

Hillcrest Family YMCA GYM Schedule

DECEMBER 2023

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING	6 AM	Adult OPEN Gym	Adult OPEN Gym until 745am	Adult OPEN Gym 6AM TO 945AM / PLAY WITH PURPOSE 10AM TO1045AM OPEN GYM FROM 11-1130AM	Adult OPEN Gym until 745am	Adult OPEN Gym			
	7 AM				Family Open Gym until 745am				
	8 AM		Fitness after 50 Ester 8:15AM 9:05AM		Fitness after 50 Ester 8:15AM TO 9:05AM		Fitness After 50 8:15-9:05am	Family Open Gym 8 TO 9AM	
	9AM								
	10 AM	Silver Sneakers Classic Kathryn	Adult Open GYM 9:15 AM	Adult OPEN GYM 9:15AM		\$Men's 18 & OVER League 9AM-1PM Starts 12/17/2023			
	11 AM	OPEN WALK GYM 11:15-1PM		Silver Sneakers 11:30-12:20PM	OPEN WALK GYM 11:15-1PM				
	12 PM			Family Open Gym12:30PM	Family OPEN GYM 12:00PM TO 6pm				
AFTERNOON	1 PM	\$Pickle Ball 1-3pm	Family OPEN Gym @11am TO 6PM JR CAVS PRACTICES 6-7:15PM until 12/15/2023	\$Pickle Ball 1-3pm	Family OPEN GYM 12:00PM TO 6pm	\$PICKLE BALL 1-3PM	OPEN FAMILY GYM 930AM UNTIL 445PM	Family Open Gym 1PM-1:45PM	
	2 PM								
	3 PM	JR CAVS PRACTICES AND GAMES 5-7:30PM until 12/15/2023		Family OPEN Gym 3pm-6pm JR CAVS PRACTICES 6PM TO 7PM until 12/15/2023				JR CAVS PRACTICES FROM 6PM TO 7:15PM until 12/15/2023	Family OPEN GYM 3PM -6PM JR CAVS PRACTICE 6-7:15PM OPEN GYM 7:15PM TO 8:45PM until 12/15/2023
	4 PM								
EVENING		JR CAVS PRACTICES AND GAMES 5-7:30PM until 12/15/2023	Family OPEN Gym 3pm-6pm JR CAVS PRACTICES 6PM TO 7PM until 12/15/2023		JR CAVS PRACTICES FROM 6PM TO 7:15PM until 12/15/2023	Family OPEN GYM 3PM -6PM JR CAVS PRACTICE 6-7:15PM OPEN GYM 7:15PM TO 8:45PM until 12/15/2023			
	5PM								
	6 PM								
	7 PM			\$Hula-Hoop Class			OPEN GYM FROM 7:15PM TO 8:45PM		
	845pm	Gym closes @ 8:45pm	Gym closes @8:45pm	Gym closes @ 8:45pm	GYM closes @ 8:45pm	Gym closes @ 8:45pm			