

**LOCKPORT FAMILY YMCA**  
**GYM SCHEDULE**  
**NOVEMBER 2024**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PICKLEBALL</b> (1/2 GYM) 7:00-10:00 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> 7:00-9:00 AM
	<b>OPEN GYM</b> 9:30-10:00 AM	<b>TRX CIRCUIT</b> 9:00-9:45 AM	<b>PICKLEBALL</b> 6:30-9:15 AM (3 courts)			
<b>OPEN GYM</b> (1/2 GYM) 7:00 AM-10:00 AM	<b>BOOM MUSCLE®</b> 10:15-10:45 AM	<b>BOOM MOVE</b> 10:00-10:30 AM	<b>BOOM MUSCLE®</b> 10:15-10:45 AM	<b>BOOM MOVE</b> 10:00-10:30 AM	<b>OPEN GYM</b> 9:30-10:00 AM	<b>JR. CAVS BASKETBALL</b> (1/2 Gym) 9:00-11:00 AM
<b>OPEN GYM</b> 10:00 AM-5:45 PM  ** 1/2 Gym may be used for birthday parties from 11:00-12:30 pm. App will reflect any schedule changes.	<b>EHANCE FITNESS®</b> 11:00-11:45 AM <i>Registration Required (Sept. 4-Dec. 20)</i>	<b>SILVERSNEAKERS® CIRCUIT</b> 10:45-11:30 AM	<b>OPEN GYM</b> (1/2 GYM) 11:00-12:45 AM	<b>SILVERSNEAKERS® CIRCUIT</b> 10:45-11:30 AM	<b>SILVERSNEAKERS® CIRCUIT</b> 10:00-10:45 AM (No Class 11/29)	<b>JR. CAVS BASKETBALL</b> 11:00-1:00 PM
	<b>OPEN GYM</b> (1/2 GYM) 11:00 AM-12:00 PM	<b>CORE &amp; RESTORE</b> 11:45-12:30 PM	<b>EHANCE FITNESS®</b> 11:00-11:45 AM <i>Registration Required (Sept. 4-Dec. 20)</i>	<b>CORE &amp; RESTORE</b> 11:45-12:30 PM	<b>EHANCE FITNESS®</b> 11:00-11:45 AM <i>Registration Required (Sept. 4-Dec. 20)</i>	
	<b>OPEN GYM</b> 12:00-1:30 PM	<b>ADULT PICKUP BASKETBALL</b> 12:30-1:30 PM	<b>LINE DANCING</b> 12:00-12:45 PM	<b>ADULT PICKUP BASKETBALL</b> 12:30-1:30 PM	<b>OPEN GYM</b> (1/2 GYM) 11:00 AM-11:45 PM	<b>OPEN GYM</b> 1:00 AM-7:45 PM  ** 1/2 Gym may be used for birthday parties from 2:00-5:00 pm. App will reflect any schedule changes.
	<b>PICKLEBALL</b> 1:30-3:00 PM	<b>PICKLEBALL</b> 1:30-3:00 PM	<b>OPEN GYM</b> 12:45-1:30 PM	<b>PICKLEBALL</b> 1:30-3:00 PM	<b>OPEN GYM</b> (1/2 GYM) 11:00 AM-12:00 PM	
	<b>OPEN GYM</b> (1/2 GYM) 3:00-5:30 PM	<b>OPEN GYM</b> 3:00-5:30 PM	<b>BEGINNERS PICKLEBALL</b> 1:30-3:00 PM		<b>OPEN GYM</b> 12:00-1:30 PM	
	<b>TRX CIRCUIT</b> (1/2 Gym) 4:30-5:15 PM	<b>Preschool Basketball</b> (1/2 Gym) 5:30-6:15 PM	<b>OPEN GYM</b> 3:00-4:30 PM	<b>OPEN GYM</b> 3:00-4:30 PM	<b>PICKLEBALL</b> 1:30-3:00 PM	
	<b>OPEN GYM</b> (1/2 Gym) 5:30-7:30 PM	<b>Youth Floor Hockey</b> (1/2 Gym) 6:30-7:15 PM	<b>Adult Volleyball League</b> (1/2 Gym) 5:00-9:00 PM	<b>Adult Volleyball League</b> (1/2 Gym) 5:00-9:00 PM	<b>OPEN GYM</b> 3:00 PM-9:45 PM	
	<b>JR. CAVS BASKETBALL</b> (1/2 Gym) 5:30-7:30 PM	<b>JR. CAVS BASKETBALL</b> (1/2 Gym) 5:30-7:30 PM	<b>JR. CAVS BASKETBALL</b> (1/2 Gym) 5:30-7:30 PM	<b>JR. CAVS BASKETBALL</b> (1/2 Gym) 5:30-7:30 PM	<b>*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>	
	<b>OPEN GYM</b> 7:30-9:45 PM	<b>OPEN GYM</b> 7:30-9:45 PM	<b>OPEN GYM</b> (1/2 Gym) 7:30-9:45 PM	<b>OPEN GYM</b> (1/2 Gym) 7:30-9:45 PM		