



## 2023 FALL OPEN GYM SCHEDULE

JOHN WILLIAMS Y M C A

| MONDAY                        | TUESDAY                              | WEDNESDAY                        | THURSDAY                      | FRIDAY                        | SATURDAY                             | SUNDAY                 |
|-------------------------------|--------------------------------------|----------------------------------|-------------------------------|-------------------------------|--------------------------------------|------------------------|
| 8-10:15<br>FITNESS CLASSES    | 9-10AM<br>FITNESS CLASS              | 9-10AM<br>FITNESS CLASS          | 9-9:45AM<br>FITNESS CLASS     | 8-10:15AM<br>FITNESS CLASSES  | 9-10AM<br>FITNESS CLASS              |                        |
| 10:30AM-12PM<br>STAY AND PLAY | 10:30AM-12PM<br>STAY AND PLAY        | 10:30AM-12PM<br>STAY AND PLAY    | 10:30AM-12PM<br>STAY AND PLAY | 10:30AM-12PM<br>STAY AND PLAY | 9-12<br>YOUTH<br>PROGRAMS            |                        |
| 12-4PM<br>PICKLEBALL          | 12-4PM<br>PICKLEBALL                 | 12-4PM<br>PICKLEBALL             | 12-4PM<br>PICKLEBALL          | 12-9PM<br>OPEN GYM            | 10:15AM-<br>12:30PM<br>STAY AND PLAY | 9AM-5:30PM<br>OPEN GYM |
| 5-8PM<br>YOUTH<br>PROGRAMS    | 4-5:15PM<br>OPEN GYM                 | 4-5:15PM<br>OPEN GYM             | 5-7:15PM<br>YOUTH<br>PROGRAMS |                               | 12:30-5:30PM<br>OPEN GYM             |                        |
| 8-9PM<br>OPEN GYM             | 5:30-6:15PM<br>FITNESS CLASS         | 5:30-6:30PM<br>FITNESS CLASS     | 7:15-9PM<br>OPEN GYM          |                               |                                      |                        |
|                               | 6:30-8PM<br>WHEELCHAIR<br>BASKETBALL | 5:30-7:15PM<br>YOUTH<br>PROGRAMS |                               |                               |                                      |                        |
|                               |                                      | 7-8PM<br>SKI AND<br>SNOWBOARD    |                               |                               |                                      |                        |

