



# April Gym Schedule

## West Shore Family YMCA

FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### Monday

5:30-7:50am: Open Gym  
8:00- 8:50am: Boom with Michelle (Closed)  
9:00-9:50am: Silver Sneakers Circuit (Closed)  
10:00-10:50am: Fitness After 50 (Closed)  
11:00 -5:45pm: Open Gym  
6:00 - 6:50pm: Bootcamp (Closed)  
7:00pm-Close: Adult Basketball League (Closed)

### Tuesday

5:30-9:45am: Open Gym  
10:00-10:50am: Silver Sneakers Classic (Closed)  
11:00 - 4:30pm: Open Gym  
4:40-5:40pm: Karate (Closed)  
6:00-6:50pm: Zumba (Closed)  
6:50pm-Close: Adult Basketball League (Closed)

### Wednesday

5:30-7:50am: Open Gym  
8:00- 8:50am: Boom with Michelle (Closed)  
9:00-10:00am: Open Gym/Brunch & Learn  
10:00-10:50am: Fitness After 50 (Closed)  
11:00-11:50am: Pickle Ball (Closed)  
12:00-Close: Open Gym

### Thursday

5:30-8:50am: Open Gym  
9:00-9:50am: Zumba with Roula (Closed)  
10:00-10:50am: Silver Sneakers Classic (Closed)  
11:00-5:30pm: Open Gym  
4:30-5:30pm: Karate (Group Exercise Room)  
5:30-7:00pm: MacHoops (Closed)  
7:00 - 7:50pm: Bootcamp (Closed)  
8:00pm - Close: Open Gym

### Friday

5:30-7:50am: Open Gym  
8:00- 8:50am: Boom with Michelle (Closed)  
9:00-9:50am: Open Gym  
10:00-11:30am: Pickle Ball (Closed)  
11:40-6:45pm: Open Gym  
6:45-Close: Pick Up Basketball

### Saturday

7:00-8:45am: Open Gym  
9:00-9:50am: Power Sculpt (Closed)  
10:00- Close: Open Gym

### Sunday

10:00-Close: Open Gym

\* Schedule Subject to Change  
\* Inclement weather will result in camp inside using East side of the gym and Open gym using the West side of the gym