



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

GEAUGA FAMILY YMCA

January 17th 2022 – January 30th 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM SCHEDULE						
6am - 9am Open Gym All Courts	6am - 9am Open Gym All Courts	6am - 9am Open Gym All Courts	6am - 9am Open Gym All Courts	6am - 9am Open Gym All Courts	7am -8:30am Open Gym All Courts	8am-2pm Open Gym All Courts
9am-10am Rise & Ride All Courts	9am-10am Body Lift All Courts	9am-10am Wild Card All Courts	9am – 10am LIIT All Courts	9am-10am Hatha Yoga All Courts	8:30am-3pm Jr. Cavs All Courts	
10am – 11am SS Yoga All Courts	11am - 12pm SS Classic All Courts	11am - 12pm SS Cardio All Courts	10am – 11am SS Yoga All Courts	10am-11am Boom Move It All Courts		
11am - 12pm Senior Basic Strength All Courts	12pm – 1pm Chair Volleyball Back Court	12pm – 1pm Open Gym All Courts	11am – 12pm SS Classic All Courts	12pm – 1pm Open Gym All Courts		
12pm – 1pm Open Gym All Courts			12pm – 1pm Open Gym All Courts			
PM SCHEDULE						
1pm - 3:30pm* Pickleball All Courts	12pm – 5pm Open Gym All Courts	1pm - 3:30pm* Pickleball All Courts	1pm -3:30pm* Pickleball All Courts	1pm - 3:30pm* Pickleball All Courts	8:30am-3pm Jr. Cavs All Courts	12pm-2pm Open Gym All Courts
3pm – 5pm Open Gym All Courts		3pm – 5pm Open Gym All Courts	3pm – 5pm Open Gym All Courts	3pm – Close Open Gym All Courts		
5pm- 7:30pm Adaptive Basketball All Courts	5pm- 8:30pm Jr. Cavs All Courts	5pm- 6:30pm Jr. Cavs All Courts	5pm- 7:30pm Open Gym Back Court			
7:30pm- Close Open Gym All Courts		6:30pm- Close Open Gym All Courts	5pm- 7:30pm Jr. Cavs Front Court			
			7:30pm- Close Jr Cavs All Courts			

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



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YMCA Name

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