

LOCKPORT FAMILY YMCA
GYM SCHEDULE
NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		PICKLEBALL 6:30-8:30 AM (3 courts)	TRX Circuit 5:15-6:00 AM	PICKLEBALL 6:30-8:30 AM (3 courts)	PICKLEBALL 6:30-9:30 AM (3 courts)	OPEN GYM 7:00 AM-8:30 AM	
PICKLEBALL (1/2 GYM) 7:00-10:00 AM	PICKLEBALL 6:30-9:30 AM (3 Courts)	TRX CIRCUIT 9:00-9:45 AM	PICKLEBALL 6:30-9:30 AM (3 courts)	TRX CIRCUIT 9:00-9:45 AM			
OPEN GYM (1/2 GYM) 7:00 AM-10:00 AM		OPEN GYM (1/2 GYM) 10:00-10:45 AM		OPEN GYM (1/2 GYM) 10:00-10:45	OPEN GYM (1/2 GYM) 10:00 AM-1:00 PM		
OPEN GYM 10:00 AM-6:00 PM ** 1/2 Gym may be used for birthday parties from 11:00-12:30 pm. App will reflect any schedule changes.	BOOM MUSCLE® 10:00-10:30 AM	ZUMBA TONING 10:00-10:45 AM	BOOM MUSCLE® 10:00-10:30 AM	ZUMBA® TONING 10:00-10:45 AM	SILVERSNEAKERS® CIRCUIT 10:00-10:45 AM	JUNIOR CAVS BASKETBALL (1/2 Gym) 8:30-12:30 PM	
	OPEN GYM (1/2 GYM) 10:30 AM-1:00 PM	SILVERSNEAKERS® CLASSIC 11:00-11:45 AM	OPEN GYM 10:30-12:00 PM	SILVERSNEAKERS® CLASSIC 11:00-11:45 AM	SILVERSNEAKERS® STABILITY 11:00-11:30 AM		
	LINE DANCE Beginner 11:15 AM-12:00 PM	SILVERSNEAKERS® YOGA 12:00-12:30 PM	ENHANCE FITNESS **REGISTRATION REQUIRED** (1/2 gym) 12:15-1:00 PM	SILVERSNEAKERS® YOGA 12:00-12:30 PM			
		ADULT PICKUP BASKETBALL (1/2 Gym) 12:30-1:30 PM	OPEN GYM (1/2 Gym) 12:15-1:00 PM		ADULT PICKUP BASKETBALL (1/2 Gym) 12:30-1:30 PM	ENHANCE FITNESS **REGISTRATION REQUIRED** (1/2 gym) 12:15-1:00 PM	OPEN GYM (1/2 Gym) 8:30 AM-12:30 PM
	ENHANCE FITNESS **REGISTRATION REQUIRED** (1/2 Gym) 12:15-1:00 PM		PICKLEBALL 1:30-3:30 PM		OPEN GYM (1/2 Gym) 12:30-1:30 PM	OPEN GYM 1:00-1:30 PM	
		OPEN GYM 1:00-1:30 PM	OPEN GYM (1/2 Gym) 12:30-1:30 PM			OPEN GYM 1:00-1:30 PM	
		PICKLEBALL 1:30-3:30 PM	PICKLEBALL 1:30-3:30 PM	OPEN GYM 3:30-5:30 PM	PICKLEBALL 1:30-3:30 PM	PICKLEBALL 1:30-3:30 PM	OPEN GYM 12:30 PM-8:00 PM ** 1/2 Gym may be used for birthday parties from 11:00-12:30 pm. App will reflect any schedule changes.
		OPEN GYM 3:30-5:30 PM	OPEN GYM 3:30-5:30 PM		OPEN GYM 3:30-5:30 PM		
		JUNIOR CAVS BASKETBALL (1/2 Gym) 5:30-7:30 PM	JUNIOR CAVS BASKETBALL (1/2 Gym) 5:30-7:30 PM	JUNIOR CAVS BASKETBALL (1/2 Gym) 5:30-7:30 PM	JUNIOR CAVS BASKETBALL (1/2 Gym) 5:30-7:30 PM	OPEN GYM 3:30 PM-10:00 PM	
		OPEN GYM (1/2 Gym) 5:30-7:30 PM	OPEN GYM (1/2 Gym) 5:30-7:30 PM	OPEN GYM (1/2 Gym) 5:30-7:30 PM	OPEN GYM (1/2 Gym) 5:30-7:30 PM	*First Friday of the month Open Gym will be restricted to 1/2 Gym from 6:00-9:00 pm due to Parents Night Out.	
	OPEN GYM 7:30-10:00 PM	OPEN GYM 7:30-10:00 PM	OPEN GYM 7:30-10:00 PM	OPEN GYM 7:30-10:00 PM			

Schedule is subject to change. Use the app for the most up to date schedule information.