

GYM SCHEDULE *updated June 17, 2024*

Schedule is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
S I D E A	CLOSED FOR GYMNASTICS					
	5:15am-6:00am Boot Camp	5am-7:45pm Open Gym	5am-9am Open Gym	5am-7:45pm Open Gym	5:15am-6:00am Boot Camp	7am-9am Open Gym
	6am-9am Open Gym		9am-11am Pickleball		6am-9am Open Gym	9am-10am Refit
	9am-11am Pickleball		11am-6pm Open Gym		9am-11am Pickleball	
	11am-6pm Open Gym		6pm-7pm Refit		11am-6:45pm Open Gym	10am-2:45pm Open Gym
	6pm-7pm Refit		7pm - 7:45pm Open Gym			
7pm - 7:45pm Open Gym						

FITNESS SCHEDULE *updated June 17, 2024*

Schedule is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am-6am Boot Camp - Gym		9am-11am Pickleball - Gym	7pm-8pm Yoga - MPR	5:15am-6am Boot Camp - Gym	9am-10am Refit - Gym
9am-11am Pickleball - Gym		9:00am-9:30am Chair Yoga - MPR		9am-11am Pickleball - Gym	
9:00am-9:30am Chair Yoga - MPR		9:30am-10:30am Senior Stability - MPR		9:15am-9:45am Unique Rhythms- MPR	
9:30am-10:30am Senior Stability -MPR		10:45am-11:15am Unique Rhythms- MPR			
10:45am-11:15am Unique Rhythms - MPR		6pm-7pm Refit - Gym			
6pm-7pm Refit - Gym					
7pm-8pm Yoga - MPR					

FACILITY HOURS:

MON-THURS 5AM-8PM
 FRIDAY 5AM-7PM
 SATURDAY 7AM-3PM
 SUNDAY CLOSED

CHILD WATCH HOURS:

MON-THURS 8AM-12PM & 4PM-6PM
 FRIDAY 8AM-12PM

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Shelby Branch-YMCA of North Central Ohio



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