

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Closed Sundays	OPEN GYM 6:00-9:00am	OPEN GYM 6:00-8:00am	OPEN GYM 6:00-8:30am	OPEN GYM 6:00-8:00am	OPEN GYM 6:00-9:15am	OPEN GYM (Half Court) 8:00am-11:00pm	
	Silver Sneakers Circuit 9:15-9:45am Annette	PICKLEBALL 8:00-10:45am 9:45-10:45 ½ gym	Pilates 9:00-9:45am Choon	PICKLEBALL 8:45-10:45am 9:45-10:45 ½ gym	Silver Sneakers Classic 9:30-10:15am Jen	PICKLEBALL (Half Court) 8:00am-11:00pm	
		Silver Sneakers Circuit – ½ Gym 10:00-10:45am Jen	Silver Sneakers Classic 10:00-10:45am Choon				
	Silver Sneakers Classic 10:00-10:45am Jen	Silver Sneakers Yoga 11:00-11:45am Jen	PICKLEBALL 11:00-1:00pm	Silver Sneakers Yoga 11:00-11:45am Jen	Silver Sneakers Enerchi 10:30-11:15am Jen		
	PICKLEBALL 11:00-1:00pm	Indoor Walking 12:00-1:00pm	Summer Camp 1:00-4:40pm	Indoor Walking 12:00-1:00pm	PICKLEBALL 11:30-1:00pm		GYM EVENTS 11:00-12:00pm
	Summer Camp 1:00-4:40pm	Summer Camp 1:00-4:40pm	OPEN GYM 5:00-7:45pm		Summer Camp 1:00-4:40pm		
	OPEN GYM 5:00-7:45pm			Teen Basketball (Half Court) 5:30-7:45pm	Summer Camp 1:00-4:40pm		OPEN GYM 5:00-5:30pm
		Teen Basketball (Half Court) 5:30-7:45pm	Open Gym 4:45-7:45pm		OPEN GYM 5:00-7:45pm		
				Adult Basketball (Half Court) 5:30-7:45pm			

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