

Wayne County YMCA Oct 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 8:00-1:00 Open Gym	2 9:00-9:45 X-Fit 10:00 -11:00 Connect 11-12:00 Silver Sneakers 5:00-6:00 Body Fit 6:30-8:00 Karate	3 5:30-6:30 Simply Strength	4 9:00-9:45 X-Fit 10 -11:00 Silver Sneakers 11-12:00 Ener-Chi 5:00-6:00 Body Fit	5 10:00-11:00 Chair Yoga 5:30-6:30 Simply Strength	6 10:00-11:00 Ener-Chi 11:00-12:00 Silver Sneakers 6:00-8:00 A TEAM	7 8:00-3:00 Open Gym
8 8:00-1:00 Open Gym	9 9:00-9:45 X-Fit 10:00 -11:00 Connect 11-12:00 Silver Sneakers 5:00-6:00 Body Fit 6:30-8:00 Karate	10 5:30-6:30 Simply Strength	11 9:00-9:45 X-Fit 10 -11:00 Silver Sneakers 11-12:00 Ener-Chi 5:00-6:00 Body Fit	12 10:00-11:00 Chair Yoga 5:30-6:30 Simply Strength	13 10:00-11:00 Ener-Chi 11-12:00 Silver Sneakers 7:00-8:30 Pick Up Soccer	14 8:00-3:00 Open Gym
15 8:00-1:00 Open Gym	16 9:00-9:45 X-Fit 10:00 -11:00 Connect 11-12:00 Silver Sneakers 5:00-6:00 Body Fit 6:30-8:00 Karate	17 5:30-6:30 Simply Strength	18 9:00-9:45 X-Fit 10 -11:00 Silver Sneakers 11-12:00 Ener-Chi 5:00-6:00 Body Fit	19 10:00-11:00 Chair Yoga 5:30-6:30 Simply Strength	20 10:00-11:00 Ener-Chi 11-12:00 Silver Sneakers 6:00-8:00 A TEAM 7:00-8:30 Pick Up Soccer	21 8:00-3:00 Open Gym
22 8:00-1:00 Open Gym	23 9:00-9:45 X-Fit 10:00 -11:00 Connect 11-12:00 Silver Sneakers 5:00-6:00 Body Fit 6:30-8:00 Karate	24 5:30-6:30 Simply Strength	25 9:00-9:45 X-Fit 10 -11:00 Silver Sneakers 11-12:00 Ener-Chi 5:00-6:00 Body Fit	26 10:00-11:00 Chair Yoga 5:30-6:30 Simply Strength	27 10:00-11:00 Ener-Chi 11-12:00 Silver Sneakers 7:00-8:30 Pick Up Soccer	28 8:00-3:00 Open Gym
29 8:00-1:00 Open Gym	30 9:00-9:45 X-Fit 10:00 -11:00 Connect 11-12:00 Silver Sneakers 5:00-6:00 Body Fit 6:30-8:00 Karate	31 5:30-6:30 Simply Strength				