

Wayne County YMCA May 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
	1 9:00- 12:00 Classes 5:00-6:00 Body Fit 6:30-8:00 Mediterranean Dance Class	2 5:30-6:30 Simply Strength	3 9:00- 11:00 Classes 5:00-6:00 Body fit 6:30-7:30 Pound & Lift	4 10:00-11:00 Chair Yoga 5:30-6:30 Simply Strength	5 10:00-11:00 Ener-Chi 11:00-12:00 EF 5:00-5:45 Pre K Sports 6:00-7:00 Basketball 7:00-8:30 Pick Up Soccer	6
7 8:00-1:00 Open Gym	8 9:00- 12:00 Classes 5:00-6:00 Body Fit 6:30-8:00 Mediterranean Dance Class	9 5:30-6:30 Simply Strength	10 9:00- 11:00 Classes 5:00-6:00 Body fit 6:30-7:30 Pound & Lift	11 10:00-11:00 Chair Yoga	12 10:00-11:00 Ener-Chi 11:00-12:00 EF 5:00-5:45 Pre K Sports 6:00-7:00 Basketball 7:00-8:30 Pick Up Soccer	13
14 8:00-1:00 Open Gym	15 9:00- 12:00 Classes 5:00-6:00 Body Fit 6:30-8:00 Mediterranean Dance Class	16 5:30-6:30 Simply Strength	17 9:00- 11:00 Classes 5:00-6:00 Body fit 6:30-7:30 Pound & Lift	18 10:00-11:00 Chair Yoga	19 10:00-11:00 Ener-Chi 11:00-12:00 EF 7:00-8:30 Pick Up Soccer	20
21 8:00-1:00 Open Gym	22 9:00- 12:00 Classes 5:00-6:00 Body Fit 6:30-8:00 Mediterranean Dance Class	23 5:30-6:30 Simply Strength	24 9:00- 11:00 Classes 5:00-6:00 Body fit 6:30-7:30 Pound & Lift	25 10:00-11:00 Chair Yoga	26 10:00-11:00 Ener-Chi 11:00-12:00 EF 4:00-5:00 A TEAM 7:00-8:30 Pick Up Soccer	27
28 8:00-1:00 Open Gym	29 Happy Memorial Day!	30 5:30-6:30 Simply Strength	31 9:00- 11:00 Classes 5:00-6:00 Body fit 6:30-7:30 Pound & Lift			