

# GYM SCHEDULE updated Nov 10, 2023

*Schedule is subject to change*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SIDE A</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-4pm Open Gym		9am-11am Pickleball	4pm-4:45pm Little Dribblers	6am-9am Open Gym	9am-10am Refit
	4pm-8:45pm Gymnastics	4pm-7:30pm Gymnastics	11am-4pm Open Gym		9am-11am Pickleball	10am-2:45pm Open Gym
		7:30pm - 8:45pm Open Gym	4pm-8:45pm Gymnastics	4:45pm - 8:45pm Open Gym		
<b>SIDE B</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-6pm Open Gym		9am-11am Pickleball	4pm-4:45pm Little Dribblers	6am-9am Open Gym	9am-10am Refit
	6pm-7pm Refit	4pm-5pm Little Dribblers	11am-6pm Open Gym		9am-11am Pickleball	10am-2:45pm Open Gym
	7pm - 8:45pm Open Gym	5pm - 8:45pm Open Gym	7pm - 8:45pm Open Gym	4:45pm - 8:45pm Open Gym	11am-7:45pm Open Gym	

# FITNESS SCHEDULE updated Nov 10, 2023

*Schedule is subject to change*

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

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Shelby Branch-YMCA of North Central Ohio



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