

Hillcrest Family YMCA GYM Schedule

JULY 2022

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6 AM	Adult OPEN Gym	Family OPEN Gym	Adult OPEN Gym	Family OPEN Gym	Adult OPEN Gym		
	7 AM	Adult OPEN Gym	Family OPEN Gym	Adult OPEN Gym	Family OPEN Gym	Adult OPEN Gym	Family OPEN Gym	
	8 AM	Adult OPEN Gym	Fitness after 50 Ester	Adult OPEN Gym	Fitness after 50 Ester	Adult OPEN Gym	Fitness after 50 Ester	Open Gym 8am-9am
	9 AM	Adult OPEN Gym	Boom Move 930-1030am	Adult OPEN Gym	Strenght & Balance 930am-10am	Pickleball	after 9:30 am OPEN Gym	Men's League 9am-1pm
	10 AM	Silver Sneakers Classic Kathryn	Boom Move	OPEN Gym	OPEN Gym	Pickleball	OPEN Gym	Men's League 9am -1pm
	11 AM	OPEN Gym	OPEN Gym @1030am	Silver Sneakers Classic Prince	OPEN Gym	Pickleball	OPEN Gym	Men's League 9am -1pm
	12 PM	OPEN Gym	OPEN Gym	OPEN Gym @1245pm	Reserved for Rental	Open Gym @11am	Family OPEN Gym	Men's League 9am -1pm
AFTERNOON	1 PM	Pickleball	OPEN Gym	Pickleball	Brenda's B Ballers 1:30pm	OPEN Gym	Family OPEN Gym	Family OPEN Gym
	2 PM	Pickleball	OPEN Gym	Pickleball	OPEN Gym @2:30PM	OPEN Gym	Family OPEN Gym	Famliy GYM closes @145pm
	3 PM	Family OPEN Gym	Family OPEN Gym	Family OPEN Gym	Family OPEN Gym	Family OPEN Gym	Family OPEN Gym	
	4 PM	Family OPEN Gym	Family OPEN Gym	Family OPEN Gym	Family OPEN Gym	Family OPEN Gym	Family GYM closes @ 445pm	
	5:30 PM	Youth Basketball Skills Clinic	Youth Basketball Skills Clinic	Youth Basketball Skills Clinic	Family Open Gym til 845pm	Youth Basketball Skills Clinic		
EVENING	6 PM	Youth Basketball Skills Clinic	Youth Basketball Skills Clinic	Youth Basketball Skills Clinic	Family Open Gym til 845pm	Youth Basketball Skills Clinic		
	7:00 PM	Family Open Gym @730pm	Family Open Gym @730pm	Family Open Gym @730pm	Family Open Gym til 845pm	Family Open Gym @730pm		
	8 PM	Family OPEN Gym	Family Open Gym	Family OPEN Gym	Family Open Gym til 845pm	Family OPEN Gym		
		Gym closes @ 8:45pm	Gym closes @845pm	Gym closes @ 8:45pm	Family Open Gym til Open til 845pm	Gym closes @ 8:45pm		

* Adult Open Gym is 18 yrs and older

Open gym times are subject to change.