

GYM SCHEDULE updated May 31, 2022

Schedule is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SIDE A	5:15am-6am Boot Camp	5am-4:30pm Open Gym	5am-9am Open Gym	5am-7:15pm Open Gym	5:15am-6:00am Boot Camp	7am-9am Open Gym
	6am-11am Open Gym		9am-11am Pickleball		6am-9am Open Gym	9am-10am Refit
	11am-11:30am Unique Rhythms	3:30pm-4:30pm *Dodgeball 2nd & 4th Tuesdays	11am-11:30am Unique Rhythms		9am-11am Pickleball	10am-12:45pm Open Gym
	11:30am-4:30pm Open Gym	4:30pm-7pm Open Gym	11:30am-3:45pm Open Gym		11:30am-6:45pm Open Gym	
	4:30pm-8pm Gymnastics	7pm-7:45pm Adult Open Gym	3:45pm-8pm Gymnastics		7:15pm-7:45pm Adult Open Gym	
SIDE B	5:15am-6:00am Boot Camp	5am-4:30pm Open Gym	5am-9am Open Gym	5am-7pm Open Gym	5:15am-6:00am Boot Camp	7am-9am Open Gym
	6am-6pm Open Gym		3:30pm-4:30pm *Dodgeball 2nd & 4th Tuesdays		9am-11am Pickleball	6am-9am Open Gym
		6pm-7pm Refit	4:30pm-5:45pm Open Gym		11am-6pm Open Gym	9am-11am Pickleball
	7pm-7:45pm Adult Open Gym		6pm-6:30pm Tabata		6pm-7pm Refit	11am-6:45pm Open Gym
		6:45pm-7:45pm Adult Open Gym	7pm-7:45pm Adult Open Gym		7pm-7:45pm Adult Open Gym	

*Dodgeball is available on the 2nd and 4th Tuesdays of the month. You must be a member of the YMCA and 10 years of age or older.

FITNESS SCHEDULE updated May 31, 2022

Schedule is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am-6am Boot Camp - Gym	9:00-9:45am Journey To Wellness	9am-11am Pickleball - Gym	9:00-9:45am Journey To Wellness	5:15am-6am Boot Camp - Gym	9am-10am Refit - Gym
9:30am-10:30am Senior Stability - MPR	5pm-6pm Karate (Beginners) - Offsite	9:30am-10:30am Senior Stability - MPR	5pm-6pm Karate - Offsite	9am-11am Pickleball - Gym	8am-9am Karate - Offsite
11am-11:30am Unique Rhythms - Gym	6pm-6:30pm Tabata - Gym	11am-11:30am Unique Rhythms Gym	6pm-6:45pm Pilates MPR	9:15am-9:45am Unique Rhythms MPR	
6pm-7pm Refit - Gym		6pm-7pm Refit - Gym	7pm-8pm Yoga - MPR		
7pm-8pm Yoga - MPR					

YMCA of North Central Ohio - Shelby Branch

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