FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMALL GYM SCHEDULE

OTTAWA YMCA

JANUARY 2020

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM	BUILDING CLOSED	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	BUILDING CLOSED
6:00 AM							
7:00 AM							Open Gym
8:00 AM		Silver Sneakers 8:05-8:50	Silver Sneakers 8:05-8:50	Silver Sneakers 8:05-8:50	Silver Sneakers 8:05-8:50	Silver Sneakers 8:05-8:50	Youth Basketball 8:30-2:00
9:00 AM		Chair Yoga 9:00-9:45	Zumba 9:00-10:00	Zumba 9:00-10:00	Chair Yoga 9:00-9:45	Zumba 9:00-10:00	
10:00 AM		Zumba 10:00-11:00	Silver Sneakers 10:00-10:45	Moving w/ Parkinson's 10:30-11:30	Silver Sneakers 10:00-10:45	Open Gym	
11:00 AM		Preschool 11:00-11:30	2 Much Fun 11:00-11:30		2 Much Fun 11:00-11:30		
12:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
1:00 PM		EnhanceFitness 1:00-2:00		EnhanceFitness 1:00-2:00	Friendship House 1:00-2:30	EnhanceFitness 1:00-2:00	
2:00 PM		Open Gym		Open Gym		Open Gym	DD House 2:00-3:00
3:00 PM		ASP 3:00-5:00	ASP 2:30-5:00	ASP 3:00-5:00	ASP 3:00-5:00	ASP 3:00-5:00	Open Gym
4:00 PM							
5:00 PM	BUILDING CLOSED		Youth Basketball 5:00-6:00		Youth Basketball 5:00-6:00	Youth Basketball 5:00-6:30	BUILDING CLOSED
6:00 PM		Pound 5:30-6:30		Cardio Kick 5:30-6:30			
7:00 PM		Teen Night 6:30-7:30	Adult Basketball 6:30-8:30	Youth Basketball 6:45-7:45	Adult Basketball 6:30-8:30	Open Gym	
8:00 PM		Open Gym		Open Gym			

BIG GYM SCHEDULE

OTTAWA YMCA

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM	BUILDING CLOSED	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	BUILDING CLOSED
6:00 AM							
7:00 AM							Open Gym
8:00 AM		Pickleball 8:00-11:00	Pickleball 8:00-10:00	Pickleball 8:00-11:00	Pickleball 8:00-10:00	Pickleball 8:00-10:00	Youth Basketball 9:00-1:00
9:00 AM							
10:00 AM						Home School Sports 10:00-11:00	
11:00 AM		Friendship House 11:00-11:30		Open Gym			
12:00 PM	Open Gym	Preschool 11:30-12:00	Preschool 11:30-12:00	Preschool 11:30-12:00	Preschool 11:30-12:00	Preschool 11:30-12:00	
1:00 PM		Adult Basketball 12:00-2:00	Open Gym	Open Gym	Adult Basketball 12:00-2:00	Open Gym	Open Gym
2:00 PM			Friendship House 1:00-2:30	Friendship House 1:00-2:30			
3:00 PM		Open Gym	Open Gym	Open Gym	Open Gym		
4:00 PM				Dryland 3:45-4:30			
5:00 PM	BUILDING CLOSED	Peewees & Parents 5:00-5:45	Laser Tag 5:00-5:45	Open Gym Youth Basketball 5:00-7:00	Open Gym Youth Basketball 5:00-7:00	Youth Basketball 5:00-6:00	BUILDING CLOSED
6:00 PM		Open Gym Youth Basketball 6:00-8:00	Open Gym				
7:00 PM				Open Gym	Open Gym	Open Gym	
8:00 PM		Open Gym					

Updated 1/3/2020