



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

GEAUGA FAMILY YMCA

August 1st 2022 – October 1st 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM SCHEDULE						
6am - 9am Open Gym All Courts	6am - 9am Open Gym All Courts	6am - 7:30am Adult Pickup Basketball All Courts	6am - 8:30am Open Gym All Courts	6am - 7:30am Adult Pickup Basketball All Courts	7am -Close Open Gym All Courts	8am-2pm Open Gym All Courts
9am-10am Rise & Ride All Courts	9am-10am Body Lift All Courts	7:30am - 9am Open Gym All Courts	8:30am - 9:30am HIIT & Kick Fusion All Courts	7:30am - 10am Open Gym All Courts		
10am - 11am SS Yoga All Courts	10am - 11am Open Gym All Courts	9am-10am Cardio Strength & Blast All Courts	10am - 11am SS Yoga All Courts	10am-11am Boom Move It All Courts		
11am - 12pm Senior Basic Strength All Courts	11am - 12pm SS Classic All Courts	10am - 11am Open Gym All Courts	11am - 12pm SS Classic All Courts	11am - 12pm Senior Body & Tone All Courts		
12pm - 1pm Open Gym All Courts	12pm - 1pm Chair Volleyball Back Court	11am - 12pm SS Cardio 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 - 7:30pm Open Gym All Courts	1pm - 3:30pm* Pickleball All Courts	1pm -3:30pm* Pickleball All Courts	1pm - 3:30pm* Pickleball All Courts	12pm-Close Open Gym All Courts	12pm-2pm Open Gym All Courts
3pm - 5pm Open Gym All Courts		3pm - 5pm Open Gym All Courts	3pm - 7:30pm Open Gym All Courts	3pm - 5pm Open Gym All Courts		
5pm - 6:45 Volleyball Skills Clinic All Courts		5pm - 6:30pm Youth Soccer All Courts**		5pm - 6:45 Volleyball Skills Clinic All Courts		
7pm - Close Open Gym All Courts	7:30pm- Close Adult Pickup Basketball All Courts	6:30pm - Close Open Gym All Courts	7:30pm- Close Adult Pickup Basketball All Courts	7pm - Close Open Gym All Courts		

- *From 3pm to 3:30, Pickleball will only be on the back court. The front court will be available for basketball.
- ** If it is raining outside, Youth Soccer will be in the gymnasium Wednesdays from 5-7:30



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YMCA Name

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