

KEN-TON FAMILY YMCA  
**GYM SCHEDULE**  
**MAY 2024**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed Sundays	<b>OPEN GYM</b> 6:00-9:00am	<b>OPEN GYM</b> 6:00-8:30am	<b>OPEN GYM</b> 6:00-8:30am	<b>OPEN GYM</b> 6:00-8:30am	<b>OPEN GYM</b> 6:00-9:15am	<b>OPEN GYM (Half Court)</b> 8:00am-11:00pm
	<b>Silver Sneakers Circuit</b> 9:15-9:45am Annette	<b>PICKLEBALL</b> 8:45-10:45am	<b>Pilates</b> 9:00-9:45am Choon <b>Silver Sneakers Classic</b> 10:00-10:45am Choon	<b>PICKLEBALL</b> 8:45-10:45am	<b>Silver Sneakers Classic</b> 9:30-10:15am Jen	<b>PICKLEBALL (Half Court)</b> 8:00am-11:00pm
	<b>Silver Sneakers Classic</b> 10:00-10:45am Jen	<b>Silver Sneakers Yoga</b> 11:00-11:45am Jen	<b>PICKLEBALL</b> 11:00-1:00pm	<b>Silver Sneakers Yoga</b> 11:00-11:45am Jen	<b>Silver Sneakers Enerchi</b> 10:30-11:15am Jen	
	<b>PICKLEBALL</b> 11:00-1:00pm	<b>Indoor Walking</b> 12:00-1:00pm	<b>BEGINNER PICKLEBALL</b> 1:00-2:45pm	<b>Indoor Walking</b> 12:00-1:00pm	<b>PICKLEBALL</b> 11:30-1:30pm	<b>GYM EVENTS</b> 11:00-12:00pm
	<b>BEGINNER PICKLEBALL</b> 1:00-2:45pm	<b>OPEN GYM</b> 1:15-4:15pm	<b>OPEN GYM</b> 3:00-7:45pm		<b>BEGINNER PICKLEBALL</b> 1:30-2:30pm	
	<b>OPEN GYM</b> 3:00-7:45pm	<b>Pee Wee SOCCER</b> 4:30-5:15pm		<b>Teen Basketball (Half Court)</b> 5:30-7:45pm	<b>OPEN GYM</b> 1:15-5:15pm	<b>OPEN GYM</b> 2:30-5:30pm
		<b>YOUTH SOCCER Skills &amp; Drills</b> 5:30-6:15pm				
	<b>Teen Basketball (Half Court)</b> 5:30-7:45pm	<b>Open Gym (1/2)</b> 4:30-7:45pm		<b>Adult Basketball (Half Court)</b> 5:30-7:45pm	<b>Teen Basketball (Half Court)</b> 5:30-7:45pm	<b>OPEN GYM</b> 12:00-1:00pm

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