

Hillcrest Family YMCA- Gym Schedule- January 2022

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	6:00-9:50 am Adult Open Gym	6:00-7:50 am Family Open Gym	8am-9:30am Fitness After 50	6:00-10:50 am Adult Open Gym	6:00-7:50 am Family Open Gym	6:00-9:50 am Adult Open Gym	7:00-7:50 am Family Open Gym	8am-9am Adult Open Gym
	10am-11am Silver Sneakers Classic	9:30am-12pm Open Gym			8am-9:30am Fitness After 50		9:30am-12pm Open Gym	
	11am-12pm Open Gym	9:30am-12pm Open Gym	11am-12:30pm Silver Sneakers Classic		9:30am-12pm Open Gym	10am-12pm Open Gym	9:30am-12pm Open Gym	9am-12pm Open Gym
	12pm-3pm Open Gym		12pm-3pm Open Gym		1pm-3pm Open Gym	12pm-1pm RESERVED	12pm-3pm Open Gym	
3pm-5:30pm Family Open Gym	3pm-5:30pm Family Open Gym	3pm-5:30pm Family Open Gym	1pm-5:30pm Family Open Gym	3pm-5:30pm Family Open Gym				
5:30pm-7:30pm Jr. Cavs	5:30pm-8:00pm Jr. Cavs	5:30pm-8:00pm Jr. Cavs	5:30pm-8:00pm Jr. Cavs	5:30pm-7:00pm Jr. Cavs				
7:30pm-8:45pm Open Gym	8:00pm-8:45pm Open Gym	8:00pm-8:45pm Open Gym	8:00pm-8:45pm Open Gym	7:00pm-8:45pm Open Gym				
8:45pm-9pm Cleaning	8:45pm-9pm Cleaning	8:45pm-9pm Cleaning	8:45pm-9pm Cleaning	8:45pm-9pm Cleaning				