



September 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 (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
4:50-5:50pm: Karate (Closed)
6:00-6:50pm: Zumba (Closed)
7:00pm-Close: Adult Basketball League (Closed)

Wednesday

5:30-7:50am: Open Gym
8:00- 8:50am: Boom (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 (Closed)
10:00-10:50am: Silver Sneakers Classic (Closed)
11:00-4:30pm: Open Gym
4:50-5:50pm: Karate (Gym)
6:00-6:50 pm: Open gym
6:00 - 6:50pm: Bootcamp (Closed)
8:00pm - Close: Open Gym

Friday

5:30-7:50am: Open Gym
8:00- 8:50am: Boom Closed)
9:00-9:50am: Open Gym
10:00-11:30am: Pickle Ball (Closed)
11:40-Close: Open Gym

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