



## September Gym Schedule West Shore Family YMCA

### Monday

5:30-9:40am: Open Gym  
9:40-10:30am: Silver Sneakers Circuit (Closed)  
10:45-11:35am: Fitness After 50 (Closed)  
11:40am-6:45pm: Open Gym  
6:50pm-Close: Adult Basketball League (Closed)

### Tuesday

5:30-10:45am: Open Gym  
10:45-11:35am: Silver Sneakers Classic (Closed)  
11:40am-4:20pm: Open Gym  
4:30-5:30pm: Karate (Closed)  
6:00-6:50pm: Boot Camp (Closed)  
6:50pm-Close: Adult Basketball League (Closed)

### Wednesday

5:30-8:45am: Open Gym  
8:30-9:20am: Power Sculpt (Closed)  
9:45-10:40am: Pickle Ball (Closed)  
10:45-11:35am: Fitness After 50 (Closed)  
11:35-Close: Open Gym

### Thursday

5:30-10:45am: Open Gym  
10:45-11:35am: Silver Sneakers Classic (Closed)  
11:40-4:20pm: Open Gym  
4:30-5:30 pm: Karate (Closed)  
5:45-Close: Open Gym

### Friday

5:30-8:15am: Open Gym  
8:30-9:55am: Power Sculpt (Closed)  
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: Cardio Combo (Closed)  
10:00 am-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