



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE- JANUARY HILLCREST FAMILY YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM SCHEDULE</b>						
6:00 – 8:00 am <b>ADULT Open Gym</b>	6:00 – 7:50 am <b>Open Gym</b>	6:00 – 8:00 am <b>ADULT Open Gym</b>	6:00-7:50pm am <b>Open Gym</b>	6:00 – 8:00 am <b>ADULT Open Gym</b>	7:00 – 8:00 am <b>Family Open Gym</b>	
					8:00-9:00 <b>Closed for Cleaning</b>	
8:00-12:00 <b>Open Gym</b>	8:00-10:00 <b>Fitness after 50 &amp; Balance</b>	8:00-12:00 <b>Open Gym</b>	8:00-9:30 <b>Fitness after 50</b>	8:00- 12:00 <b>Open Gym</b>	9:00-11:30am <b>Open Gym</b> 1/2,1/9,1/16, 1/23	8:00-9:00 am <b>Closed for Cleaning</b>
	9:30-12:00 <b>Open Gym</b>		9:30-12:00 <b>Open Gym</b>		<b>Jr Cavs Games starting</b> 1/30	9:00-11:30am <b>Open Gym</b> 1/3,1/24,1/31 <b>Men's League</b> 1/10 & 1/17
<b>PM SCHEDULE</b>						
12:00- 2:00 <b>Open Gym</b>	12:00- 2:00 <b>Open Gym</b>	12:00- 2:00 <b>Open Gym</b>	12:00- 2:00 pm <b>Open Gym</b>	12:00- 5:00 pm <b>Open Gym</b>	11:30 am - 1:30pm <b>Open Gym</b> 1/2,1/9,1/16, 1/23	11:30 am - 1:30pm <b>Open Gym</b> 1/3,1/24,1/31
2:00-5:00 pm <b>Family Open Gym</b>	2:00-5:00 pm <b>Family Open Gym</b>	2:00-5:00 pm <b>Family Open Gym</b>	2:00-5:00 pm <b>Family Open Gym</b>		<b>Jr Cavs Games Starting</b> 1/30	<b>Men's League</b> 1/10 & 1/17
5:00-8:45 <b>Open Gym 1/4</b>	5:00-8:45 <b>Jr. Cavs</b>	5:00-8:45 <b>Jr Cavs</b>	5:00-8:45 <b>Jr Cavs</b>	5:00-8:45 <b>Open Gym 1/8</b>		
<b>Jr. Cavs Starting</b> 1/11				<b>Jr Cavs Starting</b> 1/15		
8:45-9:00 <b>CLEANING</b>	8:45-9:00 <b>CLEANING</b>	8:45-9:00 <b>CLEANING</b>	8:45-9:00 <b>CLEANING</b>	8:45-9:00 <b>CLEANING</b>		

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

\*OPEN GYM TIME IS FIRST COME FIRST SERVE STARTING ON THE HOUR FOR 50 MINUTES

\*YOU MAY RESERVE A TIME SLOT AT THE FRONT DESK or

[https://app.appointmentking.com/scheduler\\_self\\_service.php?domid=237](https://app.appointmentking.com/scheduler_self_service.php?domid=237)

\*SEE ADDITIONAL GYM REGULATIONS POSTED IN THE GYM