

**LOCKPORT FAMILY YMCA**  
**GYM SCHEDULE**  
 MAY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PICKLEBALL</b> (1/2 GYM) 7:00-10:00 AM  <b>OPEN GYM</b> (1/2 GYM) 7:00 AM-10:00 AM	<b>PICKLEBALL</b> 6:30-9:30 AM (3 Courts)	<b>PICKLEBALL</b> 6:30-8:30 AM (3 courts)	<b>TRX Circuit</b> 5:15-6:00 AM	<b>PICKLEBALL</b> 6:30-8:30 AM (3 courts)	<b>PICKLEBALL</b> 6:30-9:30 AM (3 courts)	<b>OPEN GYM</b> 7:00 AM-8:00 PM  ** 1/2 Gym may be used for birthday parties from 11:00-12:30 pm. App will reflect any schedule changes.
		<b>TRX CIRCUIT</b> 9:00-9:45 AM	<b>PICKLEBALL</b> 6:30-9:15 AM (3 courts)	<b>TRX CIRCUIT</b> 9:00-9:45 AM		
<b>BOOM MUSCLE®</b> 10:15-10:45 AM	<b>ZUMBA TONING</b> 10:00-10:45 AM (No Class 5/28)	<b>CORE &amp; RESTORE</b> 9:30-10:00 AM	<b>ZUMBA® TONING</b> 10:00-10:45 AM (No Class 5/23, 5/30)	<b>SILVERSNREAKERS® CIRCUIT</b> 10:00-10:45 AM		
<b>OPEN GYM</b> (1/2 GYM) 10:45 AM-12:00 PM	<b>SILVERSNREAKERS® CLASSIC</b> 11:00-11:45 AM	<b>BOOM MUSCLE®</b> 10:15-10:45 AM	<b>SILVERSNREAKERS® CLASSIC</b> 11:00-11:45 AM	<b>SILVERSNREAKERS® STABILITY</b> 11:00-11:30 AM		
<b>LINE DANCE</b> 11:00 AM-12:00 PM	<b>ADULT PICKUP BASKETBALL</b> (1/2 GYM) 12:00-1:30 PM	<b>OPEN GYM</b> (1/2 GYM) 10:45 AM-1:30 PM	<b>ADULT PICKUP BASKETBALL</b> (1/2 GYM) 12:00-1:30 PM	<b>OPEN GYM</b> (1/2 GYM) 11:00 AM-11:45 PM		
<b>OPEN GYM</b> 12:00-1:30 PM	<b>OPEN GYM</b> (1/2 Gym) 11:45 AM-1:30 PM	<b>LEARNING PICKLEBALL</b> 1:30-3:30 PM	<b>OPEN GYM</b> (1/2 Gym) 11:45 AM-1:30 PM	<b>OPEN GYM</b> 11:45 AM-1:30 PM		
<b>PICKLEBALL</b> 1:30-3:30 PM	<b>PICKLEBALL</b> 1:30-3:30 PM	<b>OPEN GYM</b> 3:30-5:00 PM	<b>PICKLEBALL</b> 1:30-3:30 PM			
<b>OPEN GYM</b> 3:30-4:15 PM	<b>OPEN GYM</b> 3:30-5:00 PM		<b>OPEN GYM</b> 3:30-5:00 PM	<b>PICKLEBALL</b> 1:30-3:30 PM		
<b>TRX CIRCUIT</b> 4:30-5:15 PM	<b>PEE WEE SPORTS SAMPLER</b> 5:00-6:00 PM	<b>YOUTH BASEBALL</b> 5:00-6:00 PM	<b>PEE WEE SOCCER</b> 5:00-6:00 PM	<b>OPEN GYM</b> 3:30 PM-10:00 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.		
<b>OPEN GYM</b> (1/2 GYM) 4:15-8:00 PM	<b>OPEN GYM</b> (1/2 GYM) 5:00-6:00 PM	<b>OPEN GYM</b> (1/2 GYM) 5:00-6:00 PM	<b>OPEN GYM</b> (1/2 GYM) 5:00-6:00 PM			
<b>BASKETBALL SKILLS AND DRILLS</b> (1/2 GYM) 6:00-8:00 PM	<b>OPEN GYM</b> 6:00-10:00 PM	<b>OPEN GYM</b> 6:00-10:00 PM	<b>OPEN GYM</b> 6:00-10:00 PM			
<b>OPEN GYM</b> 8:00-10:00 PM						

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