LOCKPORT FAMILY YMCA

GYM SCHEDULE

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PICKLEBALL (1/2 GYM) 7:00-10:00 AM	**PICKLEBALL** 6:30-9:30 AM (3 Courts)	**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-9:30 PM
		TRX CIRCUIT 9:00-9:45 AM	**PICKLEBALL** 6:30-9:15 AM (3 courts)	**TRX CIRCUIT** 9:00-9:45 AM		
OPEN GYM (1/2 GYM) 7:00 AM-10:00 AM		**OPEN GYM** (½ GYM) 10:00-10:45 AM		**OPEN GYM** (½ GYM) 10:00-10:45	**SILVERSNEAKERS® CIRCUIT** 10:00-10:45 AM	**OPEN GYM** (½ GYM) 9:30 AM – 2:30 PM
OPEN GYM 10:00 AM-1:15 PM ** ½ Gym may be used for birthday parties from 11:00-12:30 pm. App will reflect any schedule changes.	**BOOM MUSCLE®** 10:15-10:45 AM	**ZUMBA TONING** 10:00-10:45 AM	**CORE & RESTORE** 9:30-10:00 AM	**ZUMBA® TONING** 10:00-10:45 AM		
	OPEN GYM (½ GYM) 10:45 AM-12:00 PM	**SILVERSNEAKERS® CLASSIC** 11:00-11:45 AM	**BOOM MUSCLE®** 10:15-10:45 AM	**SILVERSNEAKERS® CLASSIC** 11:00-11:45 AM	**SILVERSNEAKERS® STABILITY** 11:00-11:30 AM	
	LINE DANCE 11:00 AM-12:00 PM	**ADULT PICKUP BASKETBALL** (½ Gym) 12:00-1:30 PM	**OPEN GYM** (½ Gym) 10:45 AM-1:30 PM	**ADULT PICKUP BASKETBALL** (½ Gym) 12:00-1:30 PM	**OPEN GYM** (½ GYM) 11:00 AM-11:45 PM	**JR. CAVS BASKETBALL** 9:30-2:30 PM
ADULT VOLLEYBALL GYM CLOSED 1:15-5:30 PM	**OPEN GYM** 12:00-1:30 PM		**BEGINNER PICKLEBALL** 1:30-3:30 PM		**OPEN GYM** 11:45 AM-1:30 PM	
		OPEN GYM (½ Gym) 11:45 AM-1:30 PM		**OPEN GYM** (½ Gym) 11:50 AM-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** 2:30 PM-8:00 PM ** ½ Gym may be used for birthday parties from 11:00-12:30 pm. App will reflect any schedule changes.
	OPEN GYM 3:30-4:15 PM	**OPEN GYM** 3:30-5:30 PM		**OPEN GYM** 3:30-5:30 PM		
	TRX CIRCUIT 4:30-5:15	**JR. CAVS BASKETBALL** (½ GYM) 5:30-7:30 PM	**JR. CAVS BASKETBALL** 5:30-7:30 PM		**OPEN GYM** 3:30 PM-10:00 PM ***First Friday of the month Open Gym will be restricted to ½ Gym from 6:00-9:00 pm due to Parents Night Out.**	
	OPEN GYM (1/2 Gym) 4:15-7:30 PM	**OPEN GYM** (1/2 Gym) 5:30-7:30 PM	**OPEN GYM** (1/2 GYM) 5:30-7:30 PM	**JR. CAVS BASKETBALL** 5:30-7:30 PM		
	JR. CAVS BASKETBALL (½ GYM) 5:30-7:30 PM	**OPEN GYM** 7:30-10:00 PM	**OPEN GYM** 7:30-10:00 PM	**OPEN GYM** (1/2 GYM) 5:30-7:30 PM		
	OPEN GYM 5:30-10:00 PM			**OPEN GYM** 7:30-10:00 PM		

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