



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

GEAUGA FAMILY YMCA

Feb. 1st- Feb. 29th 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|---|--|---------------------------------|
| AM SCHEDULE | | | | | | |
| 5:30-9:00 Pick Up Basketball | 6:00-9:00 Open Gym | 5:30-9:00 Pick Up Basketball | 6:00-9:00 Open Gym | 5:30-9:00 Pick Up Basketball | 7:00-8:00am Jr. Cavs set up | 8:00-12:00am Open Gym |
| 9:00-10:00 Strength & Core | 9:00-10:00am Pure Strength | 9:00-10:00am Cardio & Strength Blast | | | 8:00-9:00am Jr. Cavs | |
| 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 | 9:00-10:00am Jr. Cavs | |
| 11:00-12:00pm Senior Strength & Balance | 11:00-12:00pm Silver Sneakers Classic | 11:00-12:00pm Silver Sneakers Circuit | 11:00-12:00pm Silver Sneakers Classic | 11:00-12:00pm AOA Fitness | 10:00-11:00am Jr. Cavs | |
| | 12:00-1:30pm Chair Volleyball | | | | 11:00-12:00pm Jr. Cavs | |
| PM SCHEDULE | | | | | | |
| 1pm - 3:30pm* Pickle ball All Courts | 1:30-5:00pm Open Gym | 1pm - 3:30pm* Pickle ball All Courts | 1:00-3:30pm Pickle Ball ½ Court | 1pm - 3:30pm* Pickle ball All Courts | 12:00-12:45pm Jr. Cavs take down | 12:00-1:45pm Open Gym |
| | | | 3:30-5:00pm Open Gym | | | |
| 4:00-6:00pm Open Gym | 5:00-6:00pm Jr. Cavs | 5:00-6:00pm Jr. Cavs | 5:00-6:00pm Jr. Cavs | 4:00-8:45pm Open Gym | 1:00-4:00pm Open Gym | |
| 6:00-7:00pm Empower Sports | 6:00-7:00pm Jr. Cavs | 6:00-7:00pm Jr. Cavs | 6:00-7:00pm Jr. Cavs | | | |
| 7:00-8:45pm Open Gym | 7:00-8:15pm St. Mary Chardon | 7:00-8:15pm St. Mary Chardon | 7:00-8:15pm St. Mary Chardon | | | |

- *From 3pm to 3:30, Pickleball will only be on the back court. The front court will be available for basketball.
- Empower sports starts January 15th through Feb. 26th from 6 pm till 7 pm.