

Wayne County YMCA July 2023 Gymnasium Schedule

HOURS: Monday – Friday 5:30 AM to 8:30 PM

Saturday 8:00 AM to 3:00 PM & Sunday 8:00 AM to 1:00 PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>FOR JULY 1-31* Rainy days morning fitness classes may be canceled due to Day Camp being in the building.</p>						1
2 8:00-1:00 Open Gym	3 9:00- 12:00 Classes 5:00-6:00 Body Fit 6:30-8:00 Mediterranean Dance Class or Karate	4 CLOSED HAPPY 4TH OF JULY	5 9:00- 11:00 Classes 5:00-6:00 Body fit	6 10:00-11:00 Chair Yoga	7 10:00-11:00 Ener-Chi 11:00-12:00 EF 7:00-8:30 Pick Up Soccer	8
9 8:00-1:00 Open Gym	10 9:00- 12:00 Classes 5:00-6:00 Body Fit 6:30-8:00 Mediterranean Dance Class or Karate	11 5:30-6:30 Simply Strength	12 9:00- 11:00 Classes 5:00-6:00 Body fit	13 10:00-11:00 Chair Yoga 5:30-6:30 Simply Strength	14 10:00-11:00 Ener-Chi 11:00-12:00 EF 6:00-8:00 A TEAM 7:00-8:30 Pick Up Soccer	15
16 8:00-1:00 Open Gym	17 9:00- 12:00 Classes 5:00-6:00 Body Fit 6:30-8:00 Mediterranean Dance Class or Karate	18 5:30-6:30 Simply Strength	19 9:00- 11:00 Classes 5:00-6:00 Body fit	20 10:00-11:00 Chair Yoga 5:30-6:30 Simply Strength	21 10:00-11:00 Ener-Chi 11:00-12:00 EF 6:00-8:00 A TEAM 7:00-8:30 Pick Up Soccer	22
23 8:00-1:00 Open Gym 30 8:00-1:00 Open Gym	24 9:00- 12:00 Classes 5:00-6:00 Body Fit 6:30-8:00 Med. Dance Class Or Karate	25 5:30-6:30 Simply Strength	26 9:00- 11:00 Classes 5:00-6:00 Body fit	27 10:00-11:00 Chair Yoga 5:30-6:30 Simply Strength	28 10:00-11:00 Ener-Chi 11:00-12:00 EF 7:00-8:30 Pick Up Soccer	29