

Hillcrest Family YMCA GYM Schedule MARCH 2023

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MORNING	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	6 AM	Adult OPEN Gym	Family OPEN Gym	Adult OPEN Gym	Family OPEN Gym	Adult OPEN Gym			
	7 AM						Family OPEN Gym		
	8 AM		Fitness after 50 Ester		Fitness after 50 Ester		Fitness after 50 Ester	FAMILY OPEN GYM 8AM-9AM	
	9 AM		Boom Move 930-10am						
	10 AM	Silver Sneakers Classic Kathryn	MUSIC & MOVEMENT 10-10:30AM	JUMP RUN & RIDE 10-10:30am	ABC Crosswalk 930am-1030am	Pickleball 8am to 11am	ADULTS ONLY GYM 10AM-12PM	MEN'S LEAGUE 9AM-12:30PM	
	11 AM	OPEN Gym	OPEN Gym @10:30am	Silver Sneakers Classic					
12 PM			OPEN Gym @12:45pm	OPEN GYM			OPEN GYM @11AM	Family OPEN Gym 12PM TO 445PM GYM CLOSES	
1 PM	Pickle Ball 1-3pm	OPEN Gym	Pickle Ball 1-3pm		Family OPEN Gym	Family OPEN Gym 1230PM-145PM			
2 PM									
AFTERNOON	3 PM	Family OPEN Gym	Family OPEN Gym	Family OPEN Gym	Family OPEN Gym				
	4 PM								
	6 PM	JR CAVS PRACTICE 5-6PM	JR CAVS PRACTICE 7PM TO 8PM	JR CAVS PRACTICE 6PM - 7PM OPEN GYM @ 7PM	JR CAVS PRACTICE 5-8PM			FAMILY OPEN GYM	
	7 PM	FAMILY OPEN GYM 6-845PM						FAMILY OPEN GYM	
8 PM		Family OPEN Gym 8-845PM	Family OPEN Gym 7PM -845PM	FAMILY OPEN GYM 8PM-845pm	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.