GYM SCHEDULE updated July 1, 2025

Schedule is subject to change

GTIVI SCITEDUEL apuateu sury 1, 2025 Schedule is subject to chain									
L		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
S	S	5:15am-6:00am Boot Camp 6am-9am		5am-9am Open Gym 9am-11am	5am-7:45pm Open Gym	5:15am-6:00am Boot Camp 6am-9am	7am-2:45pm Open Gym		
		Open Gym		Pickleball		Open Gym			
	D E	9am-11am Pickleball	9am-11am 5am-7:45pm Open Gym 1am-7:45pm	11am-7:45pm Open Gym		9am-11am Pickleball			
,	А	11am-7:45pm Open Gym				11am-6:45pm Open Gym			
		5:15am-6:00am Boot Camp		5am-9am Open Gym		5:15am-6:00am Boot Camp			
	S	6am-9am		9am-11am		6am-9am			
	1	Open Gym 9am-11am		Pickleball		Open Gym 9am-11am			
1	D	Pickleball	5am-7:45pm		5am-7:45pm	Pickleball	7am-2:45am		
	E B	11am-7:45pm Open Gym	Open Gym	11am-7:45pm Open Gym	Open Gym	11am-6:45pm Open Gym	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	7pm-8pm Yoga - MPR/Outside	9am-11am Pickleball - Gym	9am-10am Refit - MPR
9am-11am Pickleball - Gym		9:00am-9:30am Chair Yoga - MPR		9:15am-9:45am Unique Rhythms- MPR	
9:00am-9:30am Chair Yoga - MPR	hair Yoga - MPR :30am-10:30am ior Stability -MPR 0:45am-11:15am	9:30am-10:30am Senior Stability - MPR 10:45am-11:15am Unique Rhythms- MPR 6pm-7pm Refit -MPR			
9:30am-10:30am Senior Stability -MPR					
10:45am-11:15am Unique Rhythms - MPR					
i i					
7pm-8pm Yoga - MPR/Outside					

FACILITY HOURS:

MON-THURS 5AM-8PM FRIDAY 5AM-7PM SATURDAY 7AM-3PM SUNDAY CLOSED CHILD WATCH HOURS:

MON-SAT 9AM-12PM

MON-THURS 5PM-8PM

FOLLOW US:

Shelby Branch-YMCA of North Central Ohio

