



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE- SEPTEMBER

HILLCREST FAMILY YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM SCHEDULE						
5:45 – 9:00 am Adult Open Gym	5:45 – 9:00 am Adult Open Gym	5:45 – 9:00 am Adult Open Gym	5:45-9:00 am Adult Open Gym	5:45 – 9:00 am Adult Open Gym	7:00 – 9:00 am Adult Open Gym	
9:00-10:00am Open Gym	9:00- 11:00 am Open Gym	9:00-11:00am Open Gym	9:00- 12:00 am Open Gym	9:00- 11:00 am Open Gym	9:00-12:00pm Open Gym	9:00-12:30pm Men's League
10:15-11:00 Zumba Gold-Gigi						
11:15- 12:00pm Silver Sneakers	11:05- 12:00pm Fitness after 50 Class	11:15- 12:00pm Silver Sneakers		11:05- 12:00pm Fitness after 50 Class		
PM SCHEDULE						
12:30- 2:00 pm Pickleball	12:00- 1:15 pm Gym Rental	12:30- 2:00 pm Pickleball	12:00-1:15 pm Gym Rental	12:30- 2:00 pm Pickleball	12:00pm -4:30pm Open Gym	12:30-2:30pm Men's League T.B.D
2:00-5:00 pm Open Gym	1:30- 3:30 pm Pickleball	2:00-5:00 pm Open Gym	1:30- 3:30 pm Pickleball	2:00-5:00 pm Open Gym		
	4:00- 6:00pm Open Gym		4:00- 6:00pm Open Gym			
5:00-8:30pm Open Gym	6:00-8:30pm Open Gym	5:00-7:00pm Open Gym	6:00-8:30pm Open Gym	5:00-8:30pm Open Gym		
8:30-9:30pm Adult Open Gym *18 and over	8:30- 9:30pm Open Gym	7:30-9:30pm Family Open Gym	8:30-9:30pm Open Gym			

Please check the whiteboard outside the gym each day for updates on the gym schedule.