

**KEN-TON FAMILY YMCA
GYM SCHEDULE
OCTOBER 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
THURSDAY October 17th BRG Assessments will take place In the FULL GYM From 7:30am- 1:30pm No Pickleball 8:45a-10:45a No SilverSneakers Circuit and Yoga 10:00-11:45am	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 Classic 10:00-10:45am Jen	Silver Sneakers Circuit – ½ Gym 10:00-10:45am Jen	Silver Sneakers Classic 10:00-10:45am Choon	Silver Sneakers Circuit – ½ Gym 10:00-10:45am Jen	Silver Sneakers Enerchi 10:30-11:15am Jen	PICKLEBALL (Half Court) 8:00am-11:00pm
	PICKLEBALL 11:00-1:00pm	Silver Sneakers Yoga 11:00-11:45am Jen	PICKLEBALL 11:00-1:00pm	Silver Sneakers Yoga 11:00-11:45am Jen	PICKLEBALL 11:30-1:00pm	GYM EVENTS 11:00-12:00pm
	Indoor Walking 12:00-1:00pm	Indoor Walking 12:00-1:00pm	Beginner PICKLEBALL 1:00-2:45pm	Indoor Walking 12:00-1:00pm	PICKLEBALL 11:30-1:00pm	GYM EVENTS 11:00-12:00pm
	Beginner PICKLEBALL 1:00-2:45pm	OPEN GYM 1:15-7:45pm	OPEN GYM 3:00-7:45pm	OPEN GYM 1:15-7:45pm	Beginner PICKLEBALL 1:00-2:30pm	OPEN GYM 12:00-1:00pm
OPEN GYM 3:00-7:45pm				OPEN GYM 3:00-7:45pm		

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