

# GYM SCHEDULE *updated Nov 1, 2024*

*Schedule is subject to change*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
SIDE A	5:15am-6:00am Boot Camp	Closed For Gymnastics	Closed For Gymnastics	5am-4pm Open Gym	5:15am-6:00am Boot Camp	7am-9am Open Gym	
	6am-9am Open Gym				6am-9am Open Gym	9am-10am Refit	
	9am-11am Pickleball			Little Dribblers 4pm-5pm	9am-11am Pickleball	11am-7:45pm Open Gym	10am-2:45pm Open Gym
	11am-4pm Open Gym 4pm-8:45pm Gymnastics				5pm-8:45pm Open Gym		
SIDE B	5:15am-6:00am Boot Camp	5am-4pm Open Gym	5am-9am Open Gym	5am-4pm Open Gym	5:15am-6:00am Boot Camp	7am-9am Open Gym	
	6am-9am Open Gym		9am-11am Pickleball		6am-9am Open Gym		
	9am-11am Pickleball	Little Dribblers 4pm-5pm	11am-6pm Open Gym	Little Dribblers 4pm-5pm	9am-11am Pickleball	9am-10am Refit	
	11am-6pm Open Gym	5pm-8:45pm Open Gym		6pm-7pm Refit	5pm-8:45pm Open Gym	11am-7:45pm Open Gym	10am-2:45pm Open Gym
	6pm-7pm Refit						
	7pm - 8:45pm Open Gym						

# 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			
9:30am-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-9PM  
 FRIDAY 5AM-8PM  
 SATURDAY 7AM-3PM  
 SUNDAY CLOSED

## CHILD WATCH HOURS:

MON-SAT 9AM-12PM  
 MON-THURS 5PM-8PM

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Shelby Branch-YMCA of North Central Ohio



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