

# Hillcrest Family YMCA GYM Schedule

January 2024

	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		Silver Sneakers Classic Kathryn		Adult Open GYM 9:15 AM		Adult OPEN GYM 9:15AM	OPEN WALK GYM 11:15-1PM
	10 AM							
	11 AM							
	AFTERNOON	12 PM	OPEN WALK GYM 11:15-1PM		Silver Sneakers 11:30-12:20PM	OPEN WALK GYM 11:15-1PM	OPEN FAMILY GYM 930AM UNTIL 445PM	
1 PM		Family Open Gym12:30PM			Family OPEN GYM 12:00PM TO 6pm			Family Open Gym 1PM-1:45PM
2 PM		\$Pickle Ball 1-3pm	\$Pickle Ball 1-3pm		\$PICKLE BALL 1-3PM			
3 PM		Family OPEN Gym @11am TO 6PM JR CAVS PRACTICES 6-7:15PM Sarting 1/15/2024			Family OPEN GYM 3pm-6pm JR CAVS PRACTICES 6PM TO 7PM Starting 1/15/2024	Family OPEN GYM 3PM -6PM JR CAVS PRACTICE 6-7:15PM Sarting 1/15/2024 OPEN GYM 7:15PM TO 8:45PM		
4 PM								
EVENING	5PM	JR CAVS PRACTICES AND GAMES 5-7:30PM Starting 1/15/2024		Family OPEN Gym 3pm-6pm JR CAVS PRACTICES 6PM TO 7PM Starting 1/15/2024	JR CAVS PRACTICES FROM 6PM TO 7:15PM Starting 1/15/2024	Family OPEN GYM 3PM -6PM JR CAVS PRACTICE 6-7:15PM Sarting 1/15/2024 OPEN GYM 7:15PM TO 8:45PM		
	6 PM						OPEN GYM FROM 7:15PM TO 8:45PM	
	7 PM			\$Hula-Hoop Class				
	845pm			Gym closes @ 8:45pm	Gym closes @8:45pm	Gym closes @ 8:45pm	GYM closes @ 8:45pm	Gym closes @ 8:45pm