



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

GEAUGA FAMILY YMCA

Jan. 1st- Jan. 31st 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	1:30-5:00pm Open Gym	1pm - 3:30pm* Pickle ball All Courts	12:00-12:45pm Jr. Cavs take down	12:00-1:45pm 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.