

KEN-TON FAMILY YMCA
GYM SCHEDULE
NOVEMBER 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed Sundays	OPEN GYM 6:00-9:00am	OPEN GYM 6:00-8:30am	OPEN GYM 6:00-9:45am	OPEN GYM 6:00-8:30am	OPEN GYM 6:00-9:15am	PICKLEBALL (Half Court) 8:00am-12:00pm
	Silver Sneakers Circuit 9:15-9:45am Annette	MODERATE/ADVANCED PICKLEBALL 8:45-10:45am	Silver Sneakers Classic 10:00-10:45am Katarina	MODERATE/ADVANCED PICKLEBALL 8:45-10:45am	Silver Sneakers Classic 9:30-10:15am Jen	OPEN GYM (Half Court) 8:00am-12:00pm
	Silver Sneakers Classic 10:00-10:45am Jen	Silver Sneakers Yoga 11:00-11:45am Jen	MODERATE/ADVANCED PICKLEBALL 11:00-1:00pm	Silver Sneakers Yoga 11:00-11:45am Jen	Silver Sneakers Enerchi 10:30-11:15am Jen	
	MODERATE/ADVANCED PICKLEBALL 11:00-1:00pm	OPEN GYM 12:00-4:15pm	BEGINNER PICKLEBALL 1:00-2:45pm	OPEN GYM 12:00-4:15pm	MODERATE/ADVANCED PICKLEBALL 11:30-1:30pm	OPEN GYM 12:00-1:00pm Please call ahead to confirm gym availability. Birthday parties may be scheduled for 11:00am-1:00pm.
	BEGINNER PICKLEBALL 1:00-2:45pm				BEGINNER PICKLEBALL 1:30-3:15pm	
	OPEN GYM 3:00-7:45pm	Open Gym 4:15-5:15pm	OPEN GYM 3:00-7:45pm	Open Gym 4:15-5:15pm	OPEN GYM 3:30-5:30pm	
		Pee Wee Sampler 5:30-6:10pm				
	Teen Basketball (Half Court) 5:30-7:45pm	Adult Basketball (Half Court) 5:30-7:45pm	Teen Basketball (Half Court) 5:30-7:45pm	Adult Basketball (Half Court) 5:30-7:45pm	Teen Basketball (Half Court) 5:30-7:45pm	

Schedule subject to change. For more information, please call the Ken-Ton Branch at (716) 874-5051.