



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE- SEPTEMBER HILLCREST FAMILY YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM SCHEDULE						
6:00 – 8:00 am ADULT Open Gym	6:00 – 8:00 am Open Gym	6:00 – 8:00 am ADULT Open Gym	6:00-8:00 am Open Gym	6:00 – 8:00 am ADULT Open Gym	7:00 – 8:00 am Family Open Gym	
					8:15-9:05am Fitness after 50	
8:00-11:00pm Open Gym	8:00-9:30 pm Fitness after 50	8:00-12:00 pm Open Gym	8:00-9:30 pm Fitness after 50	8:00- 10:00pm Programming	9:30-11:30am Adult Open Run Gym	8:00-9:00 am Family Open Gym
11:00-12pm Programming	9:30-12:00 Open Gym	11:00-12pm Programming	9:30-12:00 Open Gym	10:00-12:00 Open Gym	Registration Required	9:30-11:30am Adult Open Run Gym Registration Required
PM SCHEDULE						
12:00- 4:00 pm Open Gym	12:00- 5:00 pm Open Gym	12:00- 5:00 pm Open Gym	12:00- 5:00 pm Open Gym	12:00- 4:00 pm Open Gym	11:30 am - 1:30pm Family Gym	11:30 am - 1:30pm Family Gym
4:00- 7:50pm Family Gym	5:00-7:00 Skills Classes	5:00-7:00 Skills Classes	5:00-7:00 Skills Classes	4:00- 7:50pm Family Gym		
	7:00-7:50 Open Gym	7:00-7:50 Open Gym	7:00-7:50 Open Gym	8:00-9:00 pm CLEANING		
8:00-9:00 pm CLEANING	8:00-9:00 pm CLEANING	8:00-9:00 pm CLEANING	8:00-9:00 pm CLEANING			

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

*SEE ADDITIONAL GYM REGULATIONS POSTED IN THE GYM