GYM SCHEDULE updated Dec 30. 2024

Schedule is subject to change

	Monday	Tuocday	Wednesday	Thursday	Eridov	Saturday
	5	Tuesday	Wednesday	Thursday	Friday	Saturday
C	5:15am-6:00am	Closed For		5am-8:45pm	5:15am-6:00am	7am-9am
	Boot Camp				Boot Camp	Open Gym
S	6am-9am				6am-9am	9am-10am
	Open Gym				Open Gym	Refit
D	9am-11am				9am-11am	10am-2:45pm Open Gym
Ε	Pickleball	Gymnastics		Open Gym	Pickleball	
	11am-4pm					
А	Open Gym					
A	4pm-8:45pm					
	Gymnastics					
	5:15am-6:00am		5am-9am		5:15am-6:00am	7am-9am Open Gym
	Boot Camp		Open Gym		Boot Camp	
S						
	6am-9am		9am-11am		6am-9am	Open Gym
	6am-9am Open Gym		9am-11am Pickleball		6am-9am Open Gym	Open Gym
Т						Open Gym 9am-10am
I D	Open Gym	5am-8:45pm		5am-8:45pm	Open Gym	
Т D	Open Gym 9am-11am Pickleball	5am-8:45pm Open Gym	Pickleball	5am-8:45pm Open Gym	Open Gym 9am-11am	9am-10am
Т	Open Gym 9am-11am Pickleball 11am-6pm		Pickleball 11am-6pm		Open Gym 9am-11am	9am-10am
Т D E	Open Gym 9am-11am Pickleball 11am-6pm Open Gym		Pickleball 11am-6pm Open Gym		Open Gym 9am-11am Pickleball	9am-10am Refit
Т D	Open Gym 9am-11am Pickleball 11am-6pm Open Gym 6pm-7pm		Pickleball 11am-6pm Open Gym 6pm-7pm		Open Gym 9am-11am Pickleball 11am-7:45pm	9am-10am Refit 10am-2:45pm
Т D E	Open Gym 9am-11am Pickleball 11am-6pm Open Gym 6pm-7pm Refit		Pickleball 11am-6pm Open Gym 6pm-7pm Refit		Open Gym 9am-11am Pickleball	9am-10am Refit
I D E	Open Gym 9am-11am Pickleball 11am-6pm Open Gym 6pm-7pm		Pickleball 11am-6pm Open Gym 6pm-7pm		Open Gym 9am-11am Pickleball 11am-7:45pm	9am-10am Refit 10am-2:45pm

FITNESS SCHEDULE

Schedule is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am-6am Boot Camp - Gym		9am-11am Pickleball - Gym		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-9
FRIDAY	5AM-8
SATURDAY	7AM-3
SUNDAY	CLOSE

/I-9РМ	
/I-8PM	
/I-3PM	
SED	

MON-SAT

MON-THURS

9AM-12PM

5PM-8PM

CHILD WATCH HOURS:

FOLLOW US:



Shelby Branch-YMCA of North Central Ohio



@shelbyymca