

GYM SCHEDULE *updated July 1, 2025*

Schedule is subject to change

Monday		Tuesday	Wednesday	Thursday	Friday	Saturday
SIDE A	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-2:45pm Open Gym
	6am-9am Open Gym		9am-11am Pickleball		6am-9am Open Gym	
	9am-11am Pickleball		11am-7:45pm Open Gym		9am-11am Pickleball	
	11am-7:45pm Open Gym				11am-6:45pm Open Gym	
SIDE B	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-2:45am Open Gym
	6am-9am Open Gym		9am-11am Pickleball		6am-9am Open Gym	
	9am-11am Pickleball		11am-7:45pm Open Gym		9am-11am Pickleball	
	11am-7:45pm Open Gym				11am-6:45pm 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	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		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 -MPR			
6pm-7pm Refit - MPR					
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

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Shelby Branch-YMCA of North Central Ohio



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