FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

# SMALL GYM SCHEDULE

OTTAWA YMCA

OCTOBER 2017

| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| 6:00 AM | BUILDING CLOSED | | | | | | BUILDING CLOSED |
| 7:00 AM | | | | | | | Open Gym 7:00-8:30 |
| 8:00 AM | | Silver Sneakers 8:05-9:00 | Silver Sneakers 8:05-9:00 | Silver Sneakers 8:05-9:00 | Silver Sneakers 8:05-9:00 | | Zumba 8:30-9:30 |
| 9:00 AM | | Open Gym 9:00-10:00 | Zumba 9:00-10:00 | Zumba 9:00-10:00 | | Zumba 9:00-10:00 | |
| 10:00 AM | | Zumba 10:00-11:00 | Pound 10:00-10:30 | Open Gym | Open Gym | Silver Sneakers Cardio Fit 10:15-11:00 | Open Gym |
| 11:00 AM | | Preschool 11:15-11:45 AM | Preschool 11:15-11:45 AM | Preschool 11:15-11:45 AM | Preschool 11:15-11:45 AM | Preschool 11:15-11:45 AM | |
| 12:00 PM | | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | |
| 1:00 PM | | | | | | | |
| 2:00 PM | | | | | | | |
| 3:00 PM | | | | Gymnastics 3:00-5:15 PM | | | |
| 4:00 PM | | | | | | | |
| 5:00 PM | | Pound 5:30-6:30 | | Zumba 5:30-6:30 | | | BUILDING CLOSED |
| 6:00 PM | | | | | | | |
| 7:00 PM | | Open Gym 6:30-8:30 | Adult Basketball 6:30-8:30 | Open Gym 6:30-8:30 | Adult Basketball 6:30-8:30 | Open Gym 6:30-8:30 | |
| 8:00 PM | | | | | | | |

# BIG GYM SCHEDULE

OTTAWA YMCA

| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| 6:00 AM | BUILDING CLOSED | Adult Open Gym | Adult Open Gym | Adult Open Gym | | Adult Open Gym | BUILDING CLOSED |
| 7:00 AM | | | | | | | |
| 8:00 AM | | | | | | | |
| 9:00 AM | | Pickleball 9:00-11:00 | | Pickleball 9:00-11:00 | | | Flag Football 8:30-11:30 |
| 10:00 AM | | | | | | Home School Sports 10:00-11:00 | |
| 11:00 AM | | | | | | | |
| 12:00 PM | | Adult Basketball 12:00-2:00 | | Adult Open Gym | Adult Basketball 12:00-2:00 | | Open Gym |
| 1:00 PM | | | | | | | |
| 2:00 PM | | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | BUILDING CLOSED |
| 3:00 PM | | | | | | | |
| 4:00 PM | | | | | | | |
| 5:00 PM | | | Dryland Training (Half Gym) 5:30-6:15 | | | | |
| 6:00 PM | | | | | | | |
| 7:00 PM | | | Open Gym | | | | |
| 8:00 PM | | | | | | | |

**Ottawa YMCA**
201 E. Jackson St, Ottawa, IL 61350-2297
815 433 2395 www.ottawaymca.org