



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

GEAUGA FAMILY YMCA

May 29th – June 30th, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM SCHEDULE						
6:00-9:00 Open Gym	6:00-9:00 Open Gym	6:00-9:00 Open Gym	6:00-9:00 Open Gym	6:00-9:00 Open Gym	6:00-12:00am Open Gym	
	9:00-10:00am Pure Strength	9:00-10:00am Cardio & Strength Blast				
10:00-11:00am Silver Sneakers Yoga		10:00-11:00am Boom Muscle	10:00-11:00am Silver Sneakers Yoga	10:00-11:00am Total Body Blast		
11:00-12:00am Senior Strength & Balance	11:00-12:00am Silver Sneakers Classic	11:00-12:00am Silver Sneakers Circuit	11:00-12:00am Silver Sneakers Classic	11:00-12:00 AOA Fitness		
	12:00-1:30pm Char Volleyball					
PM SCHEDULE						
1pm - 3:30pm* Pickle ball All Courts	1:30-4:00 Sports Summer Camp	1pm - 3:30pm* Pickle ball All Courts	12:00-4:00 Sports Summer Camp (Sports Camp	1pm - 3:30pm* Pickle ball All Courts	12:00-9:00pm Open Gym	12:00-9:00pm Open Gym
	4:00-9:00pm Open Gym	4:00-9:00pm Open Gym	5:00-8:00 Soccer inside if bad weather			
5:00-7:00pm Volleyball			8:00-9:00 Open Gym	5:00-7:00pm Volleyball		
7:00-8:45pm Open Gym				7:00-8:45pm Open Gym		

- *From 3pm to 3:30, Pickleball will only be on the back court. The front court will be available for basketball.