



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

CLEVELAND FAMILY YMCA

MAIN GYM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-8:55am Open Courts	5-8a Open Courts	5-8:55am Open Courts	5-8a Open Courts	5-8:55am Open Courts	8a-6p Open Courts	1p-5p Open Courts
9-9:55am Family Fitness	8:05a Total Body Platinum	9-9:55am Family Fitness	8:05a Total Body Platinum	9-9:55am Family Fitness		
10:00a-12p AOA		10:00a-12p AOA		10:00a-12p AOA		
12-9:30pm Open Courts	9:30a Zumba Gold	12-9:30pm Open Courts	9:30a Zumba Gold	12-9:30pm Open Courts		
	10:45 -11:45a AOA		10:45 -11:45a AOA			
	11:45a-9:30p Open Courts		11:45a-9:30p Open Courts			

Pickleball GYM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00a Intro Class	8:00-9:00a Open Play	8:00-9:00a Intro Class	8:00-9:00a Open Play	8:00-9:00a Intro Class	8a-12p Open Play Pickleball	1p-5p Open Play Pickleball
9a-12p Open Play Pickleball	9a - 10a Beginner Semi-Private	9a-12p Open Play Pickleball	9a - 10am Beginner Semi-Private	9a-12p Open Play Pickleball		
	10a-12p Learner's League		10a-12p Learner's League			
12p-4p Fun Play Pickleball	12p-3p Fun Play Pickleball	12p-3p Fun Play Pickleball	12p-3p Fun Play Pickleball	12p-3p Fun Play Pickleball		
4p-5pm Intro Class	3p-5p Semi-Private Pickleball	3p-9:30p Open Play Pickleball	3p-5p Semi-Private Pickleball	3p-9:30pm Open Play Pickleball		
5p-9:30pm Open Play	6p-9:30p Pick-up Volleyball		6p-9:30p Pick-up Volleyball			