

HILLCREST FAMILY YMCA GYM SCHEDULE

FEBRUARY 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 10AM BABIES TO ROOKIES 10AM TO 10:30AM ADULT OPEN GYM	ADULT OPEN GYM 7AM TO 4:30PM	FAMILY OPEN GYM 8AM TO 1:30PM
	7 AM		Fitness After 50 Ester 8:15AM TO 9:05AM		Fitness After 50 Ester 8:15AM TO 9:05AM			
	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			
	10 AM	OPEN GYM 11:15-12:55PM	GIGI LINE DANCING 11AM TO 12NOON ADULT OPEN GYM 12:10PM TO 6PM	SILVER SNEAKERS LEO 11:30AM - 12:30PM	ADULT OPEN GYM 11am TO 6PM \$JR CAVS PRACTICES			
	11 AM							
AFTERNOON	12 PM	\$PICKLEBALL 1PM-3PM						
	1 PM							
	2 PM							
	3 PM							
EVENING	5 PM	FAMILY OPEN GYM 3PM-4:55PM GYM CLOSE FOR \$JR CAVS PRACTICES 5PM TO 7PM	\$JR CAVS PRACTICES 6PM TO 7:15PM	FAMILY OPEN GYM 3PM TO 6PM \$JR CAVS PRACTICES 6PM TO 8:30PM	6PM TO 8PM FAMILY OPEN GYM 8-8:30PM	OPEN GYM 3PM TO 8:30PM	PLEASE NOTE GYM AVAILABILITY IS SUBJECT TO CHANGE *SPECIAL NOTE* \$JR CAVS PRACTICES "Gym will be closed during practices" ROOKIES TO BABIES START FRI 2/7/2025 PLEASE SEE YMCA 360 APP FOR GYM SCHEDULE UPDATES	
	6 PM							
	7 PM	FAMILY GYM 7PM TO 8:30PM	FAMILY OPEN GYM 7:15 TO 8:30PM					
	8 PM							
	8:30pm	GYM CLOSSES @ 8:30PM	GYM CLOSSES @ 8:30PM	GYM CLOSSES @ 8:30PM	GYM CLOSSES @ 8:30PM			GYM CLOSSES @ 8:30PM



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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Lyndhurst, Oh 44124

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www.clevelandymca.org