEO 11:30AM - 12:30PM	FAMILY		CLASSIC CYNTHIA 10AM -11AM	OPEN
	11 AM		DANCING 11AM TO 12NOON		Open GYM			GYM
AFTERNOON	12 PM	\$PICKLEBALL 1PM-3PM	FAMILY 12:05PM TO 8:30PM	\$PICKLEBALL 1PM - 3PM	11am TO 8:30PM	\$PICKLEBALL 1PM-3PM	OPEN GYM 11AM -8:30PM	TO 1:30PM
	1 PM							
	2 PM							
	3 PM							
EVENING	4 PM	FAMILY OPEN GYM						
	5 PM							
	6 PM							
	7 PM							
	8 PM							
	8:30pm	GYM CLOSSES@ 8:30PM	GYM CLOSSES @8:30PM	GYM CLOSSES @8:30PM	GYM CLOSSES @ 8:30PM	GYM CLOSSES@ 8:30PM		

PLEASE NOTE
GYM AVAILABILITY IS SUBJECT TO CHANGE

SPECIAL NOTE
\$JR CAVS PRACTICES WILL START THE WEEK OF 1/20/2025
"Gym will be closed during practices"



Gym Schedule

Hillcrest Family YMCA 2024

Gym Rules

1. Must have appropriate footwear.
 2. Must always wear shirt and shoes at all times.
 3. No food or drinks in the gym. **(Water in sealed bottles only).**
 4. No Dunking or Hanging off the rims.
 5. **No foul language, fighting, foul play or aggressive behavior. Any misconduct and you will be asked to leave the premises.**
 6. Secure your valuables or leave them at home. The YMCA is not responsible for belonging that are lost or stolen.
 7. During designated class/event times, the gym is not available for open gym.
- Children 12 and under must be accompanied by a parent/guardian.
8. Open Gym is available for any time that is not a designated for classes or events.
 9. Please respect all equipment in the gym, return all borrowed basketballs to the front desk.
 10. **NO MUSIC** is to be played in the gym unless you are renting the gym for an event or class.

Hillcrest Family YMCA Branch

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www.clevelandymca.org