

Hillcrest Family YMCA GYM Schedule

DECEMBER 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	FAMILY OPEN GYM 8AM-9AM
	9 AM	Adult OPEN Gym	Boom Move 930-10am	Adult OPEN Gym	Family OPEN Gym	Pickleball 9am to 11am	ADULTS ONLY GYM@10AM	MEN'S LEAGUE 9AM-12:30PM
	10 AM	Silver Sneakers Classic Kathryn	MUSIC & MOVEMENT 10-10:30AM	JUMP RUN & RIDE 10-10:30am	Family OPEN Gym	Pickleball 9am to 11am	ADULTS ONLY GYM 10AM-12PM	MEN'S LEAGUE 9AM-12:30PM
	11 AM	OPEN Gym	OPEN Gym @10:30am	Silver Sneakers Classic	OPEN Gym	OPEN GYM @11AM	ADULTS ONLY GYM 10AM -12PM	MEN'S LEAGUE 9AM-12:30PM
	12 PM	OPEN Gym	OPEN Gym	OPEN Gym @12:45pm	OPEN GYM	Open Gym @11am	Family OPEN Gym	MEN'S LEAGUE 9AM-12:30PM
AFTERNOON	1 PM	Pickleball	OPEN Gym	Pickleball	OPEN GYM	OPEN Gym	Family OPEN Gym	Family OPEN Gym 1230PM-145PM
	2 PM	Pickleball	OPEN Gym	Pickleball	OPEN Gym @2:30PM	OPEN Gym	Family OPEN Gym	Famliy GYM closes @1:45pm
	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 4-5PM	Family OPEN Gym	Family GYM closes @ 4:45pm	
	5 PM	JR CAVS PRACTICE 5-6pm	FAMILY OPEN GYM	FAMILY OPEN GYM	JR CAVS PRACTICE 5-7PM	FAMILY OPEN GYM		
EVENING	6 PM	JR CAVS PRACTICE 6-7PM	OPEN GYM	OPEN GYM	JR CAVS PRACTICE 5-7PM	FAMILY OPEN GYM		
	7 PM	Family OPEN Gym	OPEN GYM	OPEN GYM	OPEN GYM @7PM	FAMILY OPEN GYM		
	8 PM	Family OPEN Gym	Family OPEN Gym	Family OPEN Gym	FAMILY OPEN GYM	Family OPEN Gym		
		Gym closes @ 8:45pm	Gym closes @8:45pm	Gym closes @ 8:45pm	GYM closes @ 8:45pm	Gym closes @ 8:45pm		

* Adult Open Gym is 18 yrs and older

Open gym times are subject to change.